CELEBRATING POMERADO HOSPITAL

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Dear Friend of PPH,

As we embark upon a new year, we bring with us new innovations and technologies that will support Palomar Pomerado Health (PPH). With the completion of our new hospital this summer, we are committed to delivering the highest quality of care possible, while being as innovative as we can in the provision of those services. Customer service will continue to be our obsession as we transform every aspect of the patient experience.

While the new hospital will bring tremendous change to the North County, we strive to evolve to meet the changing needs of our patients. Projects in our future include the transformation of our downtown campus into a women’s and children’s hospital, and the addition of a new rehabilitation hospital. PPH expresscare health services will expand to communities in San Marcos and Temecula this spring. We continue with plans for an ambulatory facility in Ramona and construction of a bridge between Pomerado Outpatient Pavilion and Pomerado Hospital. We are growing our partnerships with Arch Health Partners, Rady Children’s Hospital and Kaiser Permanente to provide the best patient care and most diverse services possible.

In addition to the many exciting projects we face in 2012, this New Year marks a very special occasion as we celebrate the 35th anniversary of Pomerado Hospital. It is with great pride that I thank the employees and physicians at Pomerado Hospital who have dedicated themselves to providing exemplary health care to the communities we serve.

In good health,

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

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New Year, New Look!

The HealthSource magazine proudly unveils its new look for 2012. Now, you’ll find 20 pages of health information and news along with an 8-page insert of Prevention Plus that features our full offering of health-education classes, including The BabySource programs for new moms, infants, toddlers and young adults. It’s a one-stop publication for people of all ages and stages of life. Enjoy!

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The Palomar Pomerado Health Foundation received a generous gift of $1 million in support of the Building Your HealthCare System of the Future capital campaign. Plus, make plans now to attend the 5th Annual Night of Nights gala.

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.
When Pomerado Hospital celebrates its 35th anniversary in April, it will honor the community spirit that led to the hospital being constructed. A groundswell of supporters in Rancho Bernardo, Poway and Scripps Ranch rallied to the cause and Pomerado Hospital (POM) opened its doors on June 29, 1977, with 130 patient beds, 200 employees and more than 50 physicians.

Irene Sanderson of Escondido was admitted to the obstetrics unit that first day. Bruce Tarzy, M.D., obstetrician-gynecologist, delivered her son, Adam Michael Johnson, at 1 p.m.

Momina Skill was one of the charter members of POM’s auxiliary and is still active as a volunteer today. Her husband, P.J. Skill, was instrumental in securing the land for POM.

“I knew Pomerado Hospital like my own home,” Momina says. “The community really wanted this hospital and when it opened, we all felt like this was progress.”

“Pomerado Hospital was innovative for its time,” says Ted Kleiter, president, Palomar Pomerado Health (PPH) board of directors. “All patient rooms were private and featured soothing views of the surrounding hillside. The design and construction won numerous awards.”

Kleiter was POM’s administrator during construction, which broke ground on February 28, 1975, but was unexpectedly tapped to lead Palomar Medical Center before POM opened. Strategically located between Rancho Bernardo and Poway, the new 150,000-square-foot hospital cost $17.5 million for construction and equipment.
Marjorie Aldern was a young widow who moved to Poway in 1974 with three small sons. She wanted to be part of her community, so she joined the Auxiliary as a charter member and still volunteers as a patient escort.

“Almost everyone was very pleased with their care and so thankful to have a hospital that is part of their community,” Marjorie says.

Alan Schoengold, M.D., internal medicine, was one of the first physicians on staff at POM and one of the first chiefs of staff.

“We were all young doctors then and we felt like pioneers,” he says. “The board supported us and gave us the tools we needed to provide really good, quality care. It was slow going at times because there was tremendous competition from other hospitals, but I think the future holds great promise for the hospital.”

Through the years, POM initiated many innovations to meet the varied needs of the growing communities. Some milestones include:

- **Villa Pomerado**
  This skilled nursing facility opened in 1988 to meet the need for quality skilled nursing.

- **Birthing Center**
  POM has always welcomed babies in style. In 1984, a new design was unveiled for mothers to labor, deliver and recover in the same room. A few years later, POM kicked it up a notch with an expanded birthing center featuring large, individually decorated rooms with private whirlpool spa baths.

- **Bariatric Surgery Center of Excellence**
  Gastric bypass surgery has been performed at POM since 1991 and, in 2007, POM was first designated as a Bariatric Surgery Center of Excellence by the American Society of Bariatric Surgery.

- **Pomerado Outpatient Pavilion**
  Construction for this facility completed in late 2007 and houses Arch Health Partners Urgent Care and medical offices, other physician offices, diagnostic services and the Jean McLaughlin Women’s Center for Health and Healing.

- **Jean McLaughlin Women’s Center for Health and Healing**
  This unique outpatient center opened in 2008 and provides a complete range of breast care, advanced imaging services, a Women's Boutique, wellness classes and access to massage therapy and acupuncture.

“Pomerado Hospital has always been a community asset,” says David Tam, M.D., chief administrative officer, Pomerado Hospital. “As we look to the future, we have the opportunity to take advantage of our experience building the new Palomar Medical Center in Escondido. We are dedicated to assuring that Pomerado Hospital will continue to serve our community in meaningful and lasting ways.”

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**JOIN US FOR A**

**Community Celebration**

Since 1977, the physicians, nurses and staff at Pomerado Hospital have provided the finest health care to Poway and surrounding communities. Please join us as we celebrate our past and look forward to continued growth for a bright future. PPH Health Champion Carol LeBeau will emcee the festivities and guests will have the opportunity to tour both the hospital and the adjacent Pomerado Outpatient Pavilion. Plus, learn more about the many services provided by Arch Health Partners and enjoy refreshments, free health screenings, children’s activities and more.

