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On the Cover
Palomar Pomerado Health’s new avatar robots are connecting patients with family members across the country and even around the world. Learn more about our latest innovations on pages 4 – 5.

Photo by Rob Hammer Photography.

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Follow us on:
Write from the Top

Dear Friend of PPH,

In any volatile environment such as we live in today, the strongest organizations always focus on what is important to those whom they serve. In our case, it is the delivery of the highest quality of care possible while being as innovative as we can in the provision of those services.

To that end, our inspired leaders know that we have to look to innovations today to ensure the right technologies are available and operational tomorrow. This is why you will read about MIAA, VGo and Myomo in this issue of The HealthSource. These aren’t Asian delicacies – they are state-of-the-art technologies that will help to transform the practice of medicine for generations to come.

I invite you to join us on our journey into the future, starting with the medical center of the future opening in 2012. (See page 14 for a construction update.) In the coming months, you will read, hear and see examples of our commitment to innovation. Regardless of what happens on Wall Street, Palomar Pomerado Health is dedicated to delivering on our promise to provide the finest health care for Main Street.

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, May 16, 10 – 11:30 a.m.
Monday, July 18, 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.
Pomeroado 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.
Pomeroado 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.
Pomeroado 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, June 16, 12:30 – 1:30 p.m.
Thursday, August 18, 12:30 – 1:30 p.m.
Pomeroado Outpatient Pavilion, First 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
Pomeroado Outpatient Pavilion, First Floor
Education Classroom

Look Good, Feel Better
Monday, May 23, 4 – 6 p.m.
Monday, August 29, 4 – 6 p.m.
Pomeroado Outpatient Pavilion, First Floor
Education Classroom
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.

The HealthSource Class Locations*

To register for a class, call The HealthSource at 800.628.2880.

POWAY
Pomeroado Hospital
15615 Pomerado Road
Poway, CA 92064
858.613.4000

Pomeroado 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

OASlS
North County Inland Adult Center
Temple Adat Shalom
15905 Pomerado Road
Poway, CA 92064
760.796.6020

Escondido
Escondido Joslyn Senior Center
210 E. Park Avenue
Escondido, CA 92025
760.796.6020

ESCONDoIDo
Palomar Medical Center
555 East Valley Parkway
Escondido, CA 92025
760.739.3000

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.

*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.
MIAA Provides Real-Time Medical Records

MIAA – Medical Information Anytime Anywhere – was the buzz at the 2011 annual conference of the Healthcare Information and Management Systems Society. For good reason: MIAA, pronounced “me-ah”, is a new wireless application built directly on the Google Android platform that provides physicians with real-time medical records anytime, anywhere.

The initial concept for MIAA was developed last summer by Orlando Portale, chief innovation officer with Palomar Pomerado Health (PPH). In August, Portale assembled a small research and development team that designed and built a prototype of the application. The PPH Foundation provided the seed capital for the development effort.

“It is rare for a health system to develop and program its own health application for mobile devices,” says Benjamin Kanter, M.D., chief medical information officer for PPH. “We designed MIAA to work on any Android device and to interface with any electronic health record system.”

MIAA is designed from the ground up to provide a high level of data integration that is not currently available to physicians, but is necessary for timely decision-making. A physician can use the application to access a patient’s medical history from an Android smartphone or tablet. With a few screen taps, the complete medical history is retrieved and presented in an easy to understand format.

“MIAA is all about presenting pertinent information in a context that provides physicians with a comprehensive report of the patient’s current condition,” says Dr. Kanter. “Our application provides secure access to real time lab reports, radiology images, vital signs and drug allergies along with the medical history. This gives physicians the information required to make the correct decision.”

Dr. Kanter believes that MIAA will help improve patient safety and quality of care by allowing physicians to make fully informed, timely decisions about patient care.

“PPH has staked out a leading position in the region and nationally in terms of advanced mobile wireless health-care applications,” says Portale. “Our next step is to build out the MIAA application further before launching a pilot study of MIAA with PPH community physicians, which we anticipate doing early this fall.”

Avatar Robots Keep Patients Connected

Palomar Pomerado Health’s (PPH) new avatar robots, appropriately named Nuture, Heal and Smile, are connecting patients with family members across the country and even around the world.

