Dear Friend of PPH,

The more things change, the more they stay the same. This old adage holds true when it comes to the tremendous transformation that Palomar Pomerado Health (PPH) is undergoing.

We are seeing a new medical campus evolve before our eyes. We are poised to build four new satellite health centers in Ramona, Rancho Penasquitos, Valley Center and San Marcos – each of which will provide needed health services in the communities we serve. We are designing plans to enhance existing PPH facilities such as Palomar Medical Center and Pomerado Hospital.

As you will read in this issue of *The HealthSource,* we added Arch Health Partners to the PPH family of health options for our patients. Arch, formerly known as Centre For Health Care, includes more than 40 physicians who address a variety of specialties including urgent care. And, we have joined forces with Rady Children’s Hospital to provide Rady’s highly-specialized and trusted care for our youngest and often most vulnerable patients.

What hasn’t changed is PPH’s commitment to service, innovation and care. We are here for one reason – to provide excellent care for you and your family. And this, you can bet, will only continue to get better. We look forward to caring for you.

In good health,

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

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The HealthSource 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

**OASIS**

**Rancho Bernardo**
Ed Brown Senior Center (formerly the Joslyn Senior Center at RB)
18402 W. Bernardo Drive
Rancho Bernardo, CA 92127
760.839.6020

**Escondido**

**Escondido Joslyn Senior Center**
210 E. Park Avenue
Escondido, CA 92025
760.839.6020

**San Marcos**

**Escondido Joslyn Senior Center**
21800 Rancho Santa Fe Drive
Escondido, CA 92025
760.739.3000

*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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*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.*

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On the Cover:
PPH and Centre For Health Care have partnered to form a new integrated physician network, Arch Health Partners. Pictured on the cover are Internists David Carty, M.D., and Belinda Dure-Smith, M.D. They are two of 40 physicians representing 11 different medical specialties and urgent care.
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6 Close Up with Carol
PPH Health Champion Carol LeBeau shares her personal struggles with depression and challenges readers to help erase the stigma of mental illness. Join Carol and PPH Psychiatrists for a free class on May 26 or August 18.

8 – 9 Stroke Survival
Learn how rapid response and advanced care are preventing complications and improving function for stroke victims treated at PPH. Plus, discover the benefits of endovascular coiling – the newest treatment for brain aneurysms.

10 House Calls
From Men’s Health to Sinus Infections, PPH physicians answer your questions about some of today’s hottest health topics.

11 Dine with the Docs: Focus on Bone Health
Join PPH board-certified orthopaedic surgeons and PPH Health Champion Carol LeBeau for a unique learning experience designed to help you keep your bones stronger, longer.

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Discover how weight loss surgery at Pomerado Hospital has helped women improve their overall health. And, learn how you can order Medifast products through PPH expresscare health centers.

14 PPH Special Presentation Events
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15 Foundation Footnotes
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EDUCATION

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5 – 14 Health Education Classes
Palomar Pomerado Health is offering a wide variety of classes during the months of May through August. Check out our latest programs and register today!
“The way health care should be delivered.”
That’s how Arch Health Partners is being described by the key physicians and executives responsible for developing Palomar Pomerado Health’s (PPH) new non-profit integrated physician organization. Centre For Health Care, with 40 physicians representing 11 specialties, is the first group to join Arch Health Partners. Their affiliation became effective April 1 and includes a name change to “Arch Health Partners.”

Arch Health Partners was designed to coordinate and manage patient care throughout the entire spectrum – from primary care office visits to hospital care, rehabilitation and ancillary services. Physicians and hospital staff share medical information and work collaboratively to improve quality and patient satisfaction.

“Our patient-centered vision emphasizes prevention and health education while coordinating medical services at all levels,” says Stuart Graham, M.D., Board Member, Arch Health Partners. “We do that by focusing on and supporting the relationship between the primary care physicians and their patients.”

Coordinated care, or case management, is considered the cornerstone of delivering optimal outcomes and heightened patient satisfaction. This collaborative process relies on nationally recognized evidence-based medical practices and information sharing between all providers involved in the care of the patient.

“When this proactive approach to quality care is followed, there is often a reduction in the duplication of services and use of emergency services, which decreases out-of-pocket costs for patients and the health-care system as a whole,” says Victoria Lister, FACHE, Executive Director, Arch Health Partners. “We followed that prescription at Centre For Health Care for years and it benefited our patients and physicians.”

By aligning with PPH, Arch Health Partners is committed to serving PPH’s 800 square-mile service area. In the future, Arch Health Partners envisions having more medical office locations by growing its primary care base to more than 100 member physicians.

“This integrated medical system is comprised of physicians who are dedicated to providing optimal quality care that results in consistently high outcomes and patient satisfaction,” says Robert Trifunovic, M.D., MBA, PPH Medical Staff Development Officer and Arch Health Partners Board Member. “When physicians and hospital services are closely aligned, the quality of care improves along with patient satisfaction.”