**Saturday, April 21, 2012**
**1 – 4 p.m.**

**Pomerado Hospital**
15615 Pomerado Road
Poway, CA 92064

**Pomerado Outpatient Pavilion**
15611 Pomerado Road
Poway, CA 92064

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For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Put One Foot in Front of the Other

There’s an easy way to get and stay healthy. Almost anyone can do it. It fits into just about any schedule. And, best of all, it can be done alone or with a friend. It’s inexpensive, versatile and the health benefits are almost too numerous to count.

It’s walking.

Boring, right? That’s what I thought. Heck, for decades, I was a runner. I thought walking was for wimps! No more. Following a frustrating foot injury and a couple of surgeries, running was no longer an option. So I started walking – and I haven’t stopped! It’s a great workout, it’s fun, and I’m no longer on injured reserve!

Like millions of walkers, I’m singing the praises of this simple, yet effective way to better health and well-being. Whatever your level of fitness, there’s a way to walk that will work for you.

If you’re just getting started, walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. If you’re ready for more, bump up your pace and throw in a few hills and you’ve got yourself a challenge.

Walking, like other exercise, can help you achieve a number of health goals:

- Lower LDL cholesterol (“bad” cholesterol)
- Raise HDL cholesterol (“good” cholesterol)
- Lower blood pressure
- Reduce risk of or manage Type 2 diabetes
- Manage weight
- Improve mood
- Stay strong and fit

Walking is aerobic exercise. It can help you take off weight and keep it off. Moderate walking burns nearly 270 calories an hour. Take it up a notch and you can burn an additional 100 calories an hour. Add music and you’ll be in the “zone” before you know it!

Plus, walking is fun! I never get bored ‘cause I change it up. Different distance. Different venue. The beach. The bay. The lake. The neighborhood. The possibilities are endless.

Even Oprah’s on board. “I’ve been through every diet under the sun,” says the talk show queen. “And I can tell you that getting up, getting out and walking is always the first goal.”

So, what’s your goal? Why not lace up your shoes and take a walk – today! Read my Q&A column to find out how San Diego Mayor Jerry Sanders walked off his weight. – Carol LeBeau

Q & A WITH JERRY SANDERS

He may just be San Diego’s “biggest loser!” In less than two years, Mayor Jerry Sanders has lost nearly 85 pounds! No diet. No surgery. No magic bullet. Just walking!

Carol: What mileage are you doing these days?
Sanders: 50 – 60 miles a week. Five miles on weekdays and 20 miles on the weekend.
Carol: You’re a fitness rock star! How did this happen?
Sanders: Two years ago, my doctor said I was too fat!
Carol: Has your weight been a problem?
Sanders: Always. I’m only 10 pounds from my ideal weight of 180, but there’s still a fat boy inside my mind!
Carol: Well, from inside my mind, you look pretty trim! Is it just from walking?
Sanders: I also do gym workouts twice a week and watch what I’m eating.
Carol: That must be tough with your schedule.
Sanders: I just don’t eat everything I see. I eat more salads, lentils, brown rice and lean meats. But no more potatoes and fries.
Carol: Is your wife supportive of your healthier lifestyle?
Sanders: Rana’s a runner – extremely fitness-conscious. We “batch” cook healthy meals on Sundays and nibble off them all week.
Carol: And your staff?
Sanders: Oh, they poke fun and eat M&M’s in front of me, but they also munch from my stash of fruit.
Carol: About those five-hour walks…do you ever get bored?
Sanders: Nope! I “zone” out listening to Pink Floyd on my iPod.
Carol: I know you walk every day. Do you ever just want to sleep in?
Sanders: Sure, but the best walks are the ones you don’t want to do!
Carol: Some might call you obsessive?
Sanders: That’s what Rana tells me. But my dad always said, “anything worth doing is worth over-doing.”
Carol: Walk on, Mr. Mayor!
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 more classes designed for all ages.

To register for classes, call OASIS at 760.796.6020. The fee to attend is $5/participant unless otherwise noted.

### Cataract Awareness

**OASIS – Poway**  
Tuesday, January 24  
1 – 2:30 p.m.

While often due to aging, cataracts can also result from injury, disease, medications, genetics, exposure to UV rays and smoking. Ophthalmologist Paras Shah, M.D., will discuss the latest diagnosis and treatment options.

### Atrial Fibrillation

**OASIS – Escondido**  
Wednesday, February 1  
10 – 11:30 a.m.

Atrial fibrillation is the most common cardiac arrhythmia. Join former cardiac nurse Luanne Arangio-Law, R.N., M.Ed., as she discusses the symptoms, diagnosis and management of atrial fibrillation.

### The 10 Signs of Dementia

**OASIS – Poway**  
Tuesday, February 21  
1 – 2:30 p.m.

Join Diane Darby Beach, MPH, Ed.D., of the Alzheimer’s Association, as she discusses the difference between normal aging and dementia as well as early warning signs and the need for professional help.

### Waiting for 911: What Can I Do to Help?

**OASIS – Escondido**  
Wednesday, March 7  
10 – 11:30 a.m.

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 former emergency department nurse Luanne Arangio-Law, R.N., M.Ed., as she presents numerous first-aid tips that will help you act quickly and clearly.

### Diet, Nutrition and the Prevention of Cancer

**OASIS – Poway**  
Wednesday, March 14  
1 – 2:30 p.m.

Diet composition and nutritional choices may have more influence on cancer than other risk factors. Join Registered Dietitian Halle Elbling, RD, CDE, as she explores the best food choices to help prevent cancer.

