Serious About Survival
Ladies, Take Charge of Your Breast Health!
Pages 4 – 5

Outsmart the Flu
Get Vaccinated at a PPH Community Clinic
Page 8

Dine with the Docs
Join PPH Physicians for an Evening Focused on Women’s Health
Page 9

The Impact of Diabetes
Learn How You Can Take Control
Pages 12 – 13

Urgent or Emergent?
Seek the Level of Timely Care That’s Right for You
Page 14
SPECIAL FEATURES

4 – 5 Serious About Survival
Discover advanced breast cancer care at PPH. Our team approach, from early detection to treatment and surgery, provides for the best outcomes for our patients.

6 Close Up with Carol
PPH Health Champion Carol LeBeau explains why eating less and moving more is best for your breasts. Plus, Carol chats with Channel 10 News Anchor Bill Griffith about his fight against breast cancer.

8 House Calls
PPH health-care professionals answer your questions about some of today’s hottest health topics.

9 Dine with the Docs: Focus on Women’s Health
Join PPH board-certified physicians and PPH Health Champion Carol LeBeau for a unique learning experience designed just for women and those who love them.

10 Construction Corner
The “Hospital of the Future” reaches the halfway mark. Get the latest construction update for the new Palomar Medical Center West.

11 Home! Safe Home!
Learn how PPH Supportive Home Care Services provide helpful assistance within the comforts of home.

12 – 13 The Impact of Diabetes
PPH and Arch Health Partners are battling the bulge of a diabetes epidemic. Learn how we can help you take control.

14 Urgent or Emergent?
From strep throat to symptoms of stroke, seek the level of timely care that’s right for you.

15 Giving for the Greater Good
Lois Cates and her late husband Frank support PPH through a charitable remainder trust. Learn how you can create your own legacy at PPH.

EDUCATION

2 – 3 Class Locations and Support Groups

5 – 14 Health Education Classes
Palomar Pomerado Health is offering a wide variety of classes during the months of September through December. Check out our latest programs and register today!
Write from the Top

Dear Friend of PPH,

The world is changing. North County San Diego continues to evolve as well. As our population grows and health-care needs become more complex, Palomar Pomerado Health (PPH) is undergoing its own transformation too.

Some time ago, we began a process to change the way we deliver care. That process starts with the right people – from physicians and nurses, to leaders and staff. So, while a magnificent new hospital continues to take shape in Escondido – unlike anything the region has ever seen – we also understand that changing our culture takes more than just new bricks and mortar. It is the people and the care that our customers will remember. It is the experience within these new spaces that will change lives. And, it is more than just our hope to transform the patient experience – it is a must.

Even today, two years before the opening of this breathtaking facility, we are dissecting what works and what doesn't from a patient point of view. We listen to our patients, their families and our own customer advisory groups as we design a new and improved PPH. I believe you will find us to be committed to the values that have made us a leader in the health-care industry. But we also know what you care about – receiving the best care, in the best environment at the right time. 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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Community Support Groups at Palomar Pomerado Health

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Location</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Arthritis &amp; Osteoporosis</td>
<td>Mondays, September 20 and November 15, 10 – 11:30 a.m.</td>
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<tr>
<td>Chronic Fatigue Immune Dysfunction Syndrome and Fibromyalgia</td>
<td>2nd Wednesday of each month, 1 – 3 p.m.</td>
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<tr>
<td>Pomerado Outpatient Pavilion</td>
<td>First Floor Education Classroom</td>
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<td>Circle of Caring:</td>
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<tr>
<td>Adult Bereavement Support Groups</td>
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<tr>
<td>Sponsored by The Elizabeth Hospice. Call 800.797.2050 for dates, times and locations.</td>
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<td>Diabetes Support Group</td>
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<tr>
<td>2nd Tuesday of each month, 4:30 – 5:30 p.m.</td>
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<tr>
<td>120 Craven Road, Suite 207, San Marcos</td>
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<td>3rd Tuesday of each month, 4 – 5:30 p.m.</td>
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<tr>
<td>Pomerado Hospital</td>
<td>Call 760.510.7377 for more information.</td>
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<tr>
<td>Mended Hearts Support Group: for Heart Disease Patients, Families and Caregivers</td>
<td>3rd Saturday of each month, 10 – 11:30 a.m.</td>
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<tr>
<td>Pomerado Hospital, 3rd Floor Café Conference Room</td>
<td>Call 619.477.7703 for more information.</td>
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<tr>
<td>Head Injury, Trauma and Spinal Support System (HITSS)</td>
<td>Every Saturday, 9 – 10:30 a.m.</td>
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<tr>
<td>Palomar Medical Center</td>
<td>2nd Floor Café Conference Room Call 800.986.4487 for more information.</td>
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<tr>
<td>Menopause Information &amp; Support</td>
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<td>1st and 3rd Wednesdays, 10:30 a.m. – Noon</td>
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<tr>
<td>Pomerado Outpatient Pavilion, First Floor Education Classroom</td>
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<tr>
<td>Speech Communication Support Group</td>
<td>Every Tuesday, 3 – 4 p.m.</td>
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<td>Rehabilitation Services</td>
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<td>Palomar Medical Center</td>
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<tr>
<td>Women’s Cancer Support Group</td>
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<td>1st and 3rd Wednesdays, 10:30 a.m. – Noon</td>
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<td>Pomerado Outpatient Pavilion, First Floor Education Classroom</td>
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<td>Look Good, Feel Better</td>
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<td>Monday, October 11, 1 – 3 p.m.</td>
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<td>Pomerado Outpatient Pavilion</td>
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<td>First Floor Education Classroom</td>
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The views and opinions expressed throughout this publication are provided for informational purposes only and do not necessarily reflect those of PPH. Featured articles and classes are not intended to substitute for professional medical advice, diagnosis or treatment, nor are they intended to reflect all possible opinions on a subject. We recommend that all patients seek the advice of their physician or other qualified health provider with any questions they may have regarding treatment options or a medical condition.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Discover Advanced Breast Cancer Care at PPH

