

the HealthSource

A HEALTH NEWS AND EDUCATION RESOURCE FOR INLAND NORTH COUNTY

January – April 2009

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PALOMAR
POMERADO
HEALTH
SPECIALIZING IN YOU

Write from the Top

Dear Friend of PPH,

Last November, more than 12,000 tons of steel began arriving at the new Palomar Medical Center West site in Escondido. And, very soon, the steel structural framework of your "Hospital of the Future" will become more and more apparent as it continues to rise from the earth. This massive effort signifies the remarkable progress we are making toward expanded and improved health-care services for the communities we serve. I am so proud of how far we have come, and how steadfast we are to staying the course to completion.

I am also reminded that while concrete and steel will serve as our foundation, it is our physicians, nurses, staff and patients who will bring this building to life. I was fortunate to travel to Chicago in October to receive the "Best Place to Work" award from *Modern Healthcare* magazine. Palomar Pomerado Health ranked 39th among the top 100 hospitals to work for in the country – an award designed to recognize health-care organizations that enable employees to perform at their optimum level and provide patients and customers with excellent care and service. For me, this is what it's all about, people taking care of people to achieve the best possible outcomes.

As we look forward to opening the Hospital of the Future in 2011, I am filled with enthusiasm and pride knowing that we have the right ingredients in place for success – a beautiful state-of-the-art facility, the latest tools and equipment for diagnosis and treatment, and a team of health-care professionals who pledge to give you their very best every day.



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

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January – April 2009

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On the Cover:

Palomar Medical Center West begins to take shape as more than 12,000 tons of steel beams are set into place. The 11-story "Hospital of the Future" is scheduled to open in 2011. See page 5 for the full story. *Photography by Martin Mann.*

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Join LaDainian and Torsha Tomlinson for the second annual *Night of Nights* gala – an evening in support of the Palomar Pomerado Health Foundation.

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

Monday, March 16
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.
Pomerado Outpatient Pavilion, First Floor
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, February 19, 12:30 – 1:30 p.m.
Thursday, April 16, 12:30 – 1:30 p.m.
Pomerado Outpatient Pavilion, First Floor
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
Pomerado Outpatient Pavilion, First Floor
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 HealthSourceClasses

Check out the latest programs available and register today!

Heart Health



Mikhail
Malek, M.D.

Cardiac Arrhythmias

OASIS

Wednesday, February 25

10:30 a.m. – Noon

Cardiac arrhythmias, or heart rhythm problems, occur occasionally in many people. The significance of these can vary greatly – from inconsequential to life threatening. Cardiologist Mikhail Malek, M.D., will discuss symptoms, diagnoses and treatment options.

FEE: \$3 / participant



Dan Mulvihill,
M.D.

Taking Care of Your Ticker

Pomerado Outpatient Pavilion, First Floor

Wednesday, February 25

6 – 7:30 p.m.

Heart disease doesn't have to be the number one killer of women. Join cardiologist Dan Mulvihill, M.D., as he shares tips for keeping your heart healthy and reducing your risk for cardiovascular disease and stroke.

FEE: Free – registration required

Heart-Healthy Diet

Pomerado Outpatient Pavilion, First Floor

Thursday, February 19

1 – 2:30 p.m.

What you eat affects your risk for heart disease and poor circulation, which can lead to a heart attack or stroke. Join registered dietitian Halle Elbling as she discusses heart-healthy food choices and shares tips for quick and nutritious meal planning.

FEE: Free – registration required



Robert Stein, M.D.

Heart Attack Prevention

Palomar Medical Center, Graybill Auditorium

Monday, February 23

6 – 7:30 p.m.

It's never too late to take steps to prevent a heart attack – even if you've already had one. Family history and lifestyle factors play a critical role in prevention and recovery. Join Robert Stein, M.D., and Barbara Buesch, R.N., as they discuss lipid therapy and diagnostic technologies for optimal heart health.

FEE: Free – registration required

Stroke: Signs & Prevention

OASIS

Wednesday, March 4

1 – 2:30 p.m.

Do you have a family history of strokes? Do you exercise regularly and maintain a healthy weight? If you answered "yes" to the first question and "no" to the other two, this class is for you. Barbara Buesch, R.N., will discuss risk factors and warning signs for stroke as well as tips to help avoid stroke in the future.

FEE: \$3 / participant

Love Your Heart

Comprehensive Heart Screening

Pomerado Outpatient Pavilion, First Floor

Saturday, February 28

7 a.m. – Noon

Cardiovascular disease is the leading cause of death among women and men today, often because many treatable conditions go undetected. Take advantage of this discounted heart screening made possible by Palomar Pomerado Health.

Screening includes:

- ♥ Blood Pressure
- ♥ Cardiac Risk Profile
- ♥ Lipid Cholesterol Panel
- ♥ Resting EKG
- ♥ Blood Glucose Test
- ♥ BMI (body mass index)
- ♥ Cardiac C-Reactive Protein Blood Test
- ♥ Nutrition Information
- ♥ Heart Health Consultation

FEE: \$60 per person – appointment required*

To register, call **The HealthSource** at 800.628.2880 or visit www.pph.org and click on "Classes and Events." Men and women age 18 and older are welcome. Fasting is recommended.

*Appointments will last approximately 45 minutes each.

Heart Attack Warning Signs

- ♥ Chest discomfort
 - ♥ Breaking out in a cold sweat, nausea or light-headedness
 - ♥ Shortness of breath
 - ♥ Discomfort in other areas of the upper body
- CALL 9-1-1 FOR HELP!**

6 Risk Factors for Heart Disease

- ♥ High Cholesterol
- ♥ Physical Inactivity
- ♥ High Blood Pressure
- ♥ Overweight and Obesity
- ♥ Smoking Tobacco
- ♥ Diabetes

Rising Up:

Structural Steel Construction is Underway

The Hospital of the Future is truly taking shape. The installation of steel framework for the new Palomar Medical Center West began in November and will continue through July until the 12,500-ton skeleton of the 11-story structure is complete. The steel, purchased from mills in Arkansas, Germany and Canada, incorporates groundbreaking technology that will result in a stronger, safer and more energy efficient building.

