

the HealthSource

A HEALTH NEWS AND EDUCATION RESOURCE FOR INLAND NORTH COUNTY

September – December 2008

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PALOMAR
POMERADO
HEALTH
SPECIALIZING IN YOU

Write from the Top

Dear Friend of PPH,

In an increasingly “high-tech” world, it’s important – especially in health care – to also remain focused on “high-touch.” At Palomar Pomerado Health (PPH), we pride ourselves on combining the best technologies with the brightest, most caring professionals to provide exceptional care. That’s why you’ll find our experienced surgeons, physicians, nurses and staff using the latest tools in patient treatment to achieve the best outcomes.

Last year, surgeons at Palomar Medical Center began using the da Vinci S HD Robotic Surgical System to perform minimally invasive procedures such as hysterectomy and prostatectomy. (See page 10.) This fall, we are proud to become one of the first hospitals in the country to treat cancer patients with the high-definition Novalis Tx Stereotactic Radiosurgery System. (See pages 6 – 7.) And, we continue our journey toward building the health system of the future with significant progress being made at our new Palomar Medical Center West site in Escondido. (See page 7.)

I am so proud of the advancements we are making on behalf of the communities we serve. As benefits open enrollment time approaches for many individuals, I encourage you to take advantage of “high-tech” and “high-touch” by choosing an experienced, compassionate primary care doctor affiliated with PPH. Call us at **800.628.2880** for a free physician referral, or visit us online at www.pph.org and click on “Find a Doctor.”



We look forward to caring for you,

Michael H. Covert, F.A.C.H.E.

*President & Chief Executive Officer
Palomar Pomerado Health*

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.

the HealthSource Class Locations*

Poway

Pomerado Hospital

15615 Pomerado Road
Poway, CA 92064
858.613.4000

Pomerado Outpatient Pavilion

Jean McLaughlin Women’s Center
Education Classroom
15611 Pomerado Road
Poway, CA 92064
858.613.6110

San Marcos

The HealthSource

125 Vallecitos de Oro
Suite A
San Marcos, CA 92069
858.675.5376

Escondido

Palomar Medical Center

555 East Valley Parkway
Escondido, CA 92025
760.739.3000

OASIS

Westfield Shoppingtown

Formerly Robinson’s May South**
280 East Via Rancho Parkway
Escondido, CA 92025
760.432.0635

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 location are provided by OASIS through sponsorship by Palomar Pomerado Health. To register for an OASIS class, call **760.432.0635.

the HealthSource

Volume 4 – Issue 3

September – December 2008

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On the Cover:

Radiation Oncologists Lori Coleman, M.D., and Brian Volpp, M.D., add to their arsenal of cancer fighting tools with the new Novalis Tx Stereotactic Radiosurgery System, made possible through a partnership with San Diego Radiosurgery. See pages 6 – 7 for the full story.

Photography by Martin Mann.

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EDUCATION

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

Community Support Groups at Palomar Pomerado Health

Arthritis & Osteoporosis

Mondays, September 15 and November 17
10 – 11:30 a.m.

Escondido Joslyn Center

Chronic Fatigue Immune Dysfunction Syndrome and Fibromyalgia Information Support Group

2nd Wednesday of each month, 1 – 3 p.m.

**Jean McLaughlin Women's Center
Education Classroom**

Circle of Caring: Adult Bereavement Support Groups

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

Diabetes Support Group

2nd Tuesday of each month, 4:30 – 5:30 p.m.

120 Craven Road, Suite 207, San Marcos

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

Pomerado Hospital

Call **760.510.7377** for more information.

Mended Hearts Support Group: for Heart Disease Patients, their Families and Caregivers

3rd Saturday of each month, 10 – 11:30 a.m.

Palomar Medical Center

Call **619.477.7703** for more information.

Head Injury, Trauma and Spinal Support System (HITSS)

Every Saturday, 9 – 10:30 a.m.

Palomar Medical Center, Graybill Auditorium

Call **800.986.4487** for more information.

Menopause Information & Support

Thursday, October 30, 12:30 – 1:30 p.m.

Thursday, December 18, 12:30 – 1:30 p.m.

**Jean McLaughlin Women's Center
Education Classroom**

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, 500 East Valley Parkway

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

**Jean McLaughlin Women's Center
Education Classroom**

Caregiver Support Group

1st Wednesday of each month,

10 – 11:30 a.m.

Poway Adult Day Health Care Center

13180 Poway Road

Call **858.748.5044** for more information.

the HealthSource Classes

Check out the latest programs available and register today!

Heart Health

Cardiac Rehabilitation

Palomar Medical Center

Call 760.739.3566 for dates, times and fees.

Medically supervised program for anyone recovering from a cardiac event.

Lung Health

Pulmonary Rehabilitation

Palomar Medical Center

Pomerado Hospital

Call 760.739.3685 for dates, times and fees.

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

Diabetes Health

Are You at Risk for Diabetes?

Jean McLaughlin Women's Center Education Classroom

Monday, November 3

Glucose Screening: 12:30 – 2:15 p.m.

Class Presentation: 2:30 – 4 p.m.

November is Diabetes Awareness Month – could you be at risk? Nearly six million people in the United States have Type 2 diabetes and do not know it. Many have no signs or symptoms, or they may be so mild that they go unnoticed. Join Registered Dietitian and Diabetes Educator Halle Elbling as she explains what you should know to determine your risk for diabetes. Plus, come early and receive a FREE blood glucose screening.

