Hospital of the Future
Construction on Track for 2012 Opening

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Palomar Pomerado Health’s “Hospital of the Future” enters its final full year of construction. The state-of-the-art facility is scheduled to open in 2012.

Photo courtesy of David Cox, DPR Construction.
Write from the Top

As we begin 2011, I feel an incredible energy continuing to build as we enter the last full year of construction on your “Hospital of the Future.” Over the next 18 months, you will witness tremendous change as the new campus takes its final shape and finishing touches are put into place. In addition, planning has actively begun on the transformation of our downtown Escondido campus, and we continue to move forward with changes at Pomerado Hospital.

Perhaps even more dramatic than the physical evolution of our facilities is the change you will experience inside. Our nearly 4,000 employees and 800 affiliated physicians are joining forces with our extended family of donors, volunteers and supporters to take on the kind of change few other organizations have seen. We are evolving as well. The way we deliver care will improve. Superior customer service will continue to be our obsession. The community’s support will elevate to new heights, and every aspect of the patient experience will transform from good to great.

We have staff working day and night to make sure the transition will be smooth for our patients. And, as we draw closer to opening day, rest assured that our family will rise to the occasion to make sure your next visit is the best it can possibly be. You have my word.

In good health,

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

Community Support Groups at Palomar Pomerado Health

Arthritis & Osteoporosis
Monday, March 21, 10 – 11:30 a.m.
Escondido Joslyn Senior Center

Chronic Fatigue Immune Dysfunction Syndrome and Fibromyalgia
2nd Wednesday of each month, 1 – 3 p.m.
Pomerado Outpatient Pavilion
First Floor Education Classroom

Circle of Caring: Adult Bereavement Support Groups
Sponsored by The Elizabeth Hospice. Call 800.797.2050 for dates, times and locations.

Diabetes Support Group
2nd Tuesday of each month, 4:30 – 5:30 p.m.
120 Craven Road, Suite 207, San Marcos
3rd Tuesday of each month, 4 – 5:30 p.m.
Pomerado Hospital
Call 760.510.7377 for more information.

Mended Hearts Support Group: for Heart Disease Patients, Families and Caregivers
3rd Saturday of each month, 10 – 11:30 a.m.
Pomerado Hospital, 3rd Floor
Café Conference Room
Call 619.477.7703 for more information.

Head Injury, Trauma and Spinal Support System (HITSS)
Every Saturday, 9 – 10:30 a.m.
Palomar Medical Center, 2nd Floor
Café Conference Room
Call 800.986.4487 for more information.

Menopause Information & Support
Thursday, February 17, 12:30 – 1:30 p.m.
Thursday, April 21, 12:30 – 1:30 p.m.
Pomerado Hospital, 3rd Floor
Education Classroom

Speech Communication Support Group
Every Tuesday, 3 – 4 p.m.
Rehabilitation Services
Palomar Medical Center

Women’s Cancer Support Group
1st and 3rd Wednesdays, 10:30 a.m. – Noon
Pomerado Outpatient Pavilion, First Floor
Education Classroom

Look Good, Feel Better
Look Good, Feel Better
Monday, March 7, 4 – 6 p.m.
Palomar Medical Center, Graybill Auditorium
To register, call the American Cancer Society at 800.227.2345.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
“I feel like a normal person since having valve replacement surgery,” says Andrew Hudson. “My heart is better today. It’s a great relief to be active and not worry if my heart can handle the exertion of running.”

Andrew’s heart condition – a weakened aortic valve damaged by a childhood illness – was first diagnosed when he was 19. For the next 20 years, doctors monitored his condition while Andrew limited his physical activity, fearing it would stress his heart.

His valve didn’t close properly, which allowed the blood to backflow. To compensate, his heart had to work harder to pump blood to the lungs and throughout the body. As a result, his heart enlarged and weakened, causing a potentially life-threatening situation.