### Stroke Prevention

**OASIS – Escondido**  
Wednesday, April 4  
10 – 11:30 a.m.

Eighty percent of all strokes can be prevented. Join Luanne Arangio-Law, R.N., M.Ed., as she expands your knowledge about “brain attacks.”

### Common Gastrointestinal Problems

**OASIS – Poway**  
Wednesday, April 11  
1 – 2:30 p.m.

Gastrointestinal (GI) problems in mature adults can cause anxiety, illness and even death. Join Gastroenterologist Hyun Kim, M.D., as she discusses causes, symptoms and treatment options.

### Defining the Mediterranean Diet

**OASIS – Escondido**  
Wednesday, April 18  
10 – 11:30 a.m.

The Mediterranean Diet is a heart-healthy eating plan that is also beneficial for disease prevention. Join Halle Elbling, RD, CDE, as she shares the key components of this popular diet. Recipes will be provided.

### Exercise Classes

#### Get Fit and Stay Strong

**OASIS**  
Redwood Town Court, 500 E. Valley Pkwy., Escondido  
Mondays & Thursdays 12:30 – 1:30 p.m.

This fitness class uses bands, weights and the stability ball to increase your bone density, core strength, endurance and balance.

- **January 9 – 30**  
  FEE: $30 for 6 classes (No class Jan. 16)
- **February 2 – 27**  
  FEE: $40 for 8 classes
- **March 1 – 29**  
  FEE: $45 for 9 classes
- **April 2 – 30**  
  FEE: $45 for 9 classes

#### Chair Fitness

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

Chair exercises can increase your strength, vitality and balance – perfect for anyone who has trouble standing for long periods of time.

- **January 11 – 25**  
  FEE: $15 for 3 classes
- **February 1 – 29**  
  FEE: $25 for 5 classes
- **March 7 – 28**  
  FEE: $20 for 4 classes
- **April 4 – 25**  
  FEE: $20 for 4 classes
When Dalip Kaur’s son drove her to Pomerado Hospital they thought her unbearable chest pain was due to indigestion. In fact, she was on the verge of a massive heart attack caused by extensive blockage in three coronary arteries.

Both Palomar Medical Center (PMC) and Pomerado Hospital (POM) have Chest Pain Centers in the Emergency Departments that serve as command posts where experienced cardiac care teams quickly identify and attend to patients experiencing chest pain. Within minutes of arrival, diagnostic studies are performed to determine if a heart attack is occurring.

“Our exam and a EKG indicated that Mrs. Kaur was having a massive myocardial infarction,” says Roger Acheatel, M.D., cardiologist and chief of staff at POM. “We immediately started blood thinners and scheduled an angioplasty for her at PMC’s cardiac catheterization lab.”

Paramedics transferred Dalip to PMC, where Dr. Acheatel and the catheterization team were ready. During angioplasty on one completely blocked coronary artery, Dr. Acheatel inserted a stent (small, wire mesh tube) to restore blood flow. The following day, he performed the same procedure in two other significantly blocked coronary arteries. Three days later, Dalip returned to her Poway home.

“I felt a huge difference right away,” she says. “It was easier to breathe and I had more energy. The nurses are amazing. They knew what do to and, even though I don’t speak much English, they seemed to understand my needs. I love the nurses.”

Palomar Pomerado Health’s (PPH) comprehensive evidence-based cardiac care services have been nationally recognized for quality clinical care and optimized patient results. A continuum of services at POM and PMC provides patients with timely access to cardiovascular diagnostics, advanced interventions and surgical services. Cardiac rehabilitation, education and support groups are also provided. (Visit www.pph.org/heart for more information.)

“Through the years, we have made great strides in enhancing our cardiac program to benefit the health of our communities,” Dr. Acheatel says. “Today, and looking ahead to when the new PMC opens next year, our patients can be confident that PPH offers state-of-the-art services for a wide range of cardiovascular problems, from heart attacks to congestive heart failure.”

Cardiac Alert: When Minutes Count

When minutes count – and they do if you’re having a heart attack – the best advice doctors offer is to call 911. That, and chew a couple of baby aspirin if possible before the paramedics arrive.

PPH’s Cardiac Alert system is set in motion with that call to 911. Paramedics arrive and do an immediate assessment to determine if the chest pain is, in fact, a heart attack. With an on-site assessment and EKG that is transmitted to a cardiologist at PMC, the paramedics are ready to start life-saving medications if needed before taking the patient to the hospital.

“This saves valuable time, because the first couple of hours with a myocardial infarction are critical,” says Bill Joswig, M.D., an Arch Health Partners cardiologist. “The heart is electrically unstable at this time and this can cause sudden death unless the patient gets proper medical care at the hospital very quickly.”
“Fewer people are actually having large heart attacks today, thanks to more awareness about risk factors and the use of medications that very effectively manage high blood pressure and cholesterol,” Dr. Joswig says.

Following a heart attack, the heart needs to heal. The cardiac rehabilitation program at PMC is a medically supervised program that teaches a personalized program of diet and nutrition, stress management, exercise, group activities and education about heart health.

“The greatest thing about PMC’s cardiac rehab program is that patients develop a true camaraderie and want to continue long after graduating from the program,” Dr. Acheatel says. “This is great, because having a heart attack is often a wake up call and patients realize they need to make some lifelong changes for health improvement if they are going to improve the quality of their life.”

Congestive Heart Failure

Congestive heart failure develops over time, after other conditions such as unmanaged high blood pressure, previous heart attacks, coronary artery disease or heart valve defects have weakened the heart so it can’t pump sufficient blood. This is an increasing concern, especially among older patients.

“Congestive heart failure is a complex problem that requires lifelong management and the cooperation of the patient, family, physician and nursing team working together to find the best balance,” says Dan Mulvihill, M.D., cardiologist. “We don’t just treat the patient, we want the patient to do well and prevent future heart incidents.”

