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Write from the Top

Dear friend of PPH,

It’s hard to believe that 2009 marked the halfway point in construction of our “Health Care System of the Future.” Since placing the final structural beam last July, the new Palomar Medical Center West has continued on schedule and will soon focus on interior spaces. We also look forward to breaking ground for new outpatient clinics in Rancho Peñasquitos and Ramona and continuing progress toward construction of a sky bridge linking Pomerado Hospital to the Outpatient Pavilion.

Other memorable accomplishments include:

• Being granted Magnet status by the American Nurses Credentialing Center – this recognition places us among the five percent of all hospitals nationwide that have met the stringent standards of this quality designation and the only one in the state of California to have achieved such as a system.
• Being named a Certified Stroke Center by the Joint Commission on Accreditation of Health Organizations – recognizing that our care meets or exceeds national guidelines for stroke patients.

PPH also formed a new medical model that will allow us to align our activities and improve quality patient care with our physicians. The Centre for Health Care will become the first member of this new entity in 2010.

Finally, through a strong effort to optimize revenue and maximize efficiencies, PPH ended fiscal year 2009 with a net profit of $23 million – enabling us to both provide day-to-day operations and finance the “Health Care System of the Future.” I am proud to say that we are on track to continue operating efficiently, effectively and responsibly.

We have much to look forward to in the next 12 months and appreciate our communities’ support!

We look forward to caring for you,

Michael H. Covert, FACHE
President and Chief Executive Officer
Palomar Pomerado Health

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Class Locations*

**Poway**

Pomerado Hospital
15615 Pomerado Road
Poway, CA 92064
858.613.4000

Pomerado Outpatient Pavilion
Jean McLaughlin Women's Center
Education Classroom
15611 Pomerado Road
Poway, CA 92064
858.675.5376

**San Marcos**

The HealthSource
125 Vallecitos de Oro
Suite A
San Marcos, CA 92069
858.675.5376

The HealthSource retains the right to cancel a community education class if minimum enrollment is not met. If you have a disability, please notify us 72 hours prior to the event so that we may provide reasonable accommodations.

*Off-site classes are also available for groups, businesses and other organizations that would like instruction on a particular health topic. Call 858.675.5372 for more information.

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On the Cover:

PPH is proud to welcome former 10News anchor Carol LeBeau as its newest Champion for Healthy Living. Special thanks to FIT Athletic Club of San Diego for providing a venue for our exclusive photo shoot. Keep up with Carol’s health news and tips at www.pph.org/carol.
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For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Carol LeBeau, a leading advocate for health and fitness throughout her 28-year award-winning career at KGTN 10News, is now Palomar Pomerado Health’s (PPH) Champion for Healthy Living.

“Being able to promote healthy living is a passion for me,” LeBeau says. “I’m very excited to partner with PPH because the health system has a mission that I believe in, which is to heal, comfort and promote health in the communities they serve. PPH is a leader in innovative care and combines the highest level of technology with the highest quality of care.”

Throughout 2010, LeBeau will use her expertise and life experiences to educate, empower and motivate individuals to adopt healthy choices. As PPH’s health advocate, LeBeau will have her own web site on www.pph.org to share personal health tips and journals. An accomplished public speaker, LeBeau will moderate various health education events and will be featured in web videos and advertising campaigns.

“After covering health news for nearly three decades, I am excited to take my passion and expertise in this area to a whole new level,” LeBeau says. "Through the years, I’ve covered fascinating medical stories, but what I really love is inspiring people to take care of themselves and hopefully make a difference.”

LeBeau is especially interested in promoting women’s health services and removing the stigma of mental health issues such as depression and anxiety.

“As a woman, I realize how difficult it is for us to pay attention to our own health because we are often so focused on taking care of our children, our husbands and parents, in addition to a career or other equally challenging activities,” LeBeau says. “It’s a real pressure cooker and I know how the stress and anxiety can build up at the expense of our own well-being.”

“I’ve learned that being able to meet these demands and enjoy the fullness of life requires taking care of myself,” LeBeau says. “For me, that means getting enough sleep, eating healthy foods, moving my body every day and finding strength through my faith.”

“I hope through my partnership with PPH that I can make a difference by motivating others to focus on ways to bring health into their daily lives,” LeBeau says.

Carol LeBeau’s TOP TIPS FOR 2010

“These tips are the foundation of a healthier life,” says Carol LeBeau. “Identify what needs the most attention and start there. Set realistic goals and celebrate your accomplishments before expanding your health goals.”