FEE: Free – registration required



Halle Elbling, R.D.
Diabetes Educator

**FREE
Glucose
Screening**

Diabetes Education

The HealthSource, San Marcos

Classes offered weekly.

Call 760.510.7377 for dates, times and fees.

DiabetesHealth education classes are designed to help individuals with diabetes 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.


Prepare to Fight the Flu: Get Vaccinated

With flu season just around the corner, Palomar Pomerado Health (PPH) is prepared to vaccinate more than 5,000 North County residents over the age of 18 through its annual community flu shot program.



"The best way to avoid becoming infected with the virus is to get an annual vaccination," says Cathy Blazek, R.N., community health manager and the facilitator of PPH's 2008 – 2009 community flu shot clinics. "Since the virus strains change yearly, last year's flu shot will not provide immunity this year."

Typical flu symptoms include fever, headache, fatigue, dry cough, sore throat, runny or stuffy nose and muscle aches. Unlike a cold, flu symptoms come on suddenly, are more severe and can, at times, be life threatening. Seniors, pregnant women and those over 18 years of age with chronic conditions like asthma, diabetes or heart disease, as well as their caretakers, are at increased risk for the flu.

Palomar Pomerado Health will be offering numerous flu shot clinics (for persons 18 years and older) throughout North County beginning in October. Please visit www.pph.org and click on "PPH Flu Shot Clinics" for more information on locations, dates, times and fees. Or, call the Community Health Improvement Partners (CHIP) Flu Hotline toll-free at 877.358.0202. 

Blood Pressure SCREENINGS

OASIS

2nd Monday of each month
Noon – 2 p.m.

Pomerado Hospital Lobby

2nd Tuesday of each month
Noon – 2 p.m.

Palomar Medical Center Lobby

1st Wednesday of each month
Noon – 2 p.m.

Check your blood pressure regularly at no charge.

Women's Health Connection

Boutique and Resource Center

Monday – Friday

Call 858.613.6110 for an appointment.



Palomar Medical Center West Begins to Take Shape



Palomar Medical Center West construction site, August 2008.


By the end of the year, more than 4,000 cubic yards of concrete and one million pounds of rebar will be in place for the foundation of the new Palomar Medical Center West. This is the first visible sign of construction for the 739,000-square-foot Hospital of the Future.

“Concrete pours of this magnitude require a large amount of collaboration between all the contractors involved in installing the work,” says Brian Gracz, project executive with DPR Construction. “A facility such as this is not built by one company. It is very rewarding to be a part of an amazing project team that is so committed to building a facility that will serve the district for many years to come.”

On April 23, more than 80 concrete trucks lined up to make the initial pour that dropped approximately 1,200 cubic yards of concrete into

the excavated basement. Since then, significant concrete pours have occurred once every other week. In August, steel frames were set in the concrete foundations.

“This is truly a milestone for the community,” says Michael H. Covert, president and CEO of Palomar Pomerado Health. “The citizens gave us a vote of confidence by passing the largest health-care bond measure in California, and we’re now turning their dream of building the health system of the future into reality.”

The new Palomar Medical Center West is scheduled to open in 2011. Construction progress can be viewed online at www.pph.org by clicking on “The Game Plan.” 



Virtual Palomar West:

*Experience the
Hospital of the Future
Today*

Curious about how the Hospital of the Future will look? You can get a preview right from your computer.

Last spring, Palomar Pomerado Health (PPH) and Cisco® collaborated to create a new hospital in the virtual world of Second Life. Virtual Palomar West showcases the visionary design and technology innovations planned for the real-world Palomar Medical Center West campus and provides a way for PPH to gather feedback that will be used to enhance the way care is delivered.


To visit Virtual Palomar West:


- Log on to <http://virtualpalomarwest.org>
- Complete a quick, free registration with Second Life.
- Download necessary software (Second Life, QuickTime Player).

From here, you will be transported to virtual Palomar West. During your visit you will be able to explore your own patient room, experience

robotic surgery and learn how innovative technology will make patient care more comfortable, more efficient and safer.

Revolutionary concepts for patient care in the near future include acuity adaptable rooms where patients remain in one location even if their condition changes. A unique, fully-integrated communications system will allow patients to manage their environment by using a bedside console to control room temperature and lighting, order meals and even communicate with family who may be miles away.

“We are the first health system to participate in Second Life, a virtual community that has more than 12 million users,” says Orlando Portale, chief technology and innovation officer. “This is truly groundbreaking, because we are showcasing revolutionary ideas that will transform the future of health care and result in a better patient experience, quicker recovery and more.” 



The Novalis Tx Stereotactic Radiosurgery System is now available for cancer treatment through San Diego Radiosurgery and Palomar Medical Center.



High-Tech Cancer Care at Palomar Medical Center

Extreme Precision

With the opening of San Diego Radiosurgery, Palomar Medical Center (PMC) has become one of the first hospitals in the nation to use the Novalis Tx™ – a dynamic image-guided radiation system that provides extremely accurate, fast, non-invasive treatment for a wide range of cancers throughout the body as well as benign and malignant disorders of the central nervous system.

The Novalis Tx integrates advanced technologies from Varian Medical Systems and BrainLAB. These companies are industry leaders in developing software and medical devices for treating cancers. This sophisticated, versatile system provides a revolutionary type of treatment that combines traditional radiation therapy (10 to 40 treatments) with a newer very precise form of radiation delivery called stereotactic radiosurgery or radiotherapy (1 to 5 treatments) – providing radiation oncologists a range of treatment options depending on the tumor type, size and location.