“Diet is a very important factor, along with medications that work together synergistically to lower blood pressure and improve blood flow,” Dr. Mulvihill says. “This therapy requires close follow-up. In some cases, patients may require implantable devices to help regulate their heart beat.”

State-of-the-art devices include tiny pacemakers, biventricular pacemakers for cardiac resynchronization therapy and implantable cardiac defibrillators. They are inserted under the skin in the chest wall through a tiny incision. These procedures are done at PMC and POM.

“PPH is committed to offering a range of tools for physicians to use in effectively treating cardiovascular disease,” says Paul Patchen, R.N., MBA, FACHE, director of Cardiovascular Services for PPH. “The future of cardiovascular care is about to be unveiled when the new Palomar Medical Center opens later this year.”

Interventional Platform: Advancing the Delivery of Care

The new Palomar Medical Center will feature futuristic surgical and imaging services through an integrated interventional platform devoted to advanced surgery, imaging and interventional procedures. With an almost universal room design, the area will initially include 11 operating suites and four cardiac catheterization laboratories that will be equipped with new generation, multi-purpose high-definition imaging equipment.

“As physicians, we are very excited about this advancement in care,” says Dr. Mulvihill. “For some time, multiple specialties including cardiologists, cardiovascular surgeons, interventional radiologists, neurosurgeons, cardiothoracic surgeons and general surgeons have been working together to assure that the interventional platform is designed and equipped to offer our patients the very best in technology well into the future.”

For more information about the new Palomar Medical Center, visit www.pph.org/future.

Clinical Trials Advancing Treatment of VASCULAR DISEASES

Some novel devices for treating vascular diseases are available at Palomar Pomerado Health (PPH), thanks to clinical trials. These devices are used to treat peripheral vascular disease, carotid artery disease and abdominal aortic aneurysms.

“The very latest advances in endovascular therapy are sometimes only available through clinical trials,” says Rod Serry, M.D., an endovascular specialist. “We use devices that are safe and effective, but only available at certain U.S. hospitals or in Europe. Over the past few years, for example, our trials have allowed PPH to perform the most carotid stent procedures in San Diego County.”

“PPH has a superb Institutional Review Committee that accommodates these research-related therapies,” Dr. Serry says. “Also, PPH cardiac and vascular surgeons are forward-thinking and open-minded, always considering different options to treat challenging conditions such as vascular disease.”

One new trial involves angioplasty using a drug-coated balloon to treat blocked leg arteries (peripheral arterial disease). This device opens the blockage and, simultaneously, directly delivers medication that prevents re-narrowing from scar tissue, which is typically observed after angioplasty procedures.

“Peripheral vascular disease is very difficult to treat,” Dr. Serry says. “Patients benefit from this new device. Fortunately, PPH also has excellent Wound Care Centers with a committed team of specialists. This crucial component follows through on the success of our procedures by healing wounds and thereby saving legs.”
Breast Lumps
Elizabeth Revesz, M.D.
Breast Surgeon
PPH Jean McLaughlin Women’s Center for Health and Healing

Discovering a breast lump can be scary, especially after a normal mammogram. Approximately four out of five reported breast lumps are caused by non-cancerous changes in breast tissue. However, an accurate diagnosis is needed to assure that you have access to early treatment, especially if the lump is cancerous.

The role of the breast surgeon is to help you through all aspects of treatment, from initial exams, diagnostic imaging and biopsy to surgery and long-term follow-up care. Discovering a breast lump is an emotional experience and I believe it is important to help patients receive personalized treatment in a timely manner.

At the Jean McLaughlin Women’s Center for Health and Healing, we have state-of-the-art diagnostic capabilities and professional expertise to help patients through treatment and recovery. Our nurse navigator facilitates every step by scheduling appointments, answering questions and keeping each patient on track with the treatment plan.

Treating breast cancer starts with diagnostic imaging, followed by a core needle biopsy to determine if the mass is benign or malignant. I will explain those results to you and offer treatment options. Together, we will decide the type of surgery to do and discuss further treatment based on the results of the surgical pathology. Because we work closely with medical and radiation oncologists, plastic surgeons and other specialists, we can help arrange necessary consultations and will continue to follow your treatment progression to assure that you are supported through your journey to renewed health.

To learn more about the Jean McLaughlin Women’s Center for Health and Healing, call 858.613.6120 or visit www.pph.org/women.

Neck Pain
Paul D. Kim, M.D.
Orthopaedic Spine Surgeon
PPH ActivCentre

My neck is so tight I can’t turn my head and now I have frequent headaches, making it difficult to concentrate at work. What should I do?

Neck pain is a very common complaint, frequently resulting in headaches and tightness – making it difficult to function comfortably. Arthritis, neural compression or soft-tissue injury such as whiplash may result in neck pain. More serious causes of neck pain include meningitis or cancer, although this is very rare.

Poor posture and improper ergonomics while working at the computer or driving long distances frequently results in neck tension and pain. You can relieve such stress on your neck by taking frequent breaks, gently stretching your neck by bending your chin to your chest several times daily, and assuring that the keyboard and monitor are at the appropriate height.

Neck pain can often be relieved with home care that includes rest, gentle stretching exercises and over-the-counter medications such as acetaminophen or non-steroidal anti-inflammatory drugs (NSAID). Persistent pain or pain that radiates into the shoulder or down the arm, causing neurological symptoms such as numbness, tingling or weakness should be evaluated promptly by your physician. Other symptoms requiring prompt medical attention include changes in bowel and bladder function, gait or balance problems.