• Move more every day. You don’t have to run a marathon, but you could if you start by walking up or down a flight of stairs and work up from there. It’s ideal to exercise at least 40 minutes five or six days a week.

• Eat wholesome foods. Choose colorful foods, a rainbow of fresh fruits and vegetables. Limit processed foods, fat and sugar. Do this most of the time and you’ll feel better.

• Sleep more. This is my personal favorite health tip. Minimize distractions like the computer and television. Develop a regular sleep schedule.

• Have fun. Take breaks from daily routines, celebrate often and laugh out loud.

• Accept supportive encouragement. Ask your family and friends to help you meet your health goals.

• Volunteer. It’s healthful to give back to the community. Studies show that individuals who volunteer fare much better during their own health crises than do non-volunteers.

• Nurture your whole self. Get in touch with your spiritual side to balance the hard work you are doing to improve your physical health.

Keep up with Carol LeBeau’s health news and tips. Visit www.pph.org/carol.
Have You Heard the Latest?

OASIS – Rancho Bernardo (see page 2)
Tuesday, January 26
1 – 2:30 p.m.
Hearing devices have improved drastically over the past few years. If you’re having issues with your current device or are in need of one, learn the latest technology at this informative lecture with David Illich, Doctor of Audiology. To register, call OASIS at 760.839.6020.
FEE: $3 / participant

Overcoming Erectile Dysfunction

Pomerado Outpatient Pavilion, First Floor
Education Classroom
Wednesday, February 3
6 – 7 p.m.
Let’s face it – erectile dysfunction (ED) is not the easiest subject to talk about. Join Urologist, Paul Neustein, M.D., as he discusses an advanced drug free treatment for ED. If you have tried medications and are unsatisfied with the results, alternative treatments are available.
Fee: Free – registration required

Living with Congestive Heart Failure

OASIS – Escondido (see page 2)
Wednesday, February 10
10 – 11:30 a.m.
Heart failure is a serious long-term condition, but you can live a full and enjoyable life with the right treatment and active attention to your lifestyle. There are approximately 5.7 million Americans living with heart failure so you’re not alone. Cardiologist Robert Stein, M.D., will discuss the importance of following your doctor’s recommendations and making adjustments to your diet, exercise and lifestyle for the highest possible quality of life. To register, call OASIS at 760.839.6020.
FEE: $3 / participant

Food Borne Illness

OASIS – Escondido (see page 2)
Wednesday, March 3
1 – 2:30 p.m.
Foodborne illness, commonly known as food poisoning, is caused by eating food or drinking beverages contaminated with bacteria, parasites or viruses. The mild to severe symptoms can last from a few hours to several days. Joyce Agorrilla, R.N., Manager of Infection Control Services for Palomar Pomerado Health will discuss cause, diagnosis, treatment, prevention and risks involved with food borne illness. To register, call OASIS at 760.839.6020.
FEE: $3 / participant

Senior Nutrition

OASIS – Rancho Bernardo (see page 2)
Tuesday, March 23
1 – 2:30 p.m.
As we age, our relationship to food changes along with our bodies. Later in life eating well can be the key to staying mentally sharp, emotionally balanced and energetic, with a strong immune system and positive outlook. Join registered dietitian Halle Elbling as she discusses the numerous benefits of proper nutrition. To register, call OASIS at 760.839.6020.
FEE: $3 / participant

Living a Brain Healthy Lifestyle

OASIS – Escondido (see page 2)
Tuesday, March 30
10 – 11:30 a.m.
The health of your brain plays a critical role in everything you do. For optimal brain health, it’s important to understand the role played by exercise, nutrition and mentally/socially challenging activities in strengthening brain cells. Join Laura Printy from the Alzheimer’s Association for an informative discussion on living a brain healthy lifestyle. To register, call OASIS at 760.839.6020.
FEE: $3 / participant

Do You Suffer from GERD?

OASIS – Rancho Bernardo (see page 2)
Wednesday, April 14
10 – 11:30 a.m.
Gastroesophageal reflux disease (GERD) is a condition in which food or liquid travels backwards from the stomach to the esophagus. This action can irritate the esophagus, causing heartburn and other symptoms. Gastroenterologist Alan Larson, M.D., will discuss symptoms, treatment, causes, tests and diagnosis, prognosis, prevention, complications and when to contact a doctor for this uncomfortable condition. To register, call OASIS at 760.839.6020.
FEE: $3 / participant

Non-Surgical Skin Rejuvenation

OASIS – Escondido (see page 2)
Wednesday, April 21
10 – 11:30 a.m.
There are many options today for skin improvement that do not require surgery. How does one select a procedure? How effective are the many products on the market today? The field of skin rejuvenation is mind-boggling. Join dermatologist Nancy Chen, M.D., as she explores the dermatology dilemma and answers your questions. To register, call OASIS at 760.839.6020.
FEE: $3 / participant

Find more informative health classes on pages 9, 10, 13 and 14. Register today!
Before Jack Baxter and his wife, Sandi, could unpack their bags from a ski trip, they were forced to make an unexpected trip. This time, it was to Palomar Medical Center’s (PMC) Emergency Department where Jack learned the elephant on his chest was, indeed, a massive heart attack.