It’s a good thing that Elizabeth Cerrone, M.D., a board-certified obstetrician/gynecologist, practices what she preaches about breast health. She believes that each woman knows her body best and therefore is most likely to be the first to recognize a change that should be examined. Dr. Cerrone recommends that women do monthly breast self-exams and have regular mammograms.

It was during one of her own breast self-exams nearly four years ago that she discovered a small lump in her breast. “I had a mammogram that confirmed very early stage breast cancer, which meant I was able to have it treated with surgery alone,” says Dr. Cerrone.

Today, Dr. Cerrone works with North County Women’s Specialists where she is often the first physician to help her patients who have discovered a lump or who have abnormal results from a mammogram.

“Women are understandably fearful at this point, but it’s always best to have further tests that either rule out breast cancer or confirm what you are dealing with,” she says. “Additional diagnostic tests and a biopsy are required to make a definitive diagnosis and provide important information that is used to plan the most appropriate treatment.”

Breast Imaging Center of Excellence

For the best in breast imaging, many women choose the Jean McLaughlin Women’s Center for Health and Healing. As the only Breast Imaging Center of Excellence in North County, the Center is a powerful ally when it comes to protecting your breast health. The experienced staff provides services in a serene, comforting environment. And, accreditation from the American College of Radiology recognizes the quality of diagnostic services – from screening mammography to definitive diagnostic testing with breast ultrasound, ultrasound-guided biopsy and stereotactic breast biopsy.

“Stereotactic-guided biopsy is performed using GE Healthcare’s Senographe DS stereotactic device and a uniquely designed table that improves comfort during the procedure,” says Edward Huynh, M.D., Medical Oncologist.

“I believe that fighting breast cancer is like running a marathon. You have to be prepared to go the distance.”

Stereotactic-guided biopsy is performed using GE Healthcare’s Senographe DS stereotactic device and a uniquely designed table that improves comfort during the procedure.

“One of our strengths is having this array of advanced diagnostic capabilities in one location,” says Patty Werdowatz, R.N., CBHN, breast care nurse navigator. “Plus, patients feel more at ease with our all-female technical staff and two female radiologists who specialize in interpreting mammograms. Finally, we provide information and support that enables women to be well informed and prepared to discuss treatment options with their care team.”

As a breast care nurse navigator, Werdowatz contacts women who have abnormal results from a screening mammogram. She coordinates the scheduling of recommended additional breast imaging with the referring physician and the patient.

“My role is to listen and provide both clinical information and emotional support while I coordinate the various diagnostic tests,” says Werdowatz.
A Team Approach to Breast Cancer Care

PPH has a multi-disciplinary team of experienced medical professionals who use advanced diagnostic technology and evidence-based medical practices to aggressively treat breast cancer and minimize the risk of recurrence. These physicians – plastic surgeons, radiation oncologists and medical oncologists – work together to develop and coordinate the best treatment plan for each patient.

“The goal is to reduce the risk of recurrence,” says Edward Huynh, M.D., a board-certified radiation oncologist and medical director of radiation therapy at Palomar Medical Center (PMC). “There are many options at this stage and it’s helpful for the woman to consult with all of the specialists who may be involved in her treatment so she can learn and become comfortable with her decisions and how they relate to her overall care.”

The standard of care for breast cancer that is limited to the breast without spread to the lymph nodes is either a mastectomy (full breast removal) or breast conserving surgery (lumpectomy) followed by targeted radiation therapy. Numerous large studies have confirmed similar survival rates for both approaches. If a woman chooses mastectomy, she may want to think about having breast reconstruction and consult with a plastic surgeon to determine the timing of that option.

Advanced Radiation Therapy

Either external beam radiation therapy or high-dose rate brachytherapy are used at PMC to treat early stage breast cancer patients. Which treatment is best depends on specific patient and pathologic considerations. External beam radiation therapy is delivered in regulated doses, typically over five-and-a-half to six-and-a-half weeks. Brachytherapy treatments are delivered twice daily for five days.