Because neck pain has many causes, the first step to relief is getting a thorough and accurate diagnosis. Palomar Pomerado Health’s new ActivCentre provides an integrated approach to resolving neck pain. I recommend calling the nurse navigator at the ActivCentre for an initial assessment and referral to a specialist for a timely, comprehensive physical exam and advanced diagnostic testing. The nurse navigator assists you throughout treatment by scheduling timely tests and other appointments.

To learn more, call the ActivCentre toll-free at 855.35.ACTIV or visit www.pph.org/ActivCentre.

Need a physician referral? We can help.

Finding the right doctor is easy at Palomar Pomerado Health. Just call The HealthSource at 800.628.2880 for a FREE referral. One of our friendly representatives will help you to select from more than 700 affiliated physicians according to your personal preferences and health insurance plan. You can also visit us online at www.pph.org/doctor.
On July 31, 2011, David Smith sat on his motorcycle at a red light one block from home in Rancho Bernardo. (Read more in the words of David and his fiancée, Vanessa Potts, online at www.pph.org/trauma.) He was rear-ended in a horrifying and senseless mid-day crash. Suffering extensive spinal cord injuries and massive internal bleeding, David was unresponsive when paramedics arrived. They immediately started ventilation with an airbag, then carefully and safely stabilized David’s spine in a neutral position before taking him to Palomar Medical Center’s (PMC) Trauma Center.

The trauma team, led by David Cloyd, M.D., was ready to prioritize and manage David’s most critical injuries. An airway was established to stabilize and regulate continuous oxygen flow. A comprehensive CT scan confirmed multiple blunt force injuries to his head, neck and spine, along with severe internal bleeding with injuries to the spleen, liver and kidney. Interventional surgery stopped major bleeding and David went to intensive care, where he was maintained on life support.

“Any one of those injuries could have been life threatening,” says John Steele, M.D., medical director of PMC’s Trauma Center. “Our trauma system is designed for these situations, with experts who are trained to intervene rapidly and effectively to save lives.”

The next day, an MRI of the brain and upper spinal cord confirmed that David had suffered internal decapitation, a typically fatal injury in which the base of the skull separates from the spinal column.

“Internal decapitation is rare and, in 25 years, I have never seen a patient with such extensive injuries survive,” says Thomas Marcisz, M.D., the neurosurgeon who treated David. “Worldwide, only one or two people out of 100 survive internal decapitation and most often they will have devastating, lingering functional impairment.”

Dr. Marcisz and the trauma team went to work planning a very delicate neurosurgery to stabilize the vertebrae in David’s neck, with the goal of minimizing further nerve damage. At this point, it was still not known if David would be able to walk.

On August 9, David had a five-hour neurosurgical procedure laying face down while Dr. Marcisz led a team of surgical experts through the intricate process of fusing three cervical vertebrae and then further securing them with a pencil-thin titanium rod that permanently stabilizes the cervical spinal column.

Two days later, David took his first two steps since the crash. He was weaned from the ventilator and slowly started speaking. He began working with a physical therapist, walking more each day and continued to regain movement and sensation throughout his body.

About 10 days after surgery, David was considered medically stable and transferred to PMC’s Acute Rehabilitation Unit where he participated in at least three hours of intense rehabilitation therapy every day.

On August 23 – three weeks and two days after his life was almost stolen from him – David walked out of PMC and into medical history journals as one of a handful of survivors of internal decapitation who have fully recovered their physical and cognitive functions.

“The entire staff was amazing and every nurse was important to my care,” David says. Since then, he has continued with outpatient occupational therapy and physical therapy at Balboa Naval Hospital. On October 17, he completed three sets of 10 pull-ups and was dismissed from further occupational therapy.

While David is looking forward to resuming full duty at the Marine Corps Recruit Depot, where he works as an Operations Training Chief, he has his full attention set on April 9, 2012. That’s when he and Vanessa Potts will be married, a date that marks the seventh anniversary of their first date.

“It’s our special day and we chose it because it will be our new beginning,” says Vanessa.
Arch Health Partners (AHP) has opened a new primary care office in San Marcos within the building that houses a variety of Palomar Pomerado Health (PPH) diagnostic and medical health services.

AHP San Marcos provides family medical care, urgent care and diagnostic imaging, with extended office hours during the week. A family medicine physician, nurse practitioner and physician assistant are staffing the AHP office. Orthopedic surgeons and other specialists will see patients at AHP San Marcos on a regularly scheduled basis.

“By being in a PPH medical office building, we have multiple opportunities for our doctors to work more closely with the hospital to provide improved patient care for families in the rapidly growing areas of San Marcos and San Elijo Hills,” says Victoria Lister, FACHE, executive director, AHP.

For example, AHP San Marcos operates an urgent care center and diagnostic imaging that is available not only for patients from surrounding neighborhoods and students, faculty and staff of CSUSM (California State University San Marcos), but also for PPH’s Corporate Health Services.

Cheng Lin (Oliver) Lee, M.D., recently joined AHP as a family physician and is accepting new patients at AHP San Marcos, along with Michelle Washington, NP, and Steve Holm, PA.

“I am very excited to join the AHP family and return to San Diego, where I completed my undergraduate education at SDSU and still have deep community roots,” Dr. Lee says. W

PPH Offers Specialized Care in San Marcos

These services are available at Palomar Pomerado Health’s (PPH) San Marcos outpatient clinic:

Corporate Health Services – Services include assessing and treating work-related injuries as well as providing immunizations, new hire and annual physicals, drug and alcohol screenings, travel medicine, and work-site training to prevent accidents and injuries. Donald Herip, M.D., a board-certified occupational medicine specialist, supervises the program.

DiabetesHealth – Outpatient assessments, education and support groups in English and Spanish are offered. This program is recognized by the American Diabetes Association and is focused on helping people with diabetes reduce their risk for complications from diabetes while achieving and maintaining a healthier lifestyle.