Exceptional Accuracy



Lori Coleman, M.D.

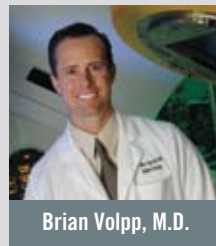
“This is exciting news for patients because the Novalis Tx is exceptionally accurate and has a very high-dose rate, which results in less normal tissue exposure to radiation and a shorter treatment time,” says Lori Coleman, M.D., a board-certified radiation oncologist and Medical Director of Radiation Therapy at PMC. “The average

treatment time is less than 20 minutes, which benefits patients, especially those who are not able to lie still for long periods.”

Novalis Tx moves around the patient while a high definition multi-leaf collimator sculpts the radiation beam to exactly match the three-dimensional shape and size of the tumor. This delivers a lethal dose of radiation precisely to the tumor site while sparing surrounding healthy tissue.

The unique Exac Trac™ feature of the Novalis Tx produces real-time images that track tumor motion during treatment and automatically adjusts patient positioning with millimeter accuracy as necessary. This is especially important when treating tumors such as the lung and liver, which can move as a result of breathing. Moreover, the Novalis Tx has an on-board CT scan that can be used to monitor tumor location and size during the course of treatment.

Enhanced Patient Comfort




Brian Volpp, M.D.

Another key advantage of the Novalis Tx stereotactic system is the ability to perform frameless radiosurgery. With the use of this state-of-the-art machine, patients are accurately positioned using On-Board Imaging™ and monitored by Exac Trac. This eliminates the need for a standard rigid invasive head frame.

“With the addition of stereotactic radiotherapy we are able to treat a wider range of tumors,” says Brian Volpp, M.D., a board-certified radiation oncologist at PMC. “Now, patients have access to the complete range of radiation treatment options for cancer right here at PMC.” (See “Advanced Cancer Fighting Tools” on page 7.)

To learn more about the Novalis Tx or Radiation Therapy services at Palomar Medical Center, call **800.628.2880**. You can also visit us online at www.pph.org or www.sdradiosurgery.com.

San Diego Radiosurgery was made possible through collaboration between Palomar Pomerado Health and US Radiosurgery, a national company dedicated to developing and operating stereotactic radiosurgery centers. 

Novalis Tx Technical Advantages

State-of-the art features of the Novalis Tx provide these technical advantages:

- Real-time, 4-D imaging capabilities to improve accuracy
- Beam shaping from 2.5 mm leaves that precisely outline tumors for even distribution of prescribed radiation dose
- High dose rate that is 60 percent faster than conventional linear accelerators used for radiation therapy

Advanced Cancer Fighting Tools

PMC's Radiation Therapy department offers a comprehensive array of cancer-fighting tools

- 3-D conformal external beam radiation therapy
- Intensity modulated (IMRT) radiation therapy
- High-dose rate brachytherapy for gynecological cancers and breast cancer
- Superficial therapy for skin cancer

This GammaMed Plus™ unit is used for high-dose rate (HDR) brachytherapy treatment, enabling doctors to place radioactive "seeds" directly into a tumor for irradiation from the inside out.



Stereotactic Radiosurgery Open House and Seminar

Palomar Medical Center, Graybill Auditorium
Monday, November 10
Open House: 3:30 – 5:30 p.m.
Seminar: 6 – 7:30 p.m.

Be among the first in the region to see how the Novalis Tx Stereotactic Radiosurgery System is offering new hope to cancer patients. Join us for a free open house and educational seminar hosted by San Diego Radiosurgery and led by Palomar Pomerado Health board-certified surgeons who are specially trained to perform Novalis Tx procedures. Learn more about this powerful, non-invasive technology that attacks hard to reach tumors with extreme precision. Plus, you'll have the unique opportunity to view the equipment and meet the physicians and staff during a special open house. Tours will be conducted on a first-come, first-served basis prior to the presentation. Space is limited, reserve your seat today.

FEE: Free – registration required

Light refreshments will be served.

See the
Novalis Tx!

Cancer Classes

Look Good, Feel Better

Palomar Medical Center, Education Classroom (Bilingual)

Monday, September 29

1 – 3:30 p.m.

Jean McLaughlin Women's Center, Education Classroom

Monday, October 27 or Monday, December 15

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. To register, call the **American Cancer Society** at*



800.227.2345.

FEE: Free

Breast Health Open House

Jean McLaughlin Women's Center, Lobby

Wednesday, October 15

1 – 5 p.m.

October is Breast Cancer Awareness Month – are you up to date on the latest prevention and detection options available to you and your loved ones? Stop by at your convenience for this FREE event designed to keep you informed about your breast health. Then, join us from 6 – 7:30 p.m. for a special class on the role of genetics in developing breast and ovarian cancers. (See class information below.). Light refreshments will be served.

FEE: Free – registration required



Breast & Ovarian Cancers –



Kay Kimball, R.N.

Do Genetics Put You at Risk?

**Jean McLaughlin Women's Center
Education Classroom**

Wednesday, October 15

6 – 7:30 p.m.

Approximately 5 to 10 percent of breast cancers and 10 to 15 percent of ovarian cancers are caused by an inherited tendency to develop these diseases. Join Kay Kimball, R.N., MSN, OCN, to learn more about hereditary breast and ovarian cancer, genetic testing and options for women who test positive for the BRCA gene mutation. This class follows a Breast Health Open House from 1 to 5 p.m. (See event information above.)