Treating Aggressive Breast Cancer

Breast cancer that has spread to the lymph nodes or involves a large, fast-growing tumor requires more aggressive treatment. In addition to surgery and radiation therapy, chemotherapy or hormonal therapy is usually recommended.

“The goal is to reduce the risk of recurrence,” says Edward Huynh, M.D., a board-certified medical oncologist. “I believe that fighting breast cancer is like running a marathon. You have to be prepared to go the distance, because it can take months or even years to complete treatment designed to restore health and minimize the risk of recurrence.”

Scientific research has advanced breast cancer treatment with new drugs such as Herceptin, which targets cancers with HER2 over-expression and significantly reduces the risk of recurrence in women who are HER2 positive. Additionally, a new test called Oncotype DX helps oncologists and their patients evaluate if chemotherapy will be beneficial in reducing recurrence in women with estrogen receptor positive breast cancer.

“This is a great predictive tool because it provides information about the usefulness of chemotherapy for a particular patient,” says Dr. Huynh. “These recent advances, coupled with growing awareness of the importance of early detection, are helping many more women overcome this diagnosis and go on with their lives.”

To learn more about breast care services provided at the Jean McLaughlin Women’s Center for Health and Healing, visit www.pph.org/women.

Breast Cancer: Decrease Your Risk

While the cause of breast cancer is unknown, certain factors have been shown to increase the risk of developing this disease. So, it’s important to understand the most common risks and the steps you can take to minimize them.

Risk Factors:

- Aging – 55 and older
- Onset of menstruation before age 12
- Giving birth for the first time after age 30 or never having given birth
- A personal history of breast cancer or benign (non-cancerous) breast disease
- A family history of breast cancer
- Treatment with radiation therapy to the breast/chest
- Breast tissue that is dense on a mammogram
- Taking hormones such as estrogen and progesterone
- Obesity
- Lifestyle choices, such as poor diet, insufficient exercise, alcohol use or smoking

3 Steps to Early Detection

1. Get a mammogram. Signs of breast cancer typically show up as an abnormality on a mammogram before they can be felt. The American Cancer Society recommends having a baseline mammogram at age 35 and a screening every year after age 40.
2. Perform breast self-exams. Becoming familiar with the contours and feel of your breasts will alert you to any changes. The changes to watch for are a lump, abnormal thickening of the breast, pulling in of the nipple, nipple discharge, dimpling or puckering of the skin, or a change in the shape and color of the breast. Speak to your doctor if you notice any change in breast tissue.
3. Have a clinical breast exam. Your healthcare provider can detect lumps that may not be detected by a mammogram. You should have a clinical breast exam at least once every three years after age 20 and every year after 40.

The best defense against breast cancer is prevention and early detection. Test your knowledge about breast cancer at www.pph.org. Click on “Health Resources” followed by “Interactive Tools.” Then, select “Quizzes” and “Breast Cancer Quiz” to begin.
What’s Best for Your Breasts?
TRY EATING LESS AND MOVING MORE

Last year, 40,000 women lost their lives to breast cancer. Two hundred thousand more were diagnosed with the dreaded disease. Despite all the best efforts of medical scientists and researchers – those numbers continue to climb.

That’s the bad news. Now this. Up to a third of breast cancer cases in the U.S. could be avoided if women ate less and exercised more.

While better treatments, early diagnosis and mammogram screenings have dramatically slowed the progression of breast cancer, experts worldwide say the focus should now shift to changing behaviors such as diet and physical activity.

According to the World Health Organization, 25 to 30 percent of breast cancer cases could be avoided if women were thinner and exercised more. At a recent international conference on breast cancer, Dr. Carlo La Vecchia, head of epidemiology at the University of Milan said, “What can be achieved with screening has been achieved. We can’t do much more. It’s time to get on to other things.” Those “other things” include moving more and eating less. It’s that simple. No magic bullets. No miracle pills.

Eating less also means eating smart. Choose foods in their whole form as often as possible. Whole grains, fresh vegetables and fruits, lean meats and fish. (Come on. You know this!) Avoid the stuff that’s still edible after years in your pantry. And take it easy on the booze and junk food – special occasions only!

If you need another reason to lean down, how about this? Obese women are up to 60 percent more likely to develop ANY cancer than normal weight women. No one’s passing judgment here ... just the facts.

And then ladies, it’s time to move! Our high-tech world, while certainly making our lives easier, is also robbing us of our need to move. These days we have to intentionally, purposefully move or we’re going to die young. It’s that simple.

So run, walk, ride a bike or swim. Take a Pilates, spin, stretching or strength class. Park at the far end of the lot. Take the stairs. At work, deliver that e-mail message in person! Every step counts. Every food choice makes a difference.

There’s enough in life you can’t control. When it comes to breast cancer, take charge ... because that “magic bullet” may just be YOU! – Carol LeBeau.

