Write from the Top

Dear Friend of Palomar Health,

The opening of the new Palomar Medical Center in August was a momentous accomplishment for Palomar Health and the communities we serve. A true labor of love, it represents more than eight years of extensive research, focused planning, forward-thinking design and precise construction to create a place of healing unlike any other in the region. Many might say it is our crowning achievement – our destination of sorts. I say, the journey has scarcely begun.

As we continue toward our vision of building the Healthcare System of the Future, we have many more milestones before us. In this issue of The HealthSource, you will learn about our vision for the growth and revitalization of the Palomar Health Downtown Campus. This facility will remain a vibrant hub of health care in central Escondido with many planned renovations and upgrades over time.

In June, we took the first step in fulfilling a promise made to Ramona residents with the groundbreaking of the new Ramona Ambulatory Care Center, to be operated by Arch Health Partners.

Two new Palomar Health expresscare walk-in health centers opened this year at Albertsons/Sav-on Pharmacy locations in Temecula and San Elijo Hills, and construction will begin this fall on the pedestrian bridge that will connect Pomerado Hospital with Pomerado Outpatient Pavilion.

The future is bright at Palomar Health, but amidst all of the positive growth and change, we never lose sight of the most important thing – you. Because at the end of the day, we remain fortunate to have the opportunity to do what we do best – take care of people ... and we stand committed to that privilege every day.

In good health,

Michael H. Covert, FACHE
President and Chief Executive Officer
Palomar Health
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Get Your Flu Vaccine Today!
Beginning September 1, Palomar Health will offer flu shot clinics for persons 18 years and older. The cost is $20 per person and Medicare is accepted for those who qualify. Clinics will be held at Palomar Health facilities and numerous community locations. Visit www.PalomarHealth.org/flu for a complete schedule.
PALOMAR HEALTH DOWNTOWN CAMPUS

Revitalizing Health Care in Central Escondido

With a spirit of renewed vitality, Palomar Health Downtown Campus remains a vibrant hub of health-care services in central Escondido. As the new Palomar Medical Center (PMC) opened its doors for service on August 19, the Downtown Campus also transitioned to its new role – providing a variety of specialty health services ranging from women’s and children’s care to outpatient surgery, rehabilitation, radiation therapy, behavioral health and treatment of minor illnesses and injuries.

Renovations began before acute-care patients were transferred to the new PMC. Now, remodeling has ramped up to create a lighter and brighter look for Palomar Health’s flagship facility that has served North County residents for more than 60 years.

“We have a wonderful opportunity to offer diverse, specialized health services within an urban health-care village that can serve changing needs over time,” says Sheila Brown, FACHE, chief administrative officer, Palomar Health Downtown Campus. “The village concept grows from our commitment to the community. It is part of our long-term strategy for the future of this campus and offers great vision for continued collaboration with the city of Escondido and our downtown neighbors and friends.” (See images on page 5.)

Input from the community, physicians, staff and strategic partners, such as Kaiser Permanente and Rady Children’s Hospital-San Diego, helped create a concept that is recognized for its creativity and collaboration. In addition, Palomar Health executives made numerous site visits to other hospitals across the country to see firsthand how transformation can be accomplished in a meaningful, efficient manner.

“Our primary goal is to provide the highest quality care while engaging patients and visitors in a positive experience,” says Brown. “Our revitalized environment promotes comfort and healing using design principles from the new Palomar Medical Center.”
Soon, the updated exterior will reflect the best of San Diego's natural environment with a fresh color palette that captures the colors of the blue Pacific Ocean and crisp, clean sandy beaches. Interior spaces will be remodeled to create restful public areas bathed in natural light and soothing colors, while soft spa music plays in the background. In the future, patient rooms at Palomar Health Downtown Campus will be private and refurbished with comfortable furnishings and colors that promote healing.

The complete renovation will be implemented over time. A milestone from the first phase included the opening of the new PALOMAR HEALTH expresscare PLUS, where patients who have minor injuries and illnesses can receive care 24-hours-a-day. (See page 9 for related story.)

Renovation of the Birth Center is already underway and the new outpatient surgery center will relocate to the Downtown Campus from the freestanding Escondido Surgery Center in September.

New wayfinding signs help patients and visitors move easily throughout Palomar Health Downtown Campus. A separate entry for select outpatient services is located on Grand Avenue, while patients and visitors for the Women's and Children's Hospital, Rehabilitation Institute, Center for Behavioral Health and Outpatient Surgery will continue to use the main lobby entrance on East Valley Parkway.

Pages 6 – 10 of this issue of The HealthSource highlight some of the programs and services now available at Palomar Health Downtown Campus. Follow our transformation progress in future issues and online at www.PalomarHealth.org/future. (continued)
Celebrating each new life and restoring health for women and children are central goals for the planned renovation and expansion of these services at Palomar Health Downtown Campus.

As a focal point of the Downtown Campus, the Women’s and Children’s Hospital provides comprehensive services for women of all ages, as well as pediatric and neonatal intensive care through a licensing agreement with Rady Children’s Hospital-San Diego.

Plans call for a thorough “facelift” to create a comforting spa-like environment throughout the Birth center. The use of natural colors, fabrics and light, along with wood floors, area rugs, and glass accents, will bring 26 new private patient rooms to life – providing a soothing, healing environment to help reduce stress and anxiety.

“Our plan for the enhanced Birth Center focuses on meeting individual preferences for childbirth by offering certified nurse midwife deliveries and expanded options such as acupuncture and other holistic approaches,” says Nan Budge, R.N., director of Women’s and Children’s Services. “We’re concentrating on providing responsive, state-of-the-art care for women and children.”

Women will continue to be admitted to the fourth floor Birth Center for labor, delivery and recovery in newly redecorated rooms. Following recovery, they will move to the seventh floor, where they will stay in the new, remodeled private rooms. These postpartum rooms will be spacious and inviting for family members who want to stay with the mother and newborn.

“We’re adding special touches like room service that will help families celebrate each birth in the comfort of their private room,” Budge says. “Free parking and comfortable furnishings for overnight visitors are examples of other amenities we will offer our patients and family members.”

In addition to inpatient care for women and children, plans are underway to provide outpatient gynecologic surgery, breast health care, lactation services and counseling, and perinatal testing for high-risk pregnancies.

“We hope that women throughout our district recognize that they can rely on the Women’s and Children’s Hospital to provide the highest quality care within a caring and compassionate environment,” Budge says. (continued)
OUTPATIENT SURGERY

Advancing Care, Maintaining Convenience

Outpatient surgery will take a giant leap forward in September when Escondido Surgery Center services are relocated to Palomar Health Downtown Campus.

State-of-the-art surgical suites – used until August for trauma surgery, complex inpatient operations and advanced interventional techniques – are now designated for a range of outpatient surgical procedures.