That was February 2004, and the good news for Jack was that PMC had just become the first hospital in San Diego county to implement Cardiac Alert, a program designed to decrease the time it takes for heart patients to receive life-saving treatment.

“We call it door-to-balloon time,” says Mikhail Malek, M.D., a cardiovascular specialist who is board-certified in internal medicine, cardiology and interventional cardiology. “At PMC, the average time is 62 minutes compared to the national average of 90 minutes.”

In Jack’s case, he was taken directly to the cardiac catheterization lab where several significant blockages in his coronary arteries were discovered. Dr. Malek placed stents in the arteries to open and strengthen the arterial walls.

“Jack’s coronary arteries were blocked in numerous locations due to multiple cardiac risk factors including diabetes,” Dr. Malek says. “This indicated he would need additional procedures once he had recuperated from this massive heart attack.”

To date, Jack has had eight procedures in which a total of 15 stents have been placed.

“You can’t find a better hospital to go to,” Jack says. “The comprehensive services for cardiac care and the experienced, reassuring staff add up to phenomenal quality.”

Award Winning Cardiac Care

Based on 2007 data, PMC is the only hospital in San Diego County to receive the Sustained Performance Achievement Award from the American Heart Association for 48 consecutive months. This award recognizes care that meets or exceeds the national standards of Get With the Guidelines that focus on aggressive risk reduction therapies for patients who are admitted with heart disease.

“Our goal is to save lives and prevent cardiac complications that may result from delayed treatment of heart attacks,” Dr. Malek says.

Advanced cardiovascular services at PMC and Pomerado Hospital offer a continuum of coordinated care that extends into the community with paramedic first responders and includes comprehensive diagnostic, medical, surgical and cardiac rehabilitation programs for inpatients and outpatients.

“The cardiac rehab program is really special,” Jack says. “When I was in the hospital after my first heart attack, rehabilitation therapists started me on exercises to help me get stronger. Outpatient rehabilitation classes have helped me learn to manage the stress that comes with being a business owner.”

Reducing Risks

“I encourage patients to do their best to prevent heart disease by managing the risk factors they can control,” Dr. Malek says. “This includes controlling diabetes and cholesterol, quitting smoking, maintaining a healthy weight, eating nutritious food and exercising regularly.”

Dr. Malek recommends that everyone over the age of 55 who has one or more risk factors for heart disease have a baseline EKG stress test that helps determine coronary artery obstruction.

“I’ve learned the importance of taking care of yourself,” Jack says. “Too often, we overlook the most important things in our life like our health, our family and our faith. Instead, we focus too much on work, get stressed out, eat the wrong foods and don’t exercise or relax enough.”

“Because of my outstanding care and learning how to take better care of myself, I’m much healthier now,” Jack says. “The best part is that we were able to visit Italy to celebrate Thanksgiving with our daughter who was studying abroad.”

For more information about cardiovascular services at Palomar Pomerado Health, visit www.pph.org/heart.
Did you know that heart disease is the leading cause of death for both men and women in the United States? Join PPH board-certified cardiologists and PPH health champion Carol LeBeau for a unique learning experience designed to help you and your loved ones beat the odds against heart disease. Enjoy a heart-healthy dinner, take advantage of free blood pressure and body composition screenings, and receive a certificate for a FREE lipid panel (cholesterol) screening at your area PPH expresscare location. Plus, participate in a special physician panel discussion exploring the risk factors, symptoms, detection methods, and treatment/rehabilitation options for heart disease.

To register, or for more information, call The HealthSource at 800.628.2880 or visit www.pph.org and click on “Classes & Events.”

$30 / person or $55 / couple**

**Fee includes healthy dinner, exhibits, health screenings and physician panel discussion.

Schedule of Events:

5 – 6:30 p.m. Exhibits and Health Screenings
6 – 6:30 p.m. Healthy Dinner
6:30 – 7:30 p.m. Physician Panel Discussion
7:30 – 8 p.m. Physician Question & Answer Session

5 – 8 p.m.
Thursday, February 25
California Center for the Arts
340 North Escondido Blvd.
Escondido, CA 92025

*Limit one per registered individual or couple.
Dianne Wright and Roger McCollum don’t know each other, but they share something in common – they have each had simultaneous bilateral total joint replacement at Palomar Pomerado Health (PPH).