FEE: Free – registration required

Wigs & Wig Products

Wigs and wig products are available at competitive prices from the Women's Health Connection Boutique located on the first floor of Pomerado Outpatient Pavilion in the Jean McLaughlin Women's Center. Please call for more information.

**Women's Health
Connection Boutique and
Resource Center:
858.613.6110**



HOUSE CALLS



MY ACHING HEAD

Q: *Recently, I have experienced increasingly frequent and painful headaches. Should I have my head examined?*



Maria Camille Santos, M.D.
Family Practice Physician
Graybill Medical Group, San Marcos

A: *“Anytime a headache is different, sudden, severe or interferes with work and daily activities, you should see your physician.*

While headaches are very common and most are the result of stress or tension and can be treated with over-the-counter medications, an evaluation may be needed to determine the cause of frequent, painful headaches.

The most common type of headache I treat is a migraine. Patients with migraines, who are mostly women, usually experience nausea, vomiting and light and sound sensitivity. Migraines may last for hours or even several days, making it difficult or impossible to perform daily activities. Patients often need prescription medications to relieve migraines.

Reducing stress, which is a major risk factor for both tension headaches and migraines, is usually recommended. I suggest that patients develop good sleep habits, stay hydrated, exercise, prioritize tasks, avoid burnout and take time to nurture important relationships and personal spirituality.”

DO YOU HEAR WHAT I HEAR?

Q: *Are headsets for portable music players, cell phones and personal DVD players safe for our ears?*



David Illich, Au.D
Chief Audiologist, Palomar Pomerado Health
Professional Hearing Associates, Poway/Escondido

A: *“The barrage of noise we experience daily, whether from headsets, audio speakers or other environmental sources, is already*

leading to a greater incidence of hearing loss. Of course, personal electronic items are here to stay, so the key is to use them at a reasonable level in order to protect your hearing. Hearing loss is the third most common chronic condition nationwide.

If someone can hear your personal music player from about two or three feet away, then the volume is too loud and you are risking permanent hearing loss.

Hearing difficulty should be evaluated by a physician or audiologist to determine the cause and extent before planning appropriate treatment. It’s a good idea for adults without noticeable hearing difficulty to have a baseline evaluation by age 50. This provides important information that can be compared to future exams and

will help provide a more informed diagnosis about measurable hearing loss.

Great strides have been made in hearing aid technology. For example, we already fit state-of-the-art hearing aids that use Bluetooth technology and are compatible with phones, computers and television and stereo systems. This improves the ability to communicate and enjoy a range of entertainment.”

I CAN SEE CLEARLY NOW

Q: *I just turned 43 and the newspaper is too fuzzy to read. My husband says I should use his ‘readers.’ Is that safe for my eyes?*



William Basuk, M.D.
Ophthalmologist
Escondido Medical Eye Clinic, Escondido

A: *“The glasses your husband uses are over-the-counter magnifying glasses that work fine for most people who find their close*

vision isn’t as crisp as it once was. These glasses are designed to help people who are experiencing presbyopia, a natural condition that causes the lens of the eye to become less flexible. This makes it more difficult for your eyes to readily change focus between distance and near. Virtually everyone will develop presbyopia by the time they are 45.

Whether your husband’s ‘readers’ can help you depends on if you need the same amount of magnification. Because ‘readers’ are inexpensive and come in different magnifying strengths, you may want to find the magnifying power that best enhances your vision.

While ‘readers’ are perfectly safe to use, they cannot provide the benefits of individual prescription glasses. Prescription glasses can be fine tuned with bifocal or trifocal lenses to meet the exact needs of each eye and give you the best vision from near to distant and in between. The most important thing you can do for your eye health is to get regular eye exams that include a check for glaucoma. Glaucoma can progress slowly without symptoms until permanent vision loss has occurred. Routine eye examinations every two years for people over the age of 40 are recommended.”

Do you have a question for HOUSE CALLS?

Visit www.pph.org/housecalls to submit your inquiry or to view previously posted questions and answers. Selected new questions will be answered by Palomar Pomerado Health physicians in future issues of *The HealthSource* magazine and online.

General Health

Living with Fibromyalgia

OASIS

Wednesday, September 24

10:30 a.m. – Noon

Fibromyalgia is a chronic disorder of the muscles, ligaments and tendons. Its main symptoms are muscle pain, fatigue, sleep disturbances and tender points at certain parts of the body. Join chiropractor James Pietrek, D.C., as he discusses how to achieve lasting pain relief. To register, call OASIS at 760.432.0635.

FEE: \$3 / participant

Understanding Your Medications

OASIS

Wednesday, October 8

10:30 a.m. – Noon

Do you frequently have questions about your medications? Are you aware of the risks involved with taking multiple prescriptions? Join Registered Pharmacist Laura Elliot for this informative session. To register, call OASIS at 760.432.0635.

FEE: \$3 / participant

Why Do I Have Asthma & Allergies at My Age?



Maryam Zarei, M.D.

OASIS

Monday, October 20

1 – 2:30 p.m.

Asthma in seniors can be a challenging issue, and correct diagnosis and treatment are key to proper pulmonary function. Join allergist Maryam Zarei, M.D., as she discusses adult asthma and allergies. To register, call OASIS at 760.432.0635.

FEE: \$3 / participant

Female Stress Incontinence: Taking Control

Palomar Medical Center, Graybill Auditorium

Tuesday, October 28

6 – 7:30 p.m.

Are you struggling with the embarrassment and discomfort of a bladder control problem? There are several lifestyle modifications and medical therapies that can help. Join Gabriela DiLauro, M.D., as she discusses treatment options to help you cope.