These petite robots were developed by VGo Communications. As illustrated by the cover photo on this magazine, VGo technology enables you to connect across the miles to see, hear, talk and interact with a patient at Palomar Medical Center, Pomerado Hospital or Villa Pomerado skilled nursing facility. PPH is the first hospital system in the region to implement a pilot study of the robots with a goal of improving patient well-being and enhancing recovery.

PPH anticipates that it will be easy for families to direct one of the robots from their own computer. Using an avatar will require downloading software and following the
After connecting, you will be in command of the robot and can direct its movements in the patient room, patient visiting areas or patient-care areas, such as rehabilitation.

“Patients are very excited about our new robots because they understand that the technology allows them to connect with family members like never before,” says Luba Burns, MPH, CISM, director of IS Governance and Innovation Administration for PPH. “The two-way audio/video mobile communications brings patients and families together, which helps families better understand the care the patient is receiving. And it helps patients feel closer to their loved ones who cannot be here with them.”

Neuro-Robotic Brace Restores Arm Function

Palomar Pomerado Health (PPH) is the first and only health system on the west coast testing a neuro-robotic arm brace that helps patients regain the functional use of their arms following a stroke.

Myomo – so named by a patient because it helps restore “my own motion” – was developed at MIT.

“Myomo takes the patient’s brain signal and turns it into motion,” says Bill Levanduski, MA, OTR/L, CHT, Outpatient Rehabilitation Services supervisor. “It’s an advanced technology that helps reinforce the brain/muscle connection to help restore functional ability.”

Juventino Estrada of Escondido was one of the first patients at Palomar Medical Center’s (PMC) Outpatient Rehabilitation to use Myomo when it was introduced in January.

“After my stroke, I couldn’t lift my left arm, couldn’t do anything for myself,” he says. “I didn’t think my life would ever be normal again. But thanks to Myomo and the experienced staff, I think the hardest times are behind me.”

Juventino had a stroke in June 2010 that affected his left side, leaving his arm non-responsive. Following treatment at PMC and inpatient rehabilitation in the Acute Rehabilitation Unit, he returned home. With his left arm still weakened, he needed assistance with dressing, bathing and even turning over in bed. In December, he started outpatient rehabilitation at PMC to continue his recovery.

“It was very exciting the first time I used Myomo and saw my arm respond to my own brain signals,” he says. “I could close my hand for the first time since my stroke.”

Myomo is an FDA-approved mobile device that fits on the patient’s arm with electrodes attached to the triceps and biceps muscles. These electrodes continuously sense and process patient-initiated brain signals with patented electromyography technology. The biofeedback-based closed loop system then rewards the patient with the desired movement that re-educates the muscles to contract or relax.

Within a month of regular training with Myomo, Juventino was able to move his left arm across his body, close his fist and do many things to take care of himself without assistance from family.

“I didn’t like being dependent on others and now I can take care of myself,” says Juventino. “It’s a small step, but I can even put deodorant on without help and that feels good.”

“PPH has the perfect environment to test this new technology because, as a Stroke Certified facility, we offer a full continuum of care focused on helping patients regain as much function as possible following a stroke,” says Levanduski. “We are currently using Myomo in the inpatient acute hospital and Acute Rehabilitation Unit to initiate this therapy as soon after the stroke as possible.”

PPH occupational therapist Darlene Maalouf, OTL, CHT, uses the Myomo robotic arm brace to help stroke survivor Juventino Estrada regain functional use of his left arm.
Mediterranean Diet:
A “Gold Standard” for Healthy Eating

For years, we’ve been hearing about the health benefits of a “Mediterranean Diet” – a heart-healthy eating plan that combines elements of Mediterranean-style cooking. And for years, much of the evidence of those health benefits was anecdotal or hearsay.

But the proof is in the pudding ... i mean olive oil! Actually, the proof is in the research. Eating a traditional Mediterranean diet really does reduce the risk of heart disease and many other disease conditions. In fact, it’s often described as the “gold standard” for healthy eating.

A diet rich in fruits, vegetables, fish and whole grains is the hallmark of most healthy eating plans. But while the Mediterranean Diet incorporates the basics of good eating, you can add a splash of flavorful olive oil, interesting spices and perhaps a glass of red wine if you want to adopt the cooking style of countries bordering the Mediterranean Sea.