Andrew chose to have aortic valve replacement at Palomar Medical Center (PMC), where skilled surgeons have been performing state-of-the-art open-heart surgery since 1986. With a nationally recognized cardiac program, Palomar Pomerado Health (PPH) provides a comprehensive continuum of cardiac services including advanced heart valve surgery. By combining its record of quality care with evolving technologies and the opportunity for expanded cardiac services at the new Palomar Medical Center West (see sidebar), PPH is now poised to step to the forefront of cardiovascular services for the region.

Heart disease is the number one cause of death for both men and women in the United States. With an aging population, the need for newer technologies to treat cardiac disease will increase.

“Our surgical procedures for cardiac valve replacement are considered the gold standard, which benefits our community with a proven track record of quality and reliability,” says Robert Reichman, M.D., a board-certified cardiothoracic surgeon who operated on Andrew in 2005. “It’s exciting to know that the new hospital will include more operating suites and cardiac catheterization labs designed to accommodate the newest cardiac technologies.”

**Cardiac Valve Disease and Treatment**

Each day, your heart beats 100,000 times and pumps 2,000 gallons of oxygen rich blood throughout your body. Inside the heart muscle are four hollow chambers that alternately fill and push blood through four one-way valves designed to keep the blood moving in the right direction through the heart. The two ventricles are muscular chambers that propel the blood out of the heart (the right ventricle to the lungs, and the left ventricle to all other organs). The two atria hold the blood returning to the heart, and at just the right moment empty into the right and left ventricles.

Valves may narrow, which limits blood flow, or they may leak, which allows blood to flow backward. Heart valve disease can develop congenitally or can be acquired as the result of coronary artery disease, high blood pressure, aortic aneurysms, rheumatic fever or bacterial infection. Symptoms of heart valve disease include shortness of breath, weakness or dizziness, chest discomfort or pressure, heart palpitations, rapid weight gain and swelling of your ankles, feet or abdomen.

Extensive diagnostic tests help identify the location, type and extent of valve disease. These tests, along with the overall medical condition, age and lifestyle of each patient help decide the best type of heart valve surgery procedure.

During traditional heart valve surgery, an incision is made down the center of the breastbone to provide direct access to the heart. The patient is fully anesthetized and placed on a heart-lung machine, a machine that keeps blood flowing to the brain and throughout the body while the heart valve is either repaired or replaced.

“Heart valves can be replaced or repaired,” Dr. Reichman says. “With mitral valve disease, we prefer to repair whenever possible because patients tend to do better when we can use their own tissue. The final decision to repair or replace the mitral valve is made during surgery, depending on the condition of the mitral valve. Our goal is to achieve a durable repair that will last over time.”

When replacing heart valves, either mechanical or biological valves can be used. Mechanical
valves offer lifelong durability and are considered suitable for younger patients who must be willing to adhere to a consistent use of blood thinners, such as coumadin, to prevent clots from forming on the artificial valve.

Biological valves are from animal tissue that has been rendered biologically inert to prevent rejection. Patients are not required to take any prescription medication to support the biological valve.

“I have a mechanical valve, which is simply a ring with a strong carbon fiber filter,” says Andrew. “Although I was initially concerned about needing to take coumadin daily forever, it hasn’t been a problem for me.”

Following surgery, Andrew attended PPH’s Cardiac Rehab program where he was introduced to nutrition, exercise and health information that inspired him to take advantage of his newly repaired heart.

“I had never paid much attention to health information before and had shunned exercise because I thought it was too stressful for my heart,” he says. “In Cardiac Rehab, I got stronger everyday and found that I enjoyed the treadmill. I did one mile, then more and before I knew it, I had challenged my buddies to a marathon.”

Amazingly, Andrew ran the San Diego Rock and Roll marathon 16 months after open-heart valve replacement surgery and has since finished 10 marathons. He recently qualified for the Boston Marathon in April (see photo on page 4).

“I feel so much better, thanks to Dr. Reichman and the cardiac team at Palomar Medical Center. I only regret not doing this sooner. It’s a great relief to know that my heart is working the right way.” – Andrew Hudson

Future of Valve Replacement Surgery

Percutaneous valve treatment is being studied at medical centers across the country. This technique involves threading a narrow catheter from the groin to the heart. The catheter transports tiny surgical implements to treat a variety of valve diseases and perform repairs or valve replacement. This procedure avoids making an incision in the chest or using the heart-lung machine during surgery.