Rehabilitation Services – Outpatient physical therapy and occupational therapy services are tailored to the specific needs of each patient to help strengthen functional use and ability following orthopaedic surgery or injury.

Palomar Wound Care Center – An experienced team of specialists uses evidence-based practices and advanced technologies to treat non-healing wounds and their underlying causes. Comprehensive and complementary techniques include compression therapy, biograft therapies that contain growth factors to stimulate the healing process, and hyperbaric oxygen therapy.

PPH Center for Health Education – This innovative partnership between PPH and California State University San Marcos is educating the nursing workforce of the future.

FOR MORE INFORMATION:

PPH at San Marcos
120 Craven Road
San Marcos, CA 92078
760.798.0088

PPH Corporate Health | 760.510.7373
PPH DiabetesHealth | 760.510.7377
PPH Rehabilitation Services | 760.510.7330
Palomar Wound Care Center | 760.510.7300

Arch Health Partners
Where healing begins
Workers at the new Palomar Medical Center are racing to the construction finish line. The facility is nearing completion and attention will soon turn to the final punch list—a detailed process of double-checking each and every detail of the entire building.

“Our main focus in coming months will be inspection, inspection, inspection,” says Wendy Cohen, director of Facilities Construction. “More than 25 separate regulatory agencies will conduct extensive inspections of all facility systems and equipment before giving us the green light to open our doors for patient care later this year.”

Large-scale medical equipment, including state-of-the-art diagnostic imaging powerhouses such as MRI and CT scanners along with RIVA (Robotic IV Automation)—a system that automatically and precisely prepares intravenous admixture solutions in bags and syringes—will be installed during the spring. Smaller, moveable medical equipment and furniture will be installed after construction is officially completed.

“There have been more than 4,000 construction workers and trades on the site and they have all contributed to the progress we’ve made,” Cohen says. “We are all looking forward to completing construction and turning the facility over to the transformation team that will complete final preparations required before we admit our first patients.”

The May issue of The HealthSource will showcase the new hospital including its innovative technologies and bright, airy design that will advance the science of healing for communities throughout the region. Grand opening festivities are tentatively slated for July, and the building is expected to open for patient care in August.

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

When the new Palomar Medical Center opens its doors later this year, there’s going to be a need for many more hands, heads and hearts to help bring care to life. That’s why Palomar Pomerado Health’s (PPH) Volunteer Services is looking for 250 additional volunteers to provide the “special something” that will enhance the experiences of patients and visitors at the new Hospital of the Future.

Volunteers fill a multitude of roles, from greeting patients and visitors to delivering medications or driving the courtesy shuttles and bathing newborn infants. The opportunities for volunteer service are varied, rewarding and meaningful.

“Our volunteers are here because they love what they do and the environment that they’re serving in,” says Rick Mixon, director of PPH Volunteer Services. “They have a strong desire to serve others and they gain a true sense of fulfillment in doing so.”

“We are looking for men and women who are committed to serving others,” Mixon says. “Health-care experience is not required and we provide all necessary training, including teaching communication skills that focus on the goal of letting our patients and visitors know they are our number one priority.”

Vera Watson started as a volunteer in 1958, the inaugural year of PMC’s auxiliary, and regarded it as a temporary commitment while her three young sons were in school. In her 50-plus years of volunteer service at PMC, Vera has logged more than 9,000 hours of service delivering magazines and books to patients and families throughout the hospital.

“I enjoy taking the magazine cart to patients and visiting with them. I realize that nights can be long when you’re hurting and not in your own bed,” Vera says. “If I can give patients a few minutes to think about something other than their illness, I feel as though I have accomplished my little bit of comforting.”

For information about volunteering for the Hospital of the Future or at other PPH locations, please visit www.pph.org/volunteer or call 760.739.3654.
LESS PAIN, FASTER RECOVERY

Robotic-assisted surgery is a popular option for urologic and gynecologic procedures.

Palomar Medical Center’s (PMC) advanced da Vinci S HD Robotic Surgical System provides surgeons with technical advancements that help improve the results of complex, delicate procedures such as surgery of the male and female urinary and reproductive systems. These systems are closely linked, with organs and glands situated in tightly confined spaces and surrounded by a web of nerves that affect urinary control and sexual function.

The da Vinci robotic system provides extremely high-definition imaging that can be magnified 10x and enhanced by using synchronizers and high-intensity illuminators. The surgeon performs minimally invasive surgery by controlling robotic arms that can be turned through a full range of motion to reach behind and around tissue and nerves, thereby minimizing tissue damage.

“Radical Prostatectomy — da Vinci technology improves the goal of removing the cancerous prostate tumor while sparing nearby healthy tissue and nerve bundles. This may help restore early return of urinary control and sexual function.”

Partial Nephrectomy — This procedure removes small tumors from the kidney, leaving healthy tissue in place to preserve renal function.

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

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

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

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

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

To learn more about robotic surgery, visit www.pph.org/davinci. For a free referral to a PPH physician trained in robotic surgery, call 800.628.2880 or visit www.pph.org/doctor.
I never expected a diagnosis of uterine cancer – it’s an emotional journey for any woman. But when I met Dr. Sue Ghosh, I felt at home. She listened. She respected my belief in alternative therapies. She was candid, but caring and I trusted her to guide me to a cure. For me, it was through a robotic hysterectomy. Yes, the technology is amazing – tiny incisions, minimal pain, faster recovery. But the expertise and compassion of Dr. Ghosh and the robotics team at Palomar Medical Center is what made the difference.”

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
“You’re going to be okay” are the words that gave Grace Knighton the confidence and courage to begin her journey back to health and independence following a major stroke in April 2010.

