

the HealthSource

A HEALTH NEWS AND EDUCATION RESOURCE FOR INLAND NORTH COUNTY

May – August 2009

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PALOMAR
POMERADO
HEALTH
SPECIALIZING IN YOU

Write from the Top

Dear Friend of PPH,

It is my great pleasure to announce that we have received word from the American Nurses Credentialing Center (ANCC) that Palomar Pomerado Health (PPH) has become the first health system in California, and the only public health district nationally, to achieve Magnet Recognition®.

The Magnet Recognition Program was developed to recognize health-care organizations that provide nursing excellence. Only five percent of hospitals nationwide, and just a handful of health systems, have achieved this designation. For our valued patients, this honor provides the ultimate reassurance about the quality of care you can expect to receive from a PPH facility – measured not only against other organizations statewide, but nationally and internationally too.

PPH's Magnet journey began in 2004 as a collaborative effort among our nurses, physicians, staff, administrators and volunteers. Five years later, following an extensive application, review and site visit process – including demonstration of excellence in 191 standards of care and submission of more than 3,500 pages of documentation – the Commission on Magnet voted unanimously to honor PPH with this esteemed designation.

I am so proud of our organization for going the distance to meet the demanding criteria required to achieve Magnet Recognition. This honor reinforces our commitment to provide the highest level of clinical care and compassion to every patient, 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
858.675.5376

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**, or visit **www.pph.org** and click on "Classes & Events."

*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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May – August 2009

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On the Cover:

Palomar Medical Center (PMC) is proud to celebrate 25 years with the San Diego Trauma System. Featured on the cover from North County Trauma Associates are John Steele, M.D., medical director of PMC's trauma program, and from left to right, Thomas Velky, Jr., M.D., Gregory Campbell, M.D., and Stephen Kaminski, M.D. Photography by Martin Mann. Special thanks to Mercy Air.

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

Community Support Groups at Palomar Pomerado Health

Arthritis & Osteoporosis

Mondays, May 18 and July 20
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, 2nd Floor Café
Conference Room
Call 800.986.4487 for more information.

Menopause Information & Support

Thursday, June 18, 12:30 – 1:30 p.m.
Thursday, August 20, 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.

PALOMAR MEDICAL CENTER'S TRAUMA TEAM SAVING LIVES EVERY DAY



“When you work in trauma care, you have to be ready at a moment’s notice to give rapid, focused care to multiple, life-threatening injuries,” says John Steele, M.D., medical director of Palomar Medical Center’s Trauma Center.

The nature of trauma is that it is unexpected – and largely preventable, according to Dr. Steele who is a board-certified trauma surgeon. A traumatic event occurs every four seconds nationwide and is the leading cause of death among Americans under age 44.

Palomar Medical Center (PMC) is one of six designated trauma hospitals in San Diego County’s coordinated trauma system, which is considered a premier model throughout the country. PMC’s 2,204 square-mile trauma service area has more than 540,000 residents and reaches from southern Riverside County to Scripps Ranch and from the Anza Borrego Desert to the coast. Covering this diverse area means treating a broad range of traumatic injuries.

“We’ve seen it all and have taken care of all sorts of massive injuries,” Dr. Steele says. “We do save lives everyday.”

Last year, nearly 1,200 patients were treated at PMC’s Trauma Center, arriving by helicopter or ambulance. Approximately 93 percent of the patients are treated for blunt force injuries from automobile, motorcycle and recreational vehicle collisions. One-quarter of the patients had positive blood alcohol levels and 30 percent were under 26 years old. Nearly one-third of all trauma patients required surgery to repair injuries.

“Trauma is a surgical specialty, whereas emergency medicine is a medical specialty,” says Debra Byrnes, B.S.N., trauma



“We’ve seen it all and have taken care of all sorts of massive injuries. We do save lives every day.”

– John Steele, M.D.

program director. “Trauma results from outside forces while most emergency situations, such as a heart attack, are the result of a medical condition.”

Of growing concern is the increasing number of elderly patients suffering severe head injuries from falling in their home. Last year, 125 patients over age 65 were treated at PMC’s Trauma Center for this reason.

“If they are taking blood thinners, extensive internal bleeding may result, turning a common fall into a serious traumatic event,” Dr. Steele says. “We are concerned about this trend and have started community outreach to inform elderly patients how to prevent falls.”

Trauma Resuscitation Team

As a Level II Trauma Center, PMC must be staffed for immediate response. This requires having a trauma surgeon on site 24/7, with a backup trauma surgeon available if multiple trauma victims arrive simultaneously.

