



HEALTH & HEALING
January – April 2015

Prevention+Plus

Get with the Cholesterol Guidelines

Updated guidelines may help reduce the risk of heart attacks and stroke.

The new cholesterol guidelines may cause some culture shock in our goal-oriented society. Instead of focusing on reducing cholesterol levels to a certain number, the new emphasis is now on treating patients according to individual risk factors.



"The new recommendations are not driven by reaching certain numbers as much as assessing a patient's risk and then based on those risks, taking medications or statins according to (individual) risks," says **Scott Miller, M.D.**, family medicine physician with Arch Health Partners.

The American Heart Association and the American College of Cardiology rolled out new cholesterol guidelines for health-care providers in November 2013. These updated guidelines are the result of the latest medical research and best practices for cholesterol treatment and are the first updates in a decade.

The new approach to determining cholesterol treatment includes age, gender (men are at a higher risk and at an earlier age than women), cholesterol levels, blood pressure, smoking and diabetes; which is new to the assessment.

Although approximately 30 million Americans currently take statins, the goal of these new guidelines is to make sure this treatment is used for people who can truly benefit from them. The guidelines make it clear that any decision about treatment should come as a result of patients working with their doctors to decide the best treatment – whether that means statins, lifestyle changes, or some other therapy.

"The new guidelines are not number based, they're outcome based," Dr. Miller says. "You take a certain dose of medicine (statins) to reduce your risk. You may need to increase the dose of medicine if your risk changes. For example, if you develop diabetes, have a rise in blood pressure or start smoking again, this increases your risk."

Heart disease is the leading cause of death in the world, with stroke at number two and statins have other biochemical effects that may also help reduce the risk for heart attack and stroke. By more accurately identifying people most likely to benefit from statins, millions of heart attacks and strokes may be prevented over the next couple of decades, creating a more heart-healthy environment.

Palomar Health offers a variety of heart-health classes throughout the year, including "New Cholesterol Guidelines: What You Need To Know" on page 2. Plus, in honor of heart month, Palomar Health is featuring an expanded heart-healthy class schedule this February. See page 7 for details.

To choose a physician affiliated with Palomar Health, call **800.628.2880**, or visit www.PalomarHealth.org/Doctor.

CLASSES GENERAL HEALTH

Treatment Options for Drug Dependency

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, January 27 6 – 7:30 p.m.



Join **S. Douglas Klein, M.D.**, board certified in addiction and internal medicine, as he discusses treatment options for prescription and illegal drug dependency or addiction.

FEE: Free – registration required

Healthy Aging

Pomerado Outpatient Pavilion, Education Classroom
Thursday, February 5 6 – 7:30 p.m.



What kind of physical changes can you expect as you age? How do you optimize good health along the way? Join **Elizabeth Salada, M.D.**, for this informative discussion on healthy aging.

FEE: Free – registration required

Oh, My Aching Feet

Pomerado Outpatient Pavilion, Education Classroom
Thursday, March 5 6 – 7:30 p.m.



Your feet bear tremendous pressures, carry the first signs of disease and are subject to injuries. Learn about common foot problems, prevention and treatment options from Podiatrist **Robert Vallone, DPM**.

FEE: Free – registration required

Common Gastrointestinal Disorders

Pomerado Outpatient Pavilion, Education Classroom
Thursday, March 19 6 – 7:30 p.m.



Gastrointestinal (GI) disorders can cause anxiety and morbidity if not managed properly. Join Gastroenterologist **Hyun Kim, M.D.**, as she discusses common GI issues and management.

FEE: Free – registration required

New Cholesterol Guidelines:

What You Need To Know

Pomerado Outpatient Pavilion, Education Classroom
Thursday, April 2 6 – 7:30 p.m.



Join Family Medicine Physician **Scott Miller, M.D.**, as he discusses the latest cholesterol guidelines and how poor results may put your health at risk, and even cause blocked arteries.

FEE: Free – registration required

Common Skin Disorders

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, April 7 6 – 7:30 p.m.



Join **Vanessa London, M.D.**, as she discusses the most common skin conditions and what you can do for happier, healthier skin.