“While most patients can tolerate heart valve surgery, some are too ill for traditional surgery and percutaneous valve surgery may benefit them,” Dr. Reichman says. “As the population ages and heart disease remains the leading cause of death, medical research will continue to study newer techniques for treating valve disease and other coronary disease.”

The Future of Cardiovascular Care

With the anticipated opening of the new Palomar Medical Center West in 2012, the delivery of advanced cardiovascular and neurological procedures is taking shape in a collaborative and futuristic way.

“With a new flexible state-of-the-art interventional platform, we will be able to provide a comprehensive range of cardiovascular and neurological services not previously available in our community,” says Paul Patchen, R.N., director of Cardiovascular Services for PPH. “We have been waiting for technology to catch up with our concept of integrating the delivery of advanced, minimally invasive procedures.”

The interventional platform initially includes 11 operating suites and four cardiac catheterization laboratories. New generation, high-definition imaging equipment will provide minutely detailed two- and three-dimensional images that will help surgeons perform a multitude of sophisticated procedures such as correcting irregular heart rhythms or using advanced neuro-interventional techniques to help avoid or lessen the effects of stroke.

These are some of the newer advanced procedures that will be available:

- Electrophysiology mapping of heart rhythms
- Cardio ablation to correct rapid heart beats, such as atrial fibrillation
- Minimally invasive bi-ventricular pacemaker implantation
- High-definition minimally invasive spine surgery
- Endovascular coiling to treat brain aneurysms
- Minimally invasive clot removal to help prevent future strokes
- Percutaneous ablation of renal and other abdominal tumors

To view our progress, visit www.pph.org/future.
Be Sweet to Your Feet. I remember it like it was yesterday. Saturday, July 27, 2007. Davenport, Iowa. I had just completed the popular “Bix 7” seven-mile road race – one of many weekend activities surrounding the annual Bix Beiderbecke Memorial Jazz Festival.

Thousands of us had just made the hot, hilly trek through my hometown – a scenic city along the Mississippi River in the southeastern corner of the Hawkeye state. Exhilarated, but sweaty and exhausted, I made my way to the water station to rehydrate. Just as the first sip of water began to cool my core, a searing, hot, knife-like pain shot through the instep of my right foot. I’d never felt pain like that! Stunned, I hobbled over to a nearby bench. I figured I’d just “pulled something.” A couple of Advil, a little ice and some rest – and I’d be fine, right?

I hadn’t run in more than three years. As the pain persisted, there were X-rays and MRI’s, stretching, icing, cortisone shots and an array of “non-invasive” treatments ranging from acupuncture and electrical stimulation to “cool” laser and shock wave therapies. Nothing helped. A failed surgery left me with a damaged nerve. It’s been a frustrating journey, to say the least. Today, though, things are looking up! I’ve been working closely with PPH Podiatrist Joan Meyer, DPM, to zero in on the source of the problem. I’m hoping and praying a final solution may be just around the corner. I share all of this in the hope you can avoid such a foot fiasco.

Fact is, my injury was most assuredly due to a lifetime of foot abuse. I admit it! Excessive running in broken-down shoes and hours in 3-inch heels – better to look good than feel good, right?! I had made absolutely no attempt to take care of the two things I most needed to literally carry me through the rest of my life. Please, don’t let this happen to you!

If you have foot pain, get a jump on it! According to the American Podiatric Medical Association (APMA), it’s easy to find relief for most aching feet. Follow the tips to the right to help keep your feet fit! 