“Without question, this is going to be the nicest and most up-to-date outpatient surgical service in the region,” says Kevin Metros, M.D., a board-certified orthopedic surgeon. “We will be doing our outpatient surgeries in operating suites that were previously used for complex trauma surgery and equipped with fluoroscopy and other advanced imaging technology. This is a tremendous step forward for outpatient surgery.”

Comfort counts and so does maintaining the intimate feeling of having same-day surgery by assuring that patients have convenient access and a quiet, relaxing place for family to wait until their loved one is ready to go home.

“We are thrilled to move into a larger space that focuses on providing a comfortable, caring, and healing environment for our patients and their family members,” says Chris Ryan, R.N., manager of Outpatient Surgery.

Future plans call for a remodeled reception area featuring large windows that allow natural light to brighten the area and create a welcoming, healing environment. Couches arranged in cozy groupings, wireless computer access, refreshments and soft spa music are among the planned comforts. Volunteers will be available to keep family members updated and private consultation rooms are available for conversations with physicians and staff.

“Our staff excels in providing optimum patient care, and most have worked together with the surgeons as a team for many years,” Ryan says. “This expertise benefits patients, resulting in the highest quality care.”

FLEXIBLE OBSERVATION

By definition, outpatient surgery means that patients go home after recovering from minimally invasive surgery with lighter anesthesia. Advancements in pain management and sophisticated minimally invasive surgical techniques have made it possible to do an ever increasing variety of surgeries in this manner.

While most patients are able to go home within a few hours of surgery, some may require a somewhat longer observation time. To serve the special needs of these patients, Palomar Health Downtown campus is assessing the opportunity of offering ongoing post-surgical observation for up to 24 hours.

“The option of a longer observation period when required is something other outpatient surgery facilities cannot offer,” says Greg Langford, M.D., board-certified obstetrician-gynecologist. “This can potentially allow us to do other gynecologic surgery, including hysterectomies, on an outpatient basis.”

“Our goal is to maintain the convenience of same-day surgery, while assuring that our patients are sufficiently recovered to return home safely,” says Sheila Brown. “Our Outpatient Surgery patients will also benefit from having laboratory, pharmacy, X-ray and outpatient rehabilitation services within the same building.”

See pages 8 – 9 for related outpatient surgery success stories. (continued)
Outpatient Orthopedic Surgery

Move Beyond Pain

Advanced orthopedic surgery is often done as an outpatient procedure, using state-of-the-art imaging and minimally invasive techniques that usually enable patients to resume regular activities, including exercise, within a few days or weeks.

Orthopedic surgeons at Palomar Health perform a comprehensive range of outpatient surgery including joint replacement, arthroscopic repairs of torn ligaments, and minimally invasive rotator cuff repairs as same-day surgical procedures.

Rotator cuff tears are among the most painful injuries, resulting from trauma or repetitive use that causes the rotator cuff tendon to tear or separate from the humerus bone in the shoulder.

“Most often, we perform arthroscopy, which is a minimally invasive procedure that uses a high-resolution fiberoptic camera to view the damaged area,” says Kevin Metros, M.D., a board-certified orthopedic surgeon. “We also insert sophisticated instruments through small incisions and then attach a plastic or metal anchor to the bone. This is used to secure the torn tendon to the bone, which restores functional ability after rehabilitation.”

For several years, Gregory West had lived with increasing pain in both of his shoulders because of torn rotator cuff injuries. In 2011, when he couldn’t sleep and pain medication no longer helped, Gregory turned to Dr. Metros for help.

“Dr. Metros repaired my left rotator cuff a year ago and did such a great job, I wanted him to take care of my right shoulder,” says Gregory. “He was great about taking time to explain how he would do the surgery and what to expect after surgery. It all went exactly as I expected and I’m back to working out with weights to continue improving the strength in my arms.”

Outpatient Cataract Surgery

The Better to See You With

Ophthalmologists at Palomar Health use sophisticated instruments for a variety of outpatient procedures that help restore clear vision.

State-of-the-art cataract surgery, using the Lumira microscope, can also correct astigmatism, nearsightedness and farsightedness – making patients less dependent on glasses. Advanced glaucoma surgery, using microsurgical techniques as well as the YAG and Argon lasers, is routinely performed as an outpatient procedure. In addition, microscopic eyelid surgery is done to remove basal cell and squamous cell carcinomas as well as repair drooping eyelids and more.

“Eye surgery must be perfect,” says David Plotner, M.D., a board-certified ophthalmologist who has practiced in Escondido since 1980. “Because it’s so precise, I prefer to have a very quiet operating room. This means the surgical staff must know my procedure as well as I do, which is the case with the team I have worked with at Escondido Surgery Center and who will continue to work with me at Palomar Health Downtown Campus.”

Cataract surgery is just one example of how and why precision is so important to a positive result. Cataracts typically occur with aging, causing the natural lens within the eye to become cloudy. This creates blurry vision, glare and other symptoms that diminish vision.

CATARACT SURGERY: PHACOEMULSIFICATION

Outpatient cataract surgery is done with a topical anesthesia to relax the patient and avoid discomfort. Dr. Plotner begins the surgery with a very small incision on the surface of the eye. He uses phacoemulsification, a sophisticated ultrasonic vibrator, to quickly break up the hardened lens and suction it out of the eye. Once the cataract is removed, Dr. Plotner inserts a small replacement lens with a personalized optical prescription designed to restore optimum vision.

“The goal of cataract surgery is to restore clear vision, but patients are often surprised when they can also appreciate the vivid brightness of colors once again,” Dr. Plotner says.

“Relocating outpatient surgery to Palomar Health Downtown Campus is a change, but it is good to know that the staff I have worked closely with for years will continue by my side,” Dr. Plotner says.
Outpatient Breast Reconstruction

Restoring Natural Form, Function

When Lia Ray decided it was time to reconstruct her right breast, six years had elapsed since a complete mastectomy to treat breast cancer.

“I waited because I had been through so much with breast cancer surgery and then chemotherapy,” Lia says. “I just wanted to get back on my horse and ride – have my life again for awhile before having more surgery.”

Breast reconstruction and other types of reconstructive surgery share the goal of restoring the natural form and function of the body following disease, surgery or traumatic injury. Many reconstructive procedures are performed as same-day surgeries, using advanced local anesthesia and pain management techniques.

“Outpatient breast reconstruction is frequently done after the woman has recovered from her mastectomy and additional treatment, such as radiation therapy or chemotherapy,” says Yale Kadesky, M.D., a board-certified plastic and reconstructive surgeon who did Lia’s right breast reconstruction. “It’s a two-stage outpatient procedure using tissue expanders that gradually enable the skin over the breast area to grow and accommodate the silicone breast implant that will restore natural form to the breast.”

Once the tissue expanders are surgically placed in the breast cavity, patients have weekly appointments with Dr. Kadesky where he injects sterile saline into the expanders.

“Over time, this causes the skin covering the breast area to grow so it can cover the permanent implant that is designed to be anatomically similar in appearance to the other breast,” Dr. Kadesky says.

