

# the HealthSource

A HEALTH NEWS AND EDUCATION RESOURCE FOR INLAND NORTH COUNTY

January – April 2007

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PALOMAR  
POMERADO  
HEALTH  
SPECIALIZING IN YOU

# Write from the Top

Dear Friend of PPH,

With as much time as Americans spend at work, it's reinvigorating to know that the company you work for is known among the communities it serves as "the best place to work." In 2006, Palomar Pomerado Health was named the number one employer in San Diego by the Society of Human Resource Management, and the number one employer in Inland North County by *San Diego Magazine* and Employers Group.

Together, the PPH family made a challenge to ourselves to become the health system of choice for patients, physicians, nurses and staff – recognized nationally for the highest level of clinical care and access to comprehensive services. I am so proud of our employees. They are dedicated, hard working and caring individuals that have turned this vision into reality. It is reassuring to see others take notice of the tremendous strides we have made as an organization.

I invite you to read more about these recent accolades on page 13 of this issue of *The HealthSource*. We are honored by these recognitions, and we are committed to continuing to challenge ourselves to remain the health system of choice in 2007 and beyond.



In Good Health,

**Michael H. Covert, F.A.C.H.E.**  
President & Chief Executive Officer  
Palomar Pomerado Health

## the HealthSource Class Locations\*

### Poway

**Pomerado Hospital**  
15615 Pomerado Road  
Poway, CA 92064  
858.613.4000

**Women's Health Connection**  
Gateway Medical Building  
15725 Pomerado Road  
Suite 100  
Poway, CA 92064  
858.613.4894

### San Marcos

**The HealthSource**  
120 Craven Road  
Suite 103  
San Marcos, CA 92069

### Escondido

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

**Redwood Town Court**  
500 East Valley Parkway  
Escondido, CA 92025  
760.737.2437

**OASIS  
Westfield Shoppingtown**  
Formerly Robinson's May South\*\*  
280 East Via Rancho Parkway  
Escondido, CA 92025  
760.432.0635

# the HealthSource

## Volume 3 – Issue 1

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### Executive Editor

Janet Gennoe Klitzner  
Director of Marketing & The HealthSource  
janet.gennoe@pph.org

### Content Editors

Mary Coalson  
Health Education Specialist  
mary.coalson@pph.org

Tammy Chung  
Assistant to The HealthSource  
tammy.chung@pph.org

### Contributors

Gustavo Friederichsen  
Chief Marketing & Communications Officer  
gustavo.friederichsen@pph.org

Tami Weigold  
Marketing Manager  
tami.weigold@pph.org

Kathy Lunardi, R.N.  
Community Nurse Educator  
kathryn.lunardi@pph.org

CeCe Wilkens  
Wilkens Communications

Jennifer Decker Arevalo  
PSY/MED Media

### Design/Production

Chase Design  
info@chrischasedesign.com

Trina Hinch  
Marketing Project Manager  
trina.hinch@pph.org

Mark Seal  
Rush Press

### Photography

Janet Gennoe Klitzner  
Director of Marketing & The HealthSource

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

\*Off-site classes are also available for groups, businesses and other organizations that would like instruction on a particular health topic. Call **858.675.5372** for more information.

\*\*Health Education classes offered at the former Robinson's May South are provided by **OASIS** through sponsorship by Palomar Pomerado Health. To register for an **OASIS** class, call **760.432.0635**.

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Carol and Bill Stensrud are committed to the advancement of women’s and children’s health services. Learn how they are making a difference through our “Friends of the Foundation” profile.

## EDUCATION

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Palomar Pomerado Health is offering a wide variety of classes during the months of January through April. Check out our latest programs and register today!

*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.*

## Community Support Groups at Palomar Pomerado Health

### Arthritis & Osteoporosis

**NEW DAY!** Third Thursday of the month.  
Thursdays, January 18 and March 15  
12:30 – 2 p.m.  
**Redwood Town Court**

### Chronic Fatigue Immune Syndrome and Fibromyalgia Syndrome

2nd Wednesday of each month, 1 – 3 p.m.  
**Women’s Health Connection**

### Circle of Caring: Adult Bereavement Support Groups

Sponsored by the Elizabeth Hospice. Call **800.797.2050** for dates, times and locations.

### Diabetes Support Group

2nd Tuesday of each month, 7 – 8:30 p.m.  
**Palomar Medical Center**

3rd Tuesday of each month, 4 – 5:30 p.m.  
**Pomerado Hospital**

Call **858.613.4164** for more information.

### Mended Hearts Support Group: For Heart Disease Patients, Their Families and Caregivers

3rd Tuesday of each month, 6 – 7:30 p.m.  
**Palomar Medical Center**  
Call **760.739.3566** for more information.

### Menopause Information & Support

Thursday, February 15, 12:30 – 1:30 p.m.  
Thursday, April 19, 12:30 – 1:30 p.m.  
**Women’s Health Connection**

### Speech Communication Support Group

Every Tuesday, 3 – 4 p.m.  
**Rehabilitation Services**  
**Palomar Medical Center**

### Women’s Cancer Support Group

2nd and 4th Tuesdays, 6:30 – 8 p.m.  
**Redwood Town Court**  
1st and 3rd Wednesdays, 10:30 a.m. – Noon  
**Women’s Health Connection**



# Advanced Car

## New Treatment for Aortic Aneurysms

Patients with a thoracic aortic aneurysm (TAA) can now undergo less invasive heart surgery to treat their cardiac condition, thanks to the team of thoracic surgeons, radiologists and clinical staff at Palomar Pomerado Health (PPH).

“The GORE TAG thoracic endoprosthesis repairs a thoracic aortic aneurysm using minimally invasive endovascular surgery,” says Robert Reichman, M.D., a board-certified thoracic surgeon on staff at Palomar Medical Center. “This device allows us to repair the aneurysm without making a major incision in the patient’s chest.”

An aneurysm is a balloon-like bulge that develops when a section of the aorta becomes weak. It can occur anywhere along the aorta, which extends from the heart to the abdomen and then divides in two, one for each leg. If an aortic aneurysm increases in size, it may rupture and cause life-threatening internal bleeding.

Until recently, patients with a TAA had to have open-heart surgery during which the aorta, the body’s largest blood vessel that carries oxygen-rich blood, was cut and an artificial graft was sewn in place with permanent sutures to repair the aneurysm.