FEE: Free – registration required

The ABC's of ZZZZs

OASIS

Wednesday, November 5

10:30 a.m. – Noon

Are you having trouble sleeping, waking up tired or feeling unrefreshed? Is lack of sleep affecting your work or driving? Join Palomar Medical Center Sleep Lab technician Toni Flemmer as she provides healthy sleep tips and explores common sleep problems. To register, call OASIS at 760.432.0635.

FEE: \$3 / participant

Balance Testing & Fall Prevention

OASIS

Tuesday, November 18

10:30 a.m. – Noon

An estimated 65 percent of individuals over age 60 experience dizziness or loss of balance. Join Audiologists Kathy Bulley and David Illich as they discuss cause and prevention and provide information on VNG testing – a test of the eye and ear systems. To register, call OASIS at 760.432.0635.

FEE: \$3 / participant

Latest Advancements in Back Pain Relief



Jeffrey Schiffman, M.D.

Palomar Medical Center, Graybill Auditorium

Tuesday, November 18

6 – 7:30 p.m.

Back pain affects 80 percent of Americans at some point in their lives. Causes of pain can be complex and must be properly diagnosed. Treatment can range from rest and medication to physical therapy or surgery. Join orthopedic surgeon Jeffrey Schiffman, M.D., as he discusses the latest advancements for back pain relief.

FEE: Free – registration required

Sinus Solutions

Pomerado Hospital, Conference Room E

Tuesday, December 2

6 – 7:30 p.m.

Recent advancements have been made in the treatment of chronic sinus problems – providing new options for those suffering from the uncomfortable symptoms. Join ear, nose and throat specialist Patrick Fitzgerald, M.D., and learn more about the latest solutions for sinusitis, including non-invasive procedures.

FEE: Free – registration required

Preventive Care at Each Age and Stage



Ving Yam, D.O.

Palomar Medical Center, Graybill Auditorium

Tuesday, December 9

6 – 7:30 p.m.

Prevention is a vital part of maintaining total body wellness. By taking steps now, you can improve your overall health, lower your risk of developing chronic conditions and enhance your quality of life. Join Ving Yam, D.O., as he discusses health-enhancing decisions for each age and stage of life.

FEE: Free – registration required

Vision Challenges of Mature Adults

OASIS

Thursday, December 11

10:30 a.m. – Noon

From cataracts and glaucoma to macular degeneration, there are many eye conditions that require special treatment or surgery. If you're experiencing unexplained changes in your vision, this is an opportunity to discuss your concerns. Join ophthalmologist William Basuk, M.D. for this informative class. To register, call OASIS at 760.432.0635.

FEE: \$3 / participant

CPR & First-Aid Classes

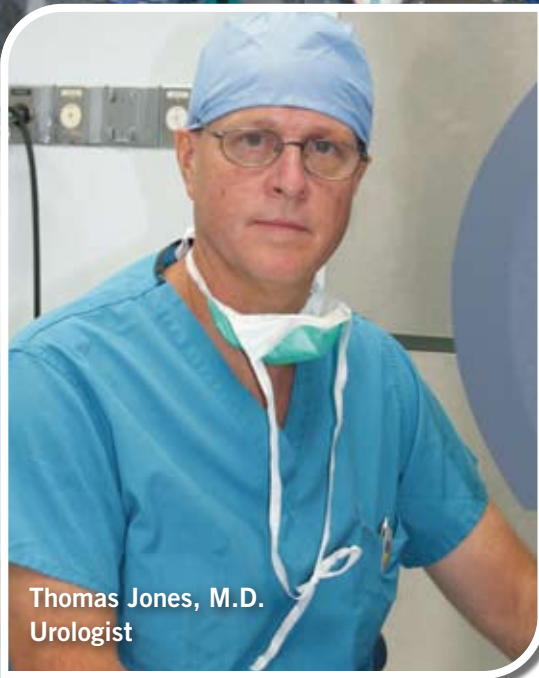
Palomar Pomerado Health (PPH) is proud to present a variety of basic and advanced Life Support and HeartSaver First-Aid Courses offered through the PPH/American Heart Association Training Center. For a complete listing of classes, see page 14 of this issue of *The BabySource*. To register for a class, call 800.628.2880 or visit www.pph.org and click on "Classes and Events."



Robotic Prostate Surgery:



Thomas Jones, M.D., makes an adjustment at the bedside robotic cart before returning to the surgeon's console to resume a prostatectomy.



Thomas Jones, M.D.
Urologist

When it comes to treating localized prostate cancer, the newest minimally invasive surgical procedure – da Vinci robotic prostatectomy – is proving effective in removing prostate cancer, preserving sexual function and restoring continence sooner than experienced with other surgical options.

“The real advantage of robotic prostatectomy is that the surgeon has a highly magnified, three dimensional view of the prostate gland and surrounding, complex male anatomy,” says Thomas Jones, M.D., a board-certified urologist in Escondido who performed the first robotic prostatectomy at Palomar Medical Center (PMC) last April. “This enhanced view allows us to be much more precise in removing the tumor, while preserving adjacent normal tissue and nerves necessary for erectile function.”

Two weeks after having robotic prostatectomy on July 1, Bob Dickerson played 18 holes of golf.