“With the future of reimbursement moving to integrated payments for physician and hospital services, it is critical that PPH establish a vehicle that will allow alignment in a closer fashion,” says Michael H. Covert, FACHE, PPH President and Chief Executive Officer. “At the same time, we recognize the need to significantly increase the number of internal medicine and family practice physicians to accommodate population growth in our primary and secondary service areas.”

“The collaboration between Palomar Pomerado Health (PPH) and Centre For Health Care to form Arch Health Partners (AHP) was a team effort under the leadership of, from left to right, PPH Medical Staff Development Officer Robert Trifunovic, M.D., MBA; Centre For Health Care President Stuart Graham, M.D.; AHP Executive Director Victoria Lister, FACHE; and PPH Chairman of the Board Bruce Knider.

THE MEANING BEHIND ARCH HEALTH PARTNERS

Arch – Represents the connection between member physicians and the PPH hospitals and other services.

Health – Represents the core business purpose.

Partners – Represents the equal cooperation between PPH and the physicians. The plural form indicates that this integrated medical system includes multiple entities now and in the future.
More than 625 construction personnel – representing 75 trade contractors – are working on schedule toward the common goal of admitting patients to Palomar Medical Center West (PMC West) in 2012.

“We are all committed to working together as a team, to get the job done right and on time and to assure that we maintain our usual high standard of job safety,” says Gerry DeWulf, Project Director for DPR Construction at PMC West. Over the summer, contractors will put the finishing touches on PMC West’s environmentally sound green wavy roof. This structure will be planted with low-water use native grasses and succulents to provide a pleasant healing environment situated on top of the diagnostic and treatment areas.

“This is the first visible sign of Palomar Pomerado Health’s commitment to minimizing the environmental impact of this facility and providing some offsets by incorporating sustainable native plants,” says Marcia Jackson, director of Facilities Planning and Transformation for Palomar Pomerado Health.

As construction continues this summer, watch for the following milestone completions:

- All air-handling units will be installed.
- The first of 21 elevators will be installed in June.
- By August, the exterior curtain wall, known as exterior glass and glazing, will be installed up to the ninth floor.
- The exterior of the Central Plant – the hub of mechanical operations that will keep PMC West running smoothly – will be completed.

To schedule a hard hat tour of the new Palomar Medical Center West, please call the Palomar Pomerado Health Foundation at 760.739.2787.

Community Open House
Saturday, June 26
1 – 4 p.m.

We’re excited to meet and greet our neighbors. Join us for a community open house and take advantage of this unique opportunity to tour our facilities and chat with our doctors. Plus, enjoy refreshments, free health screenings, fun activities for kids and more.

To learn more, visit www.ArchHealth.org.

Arch Health Partners
15611 Pomerado Rd.
4th Floor
Poway, CA 92064

*Limit one first-aid kit per family/household.
ERASING THE STIGMA OF MENTAL ILLNESS

My mother committed suicide. She died 30 years ago in March at the age of 53 from untreated, end-stage depression. I was 26 and had reaped the benefits of a loving, devoted mother. All I could do was watch helplessly as she fought the overwhelming symptoms of anxiety and despair. Mom’s death was a tragic loss, but I found comfort knowing she was finally at peace, free from the bondage of a devastating illness over which she had no control. What made it unbearable was the reaction to her death.

It was never discussed. My dad didn’t talk about it. My brother, sister and I went through the motions of her funeral and burial, but never spoke of it. Friends and neighbors avoided it. Our pastor couldn’t even look us in the eye because of it.

Had “it” been cancer, heart disease or complications of diabetes, there would have been plenty of talking, crying and hugging. But what happened to my mother was unspeakable.

I was angry then, but now I understand. In those days, little was known about mental illness. Many actually believed it might be demon possession. Ignorance is scary, and a stigma is often attached to that which we don’t understand.

Sadly, 30 years later the stigma still exists, and THAT makes me mad. We know better today. In the hands of trained medical professionals, treatment for most depressive disorders is entirely effective. And still... many suffer in silence because of the “stigma.”

I know. Along with her curly hair, I inherited my mother’s clinical depression. I was 34 when the extreme anxiety and depression overwhelmed me. I was sure life as I knew it was over. I was lucky. I had support. An excellent psychiatrist worked with me until we found the right medication. A caring psychologist helped me learn what I could do to help. Within weeks, my symptoms subsided and I got back my joy.

I still have depression. It’s a chronic condition for which I gratefully take medication every day. It’s no big deal, really.

Why all the discomfort, shame and behind-the-back whispers when it comes to mental illness? With all that can go wrong with our bodies, who decided that our brain, with its complex chemistry that controls our moods, emotions, sleep patterns and appetites, should be exempt?! I could, after all, have chronic asthma, severe allergies, insulin-dependant diabetes or high blood pressure, and feel perfectly free to discuss it with most anyone.

No one should be made to feel guilty or at fault because of a medical condition.