While such procedures are still relatively uncommon, some patients do prefer to have both joints replaced at the same time to minimize exposure to anesthesia and avoid the prospect of a second rehabilitation period.

“It was an easy decision because I am an avid golfer and just didn’t want to miss playing for two extended periods of time,” Roger says. “When Dr. Cohen told me recovery from total knee replacement would take 12 weeks, I knew I wasn’t interested in missing 24 weeks by having my knees replaced at different times.”

“I was determined to have both hips replaced at one time and told Dr. Metros that I was strong and disciplined,” Dianne says. “I knew I would have to be fully prepared for surgery and rehabilitation. I realized recovery was going to be more difficult, but thought it would be worthwhile.”

Dianne and Roger’s joints had deteriorated due to osteoarthritis, which is caused by the wear and tear of aging. When the cushioning cartilage wears out, it results in pain and stiffness. If nonsurgical treatments such as anti-inflammatory medicine (ibuprofen) or physical therapy fail to relieve pain or improve function, surgical options including minimally invasive total joint replacement are available.

Most patients who ask about having both joints replaced at once understand that rehabilitation is going to be more challenging because they don’t have the opposite joint to put weight on,” says Brad Cohen, M.D., a board-certified orthopaedic surgeon. “Roger is a great example of a patient who was really committed to a full recovery and has followed the prescribed rehabilitation program successfully.”

Orthopaedic surgeons and patients agree that individualized rehabilitation is an important part of successful joint replacement. PPH’s Acute Rehabilitation Unit (ARU) provides comprehensive services to restore the greatest possible level of physical function following illness, injury or surgery. The experienced team includes exercise physiologists, physiatrists, physical therapists, occupational therapists, certified orthopaedic specialists, rehabilitation aides and orthopaedic nurses. These professionals work under the direction of Keyvan Esmaeili, M.D., medical director, to implement a plan that addresses the individual needs and goals of each patient.

In October 2009, the ARU received the Program Quality Award from RehabCare Group, a nationwide provider of physical rehabilitation management services. The award recognizes PMC’s inpatient rehabilitation unit as reaching and exceeding benchmarks in the areas of patient quality and functional improvement. Additionally, the ARU receives consistent high marks from patient satisfaction surveys and is currently ranked at 87 percent approval in these Press Ganey surveys.

Roger’s surgery was done at Pomerado Hospital. The following day he transferred to Palomar Medical Center’s (PMC) Acute Rehabilitation Unit.

“The staff is extremely skilled and they focus on exercises that get you going so you can function on your own again as soon as possible,” Roger says. “The nurses were so attentive, I felt like I was a VIP.”

For eight days in the Acute Rehabilitation Unit, Roger worked on learning how to walk safely, get in and out of bed independently and otherwise take care of himself and his new knees. After going home, he continued with outpatient rehabilitation services where the focus turned to strengthening, balance and flexibility.

“My first goal was to be able to bend my knees to tuck my feet under a chair,” Roger says. “Eight weeks after surgery, I can just about do that with my right knee and I’m close with the left knee.”
Roger is on target to realize his primary ambition of joining his buddies on the golf course within 16 weeks of getting his total knee replacements.

“Anyone thinking about replacing both knees at the same time must understand that the rehabilitation is very intensive and that there will be a period of down time,” Roger says. “I look at it as an investment in my quality of life for the future. It’s so nice to be pain free once again and know that I can do the things I really enjoy.”

DIANNE’S STORY

An active retiree who is involved with her family and many community activities, Dianne wasn’t willing to succumb to chronic pain in both hips that made it difficult to sleep and walk. She and her husband are long-time Escondido residents where they have raised three sons and eight foster children. Now, they tend to rescue animals including a goat, sheep and dogs.

“I have so much to do and I didn’t want to suffer the pain or have to limit my activities because my hips had worn out,” she says. Dianne sought help from Kevin Metros, M.D., a board-certified orthopaedic surgeon, who had replaced her husband’s right hip a few years ago.

“I know Dr. Metros is a very meticulous, superior surgeon,” she says. “At first, we talked about doing one hip replacement, but then my other hip started hurting and I thought it would be best to have them both done at the same time.”

Total hip replacement involves removing the head of the thighbone and replacing the ball-and-socket mechanism at the hip joint with an artificial implant. Dr. Metros performs minimally invasive total hip replacement and prefers to use an anterior approach that allows him to work between the muscles rather than detaching them from the hip or thighbones.