"We have specified SidePlate™ steel frame technology, which fortifies buildings and has proven effective in reducing damage from an earthquake or hurricane and is blast resistant," says Randy Wilson, Palomar Pomerado Health (PPH) senior construction projects manager. "SidePlate technology has been tested in the lab and real world situations, proving that it resists progressive collapse with five times more energy absorption than standard structural steel."

The structural steel is considered "green" and cost-effective because it uses less material and requires less manpower to install.

"This is by far the largest steel project in California," says Gerry DeWulf, project director for DPR Construction. "Steel going up makes the project so real as you begin to see the shape of the new hospital. When it comes out of the ground, it comes alive."

The massive construction effort is the result of the 2004 passing of Proposition BB – the largest local health-care bond measure

in state history that allowed \$496 million in funding for the expansion of PPH facilities.

"The community has been waiting for this phase of the project to begin," says Michael H. Covert, president and CEO of PPH. "The steel is symbolic of the support, hard work and perseverance of the community and everyone involved with this project."

View construction progress online at www.pph.org by clicking on "The Game Plan." Palomar Medical Center West is scheduled to open in 2011. [HS](#)

Steel Stats

- 12,500 tons of steel
- 11,423 pieces of steel
- 300,000 man hours to to complete steel project
- 250 workers on steel project
- 900 trucks to deliver steel
- 11 stories of steel
- 745,000-square-foot hospital



PPH expresscare

Now served at select Albertsons/Sav-on Pharmacy locations.

Now you can get fast, affordable health care in the convenience of your local Albertsons/Sav-on Pharmacy store.

- Staffed by Palomar Pomerado Health (PPH) Certified Family Nurse Practitioners
- Open seven days a week
- No appointment necessary
- Most visits take about 20 minutes
- Most services are an affordable \$59
- Insurance is not required, but participating health plans are accepted

For more information, stop by the nearest PPH **expresscare** health center or visit us at www.pphexpresscare.org.

Ask Us About Our February Heart Month Specials!

PALOMAR
POMERADO
HEALTH
SPECIALIZING IN YOU



Rancho Peñasquitos
14340 Peñasquitos Drive
San Diego, CA 92129
858.672.2065

Escondido
1509 East Valley Parkway
Escondido, CA 92027
760.746.1562

Mon. – Fri. 9 a.m. – 9 p.m.
Saturday 9 a.m. – 5 p.m.
Sunday 10 a.m. – 6 p.m.

Robotic Surgery Corrects Pelvic

The potentially embarrassing symptoms that women over the age of 50 often shy away from mentioning to their best friend, much less their physician, may be signs of pelvic organ – or vaginal vault – prolapse. While not a life-threatening condition, it is a quality of life concern because symptoms include urinary urgency and leaking, painful intercourse, recurrent bladder infections, and protrusion of tissue from the opening of the vagina.

“I knew what it was when my symptoms began two years ago,” says Marsha Bryan of San Marcos. “My bladder was pushing into the vagina, creating pressure. The discomfort became progressively worse.”

Because of a hysterectomy 30 years earlier, Bryan was aware that she risked developing vaginal vault prolapse. Following a hysterectomy, there is less support of the vagina because the uterus and ligaments have been removed, which weakens the pelvic structure.

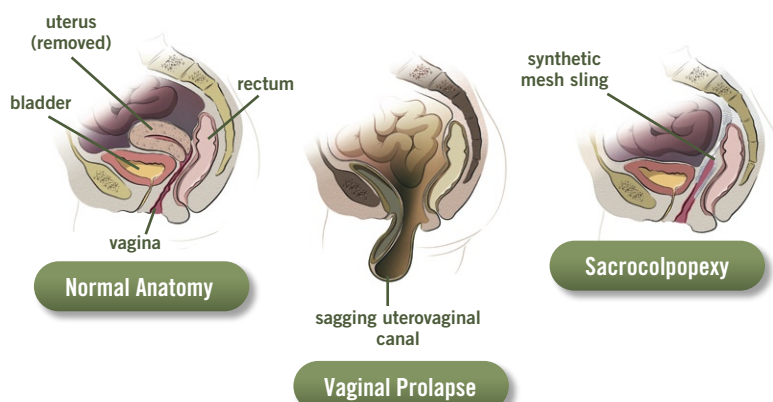
She’s not alone – approximately one out of nine women in the United States will undergo a hysterectomy and approximately 10 percent of them will develop vaginal vault prolapse. More than 120,000 cases of vaginal vault prolapse are surgically treated each year in the United States.

“Age, gravity and multiple vaginal childbirths can also result in relaxation of the ligaments that hold the uterus and vagina in place,” says Kris Ghosh, M.D., medical director of robotic surgery at Palomar Medical Center. In practice with Escondido OB/GYN Medical Group, he is a gynecologic oncologist and a gynecologist specialist treating women’s cancers and pelvic organ prolapse with advanced laparoscopic surgical techniques.

What is Pelvic Organ Prolapse?

Pelvic organ prolapse occurs when any of the pelvic organs – uterus, vagina, bladder or rectum – fall out of their normal place. Symptoms, which range from discomfort to urinary and bowel dysfunction, typically increase over time. Some women do not experience symptoms, and surgery is usually required.

“Often with vaginal vault prolapse more than one organ will fall out of place,” says Dr. Ghosh. “Therefore, the typical surgical strategy is to correct all of the prolapse related problems at once.”