“When I learned I had prostate cancer, I considered the options for the most effective treatment. Recuperation time was also a big factor,” says Dickerson. “I talked with several men who had had the more traditional type of prostate surgery and found it common for their recovery to be two or three months. I wanted something better and knew that since robotic surgery required only four small incisions there would be a quicker recovery and less damage to nerves and vital organs. In fact, I was getting around pretty well within two or three days of surgery.”

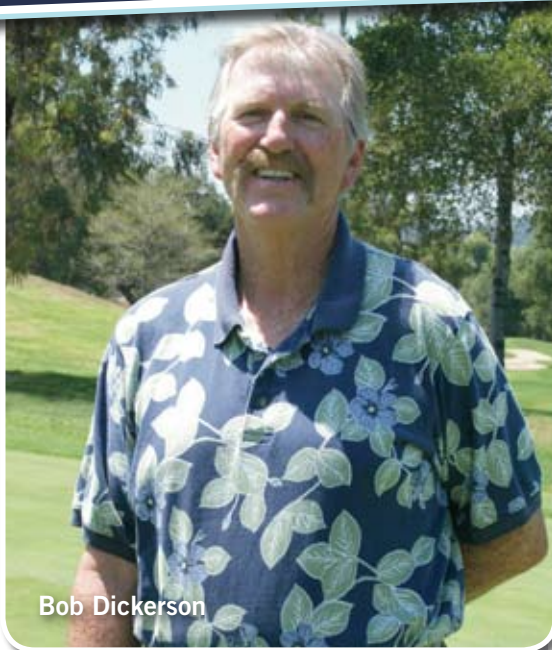
Dr. Thomas A. Jones is a board-certified urologist with a private practice in Escondido. HS

Get it Checked!

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Less than five percent of men with early prostate cancer will have noticeable symptoms. An annual screening is recommended beginning at age 50 for the general population. High-risk groups, including African-American men and men with a family history of prostate cancer, should begin prostate cancer screening at age 40. Ask your doctor for an annual PSA (prostate-specific antigen) blood test, as well as a digital rectal exam (DRE). HS

Saving Lives, Preserving Function

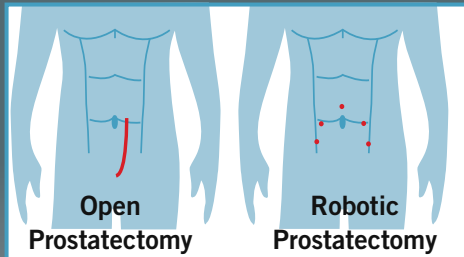


Bob Dickerson

"All men over age 50 should have an annual exam that includes the PSA test," says Bob Dickerson, prostate cancer survivor. "I did not have any physical symptoms, but my PSA level doubled from one year to the next, which signaled the problem."

— Bob Dickerson
da Vinci Prostatectomy Patient

Open Prostatectomy vs. Robotic Prostatectomy



Prior to the da Vinci robotic system, the most widely performed surgical option for prostate cancer was open radical prostatectomy. It remains a leading and effective surgical option. In that procedure, a six- to eight-inch lower abdominal incision is made through which the tumor is removed. The patient is typically

hospitalized for three days and able to resume normal activities in about six to eight weeks.

With the robotic approach, four or five tiny incisions are made in the abdomen through which the rotating arms of the da Vinci robot are strategically inserted. These arms hold a camera and various surgical tools that are controlled by the surgeon who is sitting at a console viewing the surgical area on a high-definition monitor.

"Because the robotic arms rotate a full 360 degrees, it is possible to move the instruments more precisely and with greater flexibility than if I were actually holding the instruments," Dr. Jones says.

Patient benefits of robotic prostatectomy include a shorter hospital stay, less blood loss, less pain and quicker recovery. Most men resume normal activities within two weeks and recent studies have shown a quicker return to bladder control and sexual function.

"It's exciting to be doing a state-of-the-art procedure that offers these advantages to patients," says Paul Neustein, M.D., a board-certified urologist who is also a member of the PMC department of Surgery. [HS](#)

Meet "Seymour" the Robot!



Robotic Surgery Open House and Seminar

Palomar Medical Center
Wednesday, November 5

Open House: Noon – 4 p.m.

Seminar: 6 – 7:30 p.m., Graybill Auditorium

Join us for a free open house and educational seminar led by Palomar Pomerado Health surgeons specially trained to perform gynecologic and urologic robotic procedures. Learn more about the da Vinci surgical system and what to expect from a robotic surgery experience. Plus, stop by during the open house to "meet the robot" and take a turn at the surgeon's console. Registration is required for the seminar. Light refreshments will be served.

FEE: Free – registration required

Prostate Health: What Every Man Needs to Know

Pomerado Hospital, Conference Room E

Tuesday, September 16

6 – 7:30 p.m.

Decades of research show that the more a man knows about his prostate, the greater his chances are of avoiding prostate problems, identifying any problems early, and making good decisions regarding treatment. Join urologist Paul Neustein, M.D., as he discusses the importance of awareness and regular examinations. Plus, learn more about the newest minimally invasive surgical procedure – the da Vinci robotic prostatectomy.

FEE: Free – registration required



Registered Dietitian and Diabetes Educator Halle Elbling uses food props to explain ideal portion control to Rancho Bernardo resident Don Leo. Mr. Leo, a participant in Elbling's classes, has Type 2 diabetes that he controls through a strict adherence to proper diet and exercise.

Diabetes: Taking Control

The rate of diabetes nationwide continues to escalate: three million Americans were newly diagnosed with diabetes in the last two years, bringing the total to 24 million people. Another 57 million individuals are at high risk for developing Type 2 diabetes, which is linked to obesity, poor diet and a lack of exercise.