Following surgery at PMC, Dianne stayed in the Acute Rehabilitation Unit for two weeks. With three exercise sessions daily, Dianne says she had early and continuous improvement. She continued with outpatient rehabilitation after going home.

“I feel privileged to have been cared for in the Acute Rehabilitation Unit where I got excellent care,” Dianne says. “Everyone is so skilled in their knowledge. The exercise program they designed for me was very helpful and effective.”

“We’re always on the go and it’s great to be pain free and able to move around as easily as I do with my new hips,” Dianne says.

For more information about PPH’s orthopaedic services, please visit www.pph.org/joint.

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**THINKING OF Joint Replacement Surgery?**

Questions to Ask Your Surgeon

Being fully informed about any surgery is important. These questions may help you decide if joint replacement surgery is the right option:

- Why are you recommending joint replacement surgery for me?
- Are there other alternatives?
- How will this type of surgery help relieve pain, improve mobility and function?
- How much improvement can I expect?
- What is your experience in doing this type of surgery? How many have you done at this hospital?
- How do I prepare for surgery?
- How long will I be in the hospital?
- What kind of rehabilitation is required?
- Should I arrange for assistance at home? If so, for how long?
- How long before I will be able to resume normal activities like driving, working or playing sports?
- Where can I get additional information about this surgery?
- Can I talk to other patients who have had this same type of surgery?

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**Bone and Joint Health Classes**

**The Aches & Pains of Running and Cycling**

**Pomerado Hospital, Conference Room E**

**Thursday, January 21**

6 – 7:30 p.m.

Orthopaedic surgeon William Winternitz, Jr., M.D., and physical therapist Michelle Thompson will discuss common problems experienced by runners and cyclists. This interactive discussion will address injury prevention and treatment of problems such as stress fractures, shin splints, runner’s knee, plantar fasciitis, ITB (iliotibial band) syndrome and other conditions.

**FEE: Free – registration required**

**Save Your Knees**

**Pomerado Hospital, Conference Room E**

**Monday, February 1**

6 – 7:30 p.m.

We take our knees for granted until a debilitating incident occurs. Join Orthopaedist Brad Cohen, M.D., as he discusses prevention, diagnosis, conservative treatment, minimally invasive surgery, knee replacement and rehabilitation for common knee problems.

**FEE: Free – registration required**

**Back and Neck Pain: Is Surgery the Only Option?**

**Graybill Auditorium, Palomar Medical Center**

**Monday, April 19**

6 – 7:30 p.m.

Back and neck pain affects a large majority of Americans at some point in their lives. Causes of pain can be complex and can even be the result of previous unsuccessful surgery. Proper diagnosis is key in determining treatment which can range from rest and medication to physical therapy or surgery. Join Orthopaedic Surgeon Jeffrey Schiffman, M.D., as he discusses the latest advancements for back and neck pain relief.

**FEE: Free – registration required**

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For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Q: When my aunt had a heart attack, her only symptoms were feeling dizzy, clammy and difficulty breathing. Is that normal?

A: There is evidence of “gender difference” in heart attack symptoms. Women are more likely than men to report shortness of breath or dizziness before a heart attack. Older women may experience shortness of breath, which is often treated as a respiratory issue. If shortness of breath is a new, unexplained symptom, I believe it is a good idea to have a cardiac exam as part of a comprehensive assessment.

Classic signs of a heart attack include crushing chest pain, pain radiating down the left arm or to the neck, and a feeling of fullness in the chest. Both men and women may experience these symptoms as well as the atypical indicators your aunt reported.

Recognizing warning signs and getting to the nearest emergency room as soon as possible can help you survive a heart attack. It’s much better to be told your discomfort is from indigestion than to put off lifesaving treatment because you’re concerned about a false alarm.

Preventing heart disease starts with reducing controllable risk factors. Smoking, which is known to increase the risk of cardiovascular disease, is even more potent in women. Sedentary activity, an unhealthy diet and cumulative stress also increase the possibility of cardiovascular disease. Exercise is helpful in breaking the cycle of stress and in controlling weight.

It’s very helpful to keep cholesterol and blood pressure within an acceptable range. If you have diabetes, it is especially important to have regular cardiac checkups and remember that the indicators of heart problems can be vague. Ask your physician for specific advice.

Q: My wife’s tennis team seems plagued by torn ACL’s. What’s going on?