Last year, I traveled to Israel for a tour of the Holy Land fully expecting to gain the several pounds I always bring back with me after a trip. Lack of exercise and eating out every day are a deadly combination for me! But this trip was different. Tom and I walked everywhere – touring the ruins, cathedrals and shops. And every meal was prepared traditional Mediterranean-style ... packed full of leafy greens, fresh tomatoes and crisp cucumbers. Back home, I was thrilled to see the scale had hardly moved.

How do you get started? Here are the key components of a Mediterranean Diet:

- Eat plant-based foods such as fruits, vegetables, whole grains and nuts.
- Replace butter with healthy fats such as olive oil and canola oil.
- Use herbs and spices instead of salt to flavor foods.
- Limit red meat to no more than a few times a month.
- Eat fish and poultry at least twice a week.
- Drink red wine in moderation. (optional)
- Get plenty of exercise.

You’ll find the Mediterranean Diet can actually become part of a lifestyle that will keep you healthy in body, mind and spirit! Read my Q&A column to find out what it did for my friend and former colleague, Kimberly Hunt. – Carol LeBeau

Q & A with Kimberly Hunt

Kimberly Hunt has a full, often stressful life. Even so, the popular 10News anchor is the picture of good health – a fact she attributes to good genes, long walks and a Mediterranean-style diet. Here’s what she had to say about the food plan that keeps her going strong!

Carol: Why did you “go Mediterranean?”
Kim: Initially, I just wanted to maintain my blood sugar a little better. I have a sensitivity there.
Carol: Did it work?
Kim: And then some! I just feel better ... happier! I have more energy and eating well means no more dieting.

Carol: You’re known at work for your fabulous box lunches. What’s on today’s menu?
Kim: Honey mustard chicken with a colorful salad, black rice and acorn squash with Earth Balance, cinnamon and agave syrup.
Carol: Dee-lish! I’ve tasted some of your “super suppers!” How do you find time to prepare such beautiful meals?
Kim: I don’t have time every day. But once or twice a week I grill some chicken, fish and hamburger. I cook batches of beans and rice and chop a variety of fresh veggies. It’s all in dishes in the fridge.

Carol: What about snacks?
Kim: I snack all day! Nuts, protein bars, veggies with hummus, and apples with peanut butter.

Carol: Do you enjoy any “guilty” pleasures?
Kim: Sure! Cappuccino every morning and a glass of wine on the weekends. And, you know how I LOVE sweets!

Carol: Like from your private stash of salt-water taffy at work? Still in the bottom drawer on the left?
Kim: Busted!

Defining the Mediterranean Diet
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, May 25
1 – 2:30 p.m.

Many experts believe that the Mediterranean Diet reduces the risk of heart disease and other chronic conditions. Join Halle Elbling, RD, CDE, as she reveals the basics of this diet and explains how to incorporate healthy foods into your daily meal plan. Recipes will be provided.

FEE: Free – registration required

FREE Class!
Waiting for 911: What Can I Do to Help?
OASiS – Poway (see page 3)
Wednesday, July 20
1 – 2:30 p.m.
No one ever wants to have to dial 911, but if you have a loved one who has suffered a life-threatening injury or illness, do you know what to do until the paramedics arrive? Join Luanne Arangio-Law, R.N., M.Ed., former emergency department nurse, as she presents numerous first-aid tips that will help you act quickly and with clarity until help arrives. To register, call OASIS at 760.796.6020.
FEE: $3 / participant

Heart Disease in Simple Terms
OASiS – Escondido (see page 3)
Wednesday, August 17
10 – 11:30 a.m.
What happens when the heart doesn't function properly? Join Luanne Arangio-Law, R.N., M.Ed., as she explains the anatomy of the heart in very basic terms and discusses the risk factors and symptoms of heart disease. Learn more about current diagnostic tests, treatment options, necessary lifestyle changes and what to do in an emergency. To register, call OASIS at 760.796.6020.
FEE: $3 / participant

Preparing for Total Joint Replacement Surgery
OASiS – Escondido (see page 3)
Monday, August 22
10 – 11:30 a.m.
Are you considering joint replacement surgery? Do you have questions about what to expect both physically and emotionally? Help ensure a smooth surgery and speedy recovery by planning ahead. Join Linda Brown, R.N., orthopaedic surgical nurse, as she leads you through the steps of preparation. To register, call OASIS at 760.796.6020.
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 May – August. See this issue of Prevention Plus (center fold) for additional classes designed for people of all ages. Register today!