Kris Ghosh, M.D., makes an adjustment at the bedside robotic cart during a da Vinci sacrocolpopexy procedure to correct vaginal vault prolapse.

Robotic Surgery Speeds Recovery

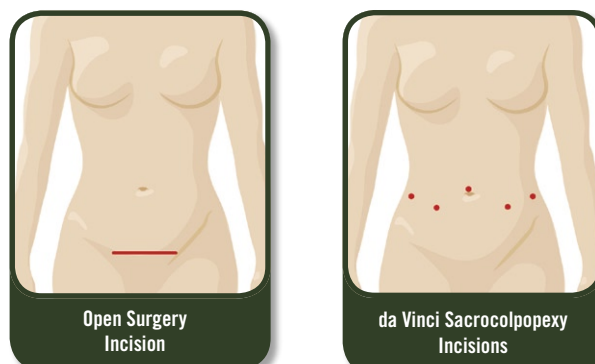
The biggest advancement in surgical treatment for pelvic organ prolapse is the robotic assisted sacrocolpopexy surgery that Dr. Ghosh first performed 15 years ago when he helped train other physicians on this technique.

“PPH has the most advanced da Vinci Robotic Surgical System available and it provides the clearest and closest view of the surgical area possible,” Dr. Ghosh says. “In addition, it is much more sensitive than traditional laparoscopic surgical equipment, which enhances my ability to actually feel delicate movements such as the placement of sutures.”

The procedure to correct pelvic organ prolapse is called sacrocolpopexy. The technique involves inserting and attaching a fine synthetic mesh sling to hold the vagina in the correct anatomical position.

During the one-hour surgery to correct Bryan’s pelvic organ prolapse, Dr. Ghosh inserted the sling through one of the tiny abdominal incisions made as part of the procedure. He used the arms of the da Vinci robotic system to suture the sling to the vagina and tailbone.

“When this procedure is properly done, it is a permanent repair for pelvic organ prolapse,” Dr. Ghosh says.



Organ Prolapse Disorder

Patient Benefits



Marsha Bryan

"The most important thing for me was waking up soon after surgery and having absolutely no pain," Bryan says.

She returned home the day after surgery and resumed regular neighborhood walks with her husband, Allen, two days later. In 10 days, she was back at work.

"It's important to know your options and be a proactive advocate for your own best interest," Bryan says. "For me, it was important to be able to resume work and other activities as soon as possible. The da Vinci robotic surgery made that possible." **HS**

For most women, da Vinci surgery offers numerous potential benefits over traditional surgical approaches, including:

- Shorter hospital stay
- Less risk of wound infection
- Less pain
- Less blood loss
- Faster recovery
- Less scarring
- Quicker return to normal activities

Meet the Surgeon: Radmila Kazanegra, M.D.



Radmila Kazanegra, M.D., is the newest surgeon on staff at Palomar Medical Center who is specially trained to perform da Vinci robotic-assisted procedures for various gynecologic disorders. Dr. Kazanegra joined Escondido OB/GYN Medical Group in the fall of 2008, providing general obstetric and gynecologic care with a sub-specialty in minimally invasive GYN surgery.

"Being able to treat extensive endometriosis, fibroids, ovarian cysts and a variety of other gynecological conditions using a minimally invasive surgical approach offers optimal outcomes with minimal scarring, substantially less pain, less blood loss and much shorter postoperative recovery," says Dr. Kazanegra. "From delivering babies to resolving these complex problems, I am excited to be here to help meet the needs of women in our community." **HS**

Gynecologic Robotic Surgery Seminar

Palomar Medical Center, Graybill Auditorium

Monday, April 27
6 – 7:30 p.m.

When medication and non-invasive procedures are unable to relieve symptoms, surgery remains the accepted and most effective treatment for a wide range of gynecologic conditions. Join Kris Ghosh, M.D., and Radmila Kazanegra, M.D., for an in-depth discussion on the benefits of robotic-assisted surgery for cervical and uterine cancer, uterine fibroids, endometriosis, uterine or vaginal vault prolapse and excessive bleeding. Learn more about the da Vinci S HD Surgical System and what to expect from a robotic surgery experience. Light refreshments will be served.

FEE: Free – registration required



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**.

January 8 – 29 FEE: \$35 for 7 classes

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

March 3 – 31 FEE: \$45 for 9 classes

April 2 – 30 FEE: \$45 for 9 classes

Chair Fitness

OASIS

Mondays and Wednesdays
March 2 – 30

10:30 – 11:30 a.m.

*Chair exercises can increase your strength, vitality and balance. They create movement, stretching and help increase heart rate – perfect for the individual who has trouble with balance or standing for long periods of time. Join Certified Exercise Instructor Traci Thys for this new and invigorating class. To register, call **OASIS** at **760.432.0635***

FEE: \$45 for 9 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

Grab a friend and take an energizing walk through the mall! This self-guided program is provided in a safe, controlled environment. Record your mileage in the log books available at the concierge desk on the lower level.

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 **FREE** general education seminars held at Pomerado Hospital. Registration is required. For more information, or to reserve a space at the next seminar, please call **858.675.0883**.*



Diabetes Health

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.

General Health

Osteoarthritis



Ving Yam, D.O.

OASIS

Wednesday, January 21

10:30 a.m. – Noon

Osteoarthritis, sometimes called degenerative joint disease, is the most common form of arthritis. It most often affects joints in your hands, hips, knees and spine. Join Dr. Ving Yam as he discusses risk factors, symptoms, complications and pain management. To

register, call OASIS at 760.432.0635.

Fee: \$3 / participant

Joint Replacement May Be Your Answer



Linda Brown, R.N.

OASIS

Monday, February 9

10:30 a.m. – Noon

Has the pain in your hips and knees got you down? Join orthopedic nurse Linda Brown, R.N., as she leads an informative discussion on joint replacement surgery and recovery. Plus, see the latest "real implants" for total hips and total knees. (PPH is now serving Kaiser patients too.) To register, call OASIS at 760.432.0635.