“First responders in the field activate the trauma response system, so our team is assembled even before the patient arrives. That

way, we save precious time and can start evaluation and treatment rapidly,” says Dr. Steele.

The Trauma Resuscitation Team includes the trauma surgeon, emergency physician, trauma nurse team leader, rapid response nurse, operating room nurse, trauma technician, chaplain and security staff. On call specialists are also promptly available.

“As a trauma hospital, PMC has specialists in every area, which elevates the standard of care hospital-wide, from surgery to radiology and from the lab to inpatient care units,” Dr. Steele says.

Advances in Trauma Care

“The CT (computed tomography) scanner is the best diagnostic tool we have because it provides very detailed, sequenced images of organs and bones to help us define the extent of internal injuries very quickly and accurately,” Dr. Steele says.

Another advancement credited with saving lives is the rapid infuser.

“The rapid infuser is making a huge difference in our ability to stabilize critically injured patients who have lost a large volume of blood,” says Carol Gamble, R.N., trauma team nurse leader. “It delivers a liter of blood products, warmed to body temperature, within two minutes.”

Trauma: A Preventable Condition

“Prevention is the most effective way to treat trauma,” Dr. Steele says. “Most injuries are the result of poor choices, such as drinking and driving or not wearing protective gear when riding a motorcycle or ATV.”

PMC recently partnered with Poway High School, the Poway Fire Department and the San Diego County Sheriff’s Department to present an outreach program, “Every 15 Minutes,” which informs high school students of the dangers of drinking and driving. The key message was that every 15 minutes someone in this country is seriously injured or dies from an accident involving alcohol.

“I hope our education efforts make students realize that sometimes poor choices result in irrevocable consequences,” Dr. Steele says.

Despite such outreach efforts, the number of trauma cases continues to climb as San Diego County’s population grows. From 1984, when the countywide trauma system was established, to 2005, the number of trauma cases doubled, from 4,374 to 9,984. The good news – during that same time, the preventable death rate from major traumatic injury has fallen from 21 percent to less than one percent.

“We consistently strive to do better by evaluating our work internally and as part of the countywide trauma system,” says Byrnes. “By sharing data, we learn how to improve our standard of care, prevent complications and improve survival. We are proud of our work because we are saving lives every day and that makes a difference for our community.” ^{HS}



Since 1984, major trauma victims have been routed directly to designated trauma facilities throughout San Diego County, including Palomar Medical Center (PMC), which is responsible for the largest catchment area of patients. PMC is proud to celebrate 25 years of excellence with the San Diego County Trauma System.

EVERY MINUTE COUNTS



Having a trauma center nearby can truly mean the difference between life and death. Survival rates increase dramatically if effective surgical treatment is provided within the “Golden Hour,” the first 60 minutes following traumatic injury. Consider this recent example of a trauma patient treated at PMC:

- 17:40 Male patient arrives at PMC’s Trauma Center by ambulance. Field paramedics report patient was involved in motorcycle crash on Citracado Parkway at approximately 17:25.
- 17:42 Trauma Resuscitation Team assesses ABC (airway, breathing and circulation) and obvious external injuries. Multiple fractures are documented. Rapid infusion initiated to replace lost blood.
- 18:04 Patient is taken to CT Scanner for advanced imaging of injuries.
- 18:20 Trauma surgeon evaluates CT results – pulmonary contusions (bruising), multiple spine and pelvic fractures – and plans surgery.
- 18:26 Patient is taken to specialized trauma operating suite, where the surgeon performs an exploratory laparotomy to control bleeding by repairing liver and spleen injuries. Orthopaedic injuries are stabilized.
- 22:45 Patient is admitted to the Trauma Intensive Care Unit (TICU).

Three weeks later, the patient is moved to PMC’s Intermediate Care Unit. After another week, he is transferred to the Acute Rehabilitation Unit where skilled staff concentrate on preparing him to return home with the highest level of function possible. Just over a month after sustaining severe injuries, the patient returns home.

“This patient was very fortunate in that he wore a helmet, which helped prevent head injuries, and he was brought to our Trauma Center very soon after the crash,” Byrnes says. “Because of extensive injuries, he required at least four operations to repair multiple broken bones and severe injuries to his spleen and liver. He was a good save because he recovered and went home.”

the HealthSource Classes

Check out the latest programs available and register today!

Heart Health



Dan Mulvihill, M.D.

Ladies, Take Care of Your Ticker!

Pomerado Outpatient Pavilion, First Floor

Monday, May 11

6 – 7:30 p.m.