May is Mental Health Awareness month. Let’s talk about it. It’s time for mental illness to get some respect from a society that still wants to believe in demons. – Carol LeBeau

If you have a comment for Carol LeBeau or would like to make a suggestion for a future topic, drop us a line to carol@pph.org. You can also read Carol’s online health journal at www.pph.org/carol.

Find Help at PPH. If you or a loved one is suffering from depression or any other type of mental illness, Palomar Pomerado Health can help. We offer inpatient and outpatient treatment for adults and older adults at both Palomar Medical Center and Pomerado Hospital. Please call 800.336.2000. You can also take our free, anonymous online depression screening at www.pph.org/depression.

Join Carol for a Free Class! Embracing Your Emotional Health

POMERADO OUTPATIENT PAVILION
FIRST FLOOR, EDUCATION CLASSROOM

Wednesday, May 26
10:30 a.m. to Noon

Wednesday, August 18
6 to 7:30 p.m.

Ladies, take Carol’s words to heart and open your mind to the topic of emotional health. Join Carol LeBeau along with PPH Psychiatrists Irinel Chiriac, M.D., and Marina Katz, M.D., for an intimate, small-group discussion addressing common behavioral health issues facing women of all ages. This class is limited to 20 registrants, with two available class dates. To register, call The HealthSource at 800.628.2880 or visit www.pph.org and click on “Classes and Events.” FEE: $10 / person
Palomar Pomerado Health is offering a wide variety of classes during May – August. Check out our latest programs in this issue of The HealthSource and Prevention Plus. Register today!

Early Memory Loss: Tools for Successful Living

OASIS – Rancho Bernardo (see page 2)
Tuesday, May 18
1 – 2:30 p.m.
Early stage Alzheimer's disease may require many changes in daily routines. Join Diane Beach, MPH, Ed.D., of the Alzheimer’s Association as she discusses ways to maintain and increase quality of life through nutrition, physical exercise and social relationships.
To register, call OASIS at 760.839.6020. FEE: $3 / participant

Living with Osteoporosis

OASIS – Escondido (see page 2)
Wednesday, May 19
10 – 11:30 a.m.
Osteoporosis, the thinning of bone tissue and loss of bone density over time, is the most common kind of bone disease. Women over age 50 and men over age 70 have a higher risk for osteoporosis. Internist Harrison Robinson, M.D., will discuss symptoms, diagnosis, treatment and prevention for osteoporosis.
To register, call OASIS at 760.839.6020. FEE: $3 / participant

Medication Safety

OASIS – Escondido (see page 2)
Wednesday, June 9
10 – 11:30 a.m.
Today's medicines cure diseases and alleviate pain for millions of people everyday. However, medicines can also have adverse affects, resulting in a trip to the emergency room. Janice Canaria, Pharm.D., and Stefanie Gerety, Pharm.D., will discuss taking medications correctly, common drug interactions, reliable internet resources and more.
To register, call OASIS at 760.839.6020. FEE: $3 / participant

Living with Food Intolerances

OASIS – North County Inland Adult Center
Temple Adat Shalom
15905 Pomerado Road, Poway
Tuesday, June 22
1 – 2:30 p.m.
Sensitivity to certain foods, or food intolerance, is the inability to properly digest foods – leading to chronic symptoms and illness. The effects can range from mild to severe. Join Alan Larson, M.D., as he explores solutions to the digestive dilemma.
To register, call OASIS at 760.839.6020. FEE: $3 / participant

Urinary Incontinence – A Treatable Condition

OASIS – Escondido (see page 2)
Wednesday, June 30
10 – 11:30 a.m.
Urinary incontinence is an annoying yet treatable condition. While it is more common as a person ages, it is not a normal part of aging. Join Urologist Thomas Jones, M.D., as he discusses causes, symptoms and options for treatment.
To register, call OASIS at 760.839.6020. FEE: $3 / participant

Is Pain A Normal Part of Aging?

OASIS – Rancho Bernardo (see page 2)
Tuesday, July 13
1 – 2:30 p.m.
Pain attacks the human body at every vulnerable target, especially as we get older. Join Palliative Medicine Specialist Victor L. Konner, M.D., FACP, as he discusses the common causes of pain and how you can help prevent it from interfering with the enjoyment of an active life.
To register, call OASIS at 760.839.6020. FEE: $3 / participant

Thyroid Dysfunction

OASIS – Escondido (see page 2)
Wednesday, July 21
10 – 11:30 a.m.
The thyroid gland plays a very important role in controlling the body’s metabolism. When the gland doesn’t work properly, it affects several organs. Internist Harrison Robinson, M.D., will discuss the thyroid, its function in the body, and the necessary steps to identify, treat and restore the gland to proper working order.
To register, call OASIS at 760.839.6020. FEE: $3 / participant

Chronic Obstructive Pulmonary Disease (COPD)