Fee: \$3 / participant

Prostate Health: What Every Man Needs to Know



Paul Neustein, M.D.

Palomar Medical Center, Graybill Auditorium

Monday, March 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 benefits of a da Vinci robotic prostatectomy.

FEE: Free – registration required

Healthy Food for a Healthy Brain



Halle Elbling, R.D.

OASIS

Wednesday, March 18

1 – 2:30 p.m.

According to recent research, a brain-healthy diet is one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol. Join Registered Dietitian Halle

Elbling, R.D., as she reveals the various foods that are most beneficial for brain health. To register, call OASIS at 760.432.0635.

Fee: \$3 / participant

Common GI Problems in the Mature Adult



Hyun Kim, M.D.

OASIS

Wednesday, March 25

1 – 2:30 p.m.

Gastrointestinal (GI) problems in mature adults can be a big source of anxiety and can cause serious complications, even death. The management of these problems is more difficult in the aging population because functional diseases can present in the same way as organic diseases. Join gastroenterologist Hyun Kim, M.D., as she discusses causes, symptoms and treatment options for GI issues in seniors. To register, call OASIS at 760.432.0635.

Fee: \$3 / participant

Female Stress Incontinence: Taking Control



Gabriela DiLauro, M.D.

Palomar Medical Center, Graybill Auditorium

Monday, April 20

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 with urinary incontinence. Join Gabriela DiLauro, M.D., as she discusses risk factors, symptoms and treatment options to help you cope.

FEE: Free – registration required

Protecting Yourself from the "Superbug"



Joyce Agorrilla, R.N.

OASIS

Wednesday, April 22

10:30 a.m. – Noon

While MRSA and other resistant infections are most often found in health-care settings, anyone can be at risk – especially those who are in close contact with others such as at a gym or day care center. Join Joyce Agorrilla, R.N., as she explains how you can help keep this bug at bay, when a skin condition needs the advice of a health professional and more. To register, call OASIS at 760.432.0635.

Fee: \$3 / participant

Help, I Have a Hernia!



Frank Martin, M.D.

Pomerado Hospital, Conference Room E

Wednesday, April 29

6 – 7:30 p.m.

Each year, while an estimated 5 million Americans develop hernias, only 700,000 have them surgically repaired. Many physicians believe people avoid treating their hernias because they fear painful surgery.

Today, there is little reason to fear thanks to advanced procedures like minimally invasive hernia repair. Join general surgeon Frank Martin, M.D., as he discusses the causes, symptoms and treatment options for hernias.

FEE: Free

Blood Pressure SCREENINGS

Check your blood pressure regularly at no charge.

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

Women's Health Connection Boutique and Resource Center

Monday – Friday
Call 858.613.6110 for an
appointment.

HOUSE CALLS



HEARTBURN OR HEART ATTACK?

Q: How can I tell if the burning sensation in my chest is just heartburn – or if it really is a heart attack?



Roger Acheatel, M.D.
Cardiologist
Escondido Cardiology Associates

A: “Because the symptoms are often similar, there is almost no way to know for certain if your discomfort is due to heartburn or if the burning in your chest signals a potentially life-threatening heart attack. That’s why it is best to call 9-1-1 for help or go quickly to the nearest emergency room, rather than try to decide for yourself.

Almost everyone will experience heartburn at some time. It often occurs after a big, rich meal when stomach acid backs up into the esophagus leaving a sour taste in your mouth. Frequent heartburn is actually a symptom of a gastrointestinal condition called gastroesophageal reflux disease (GERD), which should be evaluated and treated by your physician.

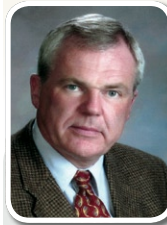
Survival from a heart attack depends on what happens during the first few hours after symptoms begin. Lifesaving drugs and treatment to open blocked arteries and restore blood flow to the heart muscle must be initiated quickly in order to reduce the risk of death or disability.

Last year, Palomar Pomerado Health introduced a community campaign, “Dial, Don’t Drive,” that teaches the public to recognize the symptoms of heart attack and call 9-1-1 when someone has chest pain. This helps start treatment sooner because our hospitals have teamed with area paramedics who use 12-lead EKG machines to transmit information directly to a cardiologist waiting at a nearby emergency room. In that way, evaluation and treatment can be started much more quickly.

The most important thing to remember is to seek medical assistance rather than making your own diagnosis when it comes to matters of the heart.”

OH, MY ACHING BACK!

Q: It seems like my back aches more frequently. Is it just part of aging or should I get a firmer mattress to sleep on?



Laurence M. McKinley, M.D.
Orthopaedic Surgeon
Pacific Spine Clinic, Escondido

A: “Back aches are the largest source of disability worldwide, so you are definitely not alone with your complaint. Most back pain comes from minor trauma – accidents or injuries – or strains from improper or heavy lifting. Aging also plays a part and may result in compression fractures of the spine due to osteoporosis. It is recommended that women have regular osteoporosis screenings and take the appropriate amount of calcium or prescribed medication to help prevent bone loss.

Most often, back pain can be treated at home with rest, a heating pad or ice pack, and over-the-counter anti-inflammatory medication. It is very important to seek immediate medical care if pain radiates down the leg, if you have any leg weakness or if you experience a change in bowel or bladder function. Also, ask to see your doctor if your back pain hasn’t improved within a week.

You can take steps to prevent back pain and injury by maintaining your recommended weight and exercising at least four times a week. Beneficial exercises include walking, stretching and swimming.”

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.



Lifeline

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

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

FREE INSTALLATION: Call now and receive free installation through January 31, 2009. (\$75 value)

Tired of Being Tired?