FEE: Free – registration required

Understanding Depression & Anxiety Medications

Pomerado Outpatient Pavilion, Education Classroom
Thursday, April 9 6 – 7:30 p.m.



Join Psychiatrist **Badalin Helvink, M.D.**, as she discusses how to choose the right medication for depression and/or anxiety.

FEE: Free – registration required

Thyroid & Parathyroid Issues

Pomerado Outpatient Pavilion, Education Classroom
Monday, April 20 6 – 7:30 p.m.



Join Otolaryngologist **Patrick Fitzgerald, M.D.**, as he discusses signs, symptoms, diagnosis and treatment of issues with your endocrine glands.

FEE: Free – registration required

Sleep Health

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, April 21 6 – 7:30 p.m.



Join Sleep Specialist **Anoop Karippot, M.D.**, as he discusses the importance of sleep and how to manage your problems.

FEE: Free – registration required

CLASSES WOMEN'S HEALTH

Physical Therapy for Pelvic Floor Disorders

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, February 11 6 – 7:30 p.m.



Pelvic floor is the support of a woman's internal organs. Any weakness or tears in these muscles can create problems such as incontinence or leakage. Join **Megan Phillips, DPT**, as she discusses causes and treatments.

FEE: Free – registration required

Understanding Gynecologic Cancer

Pomerado Outpatient Pavilion, Education Classroom
Thursday, February 12 6 – 7:30 p.m.



Join Gynecologic Oncologist **Lejla Delic, M.D.**, as she discusses cervical cancer including risk factors, the importance of screenings, vaccines, prevention and treatment options.

FEE: Free – registration required

Getting Ready for Pregnancy

Palomar Health Downtown Campus, Graybill Auditorium
Thursday, April 23 6 – 7:30 p.m.



The steps to having a healthy and successful pregnancy start long before conception. Join OB/GYN **Elizabeth Cao, M.D.**, to learn things you can do now to help have a healthy baby later.

FEE: Free – registration required

CLASSES WEIGHT LOSS

Bariatric Dietary Education

Pomerado Hospital, Conference Room C/D
6 – 8 p.m.

Wednesday, January 7, February 4, March 4 or April 1



Join Bariatric Dietitian **Karen Merdinger, RD**, for dietary education on preparing for weight-loss surgery and guidelines for success.

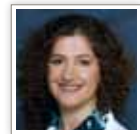
FEE: Free – registration required

Take Shape For Life – Medifast®

6 – 7:30 p.m.

Palomar Health Downtown Campus, Café Conference Room
Thursday, January 8, February 5, March 5 or April 2

Pomerado Outpatient Pavilion, Conference Room, 4th Floor
Tuesday, January 13, February 10, March 10 or April 14



Join **Susan Meram, M.D.**, and **Kim Kerrigan, NP**, as they explore the pitfalls of dieting and how you can lose weight quickly and safely. You will stay motivated while learning the skills to maintain a healthy weight. This is a medically supervised program that includes free coaching.

FEE: Free – registration required

Note: “Take Shape for Life” support groups are offered. See page 8 for dates, times and locations.



Advances in Weight Loss and Metabolic Surgery

Pomerado Hospital, Conference Room C/D

Charles D. Callery, M.D., FACS

Wednesday, January 14, 28; February 11, 25

March 11, 25 or April 8, 22 6 – 8:45 p.m.

Palomar Health Downtown Campus, Graybill Auditorium

Ramin Sorkhi, M.D., FACS

Wednesday, January 21 or March 4 6 – 7:30 p.m.



Are you 85 pounds or more overweight or considering weight-loss surgery to treat an obesity-associated condition, relieve medical problems or achieve lasting weight control?

Join Bariatric Surgeons **Charles D. Callery, M.D., FACS**, or **Ramin Sorkhi, M.D., FACS**, for an introductory seminar about gastric bypass, adjustable gastric band and sleeve gastrectomy.

Note: “Weight Loss Surgery” support groups are offered. Call 858.613.4022 for info.

FEE: Free – registration required

Fighting Fat Over 40: 3-Part Series

Pomerado Outpatient Pavilion, Education Classroom

Thursdays, January 15, 22 & 29 6 – 7:30 p.m.