Simple Tips to Keep You on Your Toes

- **Point your toes by lifting one foot.** Roll it downward until the toes are pointed toward the ground. Repeat several times.
- **Raise your heels.** Stand up and lift your heels so that you are standing on the balls of your feet. Hold for 10 seconds.
- **Squeeze your toes.** Separate your toes using corks or foam toe separators...then squeeze your toes together for five seconds. Repeat 10 times.
- **Roll a ball.** For an instant massage, roll a golf ball or tennis ball under the ball of your foot. Apply light pressure for about two minutes. Great for arch pain, cramps and heel pain from plantar fasciitis.
- **Stretch standing up.** Stand up and place your toes against a wall. Lean forward a little until you feel your arch stretch. Repeat using the other foot.
- **Stretch sitting down.** Sit barefoot and cross your left leg so that your ankle rests on your right thigh. Then hold your toes and bend them back toward your shin...stretching the band of tissue connecting the bottom of the heel to the ball.
- **Get a foot massage.** There’s nothing like a good foot rub! Start with your toes and work back to your heel. Ahhh! Top it all off with a good, 20-minute foot soak in Epsom salts. The relaxing combo of warm water and salts will give you a double-dose of pain relief and relaxation.

Read Carol’s online health journal at www.pph.org/carol. You can also drop her a line to carol@pph.org.
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 January – April. See this issue of *Prevention Plus* (center fold) for additional classes designed for people of all ages. Register today!

**Senior Nutrition**  
OASIS – Escondido (see page 3)  
Wednesday, March 30  
1:30 – 3 p.m.  
As we age, our relationship to food changes along with our bodies. Later in life, eating well can be the key to staying mentally sharp, emotionally balanced and energetic. Proper nutrition can also help build a strong immune system and positive outlook. Join Halle Elbling, RD, CDE, as she discusses the numerous benefits of a healthy diet. To register, call OASIS at 760.796.6020.  
FEE: $3 / participant

**Maximizing Your Memory**  
OASIS – Poway (see page 3)  
Wednesday, April 6  
1 – 2:30 p.m.  
Memory is a concern for people of all ages. Although memory problems and loss of mental acuity can often occur in the aging process, a few lifestyle changes can greatly improve memory function. Diane Darby Beach, MPH, Ed.D., from the Alzheimer’s Association, will discuss how to identify different types of memory, how to recognize mental changes common with normal aging, memory exercises and strategies for improving memory. To register, call OASIS at 760.796.6020.  
FEE: $3 / participant

**Chronic Obstructive Pulmonary Disease (COPD)**  
OASIS – Escondido (see page 3)  
Wednesday, February 23  
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 cardiologist Mikhail Malek, M.D., as he discusses the risk factors and available treatment. To register, call OASIS at 760.796.6020.  
FEE: $3 / participant

**Eye Health Issues for the Mature Adult**  
OASIS – Poway (see page 3)  
Wednesday, March 9  
1 – 2:30 p.m.  
As people get older, normal functions of the eye tissues decrease and blinding disorders increase in frequency. Although age-related eye diseases and visual loss are prevalent in older adults, some problems resulting from these diseases may be prevented or treated. Join Ophthalmologist Paras Shah, M.D., as he discusses prevention, diagnosis and treatment of age-related eye problems. To register, call OASIS at 760.796.6020.  
FEE: $3 / participant

**Blood Pressure Screenings**  
High blood pressure has no symptoms. That’s why it’s called the “silent killer” and is a leading risk factor for heart disease. Less than 120/80 best, while 140/90 or more indicates high blood pressure. Do you know your numbers? Take advantage of FREE blood pressure screenings offered regularly by Palomar Pomerado Health.  
**Pomerado Hospital Lobby**  
2nd Tuesday of each month  
Noon – 2 p.m.  
**Palomar Medical Center Lobby**  
1st Friday of each month  
Noon – 2 p.m.
Palomar Pomerado Health (PPH) is at the forefront of treating lung cancer with advanced techniques such as a lobectomy using minimally invasive video-assisted thoracoscopic surgery (VATS).

According to the Centers for Disease Control, lung cancer is the most common cause of cancer-related deaths nationwide. Cigarette smoking remains a major risk factor, with two-thirds of lung cancer patients having a smoking history.

“Symptoms of lung cancer are chest pain, cough, recurrent respiratory infections, weight loss, coughing up blood and shortness of breath,” says Jeffrey Rosenburg, M.D., a board-certified cardiothoracic surgeon who performed the first VATS lobectomy at Palomar Medical Center. “However, as many as 25 percent of patients may be without symptoms.”