Outpatient breast reconstruction is perhaps one of the best examples of advanced pain management, according to Dr. Kadesky. Each patient goes home from surgery with a portable pump that automatically dispenses regulated doses of local anesthetic directly to the muscles and nerves impacted by surgery.

“Little things mean a lot to my patients, which includes effective pain management as well as the care they receive during outpatient surgery,” Dr. Kadesky says. “The patient-centered culture here comes from the staff who treat all patients in a very special way, attending to their wants as well as their needs.” To find a doctor you can trust, visit www.PalomarHealth.org/doctor. (continued)

Same Day Care for Minor Injuries, Illness

With the opening of PALOMAR HEALTH expresscare PLUS, community residents have a go-to place for same-day treatment of minor injuries and illnesses – day or night. This walk-in center is one of the new services available at Palomar Health Downtown Campus.

“As our name suggests, expresscare PLUS offers a higher level of diagnostics and care than the expresscare locations at various Albertsons grocery stores,” explains Cathy Prante, R.N., director of Emergency Services and Forensics.

“We are open 24-hours every day to help patients who need same-day care for a minor injury like a twisted ankle, broken bone or cut. We also treat a range of other non-life threatening illnesses such as sore throats, ear infections, flu symptoms or urinary tract infections.”

Staffed by emergency medicine physicians and advanced life support nurses, expresscare PLUS provides an advanced level of care focused on illnesses and injuries that require same-day care, but are not life threatening. Many of the physicians and nurses will rotate between expresscare PLUS and the new Palomar Medical Center’s Emergency Department and Trauma Center. Ancillary services at Palomar Health Downtown Campus, including X-ray, ultrasound and laboratory services, are available 24/7 to provide support.

“We focus on minor medical concerns and do not treat emergency or life-threatening situations. Patients with emergency conditions will be evaluated and transferred to the Emergency Department at Palomar Medical Center,” Prante says. “This means patients will typically be able to receive their care more quickly than is possible in an Emergency Department, where staff must care for critically ill emergency patients first.”

expresscare PLUS opened in August and is located in the area previously occupied by the Emergency Department and Trauma Center. The entrance is located off of Grand Avenue, with ample parking available near the entrance.

Are you or someone you love facing breast cancer? Experts at the Jean McLaughlin Women’s Center can help. Breast surgeons, geneticists, radiation oncologists and radiologists specializing in breast health are available for consult. Call our caring staff at 858.613.6120.

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

Comprehensive Care Centered Downtown

Opportunity is the motto for Rehabilitation Services at Palomar Health Downtown Campus, now that medical and surgical inpatients, trauma services and the Emergency Department have moved to the new Palomar Medical Center.

“We have a dynamic opportunity to enhance our patient experience by creating a specialty campus with services that strengthen continuity of care and support other patient care areas such as behavioral health, women’s and children’s services and outpatient surgery,” says Virginia Barrigan, FACHE, DPT, director of Rehabilitation Services.

A complete facelift of Rehabilitation Services is already underway – rejuvenating areas with a fresh palette of earth tones and new flooring, and adding amenities such as Wi-Fi access.

Rehabilitation Services features three major programs, including:

THE REHABILITATION INSTITUTE
The Rehabilitation Institute, formerly known as the Acute Rehabilitation Unit, will continue to be located on the ninth floor. This specialized inpatient program provides patients with focused therapies to optimize physical functioning following a stroke or other traumatic injury.

OUTPATIENT REHABILITATION
Outpatient Rehabilitation, including physical therapy, occupational therapy and speech therapy, provides continuity of care once patients are discharged from the hospital. Specialties include hand therapy, lymphedema management, neurological rehabilitation, orthopedics, balance/vestibular therapy and occupational injuries.

CARDIAC REHABILITATION
Cardiac Rehabilitation provides a comprehensive, medically supervised program for patients who have had a stent, heart attack, open heart surgery or a diagnosis of angina. Located on the third floor, new signage will guide patients to these services through an entrance on Grand Avenue.

“Now that Outpatient Surgery will be located at the downtown campus, we are exploring how to work more closely with those patients and their physicians by providing pre-operative education and even scheduling post-surgical rehabilitation appointments before the patient is discharged from same-day surgery,” says Bill Levanduski, MA, OT/L, CHT, manager of Outpatient Rehabilitation. “It’s an exciting time to be able to look at our community needs and plan what’s best for our patients and our professional staff.”

EASIER ACCESS, MORE PARKING
“It will be much easier for our patients to find parking, now that they no longer have to compete with inpatients,” Barrigan says. “Improved signage will direct patients to the correct entrance for various outpatient services, and the option of valet parking will be offered to all patients and visitors.”

For more details about Rehabilitation Services, please visit www.PalomarHealth.org/rehab.

Sleep Tight

Sleep Lab at Palomar Health Downtown Campus specializes in evaluating and treating patients with breathing-related sleep disorders and is certified by the American Sleep Disorders Association.

Future plans to add two new patient beds and additional staff in the Sleep Lab will provide the potential to serve medically complex patients and night shift workers who have a wide range of sleep disorders.

“We’re especially excited that our area will be dedicated to our sleep lab patients, now that trauma and emergency services have moved to the new hospital,” says Toni Flemmer, lead Sleep Lab technician. “We’re adding new equipment that will further enhance the patient experience and comfort.”

To learn more, visit www.PalomarHealth.org/sleep.

Radiation Therapy

Precision and Power Against Cancer

Palomar Health Radiation Therapy and San Diego Radiosurgery deliver advanced outpatient cancer care at Palomar Health Downtown Campus using a state-of-the-art linear accelerator to perform stereotactic (3-D) image-guided radiotherapy and radiosurgery.

“Stereotactic radiosurgery is exceptionally accurate and effective – resulting in less normal tissue exposure to radiation and excellent tumor control,” says Lori Coleman, M.D., medical director, board-certified radiation oncologist. “The average treatment time is less than 20 minutes.”

The targeted outpatient radiosurgery is used to treat a range of hard to reach tumors in the lungs, brain, head and neck, kidneys, liver, pancreas, adrenals, spine and prostate. Palomar Health Radiation Therapy also offers conventional radiation therapy, high-dose rate (HDR) radiation therapy and orthovoltage radiation therapy for skin cancer.

“Patients have access to a complete range of radiation treatment options within the comfort and convenience of the Downtown Campus,” says Brian Volpp, M.D., board-certified radiation oncologist. “The improvements being made to the healing environment really make a difference with our patients.”

To learn more, visit www.PalomarHealth.org/srs.
In partnership with OASIS, a national education organization dedicated to enriching the lives of mature adults, Palomar Health is offering a wide variety of health classes during September – December. See this issue of Prevention Plus (center fold) for more classes designed for all ages.

### Prostate Health Awareness
**OASIS – Poway**
**Wednesday, September 19**  
1 – 2:30 p.m.

Research shows that the more a man knows about his prostate, the greater his chances are of avoiding prostate problems, identifying problems early, and making good decisions about treatment. Join Urologist Paul Neustein, M.D., for this informative discussion.