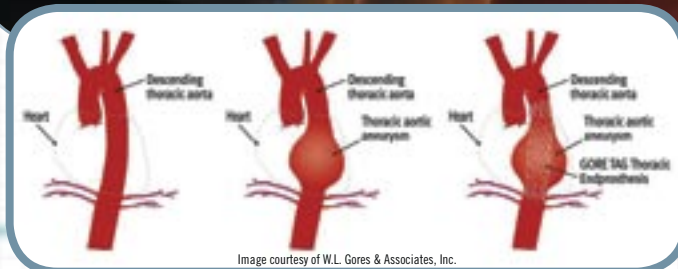
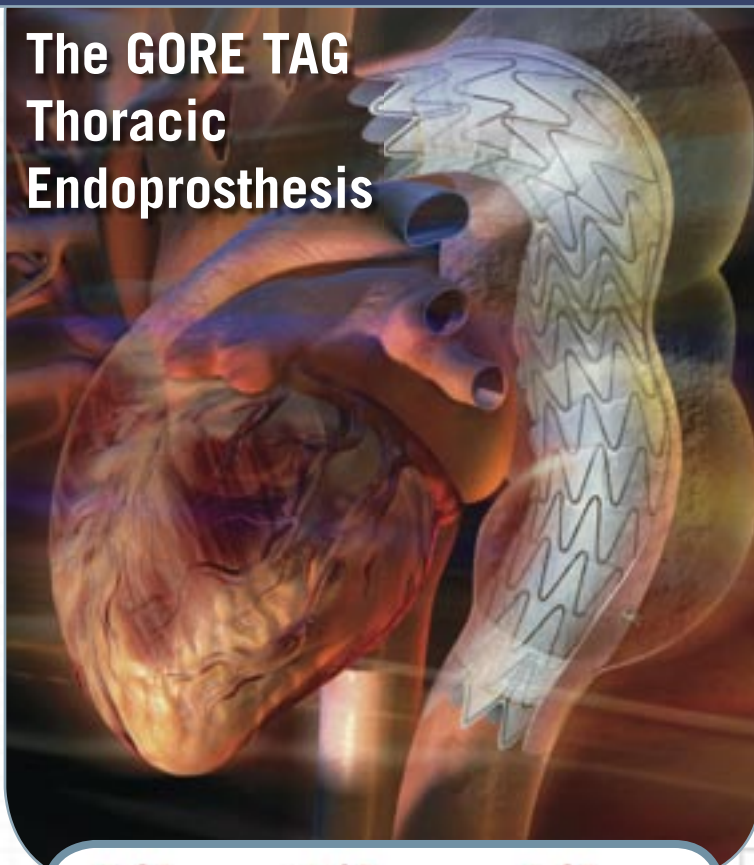
In endovascular surgery, which is a stent-graft, a Teflon-like mesh fabric (the graft) inside of a metal support cylinder (the stent), is inserted into the artery in the leg through a small incision in the groin.

Dr. Reichman uses fluoroscopy (“live” x-ray) to guide the catheter to a site that bridges the aneurysm and then deploys the graft, which expands to support the weakened blood vessel walls and allow blood to flow freely. The graft seals off the aneurysm and relines the artery wall causing the aneurysm to eventually shrink.

“This type of surgery is excellent for those patients who are elderly, have other pre-existing medical conditions and would not tolerate open surgery,” says Dr. Reichman, who trained under Ted Diethrich, M.D., the Arizona Heart Institute founder and medical director who pioneered this procedure.

To be considered for endovascular surgery, patients must undergo a series of preoperative imaging and implantation studies. to determine the size and placement of the stent-graft. Each stent-graft is customized to fit the length, diameter and width of a patient’s aorta. The surgery lasts approximately one to two hours and has minimal blood loss. The average length of stay in the hospital is two to three days following surgery and most patients resume normal activities within two weeks. **HS**

## The GORE TAG Thoracic Endoprosthesis



**Ladies! February is heart month – are you taking care of your ticker?**

Join us for a heart healthy luncheon and physician-led presentation on February 21 as part of our “Women in Health” partnership with the American Heart Association. Check out page 8 of this issue of *The HealthSource* to learn more.

## Get the Facts

- Approximately 15,000 Americans die of a ruptured aortic aneurysm each year in the U.S.
- Three out of every four individuals with aneurysms experience no symptoms, so the condition often goes undiagnosed.

Source: Society of Thoracic Surgeons, [www.sts.org](http://www.sts.org)

During the MAZE procedure, surgeons make several cuts in both atria to stop the abnormal electrical currents experienced with atrial fibrillation. The incisions create a “maze” of scar tissue, shown here, that allows for only one pathway for an electrical impulse – eliminating the sensation of a rapid, irregular heartbeat.

# e for *Your* Heart

## New Digital Echocardiography Enhances Real Time Images

With a one million dollar investment in echocardiography equipment, Palomar Pomerado Health (PPH) has become the first health-care facility in North County to offer super 2-D digital imaging of cardiovascular functions. At the heart of the advanced diagnostic technology are four Philips iE33 intelligent echocardiography systems. Three have been installed at Palomar Medical Center and one at Pomerado Hospital. This new generation of cardiac ultrasound equipment uses high-definition imaging to help physicians diagnose cardiovascular disease earlier.

Echocardiography was pioneered in 1953, when existing ultrasound technology was applied to provide images of the heart. The next major advancement in echocardiography came in the late 1970s, when 2-D cross-sectional views were made possible. Today, new digital capabilities enable physicians to accurately produce crystal clear, real-time images of the heart in a safe, non-invasive manner.

The new system facilitates quicker, less costly diagnosis and treatment of heart disease. It includes Xcelera information management and digital reading stations that enable physicians to access and view echocardiography, vascular and catheterization lab studies by computer from any location.

“We are able to provide better patient care and save lives because digital echocardiography allows us to distinguish between healthy and damaged tissue more quickly and accurately,” says Douglas Moir, M.D., a board-certified cardiologist on staff at Palomar Medical Center. “For example, the improved data quality and quantity reduces the need for the patient to undergo other, more invasive imaging studies. With digital echocardiography, we can characterize heart valve structure more definitively before surgery, so that we have a better sense of what needs to be done.”