A: Anterior cruciate ligament (ACL) tears, a leading cause of non-contact sports injuries, have reached epidemic levels and that is especially true among female athletes. Studies show that female athletes are eight times more likely to have this injury than are male athletes.

The ACL is one of four ligaments that stabilize the knee. The ACL can be injured by direct trauma such as from a football tackle or by losing balance and twisting the knee. The telltale sign of this injury is a “popping” of the knee along with swelling. I recommend applying the RICE procedure immediately. RICE is Rest, Ice, Compression (with an Ace bandage) and Elevate. An anti-inflammatory such as ibuprofen helps reduce swelling and relieve pain.

A comprehensive evaluation can determine the extent of damage. If the knee is unstable, surgery is the only option to sufficiently restore strength and stability to allow the return to active sports. However, recovery from this surgery requires a minimum of four to six months of rehabilitation and often up to one year to regain your previous performance level. That much “down time” is often difficult for people who enjoy participating in sports.

For that reason, I promote prevention through a specialized conditioning program which includes warm-ups, stretching, strengthening, plyometrics, agilities and warm down/cool down activities. When added to a team’s regular training, this type of program has been shown to significantly decrease the risk of ACL injury by increasing flexibility, strength and agility.
As construction of the new Palomar Medical Center West nears the halfway point, the shape and scope of the “Hospital of the Future” is changing the skyline of western Escondido.

“We reached a critical juncture when we completed the 11-story steel frame – the ‘skeleton’ – of the new hospital,” says Michael Shanahan, director of Facilities Planning & Development. “Since installing steel fireproofing, we have started mounting exterior curtain walls – a protective layer of glass ‘skin’ – to the frame.”

Another milestone includes finishing a complex underground “nerve center” to accommodate utility lines running from the “brain” – the central plant and data center – to the new facility.

Since completing the new Helipad at Pomerado Hospital in Poway, attention has turned to preparing for future expansion. An underground utility corridor is being constructed while pharmacy and security services have been temporarily relocated to make way for the new sky bridge that will connect the hospital with Pomerado outpatient Pavilion that houses physician offices and the Jean McLaughlin Women’s center for Health and Healing.

To view construction progress, visit [www.pph.org/future](http://www.pph.org/future) where a live webcam tracks activity at Palomar Medical Center West.

Hospitals of the future are expected to use innovative design elements to improve care quality, according to the Robert Woods Johnson Foundation. Palomar Pomerado Health (PPH) is doing just that by evaluating new technologies that may advance the delivery of care.

One example is the proposed study of Integrated Medical Systems’ MedEx 1000, a portable unit designed to provide ICU-level monitoring in a single platform that transports critically ill patients within the hospital. PPH would be the first health organization in the nation to test this system in a hospital setting.

“We call it ‘ICU in a suitcase,’” says Brenda Fischer, R.N., director of the Center for Nursing Excellence at PPH. “The commercial application of MedEx 1000 is based on the military’s LSTAT system – Life Support for Trauma and Transport – that is used in the front lines of the wars in Iraq and Afghanistan.”

The MedEx 1000 monitors all vital signs and has infusion pumps plus a ventilator that can deliver oxygen. The purpose of this design is to provide uninterrupted monitoring and delivery of life-saving fluids and oxygen.

“Typically, critically ill and injured patients are disconnected from these lifelines whenever they need diagnostic tests or interventional procedures,” Fischer says. “This is disruptive to care and may be harmful. We are interested in studying if the ‘ICU in a suitcase’ will improve patient safety as well as caregiver efficiency.”

The PPH study will be funded by a donor to the PPH Foundation, with matching funds from Integrated Medical Systems. Once the funding has been secured, Fischer will design the study. She and Lorie Shoemaker, R.N., chief nurse executive for PPH, are the lead investigators. John Steele, M.D., medical director of Trauma Services, is the physician champion.

For more information, stop by the nearest PPH express care health center or visit [www.pphexpresscare.org](http://www.pphexpresscare.org).

Now served at select Albertsons/Sav-on Pharmacy locations.

- Staffed by Palomar Pomerado Health (PPH) Certified Family Nurse Practitioners
- Open seven days a week
- No appointment necessary
- Most visits take about 20 minutes
- Most services are an affordable $39
- Insurance is not required, but participating health plans are accepted
- For more information, stop by the nearest PPH express care health center or visit us at [www.pphexpresscare.org](http://www.pphexpresscare.org).

Ask Us About Our February Heart Month Specials!
Eighteen months after introducing the most advanced da Vinci S HD Robotic Surgical System to San Diego County, Palomar Pomerado Health’s (PPH) robotic surgery program continues to grow. The da Vinci system offers unparalleled precision for removing cancerous tumors and also treats a variety of benign gynecologic and urologic conditions.