### Voice & Speech Therapy for People with Parkinson’s Disease
**OASIS – Escondido**
**Wednesday, September 26**  
10 – 11:30 a.m.

Join Speech Therapist Jacqueline Larson as she discusses and demonstrates a clinically-proven therapy for improving voice and speech in individuals with Parkinson’s disease.

### Oh, My Aching Feet!
**OASIS – Poway**
**Wednesday, October 10**  
1 – 2:30 p.m.

From heel to toe, your feet bear tremendous pressures from daily living and are more subject to injury than any other part of your body. They also often carry the first signs of systemic diseases such as diabetes, arthritis, circulatory disorders and kidney problems. Robert Vallone, DPM, will discuss common foot problems, prevention techniques and treatment options.

### Diabetes Related Neuropathy
**OASIS – Escondido**
**Wednesday, October 31**  
10 – 11:30 a.m.

Individuals with diabetes are at greater risk for developing chronic complications such as nerve damage, also called neuropathy. Controlling blood sugar levels can delay or even prevent complications. Halle Elbling, RD, CDE, will discuss symptoms, prevention and treatment options for diabetic neuropathy.

### Skin Care As We Age
**OASIS – Poway**
**Wednesday, November 7**  
1 – 2:30 p.m.

Skin requires different care as aging and environmental/biological factors begin to take their toll. Join Dermatologist Nancy Chen, M.D., as she discusses basic care for good skin health.

### Healthy Eating for the Holidays
**OASIS – Escondido**
**Wednesday, November 14**  
10 – 11:30 a.m.

The holidays are approaching and tempting treats will abound. How can you enjoy the festivities without overeating? Join Halle Elbling, RD, CDE, as she discusses healthy tips.

### Living with Arthritis
**OASIS – Poway**
**Tuesday, December 4**  
1 – 2:30 p.m.

Rheumatologist Smitha Reddy, M.D., will discuss various forms of arthritis, pain treatment techniques and what to expect when trying to maintain a good quality of life.

### Memory Tools
**OASIS – Poway**
**Tuesday, December 11**  
1 – 2:30 p.m.

Join Geriatric Neurologist Gilbert Ho, M.D., as he discusses causes of dementia and ways you can take charge of your memory health.

### Exercise Classes

#### Get Fit and Stay Strong
**OASIS**
**Redwood Town Court, 500 East 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.

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<th>Week</th>
<th>Fee</th>
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<tr>
<td>Oct. 1 – 29</td>
<td>$45 for 9 classes</td>
<td>Nov. 12, 19 or 22.</td>
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<tr>
<td>Nov. 1 – 29</td>
<td>$30 for 6 classes</td>
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<tr>
<td>Dec. 3 – 20</td>
<td>$30 for 6 classes</td>
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#### Chair Fitness
**OASIS**
**Joslyn Senior Center, 210 East Park Ave., Escondido**  
Wednesdays  
12:30 – 1:30 p.m.

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

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<th>Week</th>
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<th>Classes</th>
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<tr>
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<td>$15 for 3 classes</td>
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<tr>
<td>Oct. 3 – 31</td>
<td>$25 for 5 classes</td>
<td>Nov. 21.</td>
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<tr>
<td>Nov. 7 – 28</td>
<td>$15 for 3 classes</td>
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<tr>
<td>Dec. 5 – 19</td>
<td>$15 for 3 classes</td>
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To register for classes, call OASIS at 760.796.6020. The fee to attend is $5/participant unless otherwise noted.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Learn more at www.PalomarHealth.org/expresscare and download a $10 coupon to use toward any sick visit at expresscare.

Located inside select Albertsons/Sav-on Pharmacy stores, PALOMAR HEALTH expresscare walk-in health centers provide convenient, affordable care for minor illnesses and injuries as well as disease prevention. Check out our seasonal specials and stop by one of four area locations today!

Seasonal Specials

SEPTEMBER: Cholesterol Check
Your total cholesterol level should be less than 200 mg/dl. Do you know your number? Take advantage of $15 cholesterol screenings at any PALOMAR HEALTH expresscare during September.

OCTOBER: Cold and Flu Prevention
Flu season is here! Protect yourself from this year’s virus strains with a convenient, affordable flu shot from PALOMAR HEALTH expresscare.

NOVEMBER: Diabetes Awareness
A fasting blood glucose level should be less than 100 mg/dl – do you know your number? Get a blood glucose screening for just $5 at any PALOMAR HEALTH expresscare during November.

DECEMBER: Our Gift to You
You deserve a healthy holiday season! Take advantage of $15 off a return sick and common illness visit at any PALOMAR HEALTH expresscare during December.

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

TWO NEW LOCATIONS!

TEMECULA
30530 Rancho California Rd.
Temecula, CA 92591

SAN ELIJO HILLS
1571 San Elijo Rd. South
San Marcos, CA 92078

NOW OPEN!
PALOMAR HEALTH

Home Caregivers

Helping the Harveys Enjoy Life at Home

Four hours after Sharla Luther moved to San Diego to help care for her 84-year-old father, Whit Harvey, who was having chemotherapy, she learned that her mother, Ernie (Ernestine) Harvey, had fallen and broken a hip.

“I was literally unpacking when Dad called to tell me that Mom was on her way to the hospital,” Sharla says. “My plans to take care of Dad while enjoying some fun outings with Mom were turned upside down. Suddenly I was faced with being the caregiver for both of my parents. That was two years ago.”

After surgery and hospitalization at Palomar Medical Center, Ernie was transferred to Villa Pomerado, a skilled nursing facility next to Pomerado Hospital, where she continued rehabilitation for a few months before returning home.

“I was their primary caregiver for six months until I recognized that my parents needed more help than I could continue to provide on my own,” Sharla says.

That’s when she called Palomar Health Home Caregivers and arranged for home care assistance tailored to the specific needs of both Whit and Ernie. Palomar Health Home Caregivers provides home care aides and homemaker companions who assist with non-medical home care needs. Services are customized and can be arranged for a few hours a week or 24-hours-a-day.

“We strive to provide services designed to help every client live safely and comfortably in their home for as long as possible,” says Tara Pardo, manager, Palomar Health Home Caregivers.

The Harveys arranged for assistance with housekeeping duties and meal preparation, plus some personal assistance with showering and dressing.

“The Harveys are such a pleasure to work with,” says Poppy Miller, home care aide. “In addition to providing personal care, I also help them enjoy their life at home by cooking meals, helping in their garden or taking a stroll with them on a sunny afternoon.”

“My parents feel very comfortable with Poppy and their other caregivers,” Sharla says. “I know they have maintained a better quality of health and have enjoyed the benefits of being able to continue living in their own home.”