Digital echocardiography also helps patients better understand their diagnosis. “Seeing is believing, and when you show patients the location and extent of plaque in the arteries in living color images, they understand how high cholesterol is affecting their heart,” Dr. Moir says. **HS**



## MAZE: A Surgical Cure for Atrial Fibrillation

Atrial fibrillation is the most common serious heart rhythm disturbance in the United States. It occurs when the heart's two small upper chambers (the atria) “quiver” instead of beating effectively because of abnormal electrical activity.

Many patients with atrial fibrillation (AF) have no symptoms and are unaware of the abnormal heart rhythm. Palpitations, an uncomfortable sensation of a rapid and irregular heartbeat, are the most common symptom of atrial fibrillation. Other symptoms include dizziness, fainting, weakness, fatigue, shortness of breath and angina (chest pain due to reduced blood flow to the heart muscles). Heart failure and stroke are two of the serious complications of AF.

The American Heart Association states that the likelihood of developing AF increases with age – more than two million Americans suffer from AF.

“Initially, atrial fibrillation patients are treated with medications to slow down their rapid heartbeats,” says Robert Reichman, M.D., a board-certified thoracic surgeon on staff at Palomar Medical Center. “If that does not work, we may consider doing a surgical procedure called MAZE.”

The MAZE procedure is considered the gold-standard therapy for AF and works by disrupting the out-of-sync electrical patterns that cause AF.

“Using a radio-frequency probe, we electrically isolate the origin of the bad beat from the rest of the heart muscle and make several cuts in both atria to stop the formation and conduction of abnormal electrical currents,” says Dr. Reichman. These precisely placed incisions create a “maze” of scar tissue, which does not conduct electrical activity and allows for only one pathway for an electrical impulse to travel from the top to the bottom of the heart.

According to the Society of Thoracic Surgeons, the MAZE procedure is highly effective in restoring normal rhythm. **HS**

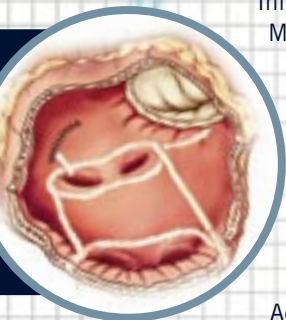
## Significant Growth in Cardiovascular Services

Since 1994, the demand for cardiovascular services at Palomar Pomerado Health has grown significantly, as has the growth in vascular studies.

1994: 1,630 echocardiograms were performed at Palomar Medical Center.

2005: 4,000 echocardiograms were performed at Palomar Medical Center.

“The addition of the new iE33 system improves efficiency, helping us keep pace with the expanded demand for services,” says George Herrera, RDCS, cardiovascular sonographer. “It is also a reflection of the tremendous expansion of services over the years and the commitment by PPH to provide the highest quality of care for our patients.” **HS**





# the HealthSource Classes

Check out the latest programs available and register today!

## Heart Health

### Living with Congestive Heart Failure

**OASIS**

Wednesday, February 7  
10:30 a.m. – Noon

*A diagnosis of congestive heart failure can be frightening, but living a full and enjoyable life is possible with proper treatment and active attention to lifestyle. Join cardiac nurse Barbara Buesch as she helps you and your loved ones to better understand and manage this condition.*

**FEE: \$3 / participant**

### Peripheral Arterial Disease (PAD)

**OASIS**

Wednesday, February 28  
10:30 a.m. – Noon

*Peripheral Arterial Disease (PAD) is a condition similar to coronary artery disease and carotid artery disease. In PAD, fatty deposits build up in the inner linings of the artery walls. Join diagnostic radiologist Paul Rickards, M.D, as he discusses risk factors, diagnosis, treatment, and lifestyle changes to reduce risk.*

**FEE: \$3 / participant**

### Good Fats, Bad Fats: Controlling Cholesterol Includes Cholesterol Screening!

**Women's Health Connection**

Two part series: Mondays, March 5 and 12  
10 a.m. – Noon

*Fat and cholesterol are both good and bad, making it a complicated matter for anyone trying to stay healthy. This two-part class is led by registered nurse Kathy Lunardi who will explore the effects of "bad" cholesterol (LDL), including Trans Fatty Acids, and the benefits of "good" cholesterol (HDL). A cholesterol screening will be conducted during the first session, revealing the following results within minutes: total cholesterol, triglycerides, HDL, LDL and glucose. Fasting is not necessary. Space is limited. To register, call **The HealthSource** at **800.628.2880**.*

**FEE: \$15 / participant**

## Cardiac Rehabilitation

**Palomar Medical Center**

Call 760.739.3566 for dates, times and fees.

*Medically supervised program for those recovering from a cardiac event.*

## Lung Health

### Kick the Habit: Smoking Cessation

**Palomar Medical Center, Education Classroom**

Eight-week series  
Wednesdays, February 21 – April 11

*PPH's smoking cessation class, led by oncology nurse Kay Kimball, RN, MSN, OCN, explores the challenges of "quitting" and provides the tools and support necessary to help you kick the habit. This eight-week series meets on Wednesday evenings and includes six sessions of information (with comprehensive workbook) followed by two weeks of support group meetings for those who quit.*

**FEE: \$125 / participant – Register with a friend for just \$100 each!**

## Pulmonary Rehabilitation

**Palomar Medical Center**

**Pomeroado Hospital**

Call 760.739.3685 for dates, times and fees.

*Education and physical conditioning for those suffering from any form of pulmonary disease.*

## Blood Pressure SCREENINGS

### OASIS

Second Monday of each month,  
Noon – 2 p.m.

### Pomeroado Hospital Lobby

Second Tuesday of each month,  
Noon – 2 p.m.

### Palomar Medical Center Lobby

Fourth Friday of each month,  
11 a.m. – 1 p.m.

**Check your blood pressure  
regularly at no charge.**

### Women's Health Connection

Monday – Friday,  
10 a.m. – 6 p.m.

**Call 858.613.4894 for an  
appointment.**



# Healthy Living with Joan Lunden



Joan Lunden, one of America's most recognized and trusted television personalities, will provide the keynote address during the 2007 Palomar Pomerado Health Women's Conference to be held Saturday, May 19, at the new Rancho Bernardo Inn Conference Center. The popular broadcast journalist will join physician experts and other wellness professionals to address the most significant health issues facing women today.

As host of ABC-TV's Good Morning America for almost two decades (1980-1997), Lunden helped millions of viewers greet each new day. During her tenure she reported from 26 countries, covered four presidents, five Olympics and two Royal weddings – and all the while kept Americans up to date on how to care for their homes, their families and themselves.