Treatment varies, depending on the type, stage and size of the lung cancer. Options include surgery, radiation therapy and chemotherapy.

Lobectomy, complete removal of the tumor along with a portion of the surrounding lung tissue, is the most common surgical treatment offering the best chance for cure. Traditional lobectomy requires making a large incision between the ribs to open the chest and separate major muscles.

VATS lobectomy achieves the same complete surgical cancer removal but with far fewer post-surgical complications and a faster recovery. In this intricate procedure, the surgeon inserts a fiberoptic thoracoscope through a small chest incision to generate a magnified view of the lungs and chest cavity. The tumor and lobe are completely removed through a second, small incision.

“VATS lobectomy is a major advancement in the surgical treatment of lung cancer and is especially suitable for the elderly patient who may have difficulty with traditional lobectomy,” says Dr. Rosenburg. “One-third of all lobectomies for cancer nationwide are now performed by VATS.”

Protect Your Lungs

Your lungs are different from most other organs in your body because their delicate tissues are directly connected to the outside environment. Anything you breathe in can affect your lungs. Germs, tobacco smoke and other harmful substances can cause damage to your airways and threaten the lungs ability to work properly. Follow these tips to reduce your risk of lung disease.

- Don’t smoke.
- Avoid exposure to pollutants.
- Test your home for radon.
- Avoid exercising outdoors on bad air days.
- Get a flu shot.
- Wash your hands often with soap and water.
- Maintain good oral hygiene.
- Get regular health care.

Source: American Lung Association
“Until I had radiosurgery, I had lost all confidence that I would survive metastatic kidney cancer that had spread to my lungs,” says Jack Raz, 92. “At our first meeting, Dr. Coleman gave me the feeling she was sent to me from heaven and would do what others couldn’t.”

Last summer, Jack received stereotactic radiosurgery treatment at Palomar Medical Center (PMC) with the Novalis™ Tx Stereotactic Radiosurgery System, a dynamic image-guided linear accelerator that accurately targets and quickly treats a range of hard to reach tumors. It is available through a partnership between San Diego Radiosurgery and PMC.

“Radiosurgery is an amazing tool for treating early stage lung cancer in those patients not fit for surgery. It is also a wonderful new technique for treating tumors that have spread to the lung from other primary sites, such as the breast, colon or kidneys,” says Lori Coleman, M.D., a board-certified radiation oncologist, Medical Director of Radiation Therapy at PMC, and Medical Director of San Diego Radiosurgery.

To precisely target tumors, compensate for tumor motion, and minimize radiation to healthy tissue, extensive coordination and planning is required. Before the first treatment, a reference marker is usually inserted into the tumor to visually pinpoint the exact location of the tumor. Patients are also fitted with a body mold that assures they lay in the same reproducible position for each treatment. Using high-definition imaging studies, a targeted radiation plan is developed by the radiation oncologist, dosimetrist and physicist.

“We design multiple intersecting radiation beams to target the tumor with a dose precisely conforming to the shape of the tumor,” says Dr. Coleman. “We then can activate the beam only during certain phases of the respiratory cycle where the tumor is most stable.”

“Stereotactic radiosurgery is very effective for treating tumors in the lung,” Dr. Coleman says. “It is non-invasive, quick and pain-free. Most patients can return to daily activities, including work, the same day.”

Since completing treatment, Jack’s lung tumors have stopped growing and most are shrinking.

“I have a strong desire to live and radiosurgery put me back on the route to life,” Jack says. “My wife and I now look forward to spending a lot more time together.”

Learn more at www.pph.org/srs.

92-year-old Jack Raz and wife Margot (left) share a smile with Jack’s ‘angel of life,’ Dr. Lori Coleman.

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. Join us for a free seminar led by Radiation Oncologist Lori Coleman, M.D. To register, call The HealthSource at 800.628.2880 or visit www.pph.org/classes.

FEE: Free – registration required

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Interior Finishes are the Focus at Palomar Medical Center West

With a scheduled construction completion date of spring 2012, Palomar Medical Center West has become a highly choreographed beehive of activity as multiple construction trades focus on finishing complex interior details along with exterior infrastructures and landscaping.