“Palomar Health Home Caregivers is unique because we are the only hospital-based, non-medical home health agency in the county,” says Pardo. “When our clients have received care in a Palomar Health hospital or skilled nursing facility, we can maintain a continuity of care by coordinating services with colleagues at those sister facilities.”

“As a speech and language pathologist, I recognize and appreciate quality care,” Sharla says. “It’s reassuring to rely on these experienced caregivers who are empathetic and attuned to my parents and their needs. I feel like I have a life again, which means I can concentrate on building a new speech and language practice, now that I plan to stay near my parents.”

Learn more at www.PalomarHealth.org/homecare, or call 760.796.6860.
An estimated 15,000 community members turned out on Saturday, July 28 to help celebrate the completion of their new Palomar Medical Center – a 740,000-square-foot architectural wonder that now shapes the skyline of Western Escondido.

Nearly 10,000 guests had the unique opportunity to tour the technological masterpiece and view select areas including the emergency and trauma department, surgical suites and private patient rooms.

There was a flurry of activity outside too as visitors took advantage of free health screenings, engaged with more than 60 exhibitors, participated in children’s activities, and enjoyed delicious food selections from 24 local restaurants. Plus, former 10News anchors Carol LeBeau and Hal Clement presented compelling interviews and commentary live from a central stage.

The official ribbon-cutting began with a dramatic entrance by a Mercy Air helicopter on the rooftop helipad, followed by a flag-raising conducted by local Boy and Girl Scouts.

The completion of the 11-story hospital comes eight years after voters passed Proposition BB in support of Palomar Health’s promise to forever change the way health-care is provided. Palomar Medical Center opened for patient care on August 19 and marks a major milestone in the organization’s journey to build the Health Care System of the Future.

As one of 10,000 guests who toured the new Palomar Medical Center on July 28, Kathleen Bucher of Valley Center was the lucky winner of the opportunity drawing for a new iPad.

“It’s like a miracle that my name was selected,” says Bucher, who coincidentally was born at the original Palomar Medical Center in 1953 – delivered by Dr. Graybill. “I’m very excited, and I just got wireless access at home.”

Bucher attended the community celebration with her boyfriend, mother and sister and says her favorite part of the day was the tour.

“It was amazing … I was just awestruck,” says Bucher about her tour experience. “I work nearby and have watched the construction for some time. I love the gardens and the private rooms with views. It should make recovery easier … such a big difference.”
August 19, 2012 dawned as a new era in health care, when the Hospital of the future – the new Palomar Medical Center – opened its doors to accept patients. Within minutes, a carefully choreographed plan – utilizing 18 ambulances and two designated transport routes – resulted in the first patients arriving from the Palomar Health Downtown Campus. At the same time, the new Trauma Center and Emergency Department opened to receive patients.

The first patients were ready to move from the Downtown Campus at 7 a.m., and by mid-afternoon all 84 transferred patients were resting in their beds in spacious, private rooms in the new hospital.

The three-mile journey across town proved to be smooth and uneventful for all of them, which is what caregivers planned to achieve. While some critically ill patients seemed to pay little attention to the fact that they were moving into never-before-utilized private rooms, others were alert and appreciative of the spectacular new surroundings and the warm reception from greeters, nurses, and in some cases, members of the media.

Successfully moving patients who were sick enough to require hospitalization required extensive planning, which started more than two years ago. An interdisciplinary group of employees from every department involved in patient care met to consider a comprehensive range of “what ifs” that could impact the timely and safe transfer of patients. From extreme temperatures to power outages and earthquakes, every possible scenario was considered.

“Above all else, our guiding principles were that each patient would be moved safely and with dignity,” says Maria Sudak, R.N., director of Clinical Operations Improvement. “We planned and tested many eventualities to be prepared for potential disruptions to safe patient transfers and were prepared to adjust our plan for individual changes in patient condition.”

Another important planning consideration was maintaining scheduled services for patients who would remain at the Palomar Health Downtown Campus.

“Starting a few days before August 19, we began informing all patients and family members about the planned move,” Sudak says. “We wanted everyone to be fully informed, whether they were moving or not. We kept communicating with patients and family members until the transfer of all patients was completed.”

Crisanta Garcia and Harry Kuehl were the first patients to cross the threshold of the new Palomar Medical Center as they entered the building via two designated patient move routes.

CRISANTA GARCIA

Crisanta Garcia, a self-dialysis patient hospitalized with an infection, was the first medical/surgical patient to arrive through the main lobby doors of Palomar Medical Center at 7:44 a.m.

“This is very nice, like a hotel,” said Garcia after she was settled in her new room on the sixth level. “I like the view.” Garcia and her husband, Ben, expressed their thanks to Dr. John Lilley for his excellent care. Garcia said she was grateful for the comfort and space in her new surroundings.

HARRY KUEHL

Harry Kuehl, pastor of the Church at Rancho Bernardo for the past 35 years and the first critical care patient to enter the hospital at 7:38 a.m., was beaming in his bed on the fifth floor – not at all appearing that he had almost died the day before.

“I had just finished a service when I began to feel chest pains, and before long I was in cardiac arrest,” said Kuehl. “I was brought to the downtown hospital because it was the closest one and that’s where Dr. (Christopher) Gilbert quickly found the blockage in my artery, put in a stent and saved my life. It was all divine orchestration. The staff has had my back the whole time I’ve been here, and now they bring me to this state-of-the-art hospital and practically give me a ticker tape parade. I am so very grateful for the over-the-top medical care I’ve received.”

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Two years ago, I had the pleasure of interviewing my friend and former 10News colleague, Bill Griffith, for an article appearing in The HealthSource. A six-year male breast cancer survivor at the time, Bill spoke candidly about his rare experience with the disease that kills 40,000 women a year in the U.S.

Lighthearted and positive about his treatment and recovery, when I asked Bill whether he’d known that men could develop breast cancer, he gravely admitted, “I knew it was possible. I just never thought it would happen to me.” I shuddered, imagining for a brief moment being in his place.

Meanwhile, in a companion article on the same page with Bill’s interview, yours truly pontificated, opined and passed along expert advice on how to avoid becoming a breast cancer statistic. “Up to a third of breast cancer cases could be avoided,” I wrote, “if women tried eating less and exercising more.”

I remember feeling a bit smug as I passed along the results of a major study done by the World Health Organization. Twenty-five to 30 percent of breast cancer cases could be avoided, according to the study, if women were thinner and exercised more. With confidence bordering on arrogance, I recall thinking surely I must be immune. I’ve exercised and eaten well for years. Breast cancer could never happen to me.

A phone call from my doctor in early January shattered that notion – and my world. In a matter of seconds, I went from arrogance to gut-wrenching fear as I joined my friend Bill Griffith as one of the more than 200,000 men and women diagnosed with breast cancer each year. Like Bill, I didn’t fit the profile of a breast cancer victim. Or so I thought. As I’ve come to learn in recent months, breast cancer doesn’t care about your “profile.” Breast cancer can happen to anyone.