“Our program has matured and we have all the pieces in place to expand the scope of our program to other specialties,” says Kris Ghosh, M.D., a board-certified obstetrician/gynecologist and gynecologic oncologist specializing in treating women’s cancer. “We have the newest robotic surgical equipment available, a seasoned surgical team and a health system fully committed to assuring that patients receive top quality care.”

The newest member of PPH’s robotic surgical program is Brian Link, M.D., a board-certified urologist who completed a fellowship in urologic oncology and robotic surgery at City of Hope in 2008. During that fellowship, he performed more than 300 urology procedures using advanced robotic technology. He joins Dr. Ghosh as co-medical director of the robotic program.

“I feel connected to PPH through knowing Dr. Thomas Jones, a urologist who is an avid supporter of da Vinci surgery,” Dr. Link says. “There is a great opportunity here to advance the program by training surgeons from additional specialties in robotic surgery and thereby expand the range of applications for this innovative technology.”

“The da Vinci system is especially useful in removing uterine fibroids and treating endometriosis while preserving reproductive organs for women who want to become pregnant,” says Radmila Kazanegra, M.D., a board-eligible obstetrician/gynecologist who was fellowship trained in minimally invasive gynecologic surgery with robotic technology at Stanford University Medical Center. “The robotic system provides superior three-dimensional vision of the operative field with great range of motion that allows surgeons to more safely and efficiently perform delicate surgical procedures and suturing in comparison to conventional laparoscopic surgery.”

**da Vinci Robotic Surgery Procedures**

As a minimally invasive surgical technique, the da Vinci robotic system offers patients numerous advantages over traditional, open surgery. These include smaller incisions resulting in quicker healing with less pain, shorter hospital stay (most patients go home the day after surgery) and quicker return to daily activities.

The da Vinci system at Palomar Medical Center is used to perform these procedures:

**Urology**

**Radical Prostatectomy:** This complex surgery removes the cancerous prostate tumor while sparing nearby healthy tissue. When compared to conventional open surgery, the robotic technique results in less blood loss, shorter hospital stays and quicker return to normal activities. With a highly experienced robotic surgeon, patients may also benefit from early return of urinary control and sexual function.
Partial Nephrectomy: This procedure removes a small tumor from the kidney, leaving healthy tissue in place to preserve renal function.

Cystectomy: Surgical treatment of invasive bladder cancer involves removing some or all of the bladder and creating a new pathway for urine flow.

Gynecology

Hysterectomy: This surgical procedure treats uterine and cervical cancer. Patients having a da Vinci hysterectomy usually go home the following day and return to normal activities within a couple of weeks, instead of the typical six weeks with traditional hysterectomy surgery.

Myomectomy: The da Vinci system removes uterine fibroids precisely, assuring that the uterus can be retained which is important for women considering future pregnancy.

Endometriosis: Surgical options include removing endometrial growth and scar tissue while leaving reproductive organs intact or performing a radical hysterectomy.

Sacrococcygectomy: This technique surgically corrects vaginal vault prolapse by attaching a surgical mesh to hold the vagina in its correct anatomical position.

“Because the da Vinci system provides high definition views required for complex surgeries, we can give our patients improved results over traditional open surgery,” says Dr. Link.

For more information about PPH’s state-of-the-art da Vinci robotic system, please visit www.pph.org/davinci.

FREE CLASSES

Advancements in Gynecological Surgery
Graybill Auditorium, Palomar Medical Center
Tuesday, March 9
6 – 7:30 p.m.
When surgery remains the accepted and most effective treatment for a wide range of gynecologic conditions, there are several options – from laparoscopic or transvaginal to robotic-assisted surgery.

FEE: Free – registration required

Prostate Cancer Update
Graybill Auditorium, Palomar Medical Center
Thursday, March 25
6 – 7:30 p.m.
Research shows that the more a man knows about his prostate, the greater his chances of avoiding prostate problems. Join urologist Brian Link, M.D., as he discusses risk factors, symptoms, signs, diagnostic tests, treatment, complications and recovery after prostate cancer.

FEE: Free – registration required

Exercise and Weight Loss
Get Fit and Stay Strong
OASiS – Escondido
Redwood Terrace
710 W. 13th Avenue
Mondays and Thursdays
12:30 – 1:30 p.m.
Join Certified Exercise Instructor Traci Thys as she leads this fitness class using bands, weights and the stability ball to increase your bone density, core strength, endurance and balance – all while you’re having fun. To register, call OASIS at 760.839.6020.