Mondays, March 9, 16 & 23 10 – 11:30 a.m.



Join **Janice Baker, RD, CDE**, as she discusses the physiological changes that occur after age 40 and how to boost metabolism and drop the pounds.

FEE: Free – registration required

CLASSES INTEGRATIVE MEDICINE

Treating Sexual Dysfunction

Pomerado Outpatient Pavilion, Education Classroom

Tuesday, February 10 6 – 7:30 p.m.



Join **Matt Alavi, L.Ac.**, to learn about Traditional Chinese Medicine and its history of treating and preventing sexual dysfunction.

FEE: Free – registration required

Treating Seasonal Allergies with Chinese Medicine

Pomerado Outpatient Pavilion, Education Classroom

Wednesday, February 18 6 – 7:30 p.m.



Tired of the side effects of your allergy treatment? Join **Mike Corradino, DAOM**, to learn about Chinese Medicine solutions for seasonal allergies.

FEE: Free – registration required

Secrets to Happiness: 2-Part Series

Pomerado Outpatient Pavilion, Education Classroom

Wednesdays, March 4 & 11 6 – 7:30 p.m.



Everyone wants to be happy in life but are often overwhelmed to the point of illness and fatigue. Join **Alan Larson, M.D.**, for an interactive workshop to learn new ways to get your smile back.

FEE: Free – registration required

Treating Neck and Shoulder Pain Naturally

Pomerado Outpatient Pavilion, Education Classroom

Tuesday, March 31 6 – 7:30 p.m.



Join **Matt Alavi, L.Ac.**, to learn how to alleviate pain with the use of acupuncture and natural medicine.

FEE: Free – registration required

Living with Vitality and Longevity

Pomerado Outpatient Pavilion, Education Classroom

Wednesday, April 8 6 – 7:30 p.m.



Join **Mike Corradino, DAOM**, as he discusses how the ancient form of medicine, Yang Sheng Xue, has helped millions of people attain better health, longevity and vitality.

FEE: Free – registration required

Meditation Made Easy: 8-Week Series

Pomerado Outpatient Pavilion

Education Classroom 5:30 – 6:30 p.m.

Tuesdays, April 28 – June 23 (No Class May 26)

Join **Alan Larson, M.D.**, for a simple way to begin a practice of mindful meditation for stress reduction, pain relief and inner peace. Fee includes class materials and *8 Minute Meditation* book.

FEE: \$40 / person – registration required

FEE: \$40 / person – registration required



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 January – April.

To register for OASIS classes, call 760.796.6020.

Varicose Vein Treatment

OASIS – Escondido

Thursday, January 29 1 – 2:30 p.m.



Vascular Surgeon **Alexander Chang, M.D.**, will discuss diagnosis and treatment options for varicose veins. Plus, registrants receive a free ultrasound screening of veins below the knees.

FEE: \$5 / person – registration required

Diabetes and Cardiovascular Disease: What's the Link?

OASIS – Escondido

Wednesday, February 11 10 – 11:30 a.m.



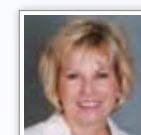
Did you know people with diabetes have a higher risk of heart attack or stroke? Join **Janice Baker, RD, CDE**, as she discusses diabetes and how you can lower your chances of heart disease.

FEE: \$5 / person – registration required

Heart Disease In Simple Terms

OASIS – Escondido

Wednesday, February 25 10 – 11:30 a.m.



Join **Luanne Arangio-Law, R.N., M.Ed.**, will discuss the anatomy of the heart in very basic terms along with risk factors, symptoms, diagnostics and treatment options for heart disease.

FEE: \$5 / person – registration required

Caring for Your Kidneys

OASIS – Poway

Wednesday, March 4 10 – 11:30 a.m.



Join **Janice Baker, RD, CDE**, as she reviews the most current recommendations to help reduce the risk of kidney disease or slow its progression.

FEE: \$5 / person – registration required

OASIS – Escondido

Joslyn Senior Center

210 East Park Avenue

Escondido, CA 92025

OASIS – Poway

Pomerado Hospital

Conference Room C/D

15615 Pomerado Road

Poway, CA 92064

Eating When It's Hard To Eat

OASIS – Escondido

Wednesday, March 25 10 – 11:30 a.m.