Heart disease doesn't have to be the number one killer of women. Join cardiologist Daniel Mulvihill, M.D., as he shares preventative tips for keeping your heart healthy and reducing your risk for cardiovascular disease and stroke. Content geared toward women, but appropriate for men too.

FEE: Free – registration required



Barbara Buesch, R.N.

Stroke: Signs & Prevention

Pomerado Hospital, Third Floor Conference Room

Tuesday, May 26

5 – 6 p.m. – **FREE** Stroke Assessment

6 – 7:30 p.m. – Seminar

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: Free – registration required



Ving Yam, D.O.

Hypertension: Prevention, Detection and Treatment

OASIS

Monday, June 1

10:30 a.m. – Noon

Hypertension, or high blood pressure, can seriously damage your body without signs or symptoms.

Even when you feel fine, it's important to have your blood pressure checked regularly to detect and treat increases early. Join Dr. Ving Yam as he discusses how to prevent, treat and deal with the potential consequences of hypertension. Plus, receive a **FREE** blood pressure screening 30 minutes before or after the class. To register, call **OASIS** at **760.432.0635**.

FEE: \$3 / participant



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.



Halle Elbling, R.D.

Reducing Disease Risk through Diet

Pomerado Outpatient Pavilion, First Floor

Monday, May 11

Noon – 1:30 p.m.

Healthy eating practices can improve your physical well-being as well as reduce your risk for heart disease, diabetes and stroke. Join Registered Dietitian Halle Elbling as she discusses nutritious dining for healthier living.

FEE: Free – registration required

FREE Blood Glucose SCREENINGS

Check your blood sugar regularly at no charge.



Palomar Pomerado Health is proud to introduce regular **FREE** glucose screenings to the community. If you are over age 45, have a family history of diabetes, are overweight, inactive or are of African-American, Hispanic or American-Indian descent – be proactive and take advantage of these screening opportunities to help assess your health status. Cathy Blazek, R.N., will perform the screenings and provide results to share with your doctor. No registration required. Walk-ins welcome.



Cathy Blazek, R.N.

Palomar Medical Center Lobby

1st Wednesday of each month
9 – 11 a.m.

Pomerado Hospital Lobby

2nd Wednesday of each month
(Beginning June 10)
9 – 11 a.m.

Pomerado Outpatient Pavilion Lobby

3rd Wednesday of each month
9 – 11 a.m.

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.

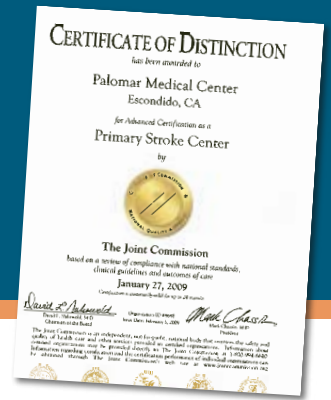
Palomar Medical Center Lobby

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.

Certification Confirms Quality of PPH Stroke Program



Palomar Medical Center and Pomerado Hospital have been designated as Certified Stroke Centers by the Joint Commission on Accreditation of Health Organizations (JCAHO). The Joint Commission's Certificate of Distinction recognizes hospitals that meet national standards and clinical practice guidelines designed to manage and optimize care.

"This certification validates the consistent high quality of care our team provides," says Barbara Buesch, R.N., district stroke coordinator. "By complying with established evidence-based medicine guidelines, we are providing our patients with the best care for stroke and heart attack."

A coordinated stroke team response starts when paramedics assess a patient in the field, continues through the initial diagnosis and treatment in the Emergency Department, and throughout inpatient hospital care and outpatient rehabilitation services. Team members include the paramedics, emergency physicians and staff, a neurologist, stroke certified nurses, rehabilitation therapists and staff from radiology, laboratory services and pharmacy.

was a stroke and asked my wife to call 911."

The paramedics arrived and transported Bill to PMC within 30 minutes of his first stroke symptoms.

"When we arrived at the Emergency Department, everyone was ready to help me," Bill says. "Everyone was so focused and experienced, from the paramedics to the emergency physicians and staff and throughout my entire hospital and inpatient rehabilitation care."

A CT scan showed that Bill had suffered an ischemic stroke, which accounts for 80 percent of all strokes and is caused by a blood clot. In 1996, the U.S. Food and Drug Administration approved the use of tPA (tissue plasminogen activator), a thrombolytic agent that breaks up clots, to treat ischemic stroke within the first three hours after the start of symptoms.