In fact, Lunden is an advocate for women's health and in recent years has embraced exercise and healthy eating as a way of life – looking and feeling years younger. "Here I was, an informed woman, interviewing experts day after day – but I was not eating healthy, I was overweight and inactive," recalls Lunden. "I was dragging ... so busy with kids and work."

After meeting with a nutritionist and trainer and shedding her excess weight, Joan began to sleep better and feel more energetic and less stressed. "My cholesterol and blood pressure improved and I regained a vibrance and vitality that was very visible," says Lunden. "I'm 56 years old and I'm so much more fit and healthy and active than I was at 35."

Lunden, a wife and mother of seven children, including two sets of twin toddlers, looks forward to sharing some of her life experiences and inspirations for healthy living with conference guests. "I've learned that we are in control of our own destinies, that the future and quality of life is very much in our hands. I'm living proof of that. And I fully expect to be engaged in life 30 years from now!"

In addition to Lunden's message, conference participants will enjoy a light breakfast, free health screenings, a wide variety of exhibits, gourmet lunch and the opportunity to attend physician-led educational sessions on topics ranging from heart disease and menopause to fitness and cosmetic surgery. 10News Anchor Carol LeBeau will emcee the event. **HS**

**2007**

## Palomar Pomerado Health Women's Conference Saturday, May 19, 2007

8 a.m. – 4 p.m.

**The NEW Conference Center  
at Rancho Bernardo Inn**  
17550 Bernardo Oaks Drive  
San Diego, CA 92128  
Registration: \$60 per person

Includes light breakfast, gourmet luncheon, health screenings, opportunity prize drawing, free gift bag and more. Space is limited. To register, call **800.628.2880** or visit [www.pph.org](http://www.pph.org).

10News Anchor Carol LeBeau will provide the morning keynote address and serve as the emcee for the 2007 PPH Women's Conference.



# Cancer

## I Can Cope

### Palomar Medical Center

Tuesdays

January 30; February 6, 13, 20, 27; March 3

3 – 4:30 p.m.

*Oncology nurse Kay Kimball leads this FREE series of educational classes for people confronting a cancer diagnosis. Open to patients and families through the collaborative efforts of the American Cancer Society and PPH Cancer Resource Centers. To register, call 858.613.4044.*

**FEE: Free**

## Look Good, Feel Better

### Palomar Medical Center, Education Classroom (Bilingual)

Monday, February 26

5 – 7:30 p.m.

### Pomerado Hospital, Meeting Room C

Monday, February 26

1 – 3:30 p.m.

*A class designed to help women cope with the appearance-related effects of cancer treatment. All cosmetics and skin care products are complimentary. Sponsored by the American Cancer Society and Palomar Pomerado Health. To register, call the American Cancer Society at 619.682.7440.*

**FEE: Free**

## Wigs, Wig Products & Protheses



Wigs, wig products and breast prostheses are available at competitive prices from the PPH Cancer Resource Centers and the Women's Health Connection Boutique. **Please call for more information.**

### PPH Cancer Resource Centers:

**858.613.4044** (Poway)

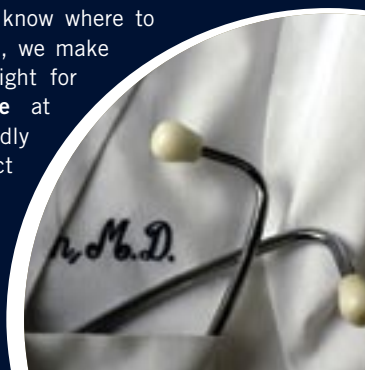
**760.739.3943** (Escondido)

### Women's Health Connection Boutique:

**858.613.4894** (Poway)

## Finding the Right Doctor is Easy at PPH

Looking for a physician and don't know where to start? At Palomar Pomerado Health, we make it easy to find the doctor that's right for you. 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 600 affiliated physicians are committed to providing you and your family with top-quality clinical care in a caring environment.



# Lunch & Learn for Ladies

Palomar Pomerado Health (PPH) is proud to sponsor the American Heart Association's 2007 Women in Health Luncheon Series. The six-part series is designed to create an environment all about women – exploring their health, interests, concerns and lifestyle issues.

“Our goal is to energize, inspire and empower San Diego women as they care for themselves and their families,” says Diane Key, service line administrator for Women's and Children's Services at PPH.

Luncheons will be held every other month throughout 2007, beginning in February. The cost to attend is \$25 per person which includes a gourmet lunch, featured speakers, health screenings and more. To register, call **The HealthSource** at **800.628.2880**. **HS**

## 2007 Women in Health Luncheons

### What is Your Cardiac IQ?

**Robert Stein, M.D.; Barbara Buesch, R.N.; Suzie Arnegger, heart attack survivor**

*Do you have a family history of heart problems? Are you making healthy choices in the areas of diet and exercise? Join cardiologist Robert Stein, M.D., and Barbara Buesch, R.N., as they discuss risk factors, warning signs and lifestyle options for a healthier you. Plus, heart attack patient Suzie Arnegger shares her personal story of survival and the “red flags” every woman should know about.*

**Wednesday, February 21**

**California Center for the Arts, Escondido**

340 North Escondido Blvd.

Escondido, CA 92025

**Health Screenings: 10:30 – 11:30 a.m.**

*Blood pressure, body fat, cholesterol*

**Luncheon: 11:30 a.m. – 1 p.m.**

**FEE: \$25 / person**

### Midlife Maintenance:

#### A Closer Look at Menopause and Osteoporosis

**Kay Bradshaw-Smith, P.A.C.; Cynthia Robertson, M.D.**

*Unravel the mystery of menopause with a closer look at this midlife change. Physician's Assistant Kay Bradshaw-Smith will explore hormone replacement therapy, alternative therapies and other lifestyle changes designed to help you cope better. Plus, Cynthia Robertson, M.D., reveals the risk factors for osteoporosis and steps you can take to prevent, detect and correct low bone mass.*

**Wednesday, April 4**

**Carmel Mountain Ranch Country Club**

14050 Carmel Ridge Road

San Diego, CA 92128

**Health Screenings: 10:30 – 11:30 a.m.**

*Bone density, blood pressure, body fat*

**Luncheon: 11:30 a.m. – 1 p.m.**

**FEE: \$25 / person**

*Additional luncheons will be held on the first Wednesdays of June, August, October and December. Look for more information in the next issue of The HealthSource or visit us online at [www.pph.org](http://www.pph.org).*



# Hospital of the *FUTURE*

Architect's model of the new Outpatient Services Pavilion at Pomerado Hospital, scheduled to open in August 2007.