Urinary Incontinence: A Treatable Condition
OASIS – Poway (see page 3)
Wednesday, May 25
1 – 2:30 p.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 Paul Neustein, M.D., as he discusses causes, symptoms and options for treatment. To register, call OASIS at 760.796.6020.
FEE: $3 / participant

Non-Surgical Skin Rejuvenation
OASIS – Escondido (see page 3)
Wednesday, June 8
1 – 2:30 p.m.
There are many options for skin improvement that do not require surgery. What procedure might be right for you? How effective are the products on the market today? The field of skin rejuvenation can be mind-boggling. Join Dermatologist Nancy Chen, M.D., as she explores the dermatology dilemma. To register, call OASIS at 760.796.6020.
FEE: $3 / participant

Healthy Aging with Diabetes
OASIS – Escondido (see page 3)
Wednesday, June 15
10 – 11:30 a.m.
Diabetes can affect many systems in the body and even accelerate the aging process. Join Registered Dietitian and Certified Diabetes Educator Halle Elbling as she discusses how to modify the impact of diabetes through effective disease management and simple lifestyle changes. To register, call OASIS at 760.796.6020.
FEE: $3 / participant

Maximizing Your Memory
OASIS – Escondido (see page 3)
Wednesday, July 13
10 – 11:30 a.m.
Memory is a concern for people of all ages. Although memory problems and loss of mental acuity can often occur during the aging process, a few lifestyle changes can greatly improve memory function. Join Diane Darby Beach, MPH, Ed.D., of the Alzheimer’s Association as she explores the different types of memory and how to recognize mental changes common with normal aging. Plus, discover useful memory exercises and strategies for improving memory. 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 is 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.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Because elderly individuals often do not express their sadness, it may be difficult to distinguish normal grieving from depression, especially if your loved one lives far away. Since senior depression may be mistaken for other age-related medical problems, having a thorough health assessment is recommended to determine the cause of your mother’s symptoms.

Grief is a normal response to a significant loss. While grief and depression have overlapping features, they are distinctly different. Feelings of sadness are common to both, but sadness comes in waves for the person in grief, and it is constant for the person who is clinically depressed. Over time, the person experiencing grief is able to move on and find pleasure in daily activities, whereas the person suffering from a clinical depression is not.

Symptoms of clinical depression include loss of interest in normal activities, sleep and appetite disturbances, agitation or restlessness, fatigue, difficulty concentrating and making decisions, feelings of worthlessness or excessive guilt, and thoughts of suicide. If someone exhibits five or more of these symptoms, and is also feeling sad for two weeks or longer, clinical depression is likely.

Newer, first-line antidepressants are safe and effective for elderly patients with depression and are often combined with psychotherapy for maximum benefit.

Engaging the assistance of caregivers, friends and neighbors who can watch for signs of depression is especially helpful when your elderly parent lives in another city. It’s also a good idea to partner with your mother’s primary care physician so you can be kept apprised of her overall health care. To learn more, visit www.pph.org/depression.

Mohs microsurgery is considered the most effective and advanced treatment for skin cancer. This highly specialized procedure combines surgical expertise with careful microscopic examination of consecutive tissue samples to assure that all signs of skin cancer are removed during one office visit. As a result, Mohs surgery can be up to 99 percent effective in removing certain types of skin cancer.

Mohs surgery is especially beneficial in treating basal cell and squamous cell skin cancers that occur in cosmetically sensitive areas such as the face and neck. During the outpatient procedure, the Mohs surgeon removes the tumor and a thin layer of surrounding tissue. While the patient relaxes in the reception area, the tissue is processed and examined under a powerful microscope to identify the precise locations of any remaining tumor roots. Additional tissue layers are removed until the microscopic study shows that the last sample is cancer-free.

It is critically important to take the time for careful analysis of each tissue sample in order to assure that all signs of cancer have been removed before finishing the procedure in a way to minimize scarring and enhance recovery.

Early detection is the best defense against skin cancer. I recommend doing at-home monthly visual skin checks to recognize signs of new growths, moles or spots that change in color or shape, bleed, or sores that don’t heal. If you see a change, make an appointment for a skin exam. Also, be sure to use a broad-spectrum sunscreen with at least SPF 30 before sun exposure. Reapply every two hours.