Join **Janice Baker, RD, CDE**, as she discusses healthy food choices for those with special nutrition needs, poor appetite or other issues that make eating a challenge.

FEE: \$5 / person – registration required

World's Deadliest Diseases

OASIS – Poway

Wednesday, April 1 10 – 11:30 a.m.



Modern medicine has done wonders to eradicate disease and extend human life. Join **Luanne Arangio-Law, R.N., M.Ed.**, for a fascinating look at the world's most threatening diseases.

FEE: \$5 / person – registration required

Hearing Loss and Emerging Technologies

OASIS – Poway

Tuesday, April 7 1 – 2:30 p.m.



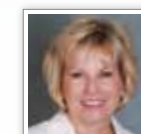
Hearing loss is an increasing problem, even among young adults, but the demand has created new incredible technologies. Join **David Illich, Au.D.**, as he discusses the latest hearing devices available and what's best for you.

FEE: \$5 / person – registration required

Things That Go Itch In The Night

OASIS – Poway

Wednesday, April 29 10 – 11:30 a.m.



Join **Luanne Arangio-Law, R.N., M.Ed.**, for an overview of the most common skin rashes. She will discuss diagnostic tests, treatment options, possible outcomes and when to see your doctor.

FEE: \$5 / person – registration required



Palomar Health Presents

An Evening with Mayo Clinic

February is American Heart Month – do you know how to take care of your ticker? Join Palomar Health and Mayo Clinic for a powerful learning experience focused on atrial fibrillation – the most common type of abnormal heart rhythm. From signs and symptoms to diagnosis and treatment, our leading experts will share the information you need to help get your beat back. See page 9 of *The HealthSource* for more information.

Focus on Atrial Fibrillation

the BabySource classes

Childbirth Preparation



Getting Ready for Pregnancy

Palomar Health Downtown Campus, Graybill Auditorium
Thursday, April 23 6 – 7:30 p.m.

Join OB/GYN Specialist **Elizabeth Cao, M.D.**, to learn what you can do now for a healthy baby later.

FEE: Free – registration required

Childbirth Essentials

Palomar Health Downtown Campus, Education Classroom
Saturday, March 21 9 a.m. – 4 p.m.

This fast-paced class is designed for the busy couple or parents looking for a refresher. Topics include signs and stages of labor, coping skills, hospital procedures, medication options, Cesarean birth and postpartum.

FEE: \$55 / mom or couple (includes childbirth manual)

Preparation for Childbirth: 5-Week Series

6:30 – 9 p.m.
Pomerado Outpatient Pavilion, Education Classroom
Wednesdays, January 7 – February 4 or April 15 – May 13
Tuesdays, February 24 – March 24

Palomar Health Downtown Campus, Education Classroom
Tuesdays, January 20 – February 17 or April 28 – May 26
Wednesdays, March 11 – April 8

Prepare for a safe and satisfying birth experience with this informative series. Tour of the birth center is included.

FEE: \$70 / mom or couple (includes childbirth manual)

Preparation for Childbirth: In a Weekend

Saturdays 9 a.m. – 3:30 p.m.
Sundays 10 a.m. – 3:30 p.m.

Pomerado Outpatient Pavilion, Education Classroom
January 10 – 11, February 7 – 8, March 14 – 15, April 11 – 12

Palomar Health Downtown Campus, Education Classroom
January 24 – 25, February 21 – 22, April 25 – 26, May 16 – 17

Prepare for a safe and satisfying birth experience with this informative weekend class. Same information covered in the five-week series. Tour of the birth center is included.

FEE: \$70 / mom or couple (includes childbirth manual)

Preparation for Childbirth: Just for Teens

Palomar Health Downtown Campus, Education Classroom
Saturday, January 31 9 a.m. – 4 p.m.

Led by a certified childbirth educator, expectant mothers 19 years of age and younger learn the same information covered in the regular childbirth class that is tailored to the unique needs of a pregnant teen. Tour of Palomar Health Downtown Campus Birth Center is included.