OASIS – Escondido (see page 2)
Wednesday, August 11
10 – 11:30 a.m.
COPD is one of the most common lung diseases. While there is no cure, there are many things a person can do to relieve symptoms and keep the disease from getting worse. Join Stephen Whipp, PPH chief pulmonary lab technologist, as he discusses causes, symptoms, diagnosis, treatment and prevention.
To register, call OASIS at 760.839.6020. FEE: $3 / participant

Straight Talk about Memory Loss

Pomerado Hospital, Conference Room C/D
Tuesday, August 24
6 – 7:30 p.m.
Memory health is just as important as physical health. Early detection and diagnosis of a memory problem is critical to a better quality of life. Geriatric neurologist, Gilbert Ho, M.D., will discuss various causes of dementia and ways you can take charge of your memory health.
To register, call The HealthSource at 800.628.2880. FEE: Free
When it comes to stroke care, Palomar Pomerado Health (PPH) provides advanced, comprehensive services that adhere to nationally established quality standards. This full continuum of care – from the Emergency Department to the Acute Rehabilitation Unit – has allowed Palomar Medical Center and Pomerado Hospital to be designated as a Certified Stroke Center by the Joint Commission on Accreditation of Health Organizations. This distinction recognizes hospitals that meet rigorous national standards and clinical practice guidelines designed to manage care and optimize quality of life.

Experienced health professionals coordinate the care of each patient. Team members include paramedics, Emergency Department physicians and staff, neurologists, stroke certified nurses, physiatrists, rehabilitation therapists and staff from radiology, laboratory, pharmacy and admissions services.

**Rapid Response**

Medical professionals agree the most important first step to stroke survival is recognizing symptoms (see sidebar) and acting quickly to get emergency medical care.

That’s just what John Roberts did when he suffered a stroke in February. “I wasn’t really familiar with stroke symptoms, but knew something was really wrong,” says Roberts. “My equilibrium was faltering and my body felt like rolling shockwaves passing through from head to toe. Then I felt a pervasive weakness and my left arm was immobile.”

A nearby friend took him immediately to Palomar Medical Center. In hindsight, Roberts says he should have called 911 for paramedic assistance because he has learned they are trained to recognize stroke symptoms and start life-saving treatment on the way to the hospital. Paramedics can initiate a Stroke Alert that assembles a coordinated team of specialists who evaluate the patient upon arrival at the Emergency Department (ED).

Immediately after arriving at the ED, Roberts had a CT scan of his brain to see if any stroke was visible and to be sure there was no associated bleeding into the brain.

“Usually an acute stroke is not visible on the initial head CT, but this is used to rule out bleeding,” says William Samuel, M.D., a board-certified neurologist who is also subspecialty certified in vascular neurology. “MRI is subsequently used to confirm the size and location of the stroke.”

“Because of the significant weakness in his left arm, we believed Mr. Roberts had had a stroke caused by a blood clot,” says Dr. Samuel.

The intravenous clot dissolving medicine tPA (tissue plasminogen activator) is the only FDA-approved medicine that can reverse an acute stroke by dissolving a clot that has obstructed flow in a brain vessel. Because it carries some risk of causing bleeding into the brain and other risks, the patient and family must make an informed decision as to whether or not they want tPA.

“Mr. Roberts reached the hospital well within the three hour window of opportunity where tPA can be safely and most effectively given,” says Dr. Samuel. “This drug provides the best option currently available for recovery from a primary ischemic stroke. Subsequent hospital care, MRI and cardiology studies, and adjustment of medications help protect against future strokes.”

“I had a strong intuitive feeling that tPA was the right decision for me,” says Roberts. “By the time I went to the intensive care unit, I was already getting movement back in my left fingers. The improvement was noticeable and impressive.”

**Advanced Stroke Treatment**

“Clot busting medication such as tPA for ischemic stroke care has revolutionized our ability to treat strokes that would result in loss of brain tissue and function,” says Michael Rafii, M.D., a board-certified neurologist and Medical Director of the PPH Stroke Program. “Unfortunately, only about five percent of stroke patients reach a hospital in time to be considered for this treatment. That’s why it’s important to know the symptoms.”

Typically, tPA is administered intravenously into the bloodstream where it travels to the clot to dissolve the blockage. An advanced application being implemented at PPH is the intra-arterial tPA that doubles the optimal treatment time.

“Intra-arterial tPA is a faster, more direct way of delivering this drug to the clot,” says Donald Ponec, M.D., a board-
certified interventional radiologist and Medical Director of North County Radiology. “We are finalizing required treatment protocols with a goal of offering this new option at Palomar Medical Center by early July.”

In this minimally invasive procedure, the interventional neuroradiologist threads a catheter through the blood vessels to the site of the clot. The medication is slowly released directly on the clot to dissolve it and restore blood flow.

“Our goal is to open the vessel by dissolving or removing the clot as quickly as possible,” says Scott Olson, M.D., an interventional neuroradiologist. “Obviously, close observation and focused care during and after treatment are required to reduce the chances of complications such as bleeding into the brain.”