To learn more, visit www.ArchHealth.org.
Did you know that men have a higher death rate for every one of the top 10 leading causes of death? Would you be surprised to learn that, on average, men live sicker and die younger than women? Could this be because women are 100 percent more likely than men to visit the doctor and seek preventative health care?*

Gentlemen, June is Men’s Health Month – take action to beat the odds against these alarming statistics. Join Palomar Pomerado Health (PPH) board-certified physicians and PPH Health Champion Carol LeBeau for an evening designed to help you take control of your health. From heart disease to erectile dysfunction, our doctors will guide you through some of the biggest health concerns facing men today. Enjoy dinner, browse exhibits, and take advantage of free blood pressure, blood glucose, body composition and audiology screenings. Plus, cholesterol screenings will also be available for an additional $10, payable at the event.

*Source: The Men’s Health Network and Centers for Disease Control and Prevention

5 – 8:30 p.m.
Wednesday, June 22
Rancho Bernardo Inn
San Bernardo Ballroom
17550 Bernardo Oaks Drive
San Diego, CA 92128

SCHEUDLE OF eveNTS:
5 – 6 p.m.    exhibits and Health Screenings
6 p.m.  Healthy Dinner
6:30 – 8 p.m.  physician presentations
8 – 8:30 p.m.  Question & Answer Session

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.

Dig Deep, Get Fit
Are you frustrated about fitness? Need help with a regular routine? Exercise can have a positive effect on your mental and physical health – providing more energy and confidence while also playing a big role in disease prevention. Professional Trainer Steve Lujan of Dig Deep Training will guide “Dine with the Docs” guests through simple steps to help you get up, get moving and get fit!

Examine Your Ears
Video otoscopy provides audiologists with the ability to examine the general health of the ear canal and ear drum while projecting the image onto a video monitor for improved display and documentation. Doctor of Audiology David Illich will provide free video otoscopic exams at “Dine with the Docs” and offer guests a certificate for a complimentary follow-up hearing test at his office.

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

Advanced Treatments for Better Outcomes

Beatrice Powers (right) was successfully treated for PVD using a new minimally invasive hybrid technique called remote endarterectomy. Nearly 40 cm of plaque was removed from an arterial wall in her right leg.

San Diego County’s first remote endarterectomy – a new minimally invasive hybrid technique that treats peripheral vascular disease (PVD) – was performed earlier this year at Pomerado Hospital.

PVD, sometimes called PAD or peripheral arterial disease, occurs when cholesterol and scar tissue build up and narrows the blood vessels of the legs. This restricts blood flow and, if left untreated, eventually can lead to complete blockage. Over time, this atherosclerosis lengthens and hardens along the walls of the blood vessel.

Symptoms are often subtle and include leg cramps while walking or exercising, and numbness or coldness in the feet. In extreme cases, the lower leg and feet may develop non-healing wounds, constant pain, or become infected or gangrenous.

“The pain in my legs was so great, it hurt to stand when I cooked meals and I had to stop doing just about everything, including gardening,” says Beatrice Powers of Rancho Bernardo. She was first diagnosed with PVD in 2008.

Alexander (Sasha) Salloum, M.D., an interventional-trained vascular surgeon, performed the remote endarterectomy by using a combination of endovascular, interventional and traditional open surgery techniques.

“Until now, surgical treatment for PVD required an extremely long incision for completely blocked arteries in the legs,” Dr. Salloum says. “This hybrid procedure is a remarkably minimally invasive approach that is proving effective in treating advanced stages of PVD, especially when we cannot use endovascular techniques alone.”

“With advances such as the hybrid remote endarterectomy, we are pursuing a collaborative, multi-specialty approach to improving our outcomes,” says Anatoly Bulkin, M.D., a board-certified vascular surgeon. “In preparation for Palomar Medical Center West’s scheduled opening next summer, a multi-disciplinary team of specialty surgeons, interventional cardiologists and interventional radiologists is already working together to identify how our expertise can be combined and applied in innovative ways that benefit patient care.”

Remote Endarterectomy Clears Blocked Vessels

Beatrice was referred to Dr. Salloum last year after other treatments were unsuccessful in clearing the extensive blockage in both of her legs. She had been told that regular bypass surgery would require a long incision and offer a 50 percent chance of success in clearing the blockage.

“Dr. Salloum explained his experience with this new hybrid surgery and said it essentially was the only good option available,” Beatrice says.