## Expanded Women's Services Will Open in New Outpatient Pavilion



**The new 170,000 square-foot Outpatient Services Pavilion behind Pomerado Hospital will be the home of the Women's Center which will provide an expanded array of women's health services. The Women's Center is scheduled to open in August 2007.**

"Our vision is to provide a continuum of comprehensive care in one location where women have access to physicians, imaging services, education, preventive screenings, supplies and information needed to help them take care of their health," says Diane Key, R.N., service line administrator for women's and children's services.

In keeping with Palomar Pomerado Health's (PPH) overall facilities expansion plan, the building creates a healing environment. This is accomplished through an open, natural light-infused design with sweeping views of healing and meditative gardens, water features and the hills surrounding the Pomerado campus.

The Centre for Health Care, a multi-specialty medical group with approximately 50 health-care providers, has leased the third and fourth



Architect's rendering depicting the interior space of the waiting room and boutique in the Women's Center.

floors, plus additional space on the fifth floor. Other medical specialties that have signed leases include cardiology, obstetrics/gynecology, gastroenterology and general surgery.

"Additional physicians will provide a full spectrum of services on a part-time basis by sharing suites on a day-by-day basis," says Jim Flinn, chief administrative officer for Pomerado Hospital. "This will bring a range of specialty services such as perinatology (for high risk pregnancies), cardiology, plastic and reconstructive surgery, oncology, gynecology and obstetrics to our community throughout the week."

The new comprehensive Breast Care Program will provide medical care, imaging services, education, supplies and support services in one location. Imaging services will include digital mammography, breast ultrasound and stereotactic breast biopsy. A radiologist specializing in breast imaging will be available on site.

"A specially trained breast care nurse navigator will be available to assist women in understanding the many options and services that are available when breast cancer has been diagnosed," Key says. "In addition to helping schedule necessary medical appointments, the nurse is skilled in providing emotional support and resource information to help the patient and family make the best choices for her situation."

PPH's Women's Health Connection and Boutique, currently located in the Gateway medical office building on Pomerado Road, will relocate to the new Outpatient Services Pavilion. This clinical retail and resource center is staffed by specially trained nurses and is open to the public. In addition to a wide variety of products for sale and rental – including breast pumps, lactation supplies, wigs, hats and breast prostheses – the Women's Health Connection also offers an extensive lending library covering a wide variety of women's health issues, breastfeeding information services, health education classes, support groups and a computer for Internet research on health issues.

"Our services will continue to grow to meet the needs of our community," says Key. "For example, we are considering including a medi-spa where soothing and restorative treatments will augment the medical services available to women. We will listen to the women we serve and respond to their ideas and suggestions." **HS**

## General Health

### Maximizing Your Memory

#### OASIS

Wednesday, March 7  
10:30 a.m. – Noon

*Although memory problems and loss of mental acuity often occur during the aging process, a few lifestyle changes can greatly improve memory function. Join Laura Printy of the Alzheimer's Association as she explains how to identify types of memory, recognize mental changes common with normal aging, and understand strategies for improving memory. To register, call OASIS at 760.432.0635.*

FEE: \$3 / participant

### Health Care on the Road: Tips for Worry-Free Road Trips

#### OASIS

Monday, March 26  
10:30 a.m. – Noon

*Don't let health issues keep you from taking that dream road trip. Learn from a well-traveled nurse how to prepare for the unexpected. Linda Brown, R.N., reveals how to find a hospital in a strange area, what to do about prescriptions and what kind of health information you should have available for emergencies. To register, call OASIS at 760.432.0635.*

FEE: \$3 / participant

### Senior Resources in San Diego County

#### OASIS

Wednesday, April 4  
10:30 a.m. – Noon

*Whether you're confronted with health issues, caregiver issues or just general questions about your personal situation as a senior citizen, there are numerous resources in San Diego that may address your specific need. Join My Linh Tran with Aging & Independent Services as she provides tips to help you remain independent. To register, call OASIS at 760.432.0635.*

FEE: \$3 / participant

### Hospital Visitation:

### Learn to Make the Most of a Difficult Situation

#### OASIS

Wednesday, April 18  
10:30 a.m. – Noon

*Have you been at a loss for words when visiting a loved one in the hospital? There are things you can do to be encouraging and supportive. Join Chaplain Bill Hard from Palomar Medical Center as he provides tips for making the most of hospital visitation. To register, call OASIS at 760.432.0635.*

FEE: \$3 / participant

## Diabetes

### Diabetes and Good Nutrition

#### OASIS

Wednesday, January 24  
10:30 a.m. – Noon

*Cooking and eating healthy helps with body processes and reduces the risk of diseases such as cancer, heart disease, stroke, osteoporosis and diabetes. Join registered dietitian and diabetes health educator Halle Eibling, M.S., as she reveals simple, healthy tips on meal planning that will benefit anyone. To register, call OASIS at 760.432.0635.*

FEE: \$3 / participant

### Diabetes Education

#### The HealthSource, San Marcos

Classes offered weekly.

Call 858.613.4164 for dates, times and fees.

*DiabetesHealth education classes are designed to help individuals with diabetes and their families improve their health status and quality of life. Classes range from a core education series to specific needs that focus on self-blood glucose monitoring, nutritional meal planning, carbohydrate counting, oral medications and gestational diabetes. DiabetesHealth is certified by the American Diabetes Association and accredited by California's "Sweet Success" program for gestational diabetes.*

# Talk Time: Chat with a Health Expert for FREE!

### Talk Time with Lynne Thomas, D.D.S., F.A.G.D.

#### Women's Health Connection

Thursday, February 15  
2 – 3:30 p.m.

*Do you believe the perfect smile and beautiful teeth are just a visit away from the cosmetic dentist? While dramatic TV makeovers may make it look easy, it's important for patients to address the general health of their teeth and gums first. Without this critical step, the initial improvement of the teeth, and perhaps even the health of the patient, may suffer. Join Lynne Thomas, D.D.S., as she discusses some of the issues of today's dental patient.*

FEE: Free



### Talk Time with Jill Cotel, M.D.

#### Internal & Integrative Medicine

#### Women's Health Connection

Thursday, April 12  
2 – 3:30 p.m.