Breast Cancer
It happens to men too.

BILL GRIFFITH knows about breast cancer firsthand. The popular Channel 10 news anchor is a six-year survivor. Carol LeBeau sat down recently with her friend and former colleague to talk about his very public battle with cancer.

CAROL: How did you learn you had breast cancer?
BILL: I felt a lump and had it checked out. My doctor wasn’t concerned, but a year later, the lump became inflamed. A biopsy confirmed it was cancer.

CAROL: Did you know men could develop breast cancer?
BILL: I knew it was possible. I just never thought it would happen to me.

CAROL: What was your treatment?
BILL: A bilateral mastectomy (I didn’t want to go through it again!) and chemo.

CAROL: How did Jenny (Bill’s wife) handle things?
BILL: She was so brave. We made a vow to be totally honest with one another. It was tough, cause we both wanted to be strong for each other.

CAROL: You’ve been so open ... even blogging about your experiences.
BILL: I was in a unique position to speak out and Channel 10 was very supportive. It was a good way to explain my absence. But as I began to recover, interacting with my viewers became therapeutic.

CAROL: How so?
BILL: The journey became less about the physical challenges and more about the mental and spiritual challenges.

CAROL: What kept you going?
BILL: My family and my faith. The Lord brought me to it … and the Lord took me through it.

CAROL: Any advice for men?
BILL: The same as for women. If you feel a lump ... get it checked.

CAROL: About the color pink ...
BILL: Pink? It’s my favorite color!
Sleep Disorders and Aging
OASIS – Rancho Bernardo (see page 3)
Tuesday, October 26
1 – 2:30 p.m.
Sleep disturbances are very common in seniors. Changes in sleep patterns may be a normal part of aging, but many other factors common in older people contribute to sleep problems. Ear, Nose and Throat Specialist Ashish Wadhwa, M.D., will discuss causes, testing and treatment for sleep disorders. To register, call OASIS at 760.839.6020. FEE: $3 / participant

Healthy Eating for the Holidays with Diabetes
OASIS – Escondido (see page 3)
Tuesday, November 2
1:30 – 3 p.m.
The holidays are fast approaching and the temptations will abound. How can you survive the lunches, dinners and treats without consuming too much sugar or carbohydrates? Join Halle Elbling, RD, CDE, as she discusses helpful and healthy tips. To register, call OASIS at 760.839.6020. FEE: $3 / participant

Why Do I Have Asthma & Allergies at My Age?
OASIS – North County Inland Adult Center (Poway)
Temple Adat Shalom, 15905 Pomerado Road
Wednesday, November 10
1 – 2:30 p.m.
Diagnosing asthma in seniors can be challenging. It can surface but go unrecognized because of other health conditions. Allergies may also play a role in the severity of asthma. Join Maryam Zarei, M.D., as she explains asthma and allergies in the mature adult. To register, call OASIS at 760.839.6020. FEE: $3 / participant

Managing Holiday Stress: A Caregiver Workshop
OASIS – Escondido (see page 3)
Wednesday, December 1
10 – 11:30 a.m.
The holidays can be a joyful time with family and friends, but if you have a loved one with dementia, the holidays can also bring special challenges. Join Diane Beach, MPH, Ed.D., as she provides helpful tips to enhance the holiday experience for the whole family. To register, call OASIS at 760.839.6020. FEE: $3 / participant

Cold & Flu Prevention
OASIS – Escondido (see page 3)
Wednesday, September 22
10 – 11:30 a.m.
There are no known cures for colds and flu, so prevention should be your goal. Join Luanne Arangio-Law, R.N., as she shares a few simple do’s and don’ts to help you weather the cold/flu season and ward off those pesky viruses. To register, call OASIS at 760.839.6020. FEE: $3 / participant

Cholesterol Issues for the Mature Adult
OASIS – Rancho Bernardo (see page 3)
Wednesday, September 29
10 – 11:30 a.m.
High cholesterol is linked to an elevated risk of heart disease and heart attack. Because it doesn’t present any symptoms, it is very important that people, especially senior citizens, monitor their cholesterol and take the necessary steps to keep it within a healthy range. Join Cardiologist Mikhail Malek, M.D., for this informative discussion. To register, call OASIS at 760.839.6020. FEE: $3 / participant

Common Gastrointestinal Problems
OASIS – North County Inland Adult Center (Poway)
Temple Adat Shalom, 15905 Pomerado Road
Tuesday, October 5
1 – 2:30 p.m.
Gastrointestinal (GI) problems in mature adults can cause anxiety, illness and even death. The management of these problems is more difficult in the aging population because functional diseases can present in the same way as organic diseases. Join Gastroenterologist Hyun Kim, M.D., as she discusses causes, symptoms and treatment options. To register, call OASIS at 760.839.6020. FEE: $3 / participant