Dr. Salloum used specifically sized EndoRE® system instruments from LeMaitre Vascular to dissect and remove calcified plaque from Beatrice’s right leg in February. The procedure was performed in Pomerado Hospital’s operating room where specially equipped X-ray machines, surgical and hybrid instruments, and traditional endovascular equipment are available in one location.

Using fluoroscopic-guided imaging to precisely identify the beginning and end points of the plaque, as well as visualize the positioning of the instruments, Dr. Salloum carefully maneuvered a tiny dissector into the artery to separate the plaque from the arterial wall. He removed plaque that was nearly 40 cm in length.
Following the remote endarterectomy, Dr. Salloum performed a percutaneous atherectomy and angioplasty to restore adequate blood flow and help manage the integrity of the vessel over time.

"This hybrid procedure is a remarkably minimally invasive approach that is proving effective in treating advanced stages of PVD." 

Alexander (Sasha) Salloum, M.D.
Interventional-Trained Vascular Surgeon

“This state-of-the-art hybridization of surgical and endovascular techniques allows us to open and then rebuild the entire vessel through a single, minimal incision,” Dr. Salloum says. “We start with a very small surgical incision, extend the working length with specialized imaging and surgical instrumentation, and finalize the procedure with endovascular techniques.”

“I’m getting better each day and looking forward to getting back to my garden,” Beatrice says.

**PVD Symptoms**

The most common and important type of PVD is peripheral arterial disease, or PAD, which affects about 8 million Americans. By age 65, about 12 to 20 percent of the population has it. Diagnosis is critical, as people with PAD have a four to five times higher risk of heart attack or stroke.

**Symptoms of severe PAD include:**
- Leg pain that doesn’t go away when you stop exercising
- Foot or toe wounds that won’t heal or heal very slowly
- Gangrene
- A marked decrease in the temperature of your lower leg or foot, compared to the other leg or to the rest of your body

Source: *American Heart Association*

**Preventing PVD**

The best way to prevent peripheral vascular disease is to reduce your controllable risk factors. While certain risk factors such as age and family history are out of your control, take action now against the following:

- **Smoking** – Quit now. Smokers may have four times the risk of PVD than nonsmokers.
- **Obesity** – Lose weight. People with a Body Mass Index (BMI) of 25 or higher are more likely to develop heart disease and stroke.
- **Diabetes** – Control your blood sugar and take care of your feet. People with diabetes are at greater risk of developing PVD and other cardiovascular diseases.
- **Physical Inactivity** – Get moving. Engage in moderately strenuous activity for at least 30 minutes each day.
- **High Blood Cholesterol** – Manage your levels. High cholesterol contributes to the build-up of plaque in the arteries which is a major risk factor to the development of PVD.
- **High Blood Pressure** – Monitor your blood pressure regularly. High blood pressure has no symptoms and is often called “the silent killer.”

Source: *American Heart Association*

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
**Save Your Shoulders**  
Palomar Medical Center, Graybill Auditorium  
Monday, May 23  
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 Owsley, M.D., will discuss the latest treatment options to help keep you in the game.  
FEE: Free – registration required

**Heal Your Hips**  
Pomerado Hospital, Conference Room C/D  
Monday, June 13  
6 – 7:30 p.m.  
Minimally invasive hip replacement has helped thousands of people regain range of motion. Orthopaedic Surgeon Philip Balikian, M.D., will discuss hip deterioration and advanced options for treatment.  
FEE: Free – registration required

**Beat Back Pain**  
Pomerado Hospital, Conference Room C/D  
Monday, August 29  
6 – 7:30 p.m.  
Back and neck pain affects a large majority of people. Causes can be complex – including a previous unsuccessful surgery. Join Orthopaedic Surgeon Jeffrey Schiffman, M.D., as he discusses the latest treatment options for relief.  
FEE: Free – registration required

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**STROKE SIGNALS**

**May is Stroke Awareness Month: Act F.A.S.T.**

When a stroke strikes, recognition of symptoms and early intervention is critical. Also known as a “brain attack,” a stroke occurs when a blood vessel in the brain becomes blocked or ruptures. This prevents oxygen from being delivered to the area of the brain affected, resulting in stroke symptoms.

Acute ischemic strokes, caused by a blood clot, account for about 85 percent of all strokes. If treatment is initiated within 0 to 6 hours of the onset of symptoms, an intravenous clot dissolving medicine called tPA (tissue plasminogen activator) can potentially reverse an acute stroke by dissolving the clot. Because it carries some risk of causing bleeding into the brain, the patient and family must make an informed decision as to whether or not they want tPA.