I was diagnosed January 2. With mirror image, slow-growing tumors in both breasts, my options were few. One month later I underwent double mastectomies with lymph node dissections on both sides. In the weeks prior to surgery, my emotions alternated between calm resolve and denial. This can’t be happening, I reasoned. I have no family history of breast cancer. I’ve never smoked. I exercise and eat well. I’m healthy! I’m a health reporter for heaven’s sake!

Desperate and terrified, I cried out to God, “You must have me confused with someone else – someone who can actually do this!” Weak, petrified and feeling completely ill-equipped to face my ordeal, I prayed for strength to carry me through the toughest time in my life. Eight months later, things are getting back to normal. I’m on anti-estrogen therapy and going through the reconstruction process – grateful for renewed strength to work, play, laugh and swim in La Jolla Cove!

Life goes on, but some things are forever changed. Although I’m currently considered cancer-free, I’m now keenly aware there are no guarantees. And so I gratefully live one day at a time, replacing my former pride and arrogance with humility and compassion. I still swim and eat lots of blueberries, but I now know that may not be enough to keep breast cancer at bay. There are many risk factors to consider and the need, more than ever, for early detection and treatment. Because when it comes to breast cancer, it doesn’t matter who you are. – Carol LeBeau

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**RISK FACTORS:**

- Aging
- Onset of menstruation before age 12
- First-time birth after 30, or never giving birth
- Personal history of breast cancer or benign (non-cancerous) breast disease
- Family history of breast cancer
- Radiation therapy to the breast/chest
- Breast tissue that is dense on a mammogram
- Hormone therapy after menopause
- Obesity
- Poor diet, little exercise, alcohol and smoking

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**BREAST CANCER:**

**DECREASE YOUR RISK**

While the cause of breast cancer is unknown, certain factors have been shown to increase risk. Make lifestyle changes where you can, and follow your doctor’s orders for mammograms, clinical breast exams and breast self-exams.

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**Free Class!**

**Beating Breast Cancer**

Pomerado Hospital, Conference Room C/D
15615 Pomerado Road, Poway, CA 92064
Thursday, October 18  6 – 7:30 p.m.

More than 200,000 women and men are diagnosed with breast cancer each year. Do you know your risk? Are you up to date on the latest diagnosis and treatment options? Join breast surgeon Elizabeth Revesz, M.D., and a panel of physicians and health-care providers, for an informative discussion about the detection and treatment of breast cancer. From advanced surgical options to the role of genetic testing, this class is a must for every woman and man. Light refreshments will be served. To register, call 800.628.2880 or visit www.PalomarHealth.org/classes.

FEE: Free – registration required
My father recently had a stroke and has difficulty swallowing and feeding himself. How can acute rehabilitation help him?

Research shows that early rehabilitation after a stroke can help patients such as your father gain improved function and quality of life. It’s important to begin rehabilitation soon after a patient is medically stabilized.

How a stroke affects functional ability depends on many factors, including which part of the brain was impacted by the stroke. Patients may experience full or partial paralysis of one side of their body, speech and language difficulties, problems swallowing, memory loss or vision changes.

The Rehabilitation Institute at Palomar Health provides an inpatient setting where patients participate in an intensive, individually tailored rehabilitation program focused on improving functional ability, resuming independent living and enjoying a good quality of life.

Physicians trained in physical medicine and rehabilitation work with a multi-disciplinary team of rehabilitation professionals. This includes speech and language pathologists, occupational therapists, physical therapists, rehabilitation nurses, respiratory therapists, patient-care technicians, art and music therapists, social workers and case managers. Other services may include consultation with psychology and psychiatry, neuro-optometry, orthotic and prosthetics, spiritual care, nutrition, cardiac rehabilitation and exercise physiology.

More than 85 percent of our stroke patients are able to resume living at home after being treated in our acute rehabilitation unit. Functional improvement measures include being able to independently perform daily tasks such as upper and lower body dressing, toileting, bladder management, locomotion and problem solving. To learn more, visit www.PalomarHealth.org/rehab.

How important is physical fitness during pregnancy? I know that I’ll gain weight, so should I just wait until my baby is born to begin exercising?

A healthier mom will almost always lead to a healthier pregnancy. Exercising during pregnancy improves fitness and posture and helps decrease lower back pain and discomfort in the third trimester. It also helps combat excessive weight gain, decrease the risk of gestational diabetes and prevent high blood pressure in pregnancy, which can lead to complications. Of course, always check with your doctor before starting to exercise.

If you’re already exercising regularly, good for you. You can typically continue exercising as long as you don’t experience contractions, bleeding or other complications. If you haven’t exercised much before pregnancy, approach it slow and steady. Pick an activity such as walking or riding a stationary bike. Start out doing five or 10 minutes at a time and then increase the duration by a few minutes each week.

While every expectant mother would like to think that she will have a short labor, that is not always the case. Increased fitness helps women for the duration of labor by improving their stamina and energy, which makes pushing easier.

The do’s and don’ts of exercising while pregnant are pretty straightforward. Pregnant women should avoid contact sports and horseback riding. I do recommend walking and swimming. If you ran before you became pregnant, chances are you can continue to run while pregnant, but not at the same intensity. Be sure you’re able to keep a conversation going while you run. If you get tired or short of breath, slow down.

Stay well hydrated and enjoy yourself! Remember, you’re staying physically fit for two – or maybe more! To select a Palomar Health physician for your pregnancy care, or to register for a childbirth class, visit www.PalomarHealth.org.

Need a New Doctor? We Can Help. Take advantage of your fall open enrollment period.

This fall, your employer may offer an open enrollment period for health insurance. This brief window of opportunity allows you to make changes to your insurance coverage. Consider a health plan that provides you access to a Palomar Health physician. With more than 700 affiliated physicians, we have the perfect fit for you. Plus, you’ll have access to world-class care at the new Palomar Medical Center. For a free physician referral, call The HealthSource at 800.628.2880 or visit www.PalomarHealth.org/doctor.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880 | 17
The Palomar Health Philips Lifeline Medical Alert Service is designed to summon help when a subscriber has a sudden illness or injury and is unable to get to a telephone to call for help. Simply press the waterproof personal help button worn as a pendant or on a wristband and within seconds you’ll be connected to a highly trained Lifeline operator who can quickly summon the appropriate help.

for more information about Lifeline, call 858.675.5371 or toll-free at 888.704.2774.

The first step to receiving care in the new world-class Palomar Medical center, or any Palomar Health facility, is choosing a Palomar Health affiliated physician. Just call The HealthSource at 800.628.2880, and one of our friendly representatives will help you to select the doctor who best fits your needs. Our more than 700 affiliated physicians are committed to providing you and your family with top-quality clinical care in a caring environment. You can also visit us online at www.PalomarHealth.org/doctor.

Free installation: Call now and receive free installation through December 31, 2012. ($75 value)

Improving Patient Safety with a Wireless Wristband

Information that is vital to patient safety is easier to gather, thanks to a new wireless wristband that is being studied at Palomar Medical Center.