FEE: Free* – registration required

*Funding for this program provided through the Palomar Health Foundation.

Cesarean Birth Lecture

Call for dates, times and locations.

Expectant parents who anticipate a Cesarean birth may attend this one-hour lecture that is part of our regular childbirth series.

FEE: \$10 / mom or couple

Relaxation for Labor

Palomar Health Downtown Campus, Education Classroom
Wednesday, February 11 6:30 – 8:30 p.m.

Pomerado Outpatient Pavilion, Education Classroom
Thursday, April 30 6:30 – 8:30 p.m.

Breathing and relaxation techniques help soothe the body during contractions. This class builds upon the techniques introduced in the Preparation for Childbirth series.

FEE: \$10 / mom or couple

Birth Center Tours

Call for dates, times and locations.

Become familiar with the Birth Center and the state-of-the-art care you can expect during your momentous birth experience. No children please.

FEE: Free – registration required



Lactation Services



Successful Breastfeeding

Pomerado Outpatient Pavilion, Education Classroom
Thursdays, February 19 or April 16 6:30 – 9 p.m.

Palomar Health Downtown Campus, Graybill Auditorium
Mondays, January 26 or March 30 6:30 – 9 p.m.

Enhance your opportunity for a positive experience with this informative class led by a certified lactation consultant.

FEE: \$25 / mom or couple

Note: Breastfeeding support groups are offered. See page 8 for info.

Infant and Toddler Care



Understanding Your Child's Behavior: 10-Week Series

Palomar Health Downtown Campus, Café Conference Room
Mondays, January 5 – March 23 5 – 6:30 p.m.
(No Class January 19 or February 16)

Explore therapeutic interventions for behavioral concerns in children ages 0 – 5 with a trained parent educator. No childcare provided.

FEE: Free – registration required

Baby-Care Basics

Pomerado Outpatient Pavilion, Education Classroom
Friday, February 6 6:30 – 9 p.m.

Palomar Health Downtown Campus, Education Classroom
Friday, April 24 6:30 – 9 p.m.

This class will provide you with the guidance needed to experience a more confident beginning.

FEE: \$30 / mom or couple

Infant Massage: 5-Week Series

Pomerado Outpatient Pavilion, Education Classroom
Mondays, March 30 – April 27 9 – 10:30 a.m.

Learn the practice of gentle infant massage and the soothing effects it can have on your baby. Babies up to 12 months are welcome. To register call 877.504.2299.

FEE: Free – registration required

Young Adult Classes



Babysitting Basics*

Pomerado Outpatient Pavilion, Education Classroom
Saturday, February 28 9 a.m. – Noon

The HealthSource, San Marcos
Friday, March 20 6 – 9 p.m.

Boys and girls ages 10 – 14 learn to be safe and successful babysitters. Certificate received upon completion.

FEE: \$20 / boy or girl (includes course materials)

Becoming a Young Woman*

Pomerado Outpatient Pavilion, Education Classroom
Friday, February 20 6 – 7:30 p.m.

The HealthSource, San Marcos
Friday, April 24 7 – 8:30 p.m.

Young women ages 10 – 12 explore the emotional and physical changes of puberty in their own special way. Mothers are encouraged to attend. Please note there is no discussion on sex.

FEE: \$15 / daughter and parent

*Available for off-site instruction. Call 760.739.2004 for more information.

CLASSES CPR & FIRST AID CLASSES

American Heart Association (AHA) Basic/Advanced Life Support and Heartsaver First Aid Courses are sponsored by the Palomar Health AHA Training Center. The following American Heart Association courses are being offered.

Class information is available by calling 800.628.2880, or visit www.PalomarHealth.org/Classes. For an onsite group training with a minimum of six students, call 858.613.4444.

CPR for Family & Friends

Pomerado Outpatient Pavilion, Education Classroom
Friday, February 13 or April 17 9:30 a.m. – 12:30 p.m.

The HealthSource, San Marcos
Friday, February 27 or April 10 6 – 9 p.m.

This course teaches basic life saving techniques and is recommended for anyone who may need to help others in distress but does not need certification.

FEE: \$25 / person (book included)

Heartsaver CPR AED

This course teaches adult CPR skills and AED use, as well as how to relieve choking in an adult. Infant and child modules are included. Course card is issued after successful completion.