“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 and act quickly.”

Typically, tPA is administered intravenously into the bloodstream where it travels to the clot to dissolve the blockage. This method requires treatment within 0 to 3 hours of the onset of symptoms. An advanced application being used at PPH is the intra-arterial tPA that provides a faster, more direct way of delivering the drug using a catheter that is threaded through the blood vessels to the site of the clot. This approach may be administered within 0 to 6 hours of the onset of symptoms.

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**May is National Stroke Awareness Month, a time to educate the nation and spread awareness about stroke prevention, symptom recognition and recovery. If you or a loved one experiences sudden numbness or weakness, confusion, trouble seeing, difficulty walking, or a severe headache with no known cause, dial 9-1-1 and act F.A.S.T.**

- **F = Face**  
  Ask the person to smile. Does one side of the face droop?

- **A = Arm**  
  Ask the person to raise both arms. Does one arm drift downward?

- **S = Speech**  
  Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?

- **T = Time**  
  If you observe any of these signs, it’s time to call 9-1-1.
Exercise and Weight Loss

**Get Fit and Stay Strong**
OASIS – Escondido
Redwood Town Court
500 East Valley Parkway, 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.

May 9 – 30  FEE:  $35 for 7 classes
June 2 – 30  FEE:  $45 for 9 classes
July 7 – 28  FEE:  $35 for 7 classes

**NOTE:** There will be no Get Fit and Stay Strong classes in the month of August.

**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, vitality 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.

May 11 – 25  FEE:  $15 for 3 classes
June 1 – 29  FEE:  $25 for 5 classes
July 6 – 27  FEE:  $20 for 4 classes

**NOTE:** There will be no Chair Fitness classes in the month of August.

**Take Shape for Life**
Palomar Medical Center, Graybill Auditorium
Wednesdays, June 15 or August 3
6 – 7:30 p.m.

Why do many diets fail? Why does the weight keep coming back? Join certified Family Nurse Practitioner Doris Asombrado, MSN, FNP-C, and certified Health coach Greg Rex as they explore the pitfalls of dieting and explain how you can “Take Shape for Life” through the Medifast® medically supervised weight loss program, now available through PPH expresscare and Arch Health Partners. Learn how to safely lose up to 2 – 5 pounds per week without starvation or muscle loss.

FEE: Free – registration required

“Music is my life. Palomar Medical Center helped me live to play another day.”

“Last year, I had a heart attack and was rushed by ambulance to Palomar Medical Center. The paramedics, Dr. Leahy and the entire cardiac team performed together like a finely tuned orchestra – quickly identifying three major arterial blockages and performing emergency surgery that ultimately saved my life. Today, I’m back at the piano and eternally grateful for their expertise and compassion.” To find a physician you can trust, visit www.pph.org/doctor. To learn more, visit www.pph.org/heart.

Cardiologist Dennis Leahy, M.D., (standing) and patient Don York, musician.

PALOMAR POMERADO HEALTH
SPECIALIZING IN YOU

PALOMAR MEDICAL CENTER • POMERADO HOSPITAL • ESCONDIDO SURGERY CENTER
PPH EXPRESSCARE HEALTH CENTERS • JEAN MCLAUGHLIN WOMEN’S CENTER
PALOMAR CONTINUING CARE CENTER • PPH AT SAN MARCOS • VILLA POMERADO
THE HEALTH CARE SYSTEM OF THE FUTURE

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Major Milestones in Store this Summer

More than 900 construction workers at Palomar Medical Center (PMC) West are focused on reaching a multitude of major milestones this summer.

“Significant work continues on multiple fronts, some of it immediately apparent to the public and much of it behind the scenes but critically important to the safe and efficient operation of the hospital once it opens next year,” says Wendy Cohen, director of Facilities Construction.

Over the summer, the “brains” of the facility, including thousands of feet of cabling and fiber optics that serve as the foundation of an adaptable information technology infrastructure, will be installed. This robust system is planned to provide the flexibility to support current and future technologies. PMC West will support an array of wireless technologies for physicians and staff and will allow patients and family members to access the Internet through a secure guest network.

Patient rooms on the fourth floor and above are springing to life as the interior finishes are put into place. Headwalls – wood panels where medical devices and monitors will be connected – are being mounted in each patient room along with flooring and cabinets.