Palomar Pomerado Health's (PPH) DiabetesHealth program has had American Diabetes Association recognition since 2001. With both inpatient and outpatient services, DiabetesHealth provides the highest quality care by educating, treating and motivating patients to successfully manage their diabetes.

Inpatient services focus on managing blood glucose levels of hospitalized patients to help prevent infection and improve overall recovery. DiabetesHealth collaborates with members of the patient's care team, including physicians, to promote optimal glycemic control. Referrals for outpatient education are recommended for patients as appropriate.


Outpatient Diabetes Education

"Outpatient services help patients with diabetes develop and practice self-management skills that will improve their health and quality of life, while reducing the risk of diabetes-related complications," says Kris Hedges, MBA, system director for the DiabetesHealth program.

Services include classes in English and Spanish that focus on specific needs, such as carbohydrate counting, weight management, insulin administration, oral medications and exercise. Sweet Success, a program for pregnant women with gestational diabetes, is also available, along with support groups and community lectures about diabetes care, risk factors and prevention.

"We are fortunate that all of our clinical staff have advanced degrees," says Hedges. "Because of their qualifications and enthusiasm, we are continually improving the practice patterns

of our program to meet national standards for both inpatient and outpatient care."

To learn more about the DiabetesHealth program at PPH, call **800.628.2880** or visit **www.pph.org**. 



Get Smart about Diabetes

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing complications such as heart and kidney disease, stroke, blindness, chronic wounds and nerve damage. If you have one or more of the diabetes symptoms listed below, see your doctor right away.

—Symptoms—

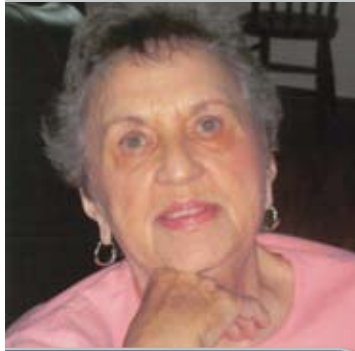
- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

—————Risk Factors—————

- Family history of diabetes
- Age greater than 45 years
- Being very overweight compared to your height (Body Mass Index)
- Low physical activity
- High blood pressure
- History of diabetes during pregnancy
- Race or ethnic background: African Americans, Hispanic Americans, Pacific Islanders and Native Americans all have increased incidents of diabetes

Success Stories

Wound Care Center Heals Foot Ulcer



Jewell Bowman

Jewell Bowman, 78, has diabetes. Shortly after the Witch Creek fire last year, Bowman got a puncture wound in her heel and, within weeks, her foot became red and swollen. These symptoms progressed and led to a staph infection spreading throughout her body.

Her doctor sent Bowman to the hospital where she had foot surgery with a skin graft. When her wound did not heal promptly, Bowman's Palomar Pomerado Home Health nurse recommended an evaluation at a Palomar Pomerado Health (PPH) Wound Care Center.

PPH's Wound Care Centers provide state-of-the-art care to help decrease healing time and improve comfort for patients with non-healing wounds. Diabetes is one of the primary causes of wounds that do not improve or heal within two months.

Bowman received comprehensive wound care that included weekly wound assessments and treatments by a team of physicians and nurses. Daily outpatient treatment included the use of hyperbaric oxygen therapy. Hyperbaric oxygen treatments help wounds heal by stimulating the growth of tiny, new blood vessels in the wound to increase the body's resistance to infection. Her comprehensive care included antibiotic therapy, wound debridements and a vacuum assisted closure device placed on her foot. Vacuum assisted closure improves blood flow and assists in the removal of unwanted drainage to help the wound heal quickly.

"This type of wound care is much more aggressive than anything available in your doctor's office," Bowman says. "The combination really worked and my foot healed successfully!"

To learn more, call **The HealthSource** at **800.628.2880** or visit www.pph.org/woundcare. 



PPH expresscare

SPECIALIZING IN YOU



PPH **expresscare** walk-in health centers are located within select Albertsons/Sav-on Pharmacy stores in North County San Diego. Care is provided by family nurse practitioners who treat common medical conditions, administer vaccinations, and perform select physical examinations and health screenings. No appointment is necessary and most services are an affordable \$59. Find a location near you at www.pphexpresscare.org or call **800.628.2880**.

Exercise and Weight Loss

Get Fit and Stay Strong



OASIS

Tuesdays and Thursdays
12:30 – 1:30 p.m.

Join *Certified Exercise Instructor Traci Thys* as she leads 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 session.

September 9 – 30

FEE: \$35 for 7 classes

October 2 – 30

FEE: \$45 for 9 classes

November 4 – 25

FEE: \$35 for 7 classes

December 2 – 11

FEE: \$20 for 4 classes

Adult Fitness

Palomar Medical Center

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

A medically supervised exercise program for anyone.

Westfield Walkers – Self Guided Program

Westfield Shoppingtown North County

Did you know that walking is a great form of exercise to improve your cardiovascular health, respiratory health and muscle tone? Join other walkers, at your own pace, for this self-guided program provided in a safe, controlled environment. Record your mileage in the log books available at the concierge desk on the lower level. Invite a friend or family member to join you for an energizing walk through the mall.



Weight Loss Surgery Seminar

Pomerado Hospital
Monthly, 1st Monday and 3rd
Wednesday
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 Pomerado Hospital. Reservations are required. For more information, or to reserve a space at the next seminar, please call **858.675.0883**.*

Game Day.

Every Other Day.