If you can hardly keep your eyes open to read this, you're not alone. But read further and you may find the help you've been too tired to even seek.

As medical director of Palomar Medical Center's (PMC) Sleep Lab, Ben Kanter, M.D., reports that chronic sleep deprivation is the most common sleep disorder nationwide. This unique lab specializes in diagnosing and treating breathing related sleep disorders.

Sleep problems range from periodic and inconvenient interruptions – new baby to care for, anxiety about finances or work, certain medicines or a medical condition – to a potentially life-threatening cause such as chronic obstructive sleep apnea, which is a breathing related sleep disorder.

Sleep apnea affects more than 12 million Americans, according to the National Institutes of Health. The most common symptom is loud snoring interrupted by a lapse in breathing pattern. This can repeat numerous times through the night, causing the individual to wake up feeling drowsy. Most often, a spouse or partner recognizes the problem first.

Left untreated, sleep apnea may cause high blood pressure and other cardiovascular disease, memory problems and weight gain. It may also be responsible for job impairment and motor vehicle crashes.

Each year, approximately 360 adults are referred to PMC's Sleep Lab. Typically, a sleep study is done with an overnight evaluation. The patient then returns later for treatment. Sometimes this process can be completed in a single split-night session when it is determined the patient's apnea is very severe.

The diagnostic sleep test involves sleeping in a private room while being monitored by 24 electrodes that measure brain waves to record the stages of sleep, facial and eye movement, breathing pattern, leg movement, heart rate and snoring.

"Most patients are so thoroughly exhausted when they get here, they go to sleep quickly," says Toni Flemmer, RPSGT, lead sleep technician. "A good study requires at least six hours of recorded information."

If the results confirm sleep apnea, a CPAP mask (continuous positive airway pressure) is ordered for the patient from an independent medical supply company. The patient returns to the Sleep Lab for another overnight stay so that the CPAP can be adjusted to the specific pressure required by that person.

"CPAP is a treatment, not a cure," Flemmer says. "The patient must wear the mask when sleeping every night."


Sleeping Easy Now

Lisa Granath, a 36-year-old mother and primary caretaker of her grandmother, didn't need the additional burden of sleep apnea to keep her awake at nights. For years, she thought it was the stress of her responsibilities that kept her feeling chronically tired and depressed.

"Then, a friend told me that I snored and actually stopped breathing," Granath says. "She was worried and suggested that I see my doctor."

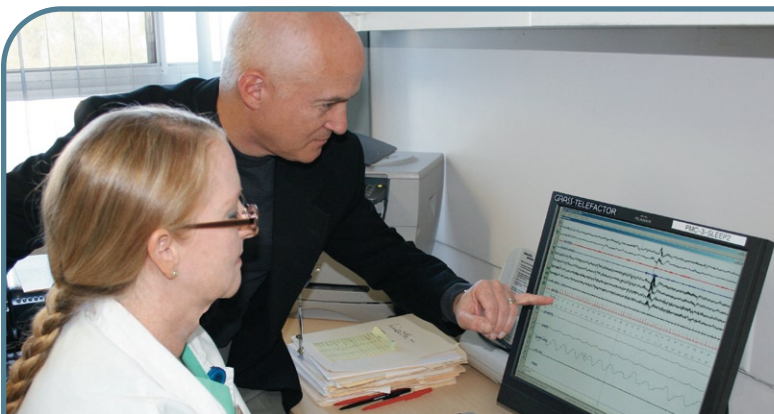
The PMC Sleep Lab evaluation confirmed that she has sleep apnea and she was promptly fitted with a CPAP mask.

"The mask is so easy to use, I don't even notice it," Granath says. "Within a few days I could tell a real difference because I had energy again and didn't feel like napping in the day. As a bonus, I have lost more than 35 pounds since I first got the mask in July."

To learn more about the Sleep Lab at PMC, call **800.628.2880** or visit **www.pph.org**. 



The use of a CPAP mask is the most effective treatment for chronic obstructive sleep apnea.



Pulmonologist Dr. Ben Kanter and Sleep Lab Technician Toni Flemmer review the results of a sleep study.

Sleep on This

- Most people require six to nine hours sleep within each 24-hour period.
- Sleep needs change as you age: most teens need eight to nine hours sleep daily, while seniors may do well with less sleep time.
- Improve the quality of your sleep by avoiding caffeine, smoking and alcohol; exercising regularly; and setting a routine sleep schedule.
- Alternative therapies – herbal teas (chamomile, ginseng), melatonin, acupuncture and meditation/relaxation – may offer relief from periodic sleeplessness. Check with your doctor first.



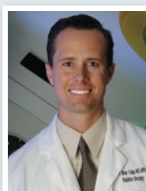
We're Revolutionizing the Treatment of Tumors

Palomar Medical Center, in partnership with San Diego Radiosurgery, is one of the first hospitals in the country to treat cancer patients with the high-definition Novalis Tx™ Stereotactic Radiosurgery System. This powerful, non-invasive technology provides an advanced form of external beam radiation therapy that attacks hard to reach tumors quickly, painlessly and precisely in just one or a few sessions with no recovery time. To learn more, call **800.628.2880** or visit **www.sandiegoradiosurgery.com**.

Palomar Pomerado Health board-certified radiation oncologists and surgeons are specially trained to perform Novalis Tx procedures for a wide variety of disorders, including:



Lori Coleman, M.D.



Brian Volpp, M.D.