“We did extensive research before choosing finish materials that met our criteria for safety, infection control, long-term maintenance and cost-effectiveness,” Cohen says.

Horizontal sunscreens are being installed on the exterior of the patient tower. These sunscreens will filter sunlight to assure that rooms have ample natural light without glare. Patients will also be able to control the level of light in their room with a bedside control that operates the interior window shades.

The first elevator will be put into use in the early summer. This seemingly minor step means that the orange construction elevators on the outside of the building can be dismantled, a requirement before the exterior of the facility can be finished.

The landscape design that reflects an environment of healing is being brought to life as plants are being installed throughout the site. Planting will continue through the summer, providing vegetation ample time to establish in place before the facility opens.

“We remain on schedule for completing construction of the Hospital of the Future next year,” Cohen says. “Each time we reach a milestone, we are closer to that reality.”

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.

Photos courtesy of David Cox (DPR Construction) and Eagle’s View Aerial Photography.

Your Prescription for Financial Relief

Need health care but short on cash? We can help.

At Palomar Pomerado Health, we understand the burden of an unplanned hospital bill or the delay of treatment due to financial constraints. That’s why we provide an extended-term, interest-free finance program to patients who find traditional payment terms difficult to meet. We also offer discount pricing for cash-only patients. To learn more, call PPH Patient Financial Services at 858.675.5218 or visit www.pph.org/help.
Sometimes, life can change in an instant.

For Al and Pam Degen, life changed the moment the couple learned that Al, who had been feeling ill, needed to be hospitalized for pneumonia and placed in the intensive care unit at Palomar Medical Center.

The frightening ordeal meant Al needed to be cared for by doctors at the hospital for eight days. He was moved to three different floors, for three different levels of care.

Despite the anxious moments, the Degens said the care and attention Al received “was just superb.”

After Al returned home, the Degens decided to show their support to PPH by contributing to the Palomar Pomerado Health Foundation’s Charitable Gift Annuity Program. The program provides them with a guaranteed income for life as well as an immediate tax deduction. Because of their generosity, the PPH Foundation will name the 4th floor east terrace at the new Palomar Medical Center West in the Degens’ honor.

Don’t miss your chance to attend the 2011 Night of Nights.

Seating is limited and the gala is just a few short weeks away!

Guests will be treated to an exclusive evening of fine dining and entertainment to support Building Your Healthcare System of the Future – the campaign for Palomar Pomerado Health and its hospital of the future, Palomar Medical Center West, opening 2012.

A key to our campaign’s success is the spectacular Night of Nights hosted by New York Jets running back and NFL’s 2006 Most Valuable Player, LaDainian Tomlinson and his wife, Torsha. Returning as our Master of Ceremonies is Dan Fouts, NFL Hall of Famer, former All-Pro quarterback with the San Diego Chargers and NFL commentator for CBS Sports.

In the past three years, the gala has successfully raised more than $4.5 million.

This year, guests can look forward to a night of entertainment featuring comedian Kathleen Madigan, dancing and live and silent auctions. You can bid on exclusive items such as a weeklong trip for 10 to Whistler, British Columbia and golf with LaDainian Tomlinson and Dan Fouts at The Grand Del Mar. Other packages include:

• Distinguished wine and dining experiences
• Luxurious resort and spa retreats
• Exciting sporting events and autographed memorabilia

Check out available auction items and details of the event at www.pph.org/gala.

The gala begins at 6 p.m. on Saturday, June 4 at the Hyatt Regency La Jolla at Aventine. For more information, please call 760.739.2787.

It’s easy to participate in the Charitable Gift Annuity Program.

Earn a guaranteed, fixed income for life, like the Degens. Various assets can be used to establish a charitable gift annuity, including:

• Cash
• Stocks
• Real Property
• Personal Property

The guaranteed rate of return is dependent on one’s age at the time the gift is made. To get an even higher rate, consider deferring the income for several years.

For a free, personalized gift annuity illustration, call PPHF Director of Gift Planning, Robert Sheldon, at 760.739.2961 or email him at robert.sheldon@ph.org. You can also visit our Planned Giving page at www.pphfoundation.org to learn more about gifts that pay you income.

We invite you to make a gift to the PPH Foundation in support of the Healthcare System of the Future. Please use the enclosed return envelope to make your gift.
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.