January 18 – 28
FEE: $20 for 4 classes

February 1 – 25
FEE: $40 for 8 classes

March 1 – 29
FEE: $45 for 9 classes

April 1 – 29
FEE: $45 for 9 classes

Chair Fitness
OASiS – Escondido
Redwood Terrace
710 W. 13th Avenue
Wednesdays
12:30 – 1:30 p.m.
Chair exercises can increase your strength, vitality and balance. They create movement, stretching and help increase heart rate – perfect for the individual who has trouble with balance or standing for long periods of time. Join Certified Exercise Instructor Traci Thys for this new and invigorating class. To register, call OASIS at 760.839.6020.

January 20 – 27
FEE: $10 for 2 classes

February 3 – 24
FEE: $20 for 4 classes

March 10 – 31
FEE: $20 for 4 classes

April 7 – 28
FEE: $20 for 4 classes

Weight Loss Surgery Seminar
Pomerado Hospital
Monthly, 2nd and 4th Wednesday
6 – 8:30 p.m.
Considering weight loss surgery? Explore your options through the Surgical Weight Loss Program at Pomerado Hospital. Join us at one of our FREE general education seminars held at Pomerado Hospital. Registration is required. For more information, or to reserve a space at the next seminar, please call 858.675.0883.

CPR & First-Aid Classes
Palomar Pomerado Health (PPH) is proud to present a variety of basic and advanced Life Support and HeartSaver First-Aid Courses offered through the PPH/American Heart Association Training Center. For a complete listing of classes, see page 15 of this issue of The BabySource. To register for a class, call 800.628.2880 or visit www.pph.org and click on “Classes and Events.”
We will be enhancing Palomar Pomerado Health’s website www.pph.org starting in late January with more comprehensive health information, a cleaner layout and improved navigation to better assist you in making smart decisions about your health care.

Our new features will help you:

• Keep your whole family healthy with information centers targeted specifically for women, men, children and older adults
• Get healthy living tips on fitness, nutrition, weight management, stress management, back and neck care, blood pressure and cholesterol
• Stay on top of the news with daily health updates
• Learn about more than 3,000 diseases and conditions.

Plus, PPH’s health advocate Carol LeBeau will share health advice in her personal health journal.

Visitors will also be able to follow PPH updates on popular social media websites, such as Facebook, Twitter and YouTube.

A New Look for the New Year

CANCER SURGERY. WITHOUT THE SURGERY.

If you fear the stress and complications of traditional surgery for your cancer or if you have been told that it’s inoperable, now there’s new hope.

San Diego Radiosurgery offers a revolutionary new way to treat tumors and lesions throughout the body. There are no scalpels. No anesthesia. No blood loss. No recovery time. In fact, the outpatient procedure is completely painless and you are free to return home immediately.

In the fight against cancer there’s a new weapon and new hope. Call or visit our website today for more information.
As winners of the bid at last year’s Night of Nights gala for an intimate dinner at home with LaDainian and Torsha Tomlinson, Mike and Angela Jensen are anticipating a fun and interesting evening.

“We’ve looked forward to this for a long time, but had to wait until the end of the Chargers’ season to schedule the dinner,” Angela says. “Now we’re starting to finalize plans with Chef Jeffrey Strauss from Pamplemousse Grille, who will develop a wonderful menu with wine pairings for this special evening.”

The Jensen’s are long-time North County residents where their three children have grown up. Gabrielle, 17, is a high school senior. Her sister Cambria, 14, and brother Trevor, 11, were born at Pomerado Hospital. Mike is President of Cumming, an international construction project and cost consulting firm. Angela is a community volunteer and member of the Silent Auction Committee for the third annual Night of Nights gala, scheduled for May 15.

“Our family is blessed with good health, and yet we recognize the importance of having the tremendous resources of Palomar Pomerado Health available to provide medical care when it’s needed,” Angela says. “When Mike was injured in a motorcycle crash a few years ago, it was truly reassuring to have Palomar Medical Center’s Trauma Center right here to help him.”

“Palomar Pomerado Health is an outstanding community resource and through our gala involvement, we have learned the significance of what is being planned for the new Palomar Medical Center West,” Angela says. “Mike and I are happy to be able to contribute both financially and with volunteer support. There are endless possibilities for getting involved in this important community cause depending on what your own abilities and interests are.”

For information about the Palomar Pomerado Health Foundation’s Building Your Healthcare System of the Future capital campaign or the third annual Night of Nights Gala, please visit www.pphfoundation.org. 

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For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.

If you would like to be removed from our mailing list, please contact The HealthSource at 800.628.2880.