- Spinal tumors
- Lung tumors
- Liver tumors
- Prostate tumors
- Adrenal gland tumors
- Pancreatic tumors
- Progressive brain tumors
- Arteriovenous malformations (AVM)
- Cavernous angiomas
- Trigeminal neuralgia
- Intractable seizures
- Parkinson's disease
- Brain metastases
- Low and high grade gliomas
- Vestibular schwannomas
- Uveal melanomas
- Neurofibromas
- Meningioma
- Bone metastases

**SAN DIEGO
RADIOLOGY**

**PALOMAR
MEDICAL
CENTER**
SPECIALIZING IN YOU

Cancer Classes

Rebound: Renewing Healthy Living after Breast Cancer

**Pomerado Outpatient Pavilion, First Floor
Education Classroom**

Five-Week Series

Tuesdays, Feb. 3, 10, 17, 24; March 3
10 a.m. – Noon

or

Tuesdays, April 28; May 5, 12, 19, 26
10 a.m. – Noon

A **FREE** series of classes for women who have been diagnosed with breast cancer. Topics include breast cancer and treatment, nutrition, fitness, stress reduction, cosmetic options following mastectomy/chemotherapy, sexuality following treatment and more. Open to patients and their families.

FEE: Free – registration required

I Can Cope

**Pomerado Outpatient Pavilion, First Floor
Education Classroom**

Six-Week Series

Thursdays, Feb. 26; March 5, 12, 19, 26;
April 2

1:30 – 3 p.m.

Oncology nurse Cathy Blazek leads this **FREE** series of educational classes for people confronting a cancer diagnosis. Open to male and female patients and their families through the collaborative efforts of the **American Cancer Society** and **The HealthSource**.

FEE: Free – registration required

Look Good, Feel Better

**Pomerado Outpatient Pavilion, First Floor
Education Classroom**

Monday, February 23 or Monday, April 20
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 **619.682.7440**.

FEE: Free – registration required

Breast & Ovarian Cancers – Do Genetics Put You at Risk?

**Pomerado Outpatient Pavilion, First Floor
Education Classroom**

Wednesday, April 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.

FEE: Free – registration required

Beam Me Up, Iris!

New Technology Provides Docs with Virtual Bedside Presence

Using advanced telecommunications technology to project doctors to the patient's bedside from miles away may sound like a scene from "Star Trek." However, the ease with which "Iris," a wireless mobile Remote Presence® Robot, allows physicians to keep close tabs on their patients from anywhere in the world is transforming how medicine is delivered at Pomerado Hospital's Intensive Care Unit (ICU).

What Iris accomplishes is called remote presence, which is the ability to project yourself to another place without actually leaving your current location. In "Star Trek" terms, Iris beams the doctor to the patient's bedside while the doctor physically remains in another location. Pomerado Hospital is the first in San Diego County to use this interactive tool for patient care.

Remote Presence

This wireless, mobile Remote Presence® Robot is designed and manufactured by InTouch Health of Santa Barbara. Standing 5'3" tall and weighing 210 pounds, Iris is a petite powerhouse of communications capabilities. The robot takes on a distinctly human-like personality with these features: a 'face' (monitor that projects the physician's face to the patient), two 'eyes' (a wide angle camera and a digital zoom lens), a 'mouth' (microphone plus a telephone handset for private communication) and 'feet' (three rollers that silently glide the robot from room to room). Iris even has extra 'hands' – connections for a stethoscope and ultrasound machine that allow physicians to directly hear results of those tests over the broadband.

Although the robot does not physically examine the patient, it allows face-to-face contact between the physician and patient.

"Instead of a nurse relaying a message by telephone, I can communicate directly with the patient through Iris," says Benjamin Kanter, M.D., Chief Medical Information Officer for Palomar Pomerado Health (PPH). "I can see and be seen, which allows me to personally interact with the patient and family members more effectively."

Iris has been making the rounds – and friends – at Pomerado Hospital's ICU since last summer. Iris – so named by the nursing staff because the mobile unit provides an extra pair of eyes looking in on a patient – is a sophisticated advancement in telemedicine. Telemedicine has evolved over

40 years of practice to provide the tools and technology that allow physicians to see, hear and talk with patients from a distant location.

"It doesn't replace the regular patient visits, rather it augments our ability to observe patients more quickly at any time when we can't readily get to the hospital," Dr. Kanter says. It's technology that is working to enhance the role of physicians, not replace it."

Dr. Kanter has taken the lead in introducing Iris to patients and training the medical staff in how to use the robotic device to assess patients.

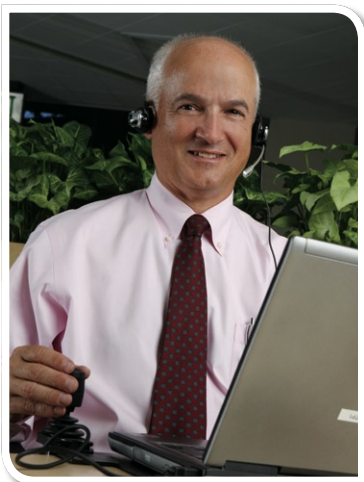
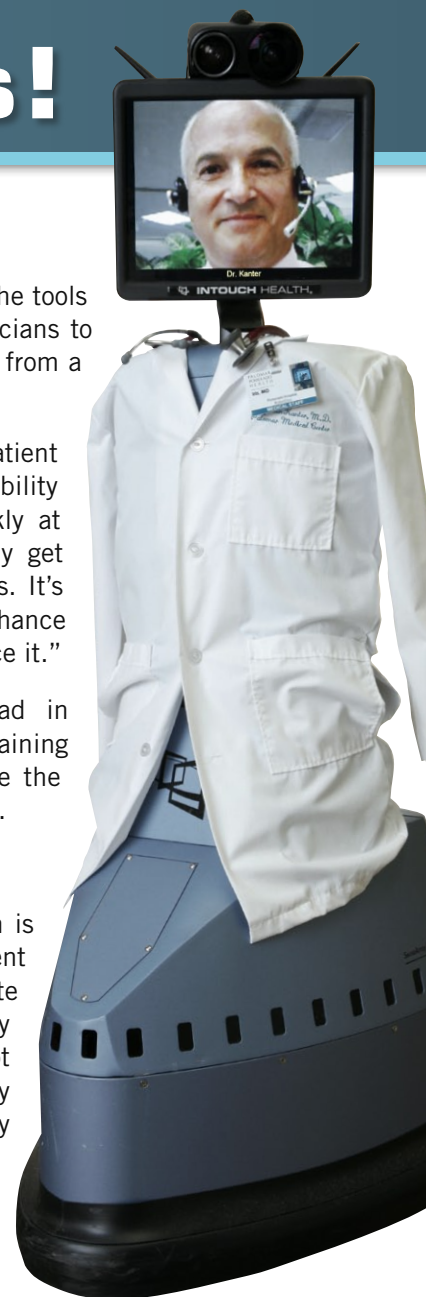
Iris at Work