**Preventing Complications, Improving Function**

All patients are admitted to the Intensive Care Unit or Stroke Unit where they are closely monitored. Patients have further neurological tests within the days following their stroke. These tests help determine what caused the stroke, providing critical information for a plan that will reduce the risks of complications and improve long-term function.

“The stroke-certified nurses are exemplary in meeting the evidence-based guidelines for stroke management that results in improved outcomes for our patients,” says Dr. Rafii.

At the same time, most stroke patients begin working with rehabilitation experts even before they transfer to the Acute Rehabilitation Unit (ARU) at Palomar Medical Center.

“Research proves that early rehabilitation for stroke patients results in better outcomes, with improved function and quality of life,” says Keyvan Esmaeili, M.D., medical director of the ARU. “We coordinate the medical and physical rehabilitation needs of each patient with the goal of improving functional ability so that each patient can go back to their family and community and enjoy a good quality of life.”

**Stroke Awareness: What You Should Know**

Pomerado Outpatient Pavilion  
First Floor, Education Classroom  
Wednesday, May 19  
6 – 7:30 p.m.

Did you know that 80 percent of all strokes can be prevented? Plus, advanced treatments are improving outcomes and quality of life. Join Neurologist Michael Rafii, M.D., as he shares the latest information on stroke prevention, treatment and rehabilitation.  
FEE: Free — registration required

**Brain aneurysm before endovascular coiling**  
**Brain aneurysm after endovascular coiling**

It looks more like a ball of tightly wound twine instead of the life-saving platinum endovascular coil now being used at PPH to treat brain aneurysms, which are weak points in the wall of a brain blood vessel that swell and can rupture, causing dangerous bleeding into the brain.

The endovascular coil was developed in the late 1980s and more than 125,000 patients worldwide have had this procedure since then.

“Until the advent of endovascular coiling, our other treatment option was surgical clipping to close off the aneurysm or weakened area of the blood vessel in order to prevent a rupture or re-rupture of the vessel,” says Scott Olson, M.D., an interventional neuroradiologist. “Endovascular coiling is an option for certain types of aneurysms in the brain, depending on the size, shape and location.”

A recent multi-center study comparing clipping and coiling showed that endovascular coiling is able to provide better outcomes for patients.

Whereas surgical clipping involves major surgery called a craniotomy, endovascular coiling is a delicate, sophisticated, minimally invasive procedure. It is performed using high resolution x-ray imaging that visualizes the intricate vascular system. The procedure involves inserting a thin plastic catheter into the femoral artery in the groin and navigating it through the vascular system into the head and eventually to the aneurysm.

“Platinum is used because it is visible on x-ray and is flexible enough to conform to the aneurysm shape and size,” Dr. Olson says.

“Endovascular coiling is a way of giving patients the best chance to improve functionally from a brain aneurysm,” says Dr. Ponec. “With advanced imaging technologies, we are now able to do minimally invasive procedures that have a meaningful impact in improving the patient’s quality of life.”

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Men’s Health
Belinda Dure-Smith, M.D.
Board-Certified Internal Medicine
Arch Health Partners
Poway

My husband puts off going to the doctor for routine physicals and annual prostate exams. How can I encourage him to take charge of his health?

You are right to be concerned, even if your husband is very fit. It might be helpful to suggest that he develop a game plan for personal health maintenance just like he does for his car. This plan includes establishing a medical home with a primary care physician who will evaluate your husband’s current health status, discuss family medical history, and conduct a range of diagnostic tests that will provide valuable baseline information.

This becomes the platform for an action plan to sustain long-term wellness. For example, the physician may prescribe certain medications to treat chronic illness, recommend preventive health screenings, provide information about nutrition and exercise, and assure that your husband is current on recommended immunizations. Your husband can then take charge of following up on recommended tests and tracking his numbers for blood pressure, cholesterol and body mass index. If they become elevated, he should consult with his physician to develop a specific plan to reduce them.

Remind your husband that it will be much easier to have any worrisome symptoms checked if he already has an established relationship with a physician he knows and trusts.

To learn more about recommended health screenings for men, please visit www.pph.org/housecalls.

Sinus Infections
Michael Morelock, M.D.
Board-Certified Otolaryngologist
Graybill Medical Group
Escondido

Do nasal congestion and headache mean I have a sinus infection?

Sinus symptoms are commonly thought of as an infection caused by viruses and bacteria and occasionally funguses. However, many people have non-infectious inflammation caused by allergies or environmental irritants and sensitivities. Some medications, including overuse of nasal decongestant sprays and side effects of some blood pressure medications, can also cause non-infectious sinus symptoms.

The most common cause of acute sinusitis is a viral infection causing upper respiratory symptoms. Symptoms associated with acute sinusitis regularly occur with the common cold. They include yellow nasal drainage, reduced sense of smell, nasal obstruction, facial pressure or pain, fever, headache, bad breath, dental pain, cough and fatigue. If symptoms last longer than 10 days, an acute bacterial sinusitis is more likely and a medical evaluation is recommended.