"The doctor told me I was a good candidate for the clot-busting drug because I came to the hospital so quickly," Bill says. "I told him to go for it because I wanted to live."

Bill improved each day in the Stroke Unit and Acute Rehabilitation Unit before returning home in time to celebrate Valentine's Day with Suzanne. He continues with outpatient rehabilitation services to strengthen his right arm and leg.

"I did not have any problems with speech or cognitive thinking, and I am getting stronger each day, thanks to the great care at Palomar and the clot-busting drug," Bill says. [HS](#)

When a Stroke Strikes: Bill Van Horn's Story



PPH Occupational Therapist Camilla Hanson, OTR-L, works with patient Bill Van Horn on strengthening exercises for his right hand and arm. Van Horn suffered a stroke in January.

For Bill and Suzanne Van Horn, Palomar Medical Center's (PMC) designation as a Primary Stroke Center simply attests to the quality care he received following an acute stroke on January 30.

"I had no warning and had never been told I was at risk for a stroke," Bill says. After picking up the morning paper from the driveway as he does every day, Bill suddenly felt something go wrong. "Things started spinning and my arm felt weak. I figured it



May is National Stroke Awareness Month,

a time to educate the nation and spread awareness about stroke prevention, symptom recognition and recovery. In recent years stroke deaths have declined by 10,000 Americans. This year, the National Stroke Association hopes to continue to reduce stroke deaths by educating the public to recognize stroke symptoms, and to **act F.A.S.T.**

F = Face	Ask the person to smile. Does one side of the face droop?
A = Arm	Ask the person to raise both arms. Does one arm drift downward?
S = Speech	Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
T = Time	If you observe any of these signs, it's time to call 9-1-1.

Keeping Families in Touch

PPH Implements New Paging and Message Board Systems for Families



Using the pager frees patients and family members to leave the immediate area to make phone calls, have a meal or walk outside and know they will not miss their turn to be seen.

“We give a pager to patients or a family member after they have been examined by the triage nurse,” says Joanne Barnett, R.N., director of Emergency Services at Pomerado Hospital. “The pagers provide great peace of mind for patients who know we can reach their family at a moment’s notice. The patient flow is not interrupted and this increases the number of patients we can serve. Staff and patients have had universal praise for this unique innovation.”

“The pagers provide great peace of mind for patients who know we can reach their family at a moment’s notice.”



A new message board in the surgical waiting area – similar to an arrival/departure board at an airport – keeps family members informed while their loved one is having surgery. It shows the time surgery starts, when the patient is taken to recovery and when the patient is ready to either go home or be moved to an inpatient care unit. The board maintains patient privacy by displaying a unique code number and the surgeon’s name.

“This new system helps us communicate more effectively and provides families with more information about the patient, which eases their concerns,” says Rhonda Wilson, R.N., Operating Room supervisor at Pomerado Hospital. “It works so well for us, I think every hospital should use this system.”

Silent, vibrating pagers and a coded message board are helping families stay in touch with their loved ones who are being treated in the Emergency Department or are having surgery at Pomerado Hospital. These systems are also in use in the surgical department at Palomar Medical Center.

The automated system is integrated with PPH’s Electronic Medical Record system and replaces a manual tracking system that was previously used. [HS](#)

Emergency Department pagers are similar to those used by restaurants to call you to an available table. They vibrate and light up to signal it is time to return to the Emergency Department.



PPH expresscare
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School, Sports & Camp Physicals

\$25



What to Bring

- Appropriate Medical Exam Form
- Parent/Legal Guardian

Payment Options

- Cash, Check or Major Credit Cards

Details

- Services provided by Certified Family Nurse Practitioners
- No appointment necessary
- Most visits average 20 minutes
- Late evening and weekend hours

Albertsons/Sav-on Pharmacy

1509 E. Valley Parkway
Escondido, CA 92027

Albertsons/Sav-on Pharmacy

14340 Peñasquitos Dr.
San Diego, CA 92129

PALOMAR POMERADO HEALTH
SPECIALIZING IN YOU



Monday-Friday
9 a.m. – 9 p.m.

Saturday
9 a.m. – 5 p.m.

Sunday
10 a.m. – 6 p.m.

2009 WOMEN'S WEEK

Celebrate National Women's Health Week at the Jean McLaughlin Women's Center. Palomar Pomerado Health physicians and health professionals will provide FREE health screenings, seminars, information and giveaways on a variety of topics from breast and heart health to osteoporosis and menopause. Join us one day or every day and bring a friend or family member! Class registration is required. Please see the schedule of activities below. For complete class descriptions, see the "Well Woman" insert included with this publication. To register, call **800.628.2880** or visit www.pph.org and click on "Classes and Events."