End of Life: Who’s In Charge?
OASIS – Escondido (see page 3)
Wednesday, October 20
10 – 11:30 a.m.
When it comes to discussing end-of-life decisions, most people are unprepared, confused and frightened. If you want to have the last word, it’s necessary to put things in place while you are still able. Join Palliative Medicine Specialist Victor Kovner, M.D., as he explains the necessary steps to complete this task. The first 25 people will receive a free “Vial of Life.” To register, call OASIS at 760.839.6020. FEE: $3 / participant

In partnership with OASIS, a national education organization dedicated to enriching the lives of mature adults, PPH is offering a wide variety of health classes during September – December. See this issue of Prevention Plus (center fold) for additional classes designed for people of all ages. Register today!
Knowing "your numbers" – blood pressure, cholesterol and waist measurement – is believed to provide good motivation for making heart-healthy choices throughout life. If those numbers fall within the normal range, congratulations for doing a good job on controlling or eliminating many risk factors that contribute to heart disease.

Those factors include tobacco smoke, high cholesterol, high blood pressure, diabetes, obesity and physical inactivity. (Age, ethnicity and family history of heart disease can play a role as well.) In the U.S. today, many adults have either high blood pressure or high cholesterol, and more than one-third of all Americans are considered overweight or obese. These serious risk factors can be controlled with medication and lifestyle changes, but it requires a commitment from each individual to make personal health a priority.

Healthy adults should try to maintain a blood pressure of 120/80 or lower. A healthy waist measurement for women is 35 inches or less and, for men 40 inches or less. A cholesterol blood test provides information about your HDL (good cholesterol), LDL (bad cholesterol) and triglycerides. Those results are used to calculate your total cholesterol. In healthy adults who do not have cardiovascular risk factors, the total cholesterol should be no more than 200 mg/dL.

I’ve read that I should “know my numbers” as a way of taking care of my heart. What does that mean?

Besides getting the annual flu shot, what can I do to protect myself and my family from the flu?

In addition to the annual flu shot, it is important to avoid touching your face – especially your mouth, nose and eyes. Those areas are portals for the germs that cause flu and colds. Also, vigorously washing your hands several times daily for at least 20 seconds will help minimize the risk of infection.

Each year, the Centers for Disease Control (www.cdc.gov) recommends a new flu vaccine to protect against the upcoming strains of influenza. The 2010-2011 flu vaccine will protect against a 2009 H1N1-like virus plus two other types of influenza viruses.

Everyone six months of age and older should have the flu vaccine. Because it takes about two weeks for immunity to build, it’s best to get your flu shot as soon as it becomes available. By protecting your health, you also help protect others around you who may be vulnerable to complications of the flu. If you have special medical conditions, always consult your doctor before getting the flu vaccine. For more information, visit www.pph.org/flu.

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The Power of Friendship

Ladies, you care for your family and loved ones, juggle demands from work and home, try to nurture your friendships, and even strive to keep up with volunteer activities and community events. Every age and stage of life brings new obligations, but have you made the time to take care of yourself?

Join Palomar Pomerado Health (PPH) board-certified physicians and PPH Health Champion Carol LeBeau at the Rancho Bernardo Inn for a unique learning experience designed just for women and those who love them. From breast, gynecologic and bladder health to osteoporosis and menopause, we have the information you need to add years to your life and life to your years. Enjoy a healthy dinner; take advantage of free blood pressure, body composition and skin cancer screenings; relax with a FREE chair massage*; and more!

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

FEE: $35 / person**

*Chair massages provided on a first-come, first-served basis as time permits.
**Fee includes dinner, exhibits, health screenings and physician panel discussion.

SCHEDULE OF EVENTS:
5 – 6 p.m. Exhibits and Health Screenings
6 – 6:30 p.m. Healthy Dinner
6:30 – 8 p.m. Physician Presentations
8 – 8:30 p.m. Question & Answer Session

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

FEE: $10 / person

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Palomar Medical Center West Reaches the Halfway Mark

At the halfway mark, it’s easy to see exactly how Palomar Medical Center (PMC) West is taking shape as the Healthcare System of the Future. Over the summer, exterior panels were installed up to the eighth floor. By the end of the year, the exterior cladding system and glass will enclose the eleven-story structure and attention will turn to interior construction. Beyond being functional, the interior of PMC West will rival some of the finest hotels in the world, with an emphasis on creating a warm and welcoming environment.

The “wavy roof,” an environmentally friendly design of drought-tolerant plants, has been planted over the diagnostic area. Literally a green design, the roof will cool the interior areas beneath the roof, resulting in some energy savings.