FEE: \$45 / person (book included)

BLS for the Health-Care Provider

This course teaches both single-rescuer and team basic life support skills, including use of an AED, ambu bag, mouth-to-mask ventilations and high-quality chest compressions. This includes adult, child and infant rescue techniques. Course card is issued after successful completion.

FEE: \$50 / person (book included)

Heartsaver First Aid

This course teaches critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. Course card is issued after successful completion.

FEE: \$45 / person (book included)

Advanced Life Support Courses

Palomar Health also offers Advanced Life Support Courses for health-care professionals. A completed registration form is required and can be found at www.PalomarHealth.org. Call 858.613.4444 for more info.

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials; do not represent income to the AHA.

Did You Know?

The first few years of a child's life play a critical role in his or her development. Palomar Health provides valuable classes that make early learning fun! Classes include Infant Massage, Understanding Your Child's Behavior, Learning Early: Adventures in Parenting (LEAP), and more. Call 877.504.2299 for class dates, times and locations.

February 2015 Heart Month

Living Healthy After a Cardiac Event

Pomerado Outpatient Pavilion
Education Classroom
Tuesday, February 3 6 – 7:30 p.m.



If you or a loved one has had a cardiac event, join Cardiologist **Robert Stein, M.D.**, as he discusses lifestyle changes that will enable you to return to a full and active life.

FEE: Free – registration required

My Beating Heart

Pomerado Outpatient Pavilion
Education Classroom
Tuesday, February 24 10 – 11:30 a.m.



Join **Luanne Arangio-Law, R.N., M.Ed.**, as she explores the electrical system of the heart in simple terms and discusses the most common heart arrhythmias along with anatomy, physiology and current treatment options.

FEE: Free – registration required

Eating for a Healthy Heart

Pomerado Outpatient Pavilion
Education Classroom
Wednesday, February 25 6 – 7:30 p.m.



Join **Janice Baker, RD, CDE**, as she discusses maintaining a healthy heart through cardiac-friendly nutrition.

FEE: Free – registration required

Heart Valve Disease

Palomar Medical Center
Raymond Family Conference Room
Thursday, February 26 6 – 7:30 p.m.



Heart valve disease occurs when one or more valves do not work well. Join Cardiologist **Mikhail Malek, M.D.**, as he discusses diagnosis, symptoms, complications and treatment available for this disease.

FEE: Free – registration required

Note: "Mended Hearts for Heart Disease Patients and Families" support group is offered. See page 8 for info.

CLASSES BONE & JOINT HEALTH

Heal Your Hips

Pomerado Hospital, Conference Room C/D
Monday, February 9 6 – 7:30 p.m.



Minimally-invasive hip replacement helps people resume activities with confidence. Orthopedic Surgeon **Brad Cohen, M.D.**, will discuss the causes of hip deterioration and advanced options for treatment.

FEE: Free – registration required

Beat Back Pain

Palomar Medical Center, Raymond Family Conference Center
Wednesday, February 18 6 – 7:30 p.m.



Battling back pain? Join Neurosurgeon **Sunil Jeswani, M.D.**, for a discussion on causes, diagnosis and advanced options for back pain relief.

FEE: Free – registration required

Free Your Knees

Pomerado Hospital, Conference Room C/D
Tuesday, March 10 6 – 7:30 p.m.



Join Orthopedic Surgeon, **William Winternitz, M.D.**, as he discusses the latest advances in treatment, including minimally-invasive partial and total knee replacement.

FEE: Free – registration required

Osteoporosis: Are You At Risk?

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, March 25 6 – 7:30 p.m.



Low bone density can occur anytime and could lead to osteoporosis or broken bones. Join **Alireza Falahati, M.D.**, as he discusses prevention, risks, symptoms, screenings and appropriate treatment.

FEE: Free – registration required

CLASSES DIABETES HEALTH

Diabetes 101

Pomerado Outpatient Pavilion, Education Classroom
10 – 11:30 a.m.
Tuesdays, January 20, 27; February 3, 10

Arch Health Partners, San Marcos (120 Craven, Ste. 205)
1 – 2:30 p.m.
Thursdays, January 22, 29; February 5, 12

Join **Janice Baker, RD, CDE**, for these informative classes on diabetes. Classes not taught as a series.