Acute sinusitis is common, and smoking increases the risk of sinusitis. Follow these steps to help prevent sinus infections:

• Stop smoking.
• Wash hands regularly.
• Treat allergies to reduce nasal inflammation.
• Avoid or change medications that may cause nasal and sinus inflammation.
• Treat other underlying medical problems causing inflammation.

Do nasal congestion and headache mean I have a sinus infection?

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• Treat other underlying medical problems causing inflammation.

To learn more about recommended health screenings for men, please visit www.pph.org/housecalls.

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

Now you can get fast, affordable care in the convenience of a walk-in health center at your local Albertsons/Sav-on Pharmacy store.

• 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 $62
• Insurance is not required, but participating health plans are accepted

For more information, stop by the nearest PPH expresscare health center or visit us at www.pphexpresscare.org.
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 & Events.”

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 & Events.”

Diabetes Education

Palomar Pomerado Health (PPH) offers education classes designed to help individuals with diabetes improve their health status and quality of life. Classes range from a core education series to specific needs that focus on glucose monitoring, meal planning, carbohydrate counting, oral medications and gestational diabetes. The PPH DiabetesHealth program is certified by the American Diabetes Association and accredited by California’s “Sweet Success” program for gestational diabetes. Classes are offered weekly at The HealthSource, San Marcos. Call 760.510.7377 for dates, time and fees.

Focus on Bone Health

Did you know that more than one in four Americans suffers from a musculoskeletal problem such as hip, knee, spine and shoulder impairments? Are you suffering from spasms, stiffness, soreness, swelling or weakness in your joints?

Join Palomar Pomerado Health (PPH) Board-Certified Orthopaedic Surgeons and PPH Health Champion Carol LeBeau at the Rancho Bernardo Inn for a unique learning experience designed to help you overcome the aches and pains of common bone and joint conditions. Enjoy a healthy dinner, take advantage of free blood pressure and body composition screenings, and receive a certificate for a FREE bone density screening at PPH. Plus, participate in a special physician panel discussion exploring the symptoms, diagnosis and latest treatment options for hip, knee, spine and shoulder problems.

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

$35 / person*

*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

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Bariatric surgery, either gastric bypass or Lap-Band®, offers a permanent change for patients who desire to lose a significant amount of weight, reduce or eliminate associated chronic conditions and improve their quality of life. On average, patients who have bariatric surgery permanently lose half or more of their excess weight.

“When I had gastric bypass last year, I realized surgery was a tool that changed the biology of my body and, if I was going to achieve permanent weight loss, I would need to adhere to new lifestyle changes about how I viewed food and exercise,” says Ellen Luckow of Oceanside. She had surgery at Pomerado Hospital, which was first designated a Bariatric Surgery center of Excellence in 2007 by the American Society for Bariatric Surgery.

“This designation recognizes our ongoing efforts to implement quality improvements that integrate our surgical practice with the hospital services to assure that our patients receive the best quality service throughout their care,” says Charles Callery, M.D., medical director, who has completed more than 3,000 gastric bypass and Lap-Band surgical procedures since 1991.

Dr. Callery and his staff perform two types of bariatric surgery: gastric bypass and Lap-Band. Candidates must be obese or significantly overweight, as measured by a body mass index (BMI) of 35 with a comorbid condition such as diabetes, high blood pressure or sleep apnea. A patient may be a candidate with a BMI of 40 or greater regardless of medical condition. (Learn how to measure your BMI at www.thinnertimes.com).

Gastric Bypass

Gastric bypass surgery reduces the size of the stomach and allows food to pass quickly into the small intestine so patients have an early sense of satisfaction from eating smaller quantities of food. The duodenum is also bypassed changing metabolism and greatly improving diabetic control.

Gastric bypass is generally performed with the laparoscope through tiny incisions in the abdomen. The uppermost portion of the small intestine is divided to create a short Roux limb. This is joined to the new upper stomach pouch that is created by dividing the stomach. The resulting new stomach pouch is about the size of a golf ball. Dr. Callery reinforces the staple line that attaches the upper stomach pouch and Roux limb with a specially formulated collagen fabric. This strengthens the seam and helps prevent leaks and bleeding.

Luckow had minimally invasive gastric bypass on February 23, 2009, at Pomerado Hospital. She went home the next day and returned to work within two weeks. Since then, she has lost half of her body weight. More importantly, she has accomplished several goals for herself.

“My health is significantly better because I no longer have Type 2 diabetes and I have normal blood pressure and cholesterol,” Luckow says. “I have much more energy and can swim a mile continuously with flips, which I do six days a week.”