Heal Your Hips
Pomerado Hospital, Conference Room C/D
Thursday, September 30
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 Philip Balikian, M.D., will discuss the causes of hip deterioration and advanced options for treatment.
FEE: Free – registration required

Save Your Shoulders
Palomar Medical Center, Graybill Auditorium
Tuesday, October 19
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 Kevin Owseley, M.D., will discuss the latest treatment options to help keep you in the game.
FEE: Free – registration required

Free Your Knees
Palomar Medical Center, Graybill Auditorium
Tuesday, November 30
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 Thomas Knutson, M.D.
FEE: Free – registration required

Refine Your Spine
Pomerado Hospital, Conference Room C/D
Monday, December 13
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 Orthopaedic Surgeon Jeffrey Schiffman, M.D., as he discusses causes, proper diagnosis and the latest treatment options for back pain relief.
FEE: Free – registration required

Take a Tour! To schedule a hard hat tour of the new Palomar Medical Center West, please call the Palomar Pomerado Health Foundation at 760.739.2787.
The comforts of home provide feelings of warmth, familiarity and independence. When Paula Stevenson began falling frequently, her daughter suggested a solution that would help her stay safe in her own home while also providing peace of mind for the family.

**Lifeline**

“I live alone with my little dog and, even though my daughter is only a few miles away, we felt it was a good idea to have some sort of help that could respond if I fall,” says Paula. “We chose Lifeline, the personal response service, because it’s available locally from Palomar Pomerado Health (PPH).”

Paula wears a Lifeline neck pendant that she can activate if she falls or needs any kind of assistance. A professional response center answers alerts 24-hours-a-day, assesses the situation and notifies nearby neighbors, family members or emergency responders depending on the need.

Lifeline is recommended for elderly individuals who live at home or in independent retirement housing, and also for patients recovering from surgery or anyone with medical conditions that require safety monitoring.

“With Lifeline, I call when I need them,” says Paula who is 84 and lives in Rancho Bernardo where she enjoys gardening and visiting with neighbors. “When I fell in the yard, my neighbor came right over and helped me. I called my daughter to let her know I was okay.”

“With Lifeline personal response service, clients can live independently and have a good quality of life by continuing activities they enjoy, knowing that help is just minutes away when needed,” says Jennifer Allen, Lifeline coordinator.

Newer, more sophisticated Lifeline technology was recently introduced that detects up to 95 percent of all falls and automatically places an alert call if the client is unable to do so.

“This advancement opens up a whole new world for people who cannot remember to press the alert button or are unable to call for help because of their injury,” Allen says.

“Lifeline gives me and my family the assurance that someone is here to help when needed,” says Paula. “My daughter took a family trip this summer without worrying about me. I’m never going to be without Lifeline because of the peace of mind it brings to all of us.”

**Supportive Home Care**

In addition to Lifeline, Paula has found PPH’s Supportive Home Care helpful in being able to continue living independently and confidently. While she recovered from recent back surgery, dedicated, caring staff provided non-medical assistance for daily activities including cooking, housekeeping, shopping and transportation to medical appointments.

“We are the only hospital in the region offering such non-medical supportive home care solutions for clients in their home or independent retirement facility,” says Tara Pardo, Home Care manager. “As a result, our clients get a very high level of expertise plus the continuity of services from PPH that includes hospital treatment, home care and skilled nursing services.”

“The home care assistance helped me get better in my own home,” says Paula. “With their help, I hope to be doing all these things for myself again in the near future.”

Supportive Home Care helps to assure that each client is doing well at home by assisting with tasks such as eating nutritious meals, bathing and taking care of personal hygiene, following physician orders for medications and keeping medical appointments. A case manager supervises the care and regularly evaluates progress with both the client and family members.

To learn more about Supportive Home Care Services at PPH, call 760.796.6860 or 800.525.3528 or visit www.pph.org.

**Choosing Home Care Services**

Home care can include medically required home nursing and therapy services or personal assistance with daily activities. When interviewing home care agencies, ask these questions to help you make an informed choice.

- Do you employ your staff or are they subcontractors?
- What background checks are required of your employees?
- How do you supervise your staff that will work in our home?
- How long have you been in business?
Diabetes is a ravaging disease that affects every organ of the body and significantly increases the risk of serious, lifelong medical complications. The statistics for diabetes are troubling. Today, 23.6 million children and adults have diabetes, including an estimated 5.7 million who are currently undiagnosed. More than 1.6 million new adult cases are identified annually and experts predict that the rate of diabetes will nearly double in the next 25 years.

“There is an explosion of Type 2 diabetes in this country that is directly related to being overweight or obese,” says Alan Conrad, M.D., a board-certified internist and medical director of DiabetesHealth services for Palomar Pomerado Health (PPH). “The most alarming trend is the increase of children with diabetes. This is a major public health issue because diabetes in children significantly increases their lifelong risk of cardiovascular diseases.”

PPH and Arch Health Partners (AHP) are actively working to help people with diabetes effectively manage the disease with comprehensive inpatient care, outpatient education and support groups. In addition, PPH’s Project21SD helps children who are overweight and at risk of developing diabetes by providing a variety of community and school-based physical activities designed to help prevent diabetes from developing. (Read about Carol LeBeau’s Swim Club on page 11 of this issue of The BabySource.)