Iris is used anytime a physician is needed to make a visual assessment of a patient or communicate directly with the patient, family or nursing staff – and cannot come to the hospital in a timely manner. The device is especially helpful on the night shift.

"If a patient doesn't look quite right, Iris can bring the physician right to the bedside to quickly and accurately assess what is going on," says Joseph Parker, R.N., ICU Nursing Supervisor. "It means our patients get more efficient care because the doctor is more readily accessible through remote presence."

A physician connects to Iris via a specialized control station that uses a laptop with a webcam, joystick and secure broadband wireless technology. By rotating the joystick, the physician can direct Iris down hospital corridors and into a patient's room. The machine can zoom in on the patient's eyes or vital sign monitors, upload x-rays and other test results, and provide the eyes and ears for the doctor to virtually be in the room with the patient. Usually, a nurse is also in the room with Iris.

"Patients and family members are initially surprised to see this robot, but when they see the doctor's face and hear the voice they become very comfortable asking questions and interacting directly," Parker says. "It means a lot for the doctor to be able to see a facial expression on a patient or family member or nurse,



Ben Kanter, M.D., maneuvers Iris from a remote control station.



Dr. Kanter uses Iris to make a virtual visit with a patient in the Intensive Care Unit at Pomerado Hospital.

even when he's at a distant location. It is a lot more transparent and enhances patient care greatly."

"When I first started nursing eleven years ago, I didn't think about telemedicine or robotic technology," Parker says. "Now, Pomerado Hospital is very interactive and uses a lot of technology to improve quality of care for our patients."

The Future Starts Here

"Medicine is changing and we need to figure out more efficient ways to deliver better care to more people," says Dr. Kanter. "Iris allows physicians and hospitals to extend their reach. When I think about the future potential for telemedicine, that's when I get really excited!"

Dr. Kanter predicts that geographic barriers to health care will be eliminated through the use of telemedicine. Already, in Michigan one neurologist is able to serve patients in 31 hospitals throughout that state through the use of telemedicine devices similar to Iris.

"Think what that means to a district like Palomar Pomerado Health, which covers 800 square miles where many people live in rural towns and ranches," Dr. Kanter says. "We can potentially provide them with access to specialists that they have never been able to see before."

Dr. Kanter predicts that patient rooms in the new "Hospital of the Future" will include monitors to allow physicians to communicate remotely, just like Iris allows them to do today.

"Skilled nursing facilities is another area of potential," he says. "Wouldn't it be great if you could use this technology to virtually visit with your father in a nursing home in Arizona, talk with him and see how he looks?"

"Our goal at PPH is to use innovation to take advantage of change," Dr. Kanter says. "We balance the new with the known, the promising with the proven, as we move forward." **HS**

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 700 affiliated physicians are committed to providing you and your family with top-quality clinical care in a caring environment. You can also visit us online at **www.pph.org**. Simply click on "Find a Doctor."

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 POMERADO HEALTH
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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 15 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."





PPH Named “Best Place to Work” by *Modern Healthcare*

Palomar Pomerado Health (PPH) has been ranked the 39th Best Place to Work in Healthcare by *Modern Healthcare* magazine for 2008. It is the first such competition sponsored by the magazine and the program was open to health providers, suppliers and insurance companies nationwide.

“We were fortunate to receive the award and with such a high ranking nationally,” says Michael Covert, president and CEO of PPH. “I am not surprised, however. Our staff and leaders have been recognized locally and regionally for their creation of a positive and strong work environment and ethic. I am proud of their accomplishments and am pleased that others throughout the United States recognize these efforts.”

According to *Modern Healthcare*, they initiated this new honors program to recognize health-care organizations that enable employees to perform at their optimum level to provide patients and customers with the best possible care and service.

Judging was based on a comprehensive 28-page application and a random employee survey that sought to confirm statements made in the application. The results were tabulated and used to determine the final numerical ranking of the top 100 places to work.

“This award recognizes the tremendous team spirit that is present throughout all levels of PPH,” says Brenda Turner, executive director of Human Resources. “It validates our collaborative approach to decision-making and confirms that our employees are motivated to provide the very best care and service.”



Palomar Pomerado Health’s Executive Director of Human Resources Brenda Turner (left) and CEO Michael Covert (center) attended a ceremony in Chicago to receive the “Best Place to Work” award from *Modern Healthcare* magazine

In 2007, PPH was chosen one of the top five large employers within California as the “Best Place to Work” by Los-Angeles based Employers Group. The previous year, PPH was named Best Place to Work in Inland San Diego by *San Diego Magazine* and also received the Bronze Award from the California Achievement in Performance Excellence and Marble Award for large employers from the San Diego Society of Human Resource Management.