Palomar Pomerado Health... We Know How You Feel

LaDainian Tomlinson
San Diego Chargers

On game day, and every other day, the physicians, nurses and staff of Palomar Pomerado Health stand ready to tackle your health-care needs. From non-urgent care at our new PPH **expresscare** health centers, to 24-hour emergency services at Palomar Medical Center and Pomerado Hospital, our team's got you covered. To choose the PPH physician that's right for you, call **800.628.2880** or visit www.pph.org.

Palomar Pomerado Health is proud to be affiliated with the following medical groups, as well as numerous physicians in independent practice:



El Norte
Medical
Group



Escondido
Internal
Medicine



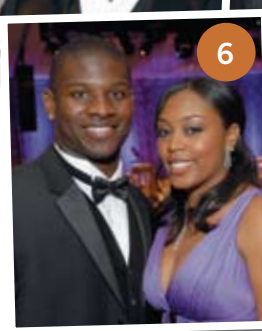
PALOMAR
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HEALTH

SPECIALIZING IN YOU


SPONSOR OF
THE SAN DIEGO CHARGERS

NIGHT *NIGHTS* Gala

Inaugural Event is a Success for Cardiovascular Services



It was a Night of Nights to remember filled with opulence and generosity. With the gracious support of the evening's hosts, San Diego Chargers running back LaDainian Tomlinson and his wife Torsha, the Palomar Pomerado Health Foundation raised \$641,655 for cardiovascular services at the inaugural *Night of Nights Gala* on June 7.

More than 700 guests enjoyed the evening's activities emceed by Emmitt Smith, the NFL's all-time leading rusher and champion of the TV show "Dancing with the Stars." To start the evening, Smith recounted meeting Tomlinson as a youth at a summer football camp and how Tomlinson's football skills and kindness separated him from the rest.

Tomlinson said he decided to partner with Palomar Pomerado Health because he and Torsha are district residents and wanted to find a way to improve the lives of people within the community and be a part of building the health system of the future.

"My family has been directly affected by diabetes, obesity, cardiac disease and stroke," said Tomlinson. "It's our personal mission to reduce these health issues by raising awareness and improving access to care."

Sports fans were treated to some unique auction items including memorabilia signed by Tomlinson, Smith and Peyton Manning; field passes and access to the Chargers inflatable tunnel; personal training with Tomlinson; private box seats and dinner with the Tomlinsons; and an all-expense paid trip to watch the San Diego Chargers play the New Orleans Saints in London at Wembley Stadium.

"The event surpassed our expectations. First of all, we didn't expect the event to sell out and we were so surprised at the generosity of the people who attended," said Al Stehly, chair of the Palomar Pomerado Health Foundation Board. "It shows that we have a lot of friends in the community."

In addition to the more than 100 silent and live auction items, the Foundation raised \$77,700 to equip one of the new cardiac catheterization labs at the new Palomar Medical Center West.

To learn how you can contribute to the PPH Foundation, please call **760.739.2787** or visit www.pphfoundation.org.^{HS}

Photo 1: Host LaDainian Tomlinson and the evening's emcee, Emmitt Smith.

Chargers, and former Chargers quarterback Drew Brees.

Photo 2: Michael Covert, PPH President and CEO, Emmitt Smith, and Al Stehly.

Photo 6: LaDainian and Torsha Tomlinson, hosts of the 2008 Night of Nights Gala.

Photo 3: Guest Danielle Leopold makes her bid at the *Night of Nights Gala*, held at the Hyatt Regency La Jolla.

Photo 7: Guests contemplate their bids on selected wines during the silent auction.

Photo 4: John Larson, NBC Dateline correspondent, shares how Palomar Pomerado Health and the Cardiac Alert program saved his life during a heart attack.

Photo 5: Clarence Shelmon, offensive coordinator for the San Diego

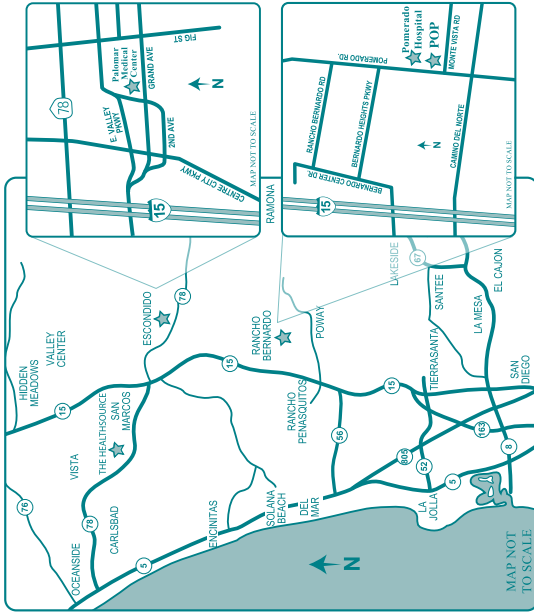
SAVE THE DATE!

The 2nd annual *Night of Nights Gala* is scheduled for Saturday, June 13, 2009 at the Hyatt Regency La Jolla. To learn more, call the PPH Foundation at **760.739.2787**.

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760.739.3000

Pomero Hospital
15615 Pomero Road
Poway, CA 92064
858.613.4000

**Pomero Outpatient Pavilion (POP)
Jean McLaughlin Women's Center**
15611 Pomero Road
Poway, CA 92064
858.613.6120

The HealthSource – San Marcos
125 Vallecitos de Oro, Suite A
San Marcos, CA 92069

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

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