*Integrative medicine is the practice of combining the best of conventional and natural medicine to promote health, prevent illness and treat disease. Talking with an expert in this field is the best way to address your questions about the many health benefits of this practice. Join Dr. Cotel in this informal and relaxed setting as she shares her experience and knowledge.*

FEE: Free



Light refreshments will be served. Space is limited. Call The HealthSource at 800.628.2880 to register today!

# Completing the Quest for a **New You**

## Reconstructive Surgery After Weight Loss!

Following her gastric bypass surgery two years ago, Jeneé Lucia elected to have an abdominoplasty (tummy tuck) to remove the sagging skin that resulted from her significant weight loss.

The last issue of *The HealthSource* featured news about bariatric surgery, a procedure that helps severely obese people lose weight. After stabilizing their weight loss, many patients are choosing to have reconstructive surgery to remove excess skin and tighten lax muscles.

Excessive weight not only heightens health risks such as diabetes or heart failure, it stretches the skin and loosens muscle tone. Over time, the skin and muscles lose the ability to regain shape. While bariatric – or gastric bypass – surgery helps chronically overweight patients lose weight and improve their overall health, it does not address the issue of sagging skin and loose muscles.

“Patients who have had gastric bypass surgery are so courageous,” says Abhay Gupta, M.D., a board-certified plastic and reconstructive surgeon on staff at Pomerado Hospital. “They have gone through so much with that surgery and their continued commitment to lifestyle changes that help them achieve and maintain their weight loss goals. Taking the next step of removing excess skin with reconstructive surgery benefits both men and women.”

When a significant amount of weight is lost following gastric bypass surgery, a patient can be left with a tremendous amount of hanging skin that does not shrink back to the person’s new body shape. This excess skin also can cause hygienic problems, skin irritation, skin breakdown and pain, and infection.

Dr. Gupta and his partner, Munish K. Batra, M.D., specialize in reconstructive surgery following gastric bypass. The physicians help each patient set realistic expectations for reconstructive surgery. Identifying priorities is important as almost any part of the body – from head to thighs – can be reconstructed to tighten skin and muscles.

“The abdomen is the most challenging because there is usually significant bulging and laxity,” Dr. Gupta says. “We are able to strengthen the abdominal wall, reposition the belly button, and even remove and lift excess tissue above the pubic area to alleviate irritation that occurs.”

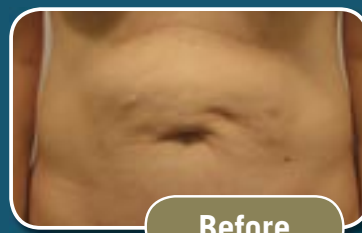
## Weight Loss Surgery Seminar

Office of Dr. Charles Callery and Dr. Kyle Potts

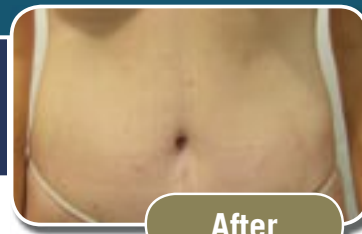
Tuesdays

5:30 – 8:30 p.m.

Considering weight loss surgery? Explore your options through the Surgical Weight Loss Program at Pomerado Hospital. Join us at one of our general education seminars held at the physicians’ office located at 15725 Pomerado Road, Suite 203A in Poway. Reservations are required. **For more information, or to reserve a space at the next seminar, please call 858.675.0883.**



Before



After



Jeneé Lucia is 125 pounds lighter and toned following her gastric bypass and reconstructive surgery.

Two nearly back-to-back accidents caused a normally fit and trim Jeneé Lucia to be immobilized by pain. She gained significant weight due to complications with medicines and being unable to exercise. Despite a variety of diets, the extra pounds continued to add up until she weighed more than 270 pounds. Her breasts became so enlarged she had difficulty sleeping at night.

After having gastric bypass surgery two years ago, she worked to achieve and maintain her target weight of 145 pounds. However, when she looked in the mirror each day, she was reminded of her previous struggle with pain and obesity. She decided to take the next step.

After researching to find an experienced physician, Jeneé consulted with Dr. Batra and Dr. Gupta. In June she had an abdominoplasty (tummy tuck), with abdominal wall reconstruction, and mastopexy (breast lift), with breast reconstruction and implants, performed by the two surgeons.

“Gastric bypass took me half the way to my personal goal,” Jeneé says. “Having reconstructive surgery finished the process and I am happier than ever. Now, I feel and look more confident.” **HS**

## LifeLine



Palomar Pomerado Health’s Lifeline Personal Emergency Response 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.**

## FREE INSTALLATION – SAVE \$75

Mention this ad and save \$75 with a FREE Lifeline installation through February 28, 2007. Don’t delay, call 858.675.5371 to take advantage of this special offer today!

# Meet the Instructors:

Traci Thys and Jay Byers



As one of Palomar Pomerado Health's (PPH) newest exercise instructors, Traci Thys is a firm believer in "move it or lose it!"

"Even though my grandmother had painful rheumatoid arthritis, she moved all the time," says Thys, who is credentialed by the state of California to teach physical fitness for older adults. "I am basically a shy person and never thought that I would

become an exercise instructor and be in front of people. I guess I was inspired by my grandmother!"

Thys started her career as a swimmer, training as a lifeguard and water safety instructor. She has taught water exercise classes in back strengthening, water arthritis, Arthritis Aquatics and circuit training for 13 years at the Charles Hulme Community Pool at the Nicolaysen Center in Escondido. Teaching in the therapy pool allowed her to work with people of all abilities and ages.


Several years ago, Thys learned they needed land instructors at the center. "Since I considered myself a 'fish out of water,' I had to learn how to do land courses for seniors," she says. "Now I do both all the time!"

Jay Byers, who is a senior citizen and cancer survivor, understands the importance of exercise in older adults to maintain a good quality of life. "As part of my cancer treatment, I had to undergo a serious operation," says Byers. "I was physically fit before surgery, so I recovered rapidly."

"Too many seniors have the wrong idea that, because they are old, it will take forever to recover from surgery," says Byers, a certified personal trainer. "It doesn't have to be that way. Even though we are aging, our bodies will continue to get strong and our muscles won't atrophy, if we exercise."

Byers, who learned anatomy as a medic in the military and also worked in the aerospace industry, is passionate about exercise. He had taught karate and other adult exercise classes in the past, but it wasn't until his wife of 48 years, Janet, had a heart attack in 1999 that he became a personal trainer.