“I felt I was having a really bad dream when I couldn’t move my right arm or leg,” Grace says. “That’s when Dr. Esmaeili told me I would be all right. Those words were very important to me and helped me move forward.”

Keyvan Esmaeili, M.D., is the Medical Director of Palomar Medical Center’s (PMC) Acute Rehabilitation Unit. He is board-certified in physical medicine and rehabilitation and supervises a multi-disciplinary team of rehabilitation professionals who concentrate their expertise on maximizing physical and cognitive functioning with the goal of returning patients to their physical best following a stroke, major trauma or illness.

When it comes to meeting that goal with stroke patients, the numbers speak loudly: more than 85 percent of all stroke patients resume independent living at home after being treated in PMC’s Acute Rehabilitation Unit (ARU). Another indicator of success is that stroke patients discharged from the ARU are able to perform a range of daily lifestyle activities at higher than expected levels. These functional improvement measures include upper and lower body dressing, toileting, bladder management, locomotion and problem solving.

The ARU is accredited by CARF, the Commission on Accreditation of Rehabilitation Facilities, a nonprofit organization that sets international standards of care for quality improvement. In 2011, the ARU also received the CARF Stroke Specialty Program certificate, recognizing that the ARU has met additional quality standards such as patient education and prevention that promote independent life following a stroke.

“This double recognition from CARF confirms that the ARU provides the Gold Standard of rehabilitation care,” says Jill Biggane, RN, BSN, CCM, Program Director of ARU.

A JOURNEY TO Renewed Independence

Grace was working when she suffered a stroke early one morning. Paramedics brought her to PMC, where she was diagnosed and treated for a hemorrhagic stroke. She was admitted to the stroke intensive care unit for 10 days of advanced medical care before being transferred to the ARU.

The unexpected stroke shocked Grace who, at age 52, felt she was in good physical condition. She couldn’t move her right arm or leg, her speech was slurred and she worried that she might not be able to visit Hawaii, her favorite travel destination, again.

“But Dr. Esmaeili was very reassuring,” Grace says. “When I went to the rehab unit, they were ready for me to start working hard for my recovery.”

Patients participate in a personalized rehabilitation program that consists of three hours of rehabilitative therapy every day, plus patient and family education designed to prevent future strokes and improve quality of life at home.

“Our entire team is committed to patient progress and we believe that our specialized expertise provides patients with focused care that leads to recovery,” Dr. Esmaeili says.

These rehabilitation professionals, many with advanced degrees and certifications, include occupational therapists, physical therapists, physiatrists, rehabilitation aides, rehabilitation nurses, respiratory therapists, restorative nursing assistants, social workers, psychologists and speech language pathologists.

“My therapists worked to restore strength and function to my right side and improve my speech,” she says. “Daily therapy seems demanding and it is. But, I think that made a big difference in my recovery.”

“A major part of our success comes from patients taking ownership of their recovery by participating actively in rehabilitation and becoming accountable for their own health,” Biggane says.

After five weeks in the ARU, Grace returned home where she continued with outpatient physical therapy and occupational therapy. She has visited Hawaii three times since the stroke.

“No one knows I’ve had a stroke, because I can walk without assistance and I can take care of doing things for myself,” Grace says.

For more information about PPH rehabilitation services, visit www.pph.org.
Improving breastfeeding success rates for community clinic patients who deliver at Palomar Medical Center (PMC) has been the focus of a collaborative effort between Palomar Pomerado Health (PPH) and two of the largest community clinic organizations serving North County: North County Health Services (NCHS) and Neighborhood Healthcare.

This project was made possible through the special projects grant, which NCHS received from the Supplemental Nutrition Program WIC (Women, Infants, Children). The WIC program provides food vouchers and nutrition education for qualified families, and also promotes breastfeeding education and support. The breastfeeding clinic liaisons, who are certified lactation educators, visit moms the first day after delivery and provide information and support about breastfeeding. They augment the services and information provided by PMC’s board certified lactation consultants who are available to help resolve difficulties that may occur with breastfeeding. While NCHS breastfeeding clinic liaisons have been providing this service for many years, Neighborhood Healthcare began this service in August 2011.

A key result of the grant was the establishment of a new breastfeeding taskforce that brought together physicians, lactation consultants and nursing personnel from PPH and the two community clinics. They have worked together since February to identify breastfeeding challenges and implement hospital policies and procedures that help enhance breastfeeding success for all patients.

“We do a lot of breastfeeding education during prenatal office visits,” says Maria Sebiane, M.D., an NCHS pediatrician. “But we recognized a gap in providing additional education during the 48 to 72 hours that moms and their newborns were in the hospital. We know that breastfeeding rates increase significantly if started in those first few days and this grant allowed us to provide resources to reach our patients before they return home.”

“Many of our patients have cultural and language barriers that often interfere with opportunities to educate them, especially in strange environments such as the hospital,” Dr. Sebiane says. “We believed that our patients would be more receptive to breastfeeding information if they heard it from someone they know from prenatal visits and who speaks their language and shares cultural experiences.”

PPH is committed to working with our community partners to enhance breastfeeding success. This innovative collaboration has brought together lactation experts who are successfully working together for the benefit of mothers and their new babies.

Breastfeeding Task Force: WORKING TOGETHER TO IMPROVE BREASTFEEDING SUCCESS

PALOMAR POMERADO HEALTH SPECIALIZING IN YOU

Women’s Health Connection BOUTIQUE AND RESOURCE CENTER

The Women’s Health Connection Boutique is more than just a store; we’re also a learning center – a place to find the most trusted source of health information, products and support.