Week 1 – Introduction	Week 4 – Reducing Risks
Week 2 – Nutrition	Note: "Healthy Lifestyle" support groups are offered. See page 8 for info.
Week 3 – Medications & Monitoring	

FEE: Free – registration required

SUPPORT GROUPS

Breastfeeding Support

Fridays 1 – 2:30 p.m.

Pomerado Outpatient Pavilion
Education Classroom
Call 858.613.4053 for more info.

Tuesdays 2 – 3:30 p.m.

Palomar Health Downtown Campus
Call 760.739.2434 for more info.

Circle of Caring: Adult Bereavement Support

Sponsored by The Elizabeth Hospice.
Call 800.797.2050 for more info.

Head Injury, Trauma and Spinal Support System (HITSS)

Saturdays 9 – 10:30 a.m.

Palomar Health Downtown Campus
Café Conference Room
Call 800.986.4487 for more info.

Healthy Lifestyle Support

1st Wednesday of each month
6 – 7:30 p.m.

Pomerado Outpatient Pavilion
4th Floor Conference Room

2nd Wednesday of each month 3–4 p.m.

Arch Health Partners, San Marcos
120 Craven Road, Suite 205

1st Thursday of each month 10–11 a.m.

Ramona Branch Library
1275 Main Street, Ramona

Call 858.675.3284 for more info.

Class Locations

Pomerado Outpatient Pavilion
15611 Pomerado Road
Poway, CA 92064

Pomerado Hospital
15615 Pomerado Road
Poway, CA 92064

Palomar Health
Downtown Campus
555 East Valley Parkway
Escondido, CA 92025

Palomar Medical Center
2185 Citracado Parkway
Escondido, CA 92029

The HealthSource
125 Vallecitos de Oro
San Marcos, CA 92069

Mended Hearts for Heart Disease Patients and Families

Meets monthly
Call 619.477.7703 for more info.

Mothers of Twins & Triplets

Meets monthly
Call 858.722.7798 for more info.

Speech Communication Support

Tuesdays 3 – 4 p.m.

Palomar Health Downtown Campus
Graybill Auditorium

Take Shape For Life Support Groups

4th Tuesday of each month 6–7:30 p.m.

Pomerado Outpatient Pavilion
4th Floor Conference Room

Women's Cancer Support

1st and 3rd Wednesdays 10:30 a.m. – Noon

Pomerado Outpatient Pavilion
Education Classroom

Weight Loss Surgery Support

Meets monthly
Call 858.613.4022 for more info.

The views and opinions expressed throughout this publication are provided for informational purposes only and do not necessarily reflect those of Palomar Health. 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.

The HealthSource retains the right to cancel a community education class if minimum enrollment is not met. If you have a disability, please notify us 72 hours prior to the event so that we may provide reasonable accommodations. Off-site classes are also available for groups, businesses and other organizations that would like instruction on a particular health topic.

Call 760.739.2004 for more information.



Body Composition Screening

Pomerado Outpatient Pavilion, Lobby
Fridays, Feb. 13 and Apr. 17 1–3 p.m.

Knowing your body fat percentage is a useful tool for measuring weight management progress. Screenings are offered continuously from 1 – 3 p.m.

FEE: Free – registration required



Blood Pressure Screening

Palomar Health Downtown Campus
Café Alcove
1st Friday of each month
Noon – 2 p.m.

Pomerado Hospital, Lobby
2nd Tuesday of each month
Noon – 2 p.m.

Palomar Medical Center, Lobby
4th Tuesday of each month
Noon – 2 p.m.

Check your blood pressure regularly at no charge. No registration required.

Note: Hypertension support groups are offered the 2nd Wednesday of each month. Call 858.675.3284 for more info.

Find a Doctor Right for You

Finding the right doctor is easy at Palomar Health.

Just call 800.628.2880 for a FREE referral from one of our friendly representatives.

You can also search for a doctor online at:

www.PalomarHealth.org/Doctor