Lap-Band®

The Lap-Band procedure places a band around the upper stomach to restrict the amount of food that can be accommodated. The band is periodically adjusted through an infusion port that is placed under the skin of the abdomen during this outpatient procedure. Through periodic adjustments, the band is tightened or loosened to achieve comfortable weight loss of one to two pounds each week and provide a feeling of reasonable satisfaction between small meals. Dr. Callery does adjustments for Lap-Bands that were inserted elsewhere.

Cathy Harrington chose Lap-Band last June. A fourth-grade schoolteacher in Ramona, Harrington had battled weight for more than 15 years without long-term success. Her BMI was
39.5 when she first went to Dr. Callery’s office for evaluation.

“I turned 50 and decided I didn’t want to spend the second half of my life hampered by being extremely overweight,” Harrington says. “Because of excess weight, I would lose my breath simply climbing a dozen steps and struggled to get up from the floor after tying my tennis shoes.”

Since having outpatient surgery at Pomerado Hospital, Harrington has had two band adjustments. Her initial weight loss was dramatic, which is expected. A year later, it has tapered off to a healthy, consistent loss of one to two pounds weekly.

“I take a weekly aerobics class and walk regularly, so I am doing something active every day,” Harrington says. “I knew that the surgery could get me started on permanent weight loss, but that it’s up to me to continue and sustain the weight loss for life.”

Patient Education

“It’s important for every patient to be thoroughly educated and know what to expect before, during and following surgery,” Dr. Callery says. “They are expected to lose approximately 10 percent of their weight and complete an essay describing their reasons for wanting bariatric surgery and their life goals following surgery.

“Our patients drop a lot of pounds, but they also shed a lot of emotional baggage,” says Kelly Neil, FNP, DNP, bariatric coordinator. “Most benefit from restored self-esteem and renewed confidence to address their goals for improved quality of life.”

Learn more about Ellen Luckow and Cathy Harrington and their journey to permanent weight loss online at www.pph.org/bariatric. For more information about bariatric surgery options, including the new vertical sleeve gastric bypass procedure that is coming soon, visit www.thinnertimes.com.

As a partner in the “Take Shape for Life” program, PPH expresscare health centers are now your local source for Medifast products and medically-supervised health coaching to help you achieve your weight loss goal.

“Take Shape for Life” features nutritionally balanced Medifast meals that can be ordered through any PPH expresscare location. The meal replacement programs cost an average of $250 per month and will be delivered directly to your home. Personalized coaching at PPH expresscare is included at no additional cost. For more information, visit www.pphexpress.tsfi.com or stop by your local PPH expresscare location.

Exercise and Weight Loss

Get Fit and Stay Strong

OASIS – Escondido
Redwood Terrace (May/June Classes)
710 W. 13th Ave., Escondido
Redwood Town Court (July Classes)
500 East Valley Pkwy, Escondido
Wednesdays
12:30 – 1:30 p.m.
Join Certified Exercise Instructor Traci Thys for this fitness class using bands, weights and the stability ball to increase your bone density, core strength, endurance and balance. To register, call OASIS at 760.839.6020.

May 6 – 27
June 3 – 28
July 1 – 29
FEE: $35 for 7 classes
FEE: $40 for 8 classes
FEE: $40 for 8 classes

Chair Fitness

OASIS – Escondido
Redwood Terrace
710 W. 13th Avenue
Redwood Town Court (July Classes)
500 East Valley Pkwy, Escondido
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 anyone who has trouble with balance or standing for long periods of time. Certified Exercise Instructor Traci Thys leads this invigorating class. To register, call OASIS at 760.839.6020.

May 12 – 26
June 2 – 30
July 7 – 28
FEE: $10 for 2 classes
FEE: $20 for 4 classes
FEE: $20 for 4 classes

Adult Fitness

Palomar Medical Center
Call 760.739.3566 for dates, times and fees.
A medically supervised exercise program for anyone.

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 for a FREE general education seminar. Registration is required. Please call 858.675.0883.
Bone and Joint Health

The Orthopaedic Center at PPH is where board-certified, fellowship-trained orthopaedic surgeons and neurosurgeons choose to perform advanced procedures that help patients regain the ability to perform daily activities. Join us for one of our bone and joint classes, and move beyond your pain.

Save Your Shoulders

**Pomerado Hospital, Conference Room C/D**
Tuesday, May 25
6 – 7:30 p.m.

*Does a painful shoulder have you sidelined? Advanced surgical techniques are relieving pain and restoring range of motion. Orthopaedic Surgeon James Bried, M.D., will discuss the latest treatment options to help keep you in the game.*

**FEE:** Free – registration required

Heal Your Hips

**Palomar Medical Center, Graybill Auditorium**
Thursday, June 24
6 – 7:30 p.m.

*Minimally invasive hip replacement has helped thousands of people regain range of motion and resume activities with confidence. Orthopaedic Surgeon William Winternitz, M.D., will discuss the causes of hip deterioration and advanced options for treatment.*