“These awards strengthen our ability to recruit other top-tier employees to join our team,” says Turner. **HS**



Jerry Kaufman

Jerry Kaufman Elected to PPH Board

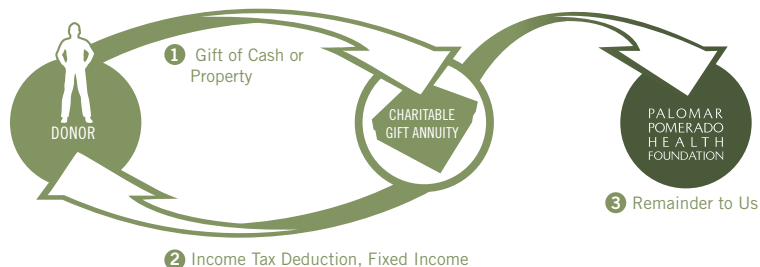
Palomar Pomerado Health is pleased to welcome Jerry Kaufman to its district board of directors. Kaufman, a physical therapist with Graybill Medical Group in Escondido, won 56 percent of the vote in November’s election to edge out his competition for the two-year term seat vacated by Linda Bailey.

Kaufman’s top priorities as a board member include:

- Ensure that the hospital district continues to provide for the health-care needs of its residents, as a financially healthy tax exempt entity
- Expand provision of community services through a network of local clinics throughout the district
- Assist PPH district in achieving its projected goals for the next 5 to 10 years

“I am excited about my appointment to the board of directors and look forward to assisting the district with achieving its projected goals,” says Kaufman. “With the hospital expansion plans in progress, this is a critical time for PPH to remain focused and on track in order to grow existing services for area residents while also keeping costs to a minimum. I support that effort and feel that my history as a fiscally conservative health-care professional and civic leader will offer fresh insight to the district board.”

“Jerry brings a valuable set of skills, talent and experience to complement the current make up of trustees,” says Bruce Krider, chairman. “From what I have observed of him as both a citizen in support of the district and now as a new member of the board, I firmly believe he will serve our taxpayers and patients well. I know the other board members also look forward to his contributions as an active trustee.” **HS**



Charitable Gift Annuities: Income You Can Count On

A charitable gift annuity is a way to make a gift to your favorite charity and still receive an income for yourself or others. It is a contract under which a charity, in return for a transfer of cash or other property, agrees to pay a fixed sum of money for a period measured by one or two lives.

When you create a charitable gift annuity with Palomar Pomerado Health Foundation (PPHF), you receive your annual or quarterly payments like clockwork. When the payment date rolls around, your check is either mailed or transferred directly to your bank account.

For example, "Bill and Martha" obtained a \$50,000 gift annuity with PPHF. Since the gift is irrevocable, they receive an income tax deduction.

Now, every year for the rest of their lives, Bill and Martha will receive \$2,800 from PPHF. The amount is based on their ages and annuity rates in force when they obtained the annuity. Since they stipulated quarterly payments, they receive a check for \$700 each quarter, regardless of what happens in the economy or if one of them should pass away.

So, not only are Bill and Martha receiving regular, fixed payments for their annuity, they have the satisfaction of knowing that some of the \$50,000 they gave will eventually be available to help PPHF

Invest in the Future of Health Care: Make a Tax-Free Gift from Your IRA

There's good news for individuals age 70 ½ or older with individual retirement accounts. The charitable IRA legislation has been extended through 2009, which means you can use funds from your IRA to make a charitable gift free of tax obligations.



If you are required to receive minimum distributions from your IRA, but do not need the money for personal use – consider designating those funds as a charitable gift. While a charitable deduction cannot be claimed for IRA gifts, you do not pay income tax on the amount.

You may contribute funds if:

- You are 70 ½ or older
- Your gifts total \$100,000 or less in each year in 2008 and 2009
- You transfer funds directly from an IRA or IRA Rollover
- You make the gift to a public charity like Palomar Pomerado Health Foundation (PPHF)

For more information, please contact **Palomar Pomerado Health Foundation** at **760.739.2787** or e-mail marsha.bryan@pph.org.

continue its mission of supporting the best medical care provided by Palomar Pomerado Health.

There are plenty of uncertainties in life, but a gift annuity payment from PPHF isn't one of them. To learn more about participating in a planned giving program, or for a simple, no-obligation illustration of how a gift annuity can work for you, please call the Foundation at **760.739.2787**.

2009 NIGHT of NIGHTS™ presented by PALOMAR POMERADO HEALTH FOUNDATION

Join LaDainian and Torsha Tomlinson for the second annual Night of Nights, an evening in support of the Palomar Pomerado Health Foundation.

Proceeds will directly benefit future innovation and technology at Palomar Pomerado Health.

*6 p.m.
Saturday, June 13, 2009
Hyatt Regency La Jolla at Aventine*

For more information, please call 760.739.2787 or visit www.pphfoundation.org/gala.

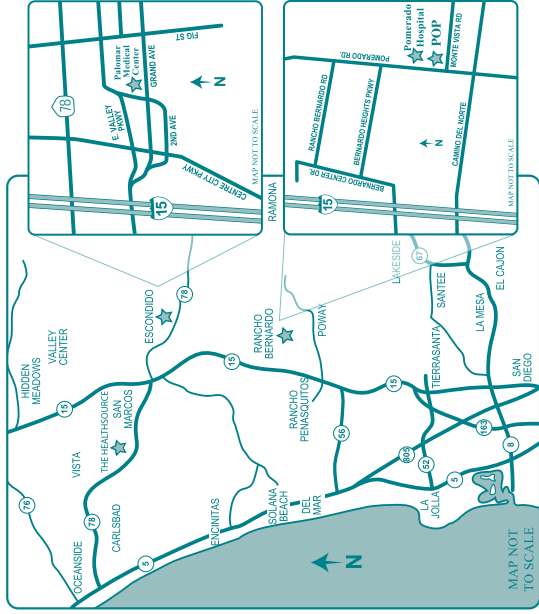
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Escondido, CA 92025
760.739.3000

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15615 Pomerado Road
Poway, CA 92064
858.613.4000

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

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

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The HealthSource at 800.628.2880.