Last September, the exterior cladding was topped off one month ahead of schedule. Work has since turned to finishing the interior units, from the 288 initial patient rooms to the modern operating rooms and interventional platform that will house advanced imaging technology for the Health Care System of the Future.

“Completing the finish work includes scheduling a myriad of trades such as drywall installers, plumbers, electricians, flooring installers and painters,” says Wendy Cohen, director of Facilities Construction for Palomar Pomerado Health. “This is a critical time, where adhering to schedule is especially important. To do that, the finish is coordinated very carefully to achieve maximum productivity and quality.”

In coming months, exterior site work will prepare for landscaping, installation of a new traffic signal at Citracado Parkway and the perimeter road around the campus. Sometime this summer, full power from the new Central Plant will be switched on for the first time at the site. This seamless activity will mark another milestone that means construction is progressing.

“This is an important step that won’t be noticeable to the community,” Cohen says. “But for us, it means that we will be able to generate interior airflow that needs to be regulated and balanced for both temperature and humidity as we prepare to admit patients by mid-2012.”

Take a Tour! Hard hat tours of the new Palomar Medical Center West are available to adults age 18 and older. To schedule, please call the Palomar Pomerado Health Foundation at 760.739.2787.
Each day, we are powered by the most extraordinary and complex creation in the universe – the three-pound human brain. Home to your mind and personality, your brain stores your cherished memories and future hopes. It orchestrates your ability to have purpose, passion, motion and emotion. But do you know how to keep it healthy?

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 to help you get to know your brain. From headaches and stroke, to memory loss and Parkinson’s disease, we have the information you need to protect and care for your cranium. Enjoy a healthy dinner; browse informative exhibits; and take advantage of free blood pressure, blood glucose, body composition and stroke risk assessment screenings. Plus, cholesterol tests will also be available for an additional $5, payable at the event.

To register, or for more information, call The HealthSource at 800.628.2880 or visit www.pph.org/classes.

FEE: $35 / person*  
*Fee includes dinner, exhibits, health screenings and physician panel discussion.

Spring Into Affordable Health Care

Palomar Pomerado Health (PPH) now offers a prescription for financial relief. If you’re considering surgery or other care, but are short on cash or adequate insurance coverage, we can help.

Palomar Pomerado Health provides patients with an extended-term, interest-free finance program for those who find traditional payment terms difficult to meet. The program benefits patients who may experience a significant, unplanned hospital bill or who may be delaying treatment due to financial constraints. We also offer discount pricing for cash only patients.

For more information, please call PPH Patient Financial Services at 858.675.5264 or visit www.pph.org/help.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Move over deadly superbugs, there’s a new sheriff in town – and this one kills dangerous microorganisms that contribute to the ongoing threat of hospital-acquired infections. It’s called the Xenex PX-UV system, and Palomar Pomerado Health (PPH) is the first health system in California to use the newly approved ultraviolet light room disinfection machine at Palomar Medical Center in Escondido and Villa Pomerado Skilled Nursing Facility in Poway.

The Centers for Disease Control (CDC) estimates that each year two million health-care related infections lead to 100,000 deaths – making it the fourth leading cause of death in the United States. The risk of these infections is especially severe with the recent increase in the number of drug-resistant bacteria, also called “superbugs,” such as the widely publicized Methicillin-Resistant Staphylococcus Aureus (MRSA) infection.

“What we’re looking to do is prevent infection,” says Jerry Kolins, M.D., associate chief medical quality officer for PPH. “The question is, are all of the steps we are currently taking enough or could we do more?”

In addition to traditional disinfection methods of cleaning, sterilizing and hand washing, the Xenex system will be used in the rooms of patients known to have had drug-resistant infections. Studies will be conducted on the system’s effectiveness in killing bacteria both in the air and on high-touch surface areas such as bed railings, tables, bathrooms, remote controls and telephones.

“After we clean a patient room, and before the next patient is brought in, we’ll use the device for about eight to 15 minutes, releasing ultraviolet light and killing bacteria, viruses and spores,” says Kolins.