When he is not teaching, Byers enjoys fishing with the oldest of his three grandchildren, playing basketball and cards, or reading his favorite science fiction series.

"In my daily life, I live by the philosophy of love, peace and mercy," he says. 

## Exercise

### Get Fit and Stay Strong

#### OASIS

Tuesdays and Thursdays  
12:30 – 1:30 p.m. or 1:45 – 2:45 p.m.

Exercise instructors Jay Byers and Traci Thys lead this fitness class using bands, weights and the stability ball to increase your bone density, core strength, endurance and balance – all while you're having fun! To register, call **OASIS** at **760.432.0635**. New participants start at the beginning of each month.

January 9 – 30      FEE: \$35 for 7 classes

February 1 – 27      FEE: \$40 for 8 classes

March 1 – 29      FEE: \$45 for 9 classes

April 3 – 26      FEE: \$40 for 8 classes

### Keep on Exercisin'

#### The HealthSource, San Marcos

Tuesdays and Thursdays  
8 a.m.

Exercise instructor Jay Byers teaches low-impact aerobics, stretching exercises and how to use lightweights for building muscle strength and endurance. To register, call **The HealthSource** at **800.628.2880**.

FEE: \$30 per month / participant

### Beginning Weight Training

#### The HealthSource, San Marcos

Wednesdays  
6 p.m.

Exercise instructor Jay Byers leads this introduction to weight and strength exercises. To register, call **The HealthSource** at **800.628.2880**.

### Adult Fitness

#### Palomar Medical Center

Call **760.739.3566** for dates, times and fees.

A medically supervised exercise program for anyone.

### Westfield Walkers

#### Westfield Shoppingtown North County

Tuesdays and Thursdays  
8:30 a.m.

Did you know that walking is a great form of exercise to improve your cardiovascular health, respiratory health and muscle tone? It reduces stress, adds years to your life, and life to your years! Get your feet moving with Westfield Walkers, a free walking fitness program co-sponsored by Palomar Pomerado Health and designed for people of all ages. No expensive equipment or tremendous athletic ability is required – all you need is a good pair of walking shoes. Walkers meet near the information booth on the lower level for a group warm-up session followed by a walk at your own pace. Registration is not required.

PPH Named

# Best Place to Work



The Society of Human Resource Management has named Palomar Pomerado Health (PPH) as the number one employer in San Diego County. PPH received the Marble Award for large companies, which recognizes workplace excellence and the employer of choice for 2006.

PPH earned this year's title of Best Employer by beating out several major health-care systems and large companies in San Diego County. More than 123 companies for the distinction of being San Diego's employer of choice.

The Society of Human Resource Management created the workplace excellence awards seven years ago to illustrate how exceptional human resource practices translate into employee satisfaction and successful company performance and profitability. It is unique in that employees are eligible to nominate their company.

"At PPH, we all made a challenge to ourselves to become the health system of choice for patients, physicians, and employees – recognized nationally for the highest quality of clinical care and access to comprehensive services, said Michael H. Covert, president and CEO of Palomar Pomerado Health. "I am so proud of our staff. They are dedicated, hard working and caring individuals that have turned this vision into reality. It is reassuring to see others take notice of the tremendous strides we have made as an organization," said Covert.

The Society of Human Resource Management evaluated each nominated company with an application process, a panel of independent judges, and interviews with human resource executives and CEOs. Points were awarded, among other criteria, for human resource innovation, impact on the business, and implementation excellence of human resource practices.

This was the second time that PPH has been named best place to work in a single year. In October 2006, *San Diego Magazine* awarded PPH as Inland North County's number one employer among companies with more than 500 employees. The honor was determined by the inaugural "San Diego's Best Workplaces" survey conducted by Employers Group, the nation's oldest and largest nonprofit employer association dedicated to human resources management. Two surveys were developed to help determine the best workplaces. The first measured policies and practices in nine categories, and a second survey was a confidential employee satisfaction survey, with a random sampling of workers. More than 300 companies from all industry categories participated, and scores from both surveys were combined to determine the 10 best workplaces in three size categories.

"Our physicians, nurses and administrative staff are the reasons why we are a great place to work," said Marcelo Rivera, M.D., Chairman of the PPH Board of Directors. "We are honored and humbled by these recognitions, and will continue to challenge ourselves to remain the health system of choice." **HS**

## CPR & First Aid Classes

### Newest AHA Science and Evidence-Based Courses

### American Heart Association Basic/Advanced Life Support and HeartSaver First Aid Courses

Courses are offered through the Palomar Pomerado Health/American Heart Association (AHA) Training Center. Onsite group training is available with a minimum of six participants. The AHA strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA, and any fees charged for such a course do not represent income to the AHA.

### Basic Life Support Courses

Call **800.628.2880** for dates, times, locations and registration information on the following classes.

### CPR for Family and Friends (Non-Certified)

*This course teaches basic life saving techniques including how to relieve an obstructed airway. It is suggested for the lay rescuer such as new parents, babysitters, and caregivers.*

**FEE: \$25 / participant**

### HeartSaver CPR (Certified)

*This class provides CPR certification and is designed for the layperson who may serve as a rescuer in the workplace such as flight attendants, teachers, daycare providers and security personnel.*

**FEE: \$40 / participant**

### BLS for the Healthcare Provider

*This class provides CPR certification for the health-care professional, paramedic, lifeguard or nursing student and includes instruction on one- and two-man adult, child and infant CPR; relief of an obstructed airway; and use of an AED and ambu bag.*

**FEE: \$40 / participant**

### HeartSaver First Aid

*This four-hour class includes instruction on the general principles of first aid, as well as medical, injury and environmental emergencies. Topics covered include choking, chest pain, fainting, seizures, bleeding, burns, bites, stings, poisoning and more.*

**FEE: \$40 / participant**

**Look for our new Pediatric First Aid class listed on page 13 of this issue of *The BabySource*.**

### HeartSaver AED

*This class provides certification in Adult CPR and the use of an AED (Automated External Defibrillator). Classes are offered to groups who either have or would like to purchase an AED.*

**FEE: \$50 / participant**

### Advanced Life Support Courses

Palomar Pomerado Health also offers Advanced Life Support Courses for health-care professionals including Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support (PALS), Neonatal Resuscitation (NRP) and Pediatric Education for Prehospital Professionals (PEPP). Call **858.613.4444** for more information.