For the past two years, Palomar Health has worked with Sotera, a local medical device start-up funded in part by Qualcomm and Intel, to study the effectiveness of a wristband monitor, called ViSi, that continuously captures a variety of vital signs.

“Having reliable data about the patient’s condition is essential to responding to changes at the earliest possible time and, thereby, preventing deterioration or even death,” says Benjamin Kanter, M.D., chief medical informatics officer at Palomar Health. “Sotera provides the promise of delivering the data in a consistent, non-invasive manner that improves patient safety along with comfort.”

The Sotera wrist monitor comfortably and almost unnoticeably measures blood pressure without using a pressure cuff. It also measures oxygen level, respiratory rate, body temperature, heart rhythm and even body position. Because it’s wireless, patients can walk around the hospital, including the healing gardens and café, while being safely monitored.

“Today, hospitalized patients are typically much sicker than in the past, and yet the only patients who are constantly monitored are those in the intensive care or telemetry units,” Dr. Kanter says.

“Most other patients typically have their vital signs checked two to four times a day. This includes waking patients from sleep to check their vital signs. We think the Sotera wrist monitor will enhance patient comfort by eliminating the need to wake patients to gather this important information.”

Studies show that half of those patients who die in a hospital are not being continuously monitored and have experienced deteriorating signs hours before death. Dr. Kanter hopes that the Sotera wrist monitor provides caregivers with the ability to recognize early signs of deterioration and take appropriate steps to intervene before it’s too late.
CONSTRUCTION BEGINS FOR NEW RAMONA AMBULATORY CARE CENTER

Palomar Health and Arch Health Partners (AHP) are fulfilling a promise made to Ramona in 2004, when district voters approved Proposition BB to raise funds for the new Palomar Medical Center and ambulatory care facilities in Ramona and other communities.

“We are proud to partner with Palomar Health for this facility that will mark true progress in our ability to continue providing quality health-care services for Ramona and surrounding areas,” says Victoria Lister, FACHE, AHP executive director. “Our physicians have served this community for more than 20 years, first as Centre for Health Care and now as Arch Health Partners.”

Construction of the 7,600-square-foot building began immediately after the June 20 groundbreaking. When it opens next year, the Ramona Ambulatory Care Center will provide primary care, urgent care with evening and weekend hours, routine diagnostic imaging such as X-rays, and laboratory services. The new Ramona Ambulatory Care Center is located on 13th Street, across from the Ramona Library.

“Our hope is to offer specialty services, such as dermatology and orthopedic care, in the future as we continue to assess and address community needs for additional services,” Lister says.

To learn more, visit www.ArchHealth.org.

All in the Family

Arch Health Partners Brings Family Medicine and Pediatrics to New 4S Ranch Medical Plaza

When Arch Health Partners’ (AHP) new 4S Ranch medical office opens this fall, pediatric services will be available within the community for the first time.

This new location will open with two female family medicine physicians, Nasrin Arbabi, M.D. and Camille Santos, M.D. Joining them is Stuart Graham, M.D., an AHP pediatrician in Poway since 1994. Dr. Graham will offer pediatric care for children from birth to 18 years of age. The practice will provide comprehensive family care in one convenient location.

“Being able to provide the first pediatric services within this growing family-oriented community is an opportunity for us to complement the primary care services provided by our family practice physicians,” Dr. Graham says. “We envision the new 4S Ranch medical office as a one-stop medical home for families.”

In addition to pediatric and family medicine, the 4S Ranch location will provide routine X-ray and laboratory services. AHP specialists, including dermatologists and orthopedic surgeons, will be available at the 4S Ranch location on a rotating basis. The office will be located at 16918 Dove Canyon Road in the heart of the 4S Ranch community.

To learn more, visit www.ArchHealth.org.
Detection and Treatment of Prostate Cancer: What’s Right for You?

To routinely screen for prostate cancer or not, that is the question since a national organization recently recommended that, regardless of age, men should not have a routine PSA (prostate specific antigen) blood test.

“That recommendation is controversial because it overlooks the value of this tool, which is one of many factors urologists consider in evaluating patients who may have prostate cancer,” says Julian Anthony, M.D., a board-certified urologist. “Before patients have a PSA test with digital rectal exam, it’s important to discuss the risks of prostate cancer, benefits of early detection through these tests, and also the risk of over-diagnosis, which may include doing a biopsy to further evaluate for prostate cancer.”

While an elevated PSA level may indicate cancer, it may also signal an infection or a benign enlarged prostate, which normally occurs with aging. For that reason, Dr. Anthony considers an elevated PSA result along with many other factors before recommending further testing to determine if prostate cancer is present. These other factors include first degree family history of prostate cancer, the patient’s age, changes in PSA levels over time, the PSA in relation to the size of the prostate, and race. For example, African-American males are at increased risk of prostate cancer.

If prostate cancer is confirmed through a biopsy, treatment options include open surgery, robotic surgery, laparoscopic surgery, radiation, hormonal therapy and active surveillance.

“It’s essential to look at the whole picture with your urologist and consider if the cancer is confined to the prostate or not, whether the cancer appears to be aggressive, your age and family history, and your personal preferences regarding the treatment options,” Dr. Anthony says.

When removing localized prostate cancer, robotic prostatectomy is the latest advancement that offers a technologically sophisticated option that spares surrounding nerves.

“The da Vinci Robotic Surgical System enables surgeons to clearly see a magnified view of surrounding nerves and tissue, which helps us perform nerve-sparing surgery that is critical to maintaining bladder and sexual function,” Dr. Anthony says. “The finely tuned instruments have superior dexterity compared to the human hand, which greatly enhances precision for this delicate operation.”

David Lewis: A Testament to Early Cancer Detection

Robotic prostatectomy was the treatment of choice for David Lewis, 60, a retired station captain with the Federal Fire Department in San Diego. “If my wife hadn’t insisted that I have a colonoscopy 10 years ago, I might not be here today,” says David.

As assistant battalion chief of the Federal Fire Station on San Clemente Island, David was in top physical condition. He ran an average of 50 miles each week, worked out with weights and had served with distinction as a career firefighter. He didn’t have any overt symptoms of colon cancer or other illness.

David was 52 when his wife, Laurie, insisted he have a routine colonoscopy—a screening procedure that is recommended at age 50 to detect colon cancer. Expecting an “all clear,” David was shocked when the physician detected a large mass at the end of the colon.

“The doctor was actually finishing the exam and all seemed fine, when he said he wanted to go back in a bit further, which is when he found this dark mass,” David says. “I knew that wasn’t normal.”

A biopsy confirmed colon cancer, requiring surgery that removed the tumor along with one foot of large intestine. Because the cancer had already spread to the lymphatic system, David had chemotherapy for six months.