According to the device manufacturer, Xenex Healthcare Services, initial studies show that the system has been proven effective on a variety of the most dangerous “superbugs” in several independent labs in the U.S. and internationally. And, in hospital trials, Xenex has consistently shown to be more than 20 times more effective than standard cleaning practices.

“Innovative health-care systems like PPH are investing in Xenex disinfection technology to make their patients safer,” said Brian Cruver, CEO of Xenex Healthcare. “Traditional chemical cleaning methods are proven to be inadequate, which results in significant increase in the infection risk. Much like the first automobile makers to install airbags because seatbelts were just not enough, PPH is taking patient protection to the next level while leading the health-care industry toward a new and better standard of cleanliness and care.”

PPH is leasing three Xenex disinfection units for a yearlong test. “If it works, you’re going to see all hospitals in the country follow us,” Kolins says.

To learn more, visit www.xenex.com.
Robotic Surgery: Hysterectomy

Sue Ghosh, M.D.
Board-Certified OB/GYN, Gynecologic Oncologist
San Diego Center for GYN Oncology
San Marcos

I’ve heard there is a new way to do a hysterectomy for uterine cancer that will let me get back to work in a couple of weeks. What is it?

Uterine or endometrial cancer is the most common type of gynecologic cancer with a primary symptom of abnormal bleeding. The recommended treatment is a hysterectomy and removal of both ovaries and fallopian tubes. Today, most women can have this surgery with advanced robotic technology and benefit from smaller incisions and faster healing.

The da Vinci® S HD Robotic Surgical System works as an extension of the surgeon who uses computer controlled instruments to operate through a few dime-sized incisions in the body. Surgeons who are skilled in robotic technology benefit from two key advantages of this procedure. These include an enhanced three-dimensional magnification, providing an up-close view of delicate areas, as well as instruments that can be rotated through a full range of motion, making it possible to operate precisely in very small areas.

With these technical advantages, robotic surgery results in less blood loss, less pain and a quicker recovery. In my experience with robotic hysterectomy, most women are able to go home the day after surgery and resume normal activities in two weeks or less.

Robotic surgery is also advantageous in treating non-cancerous gynecologic conditions including fibroids, endometriosis and pelvic prolapse.

To learn more, visit www.pph.org/davinci.

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Robotic Surgery: Prostatectomy

Carl Walker, M.D.
Board-Certified Urologist
North Coast Urology
Oceanside

What are the guidelines for getting a PSA test to screen for prostate cancer, and what are the best options for treatment?

The American Urological Association (AUA) recommends getting a baseline PSA (prostate-specific antigen) blood test at age 40. I then advise having PSA and digital rectal exams at least every three years, depending on the baseline result and personal risk factors. These tests are the best tools for making an early diagnosis of prostate cancer, which offers the best chance for effective treatment.

Options for treating early stage prostate cancer include radical prostatectomy (surgical removal of the prostate), external beam radiation, implanting radioactive seeds in or near the tumor, or active surveillance, in which the disease is observed over time.

Surgical removal of the cancerous prostate remains the most common choice for men in good physical condition. Today, 80 percent of prostatectomies are performed using the da Vinci® S HD Robotic Surgical System. Patients benefit from smaller incisions, less blood loss, less pain and a faster recovery.

When performing a robotic prostatectomy, I try to achieve the “trifecta” by removing the cancer, preserving erectile function and maintaining urinary continence. In these three areas, robotic prostatectomies achieve equal or better clinical outcomes as compared to conventional prostatectomies.

To learn more, visit www.pph.org/davinci.
**Introduction to “The Right Weigh”**

Pomerado Outpatient Pavilion
Education Classroom
Wednesday, January 26
6 – 7:30 p.m.

Palomar Pomerado Health introduces "The Right Weigh" — a continuum of weight management services designed to help you achieve a healthy body and spirit. Join us for an introductory class led by qualified health professionals including a dietitian, diabetes educator, bariatric clinical dietitian and nurse practitioner. Learn about basic nutrition, medically supervised weight loss, bariatric surgery and more. Whether you need to lose 30 or 300 pounds, let us help you discover “The Right Weigh” to effective and lasting weight loss. Body composition and blood pressure screenings will be provided.