“Diabetes is a disease of the whole body,” says Vivek Nazareth, M.D., a board-certified family practice physician with Arch Health Partners. His special interest is in treating patients with diabetes. “Controlling diabetes can effectively reduce risks of complications such as vision loss, kidney failure, non-healing wounds and amputation that significantly compromise your quality of life. In addition, effective management can reduce the risk of death and disability from heart attacks and strokes.”

To reduce the complications of diabetes, the Care Management Team at AHP monitors patients with diabetes very closely. Ninety-five percent of senior patients with diabetes were screened for their level of blood sugar control in 2009. More importantly, nearly 90% achieved good control of their blood sugars.

Comprehensive DiabetesHealth Services
PPH’s DiabetesHealth programs help people with diabetes and those at risk of developing this chronic disease by providing comprehensive inpatient and outpatient services. Accredited by the American Diabetes Association since 2001, the outpatient program includes education classes in English and Spanish, support groups and “Sweet Success,” a program tailored to the special needs of women with gestational diabetes or women with diabetes who become pregnant.

“We screen hospitalized patients for diabetes, which helps us identify previously undiagnosed diabetes as well as pre-diabetes,” says Doris Meehan, R.N., PPH diabetes nurse specialist. “The stress of illness or actual infection can make it difficult to manage diabetes. The diabetes nurse specialists at PPH actively help all patients with glycemic management issues to assure good glycemic control.”

A blood test called hemoglobin A1c is now being used as another way to diagnose diabetes in addition to the traditional fasting blood sugar and glucose tolerance tests. Long used to monitor diabetes management over time, HbA1c provides an average of blood glucose levels over several months. This allows for a more complete picture over time than the fasting blood glucose test alone.

Hospital patients who are newly diagnosed with diabetes or pre-diabetes are referred to PPH’s outpatient DiabetesHealth programs, AHP’s diabetes education services and other community resources where they learn to manage diabetes or how to prevent it from occurring. Family members are encouraged to participate in these education programs.

“When someone in the family has diabetes, everyone is effected,” says Fritz Steen, R.N., AHP’s manager of ambulatory care. “We recognize that it is difficult to change lifelong habits and seek ways to motivate patients to make the best choices to help manage diabetes. Family support and understanding of the disease are instrumental to successfully managing diabetes.”
**Get Smart About Diabetes**

Nearly 20 percent of those with diabetes do not know they have the disease. See your doctor if you have one or more of the symptoms listed below.

**Symptoms:**
- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight gain
- Unexplained weight loss
- Increased fatigue or irritability
- Blurry vision
- Slow healing cuts or bruises

**Could You Have Diabetes?**

**Pomerado Outpatient Pavilion Education Classroom**

Wednesday, November 17
5 – 6 p.m.  FREE blood glucose screening
6 – 7:30 p.m.  Educational class

Diabetes may often go undiagnosed because many of its symptoms are common complaints of people who do not have diabetes. A simple blood glucose test is the determining factor. Join Alan Conrad, M.D., as he discusses the signs and symptoms of diabetes and when you should be tested.

FEE: Free – registration required

**Diabetes Education**

For more information about diabetes services offered by Palomar Pomerado Health and Arch Health Partners, please contact:

**PPH DiabetesHealth**
760.510.7377

Classes range from a core education series to specific needs that focus on glucose monitoring, meal planning, carbohydrate counting, oral medications and gestational diabetes.

**Arch Health Partners Diabetes Education**
858.673.2529

The AHP Diabetes Education Series covers all aspects of diabetes care, including foot and eye care, medications and stress management.

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**Education is Key to Successful Management**

Don Leo was surprised to learn he had diabetes. His doctor recommended medication to regulate blood sugars and referred Don to PPH’s DiabetesHealth Education class.

“That’s where I learned a lot quickly, and I’m still learning five years later,” Don says. “The Internet is helpful, but can be confusing. The class is where you learn the truth and gain the confidence to manage diabetes on your own.”

Today, Don is a member of the patient advisory board for PPH DiabetesHealth and a volunteer for DiabetesHealth classes where he frequently shares his story with class participants. He also participates in the diabetes support group that meets at Pomerado Hospital.

“I’m pretty good at managing my diabetes, but when I make mistakes the Diabetes Support Group is always helpful in getting me back on track,” he says. “I’ve learned that I have the ability to make decisions that help me control diabetes, which is not an option with many other diseases.”

AHP’s diabetes education classes and support groups provide current information and emotional support for patients and family members.

“Often, diabetes is a major cause of family stress because of the fear, anxiety, guilt and many other emotions,” says Janice Baker, R.D., AHP’s certified diabetes educator and certified nutrition support clinician. “In addition to offering emotional support for patients or family members, we provide the information needed to make smart decisions. Our class materials are constantly updated with new information because research is always evolving.”

Topics covered in AHP’s classes include nutrition and meal planning, medication management, footwear and care, exercise, blood glucose monitoring and other tests, risk reduction, and the emotional side of diabetes.