“But, just as I was going to start the chemo, my oncologist broke the news that there was more cancer, this time in my kidney,” David says. “I was told it was unrelated to the colon cancer. My oncologist said it was actually a good thing we had discovered the colon cancer because, without that diagnosis, the kidney cancer most likely would not have been detected until it had spread.”

Physicians wanted to remove the kidney tumor immediately, but after considering all clinical factors and consulting with experts across the country, they decided to watch the kidney tumor while David completed chemotherapy.

Dr. Julian Anthony, a board-certified urologist, performed a partial nephrectomy to remove the kidney tumor through small, laparoscopic incisions. Because the kidney tumor was confined to that area of the kidney, no further treatment was required and David was declared free of kidney cancer.
“All along, we were performing routine PSA (prostate specific antigen) blood tests to check the status of David’s prostate gland,” Dr. Anthony says. “His PSA levels were elevated and he had proceeded with two prostate biopsies which were negative for cancer.”

However, David and Laurie prepared themselves for more bad news each time the PSA test results were elevated. They spent months researching options for treating prostate cancer, which led them to robotic prostate surgery.

“Three years ago, a third biopsy did show cancer in the prostate and that’s when we met with Dr. Anthony again to discuss options and the benefits of robotic surgery,” David says. “I knew I wanted to have robotic surgery to remove the tumor because that would give me the best chance of getting rid of the cancer and maintaining my dignity.”

“Even though I trusted Dr. Anthony, who had done my kidney cancer surgery, I still had reservations the night before surgery. Dr. Anthony took the time to discuss my concerns,” David says. “He described exactly what he would do and how the robotic surgery actually helps maintain the nerve function that is needed for bladder control and sexual function. It was very reassuring.”

Robotic prostatectomy is performed using state-of-the-art technology and high-definition imaging that enhances the view of the prostate gland and surrounding nerves. Advantages include less blood loss and the ability to spare surrounding nerves – thereby maintaining erectile function and bladder control.

Within 12 months of robotic prostatectomy, 97 percent of patients have regained bladder control. The return of erectile function depends on a number of factors like the patient’s age and his pre-existing erectile function. In appropriate candidates who undergo a nerve-sparing procedure, up to 50 – 75 percent of men regain erectile function sufficient for sexual intercourse.

David’s robotic prostatectomy was performed three years ago. Regular follow-up exams show that he remains cancer-free in all areas. David has complete bladder control and erectile function. He and Laurie enjoy traveling and are planning a European vacation next year. At home, David joins his buddies – former firefighters – for outings on their Harley’s. “I have my life again and believe that I am living proof that routine screening tests such as PSA and colonoscopies do, in fact, save lives,” David says.
Secure online pre-registration for an array of inpatient and outpatient services along with bill payment are the newest, patient-friendly features available at the Palomar Health web site.

Providing a wealth of information at your fingertips, the refreshed site features improved navigation – including quick click options to access social media feeds, breaking news, videos and events. Plus, a crisp, clean layout makes it easier to find a doctor, register for a class or pay your bill online.

Add us to your “Favorites” and we’ll help you:

• Pre-register for services at Palomar Health facilities.
• Pay your bill online.
• Navigate the new Palomar Medical center with virtual tours.
• Discover the latest information about services and specialties offered at Palomar Health.

Pre-registration is accessed from the home page of www.PalomarHealth.org. The form allows patients to pre-register for planned services at Palomar Medical Center, Pomerado Hospital or Palomar Health Downtown Campus. For example, it is now possible to pre-register for your anticipated delivery in the Birth Center, or for surgery, radiology services, radiation therapy and a range of outpatient services.

“These new features will provide our patients with the convenience of completing the self-registration process in the privacy of their home at anytime of the day or night,” says Tim Nguyen, corporate controller. “We believe that our patients will find it easy and user-friendly to complete pre-registration in advance – saving time and avoiding delay when they arrive for scheduled care.”

Secure online pre-registration for an array of inpatient and outpatient services along with bill payment are the newest, patient-friendly features available at the Palomar Health web site.

Pre-registration is accessed from the home page of www.PalomarHealth.org. The form allows patients to pre-register for planned services at Palomar Medical Center, Pomerado Hospital or Palomar Health Downtown Campus. For example, it is now possible to pre-register for your anticipated delivery in the Birth Center, or for surgery, radiology services, radiation therapy and a range of outpatient services.

“While we still provide telephone and onsite registration, we believe that our patients will soon learn that the online pre-registration is easier and more convenient,” Nguyen says.

Online bill payment is now available on the web site. Palomar Health worked with banking partners to create a secure, protected process that allows patients to pay for health services by credit card or from their bank account.

“Patients can log on to the PalomarHealth.org website from anywhere and choose how much and how often to pay off their account balance with just a few simple steps,” Nguyen says. “It’s just like banking online, and is also completely secure.”

Pre-Register, Pay Bills Securely Online

Fall Into Affordable Health Care

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

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

For more information, please call Palomar Health Patient Financial Services at 858.675.5264 or visit www.PalomarHealth.org/help.
The excitement surrounding the planning, construction and recent opening of the new Palomar Medical Center has ignited an extraordinary spirit of giving among a group of key supporters who share Palomar Health’s vision to transform the way health care is delivered – the physicians.

“While so many people from all walks of life have made generous donations in support of our capital campaign, we are thrilled to have received such heartfelt support from the physicians and physician leaders who care for our patients every day,” says Ann Braun, chief development officer, Palomar Health Foundation. “Their contributions, along with countless others, have helped to bolster the level of medical care and capabilities offered at Palomar Health hospitals and clinics.”

Physicians practicing at Palomar Health locations across the region have generously pledged more than $3.3 million toward the “Building Your Healthcare System of the Future” capital campaign. In addition, more than 70 percent of Palomar Health employees and countless individuals and organizations have also made contributions in support of the $55 million campaign.

Private support has also been an essential part in helping Palomar Health to provide physicians and medical staff with the most advanced technologies and facilities needed to provide the highest quality patient care. Palomar Health is the largest public health-care district in California. The trauma center, located at the new Palomar Medical Center, provides care for a 2,200-square-mile region.

“While the opening of the new Palomar Medical center marks a significant milestone in our journey, there is still much work to be done,” says Carol Stensrud Lazier, a major donor to the Palomar Health Foundation. “I encourage others to invest in the future of Palomar Health. Every gift, from $1 to $1 million, helps to make a difference.”

To learn how you can support Palomar Health with a tax-deductible donation, call the Palomar Health Foundation at 760.739.2787 or visit www.pphfoundation.org.

Volunteer.

Your wisdom, passion and experience can be used in a meaningful, life-changing way as a Palomar Health volunteer. We offer a caring, supportive environment, flexible hours and many opportunities at various locations – with or without patient contact. Call today to join our family of volunteers!

Palomar Medical Center 442.281.4074
Palomar Health Downtown Campus 760.739.3081
Pomerado Hospital 858.613.4659

You can also visit us online at www.PalomarHealth.org/volunteer.
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.