**FEE:** Free – registration required

Free Your Knees

**Pomerado Hospital, Conference Room C/D**
Thursday, July 29
6 – 7:30 p.m.

*Knees, the workhorse of weight-bearing joints, wear out over time due to osteoarthritis or injury. Learn about effective treatment, including the latest advances in minimally invasive total knee and partial knee replacement from orthopaedic surgeon Brad Cohen, M.D.*

**FEE:** Free – registration required

Refine Your Spine

**Palomar Medical Center, Graybill Auditorium**
Tuesday, August 31
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 – including a previous unsuccessful surgery. Join Orthopedic Surgeon Jeffrey Schiffman, M.D., as he discusses causes, proper diagnosis and the latest treatment options for back pain relief.*

**FEE:** Free – registration required

Gynecologic and Prostate Health

**Free Robotic Surgery Seminar**

Ladies, are you facing hysterectomy? Do you suffer from uterine fibroids, vaginal vault prolapse or another GYN condition? Gentlemen, did you know that prostate cancer will strike one in six men? How can you reduce your risk? What are your choices for treatment?

Join PPH physicians Kris Ghosh, M.D., and Brian Link, M.D., as they discuss advancements in gynecologic and prostate surgery using the da Vinci S HD Robotic Surgical System, available at Palomar Medical Center.

Plus, take a seat at the controls and see for yourself how the robot works! Refreshments will be provided. To register, call The HealthSource at 800.628.2880 or visit www.pph.org and click on “Classes & Events.”

**Robotic Surgery Seminar**

**Wednesday, June 9**
4 – 6 p.m. Robot Demonstration
6 – 8 p.m. Physician Presentation

**FEE:** Free - registration required

*Stereotactic Radiosurgery Seminar*

**Palomar Medical Center Graybill Auditorium**
Tuesday, June 15
6 – 7:30 p.m.

**FEE:** Free – registration required

*Cancer Surgery Without the Surgery*

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 painless and you are free to return to normal activities immediately. To learn more about stereotactic radiosurgery, join us for a free seminar led by radiation oncologist Lori Coleman, M.D. To register, call 800.628.2880 or visit www.pph.org and click on “Classes & Events.”
McLaughlin Legacy Helps to Build “HEALTHCARE SYSTEM OF THE FUTURE”

For more than 30 years, Matt and Jean McLaughlin supported health services at Palomar Pomerado Health (PPH) in ways both large and small. Now that both benefactors have passed away, their legacy lives on through their generous support of health services, equipment needs and professional nursing development.

“The McLaughlin’s first major gift helped refurbish Pomerado Hospital’s Emergency Department. Soon after, they contributed additional funds to purchase new radiology equipment, followed by a gift of $250,000 to the PPH Foundation for the purchase of state-of-the-art stereotactic breast biopsy equipment. Another generous contribution helped PPH secure the daVinci S HD Surgical System, the most advanced robotic surgery system available.

In 2002, the Matt and Jean McLaughlin Nursing Scholarship Fund was established to help assure that PPH nurses can continue to advance their education and bring new knowledge back to the bedside for improved patient care.

After Jean passed away in 2003, her husband took steps so that her spirit and commitment to enhanced health services would live on. He established a $4 million charitable gift annuity (see sidebar) to create the Jean McLaughlin Women’s Center for Health and Healing. Today, this center serves women of all ages with comprehensive breast health services, integrative medicine (see related article in this issue), lactation services, health education and the Women’s Boutique and lending library.

Matt’s philosophy was, “Life has been good to me and I wish to share with others who may not have been so fortunate.”

Matt lost his family home in the fires of October 2007, but remained a positive supporter of the PPH Foundation and other community causes. He passed away December 15, 2009, leaving an extraordinary legacy of philanthropy that will continue to advance health-care services in the community for generations to come.

Charitable Gift Annuities

A charitable gift annuity is a simple contract between you and Palomar Pomerado Health Foundation. In exchange for your gift of cash, stock or certain other appreciated property, Palomar Pomerado Health Foundation makes regular guaranteed fixed payments to you and/or your spouse, or someone you name, for life. The rate of return is based on your age.

Benefits

- Guaranteed income for life
- Highly attractive annuity rates
- An immediate income tax deduction
- Part of your annuity income will be tax-free
- Capital gains tax savings on donated appreciated property
- The remaining principal goes to the Palomar Pomerado Health Foundation when the contract ends that can create a permanent legacy in your name
- Are you under 55? Defer your annuity payments until later when you need them and let the principal grow tax-free, resulting in a higher rate of return.

Create your own legacy at PPH. To receive a free, no-obligation illustration of how a charitable gift annuity can work for you, please contact PPH Foundation President Terry Green at 760.739.2733 or Terence.Green@pph.org. With your gift annuity, you can create a permanent endowment in your name now or apply it to a naming opportunity in our Hospital of the Future – the new Palomar Medical Center West. You and your family will have the joy and satisfaction of knowing how your gift will one day be used in support of our healing mission.

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