# New Vision Provides New Hope



## Pomerado Hospital Offers Inpatient Medical Detoxification


The difficult first step of eliminating the toxic effects of alcohol or drug addiction is now within reach at Pomerado Hospital's New Vision® program. New Vision is an inpatient medical detoxification and stabilization program for adults.

According to Lynn Stoiber, director of Clinical Services for Special Care, the parent company of New Vision, "Many people are afraid to start the process because they believe they'll feel so sick, but we are here so they won't have to have seizures or delirium tremens. We try to keep them comfortable."

Patients who wish to end their addiction to alcohol, illicit street drugs or prescription drugs (typically pain medications) are eligible for admission to New Vision. The program is located on a medical/surgical floor at Pomerado Hospital.

Referral to New Vision may be made by the patient, family member, physician, community treatment provider or law enforcement. Admission is voluntary and the patient must be psychiatrically stable. The care team develops a personalized medical protocol that is based on the type of addiction and any other medical issues that may be present. This could include cirrhosis, pancreatitis, diabetes, cardiac arrhythmia or other medical conditions.

Patients are usually hospitalized for three to six days. A team of physician hospitalists manages the care of each patient, while discharge planners work each day to develop a continuing care plan that starts within hours of leaving the hospital. Every patient walks away with an appointment at a community-based withdrawal program. Several options are available including residential treatment for substance abuse, intensive outpatient services, support groups, individual counseling and family counseling.

If you or someone you love is struggling with drug or alcohol addiction, New Vision may provide the first step on the road to recovery. For more information, contact **New Vision at Pomerado Hospital at 858.613.5686.** 


### Addicted to Your Medication?

From U.S. Representative Patrick Kennedy to radio host Rush Limbaugh, the medicine that was supposed to help them the most turned out to be their worst nightmare. Addiction to prescribed medication is increasing rapidly. The National Institute of Drug Abuse estimates that 20 percent of the U.S. population (ages 12 and older) has used prescription drugs for non-medical reasons. Could this happen to you or someone you love?

Three types of prescribed medications are abused most often: pain medication, sedatives and stimulants such as those used to treat depression or attention-deficit hyperactivity disorder.

#### Warning Signs

- Taking more medication than is prescribed
- Requesting prescriptions from multiple doctors
- Using alcohol or other medications to increase the effects of the medicine
- Taking pain medication to deal with other problems, such as anxiety or stress
- Your doctor, friends or loved ones express concern about your medication use

Treating prescription drug addiction is complex. It's important to replace the addictive medication with another suitable non-addictive prescription drug to assure that the underlying problem can be properly managed. For more information, contact **New Vision at Pomerado Hospital at 858.613.5686.** 




### PPH Launches New Web Site: [www.pph.org](http://www.pph.org)



Palomar Pomerado Health's (PPH) newly refurbished web-site, [pph.org](http://www.pph.org), offers exciting visuals, easy to navigate screens, a broadband feature, and most important – updated and timely information for the community.

The process of refining every aspect of the site continues, and according to PPH's Chief Marketing Officer Gustavo Friederichsen, will be an ongoing initiative. "We have taken great care to develop a design that is uniquely user friendly. Potential patients and their families should be able to easily find the answers to their questions about PPH and the services we offer."

Among the site's many new features is an expanded health and wellness library, providing up-to-date information on hundreds of adult and pediatric health issues. This includes animations, interactive tools and explanations of various tests and procedures.

Visit [www.pph.org](http://www.pph.org) and tell us what you think! Simply click on the feedback link located in the bottom right corner of the home page. 

## Friends of the Foundation



### Carol and Bill Stensrud: Committed to Enhancing Women's Health Services

When Carol and Bill Stensrud moved to Poway in 1991, they came ready to be active community members. For them, quality of life includes having a thriving educational system that challenges students to succeed, access to a vibrant music community, and a responsive, quality health-care facility close to home.

"We moved from San Francisco when Bill came to run a San Diego-based technology company," Carol says. Through his career, Bill has founded and led several successful technology companies. He recently retired as managing director of Enterprise Partners Venture Capital.

The Stensruds support a number of local organizations, including the San Diego YMCA, the San Diego Opera, the San Diego Symphony and most recently, the Palomar Pomerado Health (PPH) Foundation. "Health care is a relatively new area of interest for us, but one that is vitally important to our family and our community," says Carol.

Carol sits on the board of directors of the PPH Foundation. Long before joining the PPH Foundation, Carol and Bill learned first hand about the quality of health services available at Pomerado Hospital and Palomar Medical Center.

"From Pomerado Hospital's emergency treatment of our children's sports injuries to the outstanding cardiac care that I received at Palomar, we have been very satisfied with our treatment," says Carol. "I decided to become involved with the PPH Foundation because of its mission, which is to enhance individual and community health through the philanthropic support of Palomar Pomerado Health facilities and services."

As a Foundation board member, Carol provides leadership and financial support through various means. In October, she opened her home to approximately 200 women who attended a special reception called *The Fine Art of Women's Health*, featuring academy-award winning screen actress and women's health advocate Olympia Dukakis.

"The purpose was to educate guests on women's health issues and what PPH is doing to provide state-of-the-art health care for the 240,000 women who currently reside in this area," Carol says. "For example, the new Outpatient Services Pavilion at Pomerado will include a women's center with comprehensive, complementary health services (see related story on page 9). I wanted to share my enthusiasm for this vision with the guests, get them excited about the commitment PPH has to women and children's health, and encourage them to become involved in helping assure that this concept becomes reality." **HS**

## Palomar Pomerado Health Board of Directors



**Back row (l-r):** Bruce Krider; Marcelo Rivera, M.D.; Gary Powers; Alan Larson, M.D.

**Front row (l-r):** Linda Greer, R.N.; Nancy Bassett, R.N.; T.E. Kleiter

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Invest in the healthy future of your family and your community! Please consider making a donation to the Palomar Pomerado Health Foundation.

**Palomar Pomerado Health Foundation**  
P.O. Box 699  
Escondido, CA 92033-0699

Thank you for your support. For more information about other giving options, please call **760.739.2787** or visit [www.pphfoundation.org](http://www.pphfoundation.org).

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Poway, CA 92064  
858.613.4000

**Women's Health Connection (WHC)**  
15725 Pomerado Road, Suite 100  
Poway, CA 92064  
858.613.4894

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120 Craven Road, Suite 103  
San Marcos, CA 92069

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