FEE: Free – registration required

**Get Fit and Stay Strong**

OASIS – Escondido
Redwood Town Court
500 East Valley Pkwy, Escondido
Mondays & Thursdays
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 760.796.6020.

| Jan. 10 – 31  | FEE: $35 for 7 classes |
| Feb. 3 – 28   | FEE: $40 for 8 classes |
| Mar. 3 – 31   | FEE: $45 for 9 classes |
| Apr. 4 – 28   | FEE: $40 for 8 classes |

**Chair Fitness**

OASIS – Escondido
Escondido Joslyn Senior Center
210 E. Park Avenue, Escondido
Wednesdays
12:30 – 1:30 p.m.

Chair exercises can increase your strength and balance. They create movement, stretching and help increase heart rate – perfect for anyone who has trouble standing for long periods of time.

To register, call OASIS at 760.796.6020.

| Jan. 12 – 26  | FEE: $15 for 3 classes |
| Feb. 2 – 23   | FEE: $20 for 4 classes |
| Mar. 2 – 30   | FEE: $25 for 5 classes |
| Apr. 6 – 27   | FEE: $20 for 4 classes |

**Weight Loss Surgery Seminar**

Pomerado Hospital
Twice monthly – call for dates and times

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.

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"I trust Pomerado Hospital for incredible care."

“One hundred seventy pounds ago, I was searching for a solution to my years of weight loss struggles. That’s when I met Dr. Callery. He and his team took an interest in my life and my lifestyle, helped me research my options, and put together a program that is still working for me. Now I’m half the woman with twice the energy. Thank you Dr. Callery for helping me get my health back.” To learn more about weight loss surgery at Pomerado Hospital, visit [www.pph.org/bariatric](http://www.pph.org/bariatric).
In these financially-challenging times, planning for the future has never been so important. You can support Palomar Pomerado Health (PPH) and make a difference in our life-saving healthcare while you invest in your retirement.

Palomar Pomerado Health Foundation’s (PPHF) Charitable Gift Annuity program makes it easy for anyone making a minimum $5,000 donation to earn a guaranteed, fixed income for life.

Take an under-performing or non-performing asset and increase your income while supporting PPH. The rate of return, as determined by the donor’s age, is substantially higher than what banks offer. Best of all, you can receive a charitable tax deduction right away.

Various assets can be used to set up a charitable gift annuity. They include:

- Cash
- Stocks
- Real property
- Personal property

To get an even higher rate, defer the income for several years. A 50 year-old who waits 15 years will receive 9.1%, while a 60 year-old who waits 15 years will receive 12.3% for life.

Your charitable gift annuity helps the PPH Foundation build the healthcare system of the future. In return, you can create your legacy at the new Palomar Medical Center West with naming opportunities available for gifts like yours.

For a free personalized gift annuity illustration, please contact PPHF Director of Gift Planning, Robert Sheldon at 760.739.2961 or robert.sheldon@pph.org.

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Charitable Gift Annuity
The gift that gives you money back

Robert Sheldon has joined the Palomar Pomerado Health Foundation (PPHF) as Director of Gift Planning. Prior to joining PPHF, Robert co-founded a private consulting practice specializing in planned giving, charitable estate and gift planning, endowment campaigns, capital campaigns, board leadership development and strategic planning with many non-profit organizations in the Southern California area. He has also held senior management positions with KPMG, PricewaterhouseCoopers, Deloitte & Touche LLP, and Southern California Edison. We are proud to welcome Robert to the PPHF family.

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NIGHT OF NIGHTS™
JUNE 4, 2011

presented by
PALOMAR POMERADO HEALTH FOUNDATION

Join LaDainian and Torsha Tomlinson, for the fourth annual Night of Nights gala.

Proceeds will support Building Your Healthcare System of the Future, the campaign for Palomar Pomerado Health.

6 p.m.
Saturday, June 4, 2011
Hyatt Regency La Jolla at Aventine

For more information, or to purchase tickets, please call 760.739.2787 or visit www.pph.org/gala.

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