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**Free Blood Glucose Screening!**

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

Last year, helicopter and ambulance paramedic rescue teams transported about 1,200 critically injured patients to Palomar Medical Center’s (PMC) Trauma Center. The multi-specialty Trauma Resuscitation Team stands ready 24/7 to rapidly assess multiple, severe injuries using advanced diagnostic imaging that defines the extent of injuries quickly and accurately.

“We do save lives everyday,” says John Steele, M.D., medical director of PMC’s Trauma Services. “As a trauma hospital, PMC has specialists in every area, which elevates the standard of care throughout the entire hospital.”

Emergency Services

Because an emergency is always unexpected, both PMC and Pomerado Hospital have 24-hour Emergency Departments ready to respond to life-threatening and very serious medical conditions. Each are staffed by board-certified emergency physicians and certified emergency nurses.

Chest pain, shortness of breath or any condition you are very concerned about are reasons to seek emergency care. PPH recommends calling 911 for prompt assessment and transportation, especially if a heart attack or stroke is suspected.

Urgent Care

“We fix the problems that need prompt attention when you can’t wait to see your primary care doctor,” says Scott Flinn, M.D., board-certified family practice and sports medicine physician with Arch Health Partners (AHP). “Whether it’s an irritating skin rash or more serious pneumonia, AHP’s Urgent Care is ready to help.”

“If you think your life is at risk, you have shortness of breath or chest pain, call 911 to go to the nearest emergency department,” Flinn says. “If you’re not sure what is wrong and need the non-life-threatening condition checked, go to Urgent Care. We have a robust team of highly trained and experienced professionals ready to offer services that focus on the immediate needs of each patient.”

Walk-in Health Care

PPH expresscare walk-in health centers provide convenient treatment of many common medical conditions. Patients are treated on a first-come, first-served basis.

Certified family nurse practitioners, working in collaboration with board-certified physicians, treat non-urgent medical conditions such as strep throat, seasonal allergies, cold and flu, ear infections and minor injuries. They also administer select vaccines, provide health education, and conduct school, sports and camp physicals.

“We provide cost-effective acute care and wellness programs such as smoking cessation and weight loss services through our partnership with the professional coaching division of Medifast®, Take Shape for Life®,” says Stonish Pierce, manager, PPH Clinical Outreach Services.

Patients are referred to their primary care physician for follow-up care. PPH expresscare also helps patients establish a medical home if needed.

Where to find help
Frank and Lois Cates built the good life they shared from the ground up. They were both products of the Depression years, with Frank going straight from high school to serve in the Army during World War II. After meeting at cosmetology school in San Francisco in 1947, they married and for several years owned and operated Bernard’s, a salon in San Mateo.

“Bernard was my husband’s middle name. ‘Franklin’ didn’t sound like a hairdresser,” says Lois, laughing.

While he was still working with the salon, Frank became involved in real estate. “One thing led to another,” says the couple’s son, Larry, area finance director at Kraft Foods in Atlanta. “Eventually he started building and developing office buildings.”

The couple raised Larry and their daughter, Linda, who now lives in New Mexico, on a ranch in Woodside. When Lois decided to sell the substantial property after Frank’s death, she faced the problem of how to protect the proceeds from taxes. A charitable remainder trust (CRT) solved the problem.

“A CRT allows an income stream to come in to the donor, and the principal charitable gift doesn’t occur until the person passes away,” says Larry. “She can contribute something significant and still live comfortably off the income for the rest of her life.”

Next came choosing an organization with which they would establish the trust. They looked at several types of charitable groups before Linda came up with the idea of a hospital. Lois recalls her daughter saying, “What about a hospital, Mom? You’d be helping people who really need it in times of emergency.”

They decided the gift would go to San Diego, where Lois planned to relocate.

“I could see the need,” says Lois. “It’s a big area with a lot of people to serve. The people at Palomar Pomerado Health (PPH) were so kind and nice that we decided to work with them.” She has been extremely happy with the outcome.

“With a CRT, I’m able to keep the money I received from the sale in the trust and be able to work with it and build on it,” says Lois. “My children can receive a certain amount of interest on the trust’s principal, and all three of us can enjoy it while I’m still alive.”

The family is currently working with the PPH Foundation to decide how the gift will eventually be used. Meanwhile, Lois has moved to Palm Springs, where she pursues her passion for oil painting.

There are many ways to create your own legacy at PPH. In addition to charitable remainder trusts, many donors are contributing to the Palomar Pomerado Health Foundation’s Charitable Gift Annuity program. By making a gift of at least $5,000, the Foundation will guarantee to pay you a fixed, guaranteed income for life. The rate of return is determined by the donor’s age. To receive a free personalized gift annuity illustration for your own situation, call Terence Green at 760.739.2733 or e-mail to terence.green@pph.org.

Lois Cates and her late husband Frank created their own legacy at Palomar Pomerado Health (PPH) by working with the PPH Foundation to establish a charitable remainder trust.
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.