Boutique Products

- Unique gifts for the new mom and baby
- Developmental toys for newborns and babies
- Medela® Symphony breast pumps for rent and Medela® Freestyle Hands Free and Pump In Style Advanced breast pumps for sale
- Newborn scales for rent
- Breastfeeding accessories, nursing bras, and specialized supplies
- NEW – A variety of cloth diapers with personalized instruction available

Specialized Services

- A Board-Certified Lactation Consultant provides personalized support in our comfortable consultation room or at your home
- Free latch and weight checks
- Free breastfeeding support groups
- Referrals, parenting resources, education and information, and a parent lending library

Join us in our warm, welcoming setting and discover the difference that the Women’s Health Connection Boutique and Resource Center can make for you.

Monday – Friday: 10 a.m. – 5:30 p.m.
Pomerado Outpatient Pavilion (behind Pomerado Hospital)
15611 Pomerado Rd., First Floor, Poway, CA 92064  858.613.6110

THANK YOU for coming to visit us.
Please enjoy 15% OFF your first purchase.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
NEW LOCATIONS OPENING SOON
in San Marcos and Temecula (Located in Albertsons/Sav-on stores)

PPH expresscare – TEMECULA
30530 Rancho California Rd.
Temecula, CA 92591

PPH expresscare – SAN MARCOS
1571 San Elizo Rd.
San Marcos, CA 92078

- Receive treatment for sore throats, earaches, sinus infections, pink eye, skin conditions, minor injuries, school/sports/camp physicals and select vaccines.
- Services provided by Palomar Pomerado Health (PPH) Certified Family Nurse Practitioners for patients two years and older.
- No appointment necessary.
- Most visits average 20 minutes.
- Most services average $62.
- No insurance required (select insurance plans accepted).

For more information, stop by PPH expresscare health center in Escondido or Rancho Peñasquitos or visit us at www.pphexpresscare.org.

NEW LOCATIONS OPENING SOON in San Marcos and Temecula (Located in Albertsons/Sav-on stores)

PALOMAR POMERADO HEALTH SPECIALIZING IN YOU

Introducing A Better Approach to Treating Back and Neck Disorders.

Are you frustrated by back or neck pain? Unsure of treatment? Eager to find relief? Help is here through Palomar Pomerado Health’s new ActivCentre.

This patient-centered program is designed to improve access to advanced treatment for back and neck disorders. Our goal is to simplify the complexity of spine care and get you back to your normal routine as quickly as possible. We offer the latest non-surgical and surgical treatment options, prompt appointments with leading specialists and complete coordination between you and your care team.

Don’t let back or neck pain take over your life. Visit www.pph.org/ActivCentre or call us at 858.613.6252. Our nurse navigator will act as your personal patient advocate and help guide you through the treatment options that are right for you.

Take advantage of your FREE consultation today!

PALOMAR POMERADO HEALTH SPECIALIZING IN YOU

PPH expresscare – Escondido
Albertsons/Sav-on Pharmacy
1509 E. Valley Pkwy.
Escondido, CA 92027
Phone: 760.746.1562

PPH expresscare – Rancho Peñasquitos
Albertsons/Sav-on Pharmacy
14340 Peñasquitos Dr.
San Diego, CA 92129
Phone: 858.672.2065

PPH expresscare – TEMECULA
30530 Rancho California Rd.
Temecula, CA 92591

PPH expresscare – SAN MARCOS
1571 San Elizo Rd.
San Marcos, CA 92078

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The Palomar Pomerado Health (PPH) Foundation would like to thank Dr. George Kung and his wife, Jean Cheng, for their generous gift of $1 million in support of the Building Your Healthcare System of the Future capital campaign.

Dr. Kung, a long-time Rancho Bernardo resident, has dedicated his career as an obstetrician and gynecologist at Pomerado Hospital for three decades. He reaffirmed his commitment to PPH recently by joining the PPH Foundation Board of Directors.

“I have been associated with PPH for 30 years – my entire career in California – and right now, there is a golden opportunity for us and for anyone who cares about their community because PPH is in the process of finishing the construction of a spectacular hospital,” Dr. Kung said.

He and his wife have both been active residents in Rancho Bernardo, where they raised their children.

“Both of our children are very supportive of what we’re doing in making this planned gift [to PPH],” said Dr. Kung. “Our son was born at Pomerado Hospital.”

It was those strong community ties that played an important part in the couple’s decision to give.

“During Hurricane Katrina and the recent tornadoes in the Midwest, we saw the damage to so many hospitals,” said Cheng. “These communities suffered so much, and when there is no working hospital, it adds to the misery. A hospital is a critical part of a strong community. Our wonderful communities deserve a wonderful hospital system.”

By making a planned gift, PPH receives the funds in the future, but the foundation can recognize and honor Dr. Kung and Ms. Cheng for their generosity right away.

STAY CONNECTED. GET THE INSIDE SCOOP ON YOUR HOSPITAL OF THE FUTURE.

Check out the new, easy-to-navigate, Palomar Pomerado Health Foundation website! You’ll find interesting stories about our generous donors, ways to join our campaign and the progress made at your new “Hospital of the Future.” Visit www.pphfoundation.org.

To learn how to make a planned gift, visit www.pphfoundation.org/givingguide.

NIGHT OF NIGHTS
MAY 19, 2012

In just a few months, Palomar Pomerado Health will open the doors to your new “Hospital of the Future” and will change the way we know health care forever. We invite you to make history by joining us at the 5th Annual Night of Nights. This year’s gala will kick off the hospital’s grand opening festivities. Don’t miss this memorable evening!

6 p.m.
Saturday, May 19, 2012
Hyatt Regency La Jolla at Aventine

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

To learn how to make a planned gift, visit www.pphfoundation.org/givingguide.
For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.

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