PALOMAR
POMERADO
HEALTH
SPECIALIZING IN YOU



Monday, May 11

"Make the Link: Diabetes, Heart Disease and Stroke"



Noon – 1:30 p.m.

"Reducing Disease Risk through Diet" – FREE SEMINAR!
Halle Elbling, R.D., Registered Dietitian and Diabetes Educator



1:30 – 5:30 p.m.

FREE Health Screenings, Ask-the-Cardiologist
Enjoy a FREE chair massage and join us for complementary blood pressure, blood glucose, body fat composition and stroke risk assessment screenings. Cholesterol screening available for \$15. Plus, Cardiologist **Dr. Robert Stein** will be available to answer your heart health questions.



6 – 7:30 p.m.

"Ladies, Take Care of Your Ticker!" – FREE SEMINAR!
Daniel Mulvihill, M.D., Cardiologist

Tuesday, May 12

"Breast and Bladder Health for All Ages and Stages"



Noon – 1:30 p.m.

"Breast & Ovarian Cancers – Do Genetics Put You at Risk?" – FREE SEMINAR!
Kathleen Flores-Dahms, M.D., Radiologist
Kay Kimball, R.N., Breast Health and Oncology Nurse



1:30 – 5:30 p.m.

FREE Health Screenings, Ask-the-Cosmetic Surgeon
Enjoy a FREE chair massage and join us for complementary blood pressure, blood glucose and body fat composition screenings. Plus, lactation consultants will be available to answer questions about breastfeeding, while **Dr. Mark Mofid** will be on-site to discuss breast reconstruction, reduction and enhancement.



6 – 7:30 p.m.

"GYN and Bladder Health – Taking Control!" – FREE SEMINAR!
Sudabeh Moein, M.D., OB/GYN

Wednesday, May 13

"Bones and Hormones"



Noon – 1:30 p.m.

"Pause and Effect – A Closer Look at Menopause" – FREE SEMINAR!
Kay Bradshaw, P.A.C., Physician's Assistant – Certified



1:30 – 5:30 p.m.

FREE Health Screenings, Ask-the-Internist
Enjoy a FREE chair massage and join us for a complementary bone density heel screening! Free blood pressure, blood glucose and body fat composition screenings will also be provided. Plus, Internist **Dr. Belinda Dure-Smith** will be available from 3:30 to 5:30 p.m. to answer questions about menopause and osteoporosis.



6 – 7:30 p.m.

"Outsmarting Osteoporosis" – FREE SEMINAR!
Elizabeth Salada, M.D., Internal Medicine. Visit Dr. Salada's "Healing Sanctuary" during Women's Week for special discounts!



Thursday, May 14

"Nurturing Your Mind, Body, Spirit and Skin"



Noon – 1:30 p.m.

"Integrative Medicine: Caring for the Mind, Body and Spirit" – FREE SEMINAR!
Sudabeh Moein, M.D., OB/GYN



1:30 – 5:30 p.m.

FREE Health Screenings, Ask-the-Cosmetic Surgeon
Enjoy a FREE chair massage and join us for a complementary skin cancer screening provided by Dermatologist **Dr. Bryan Chen**. Free blood pressure, blood glucose and body fat composition screenings will also be provided. Plus, Cosmetic Surgeon **Dr. Munish Batra** will be available to answer questions about surgical and non-surgical skin rejuvenation techniques.



6 – 7:30 p.m.

"How Fit is Your Skin?" – FREE SEMINAR!
Nancy Chen, M.D., Dermatologist



Visit the Women's Health Connection Boutique during "Women's Week," May 11 – 15, and receive 10% off your total purchase. Offer not valid for pump rentals, with any other discount, or for previous purchases. Call 858.613.6110 for details.

Class Registration

All 2009 Women's Week classes are FREE, but registration is required. Each complementary screening will be provided on a first come, first served basis. To register for a class, call The HealthSource at 800.628.2880 or visit www.pph.org and click on "Classes and Events."

HOUSE CALLS



Tanning Beds Not Worth Health Risks

Q: *My daughter wants to use indoor tanning and says it could even help prevent sunburn. I'm not sure. What are the facts?*



Nancy Chen, M.D.
Dermatologist
Escondido Dermatology

A: "You're right to be concerned, because there is no such thing as a safe tan. Recent worldwide studies have found that people who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent over their lifetime.

More than two million American teens visit tanning salons each year. Tanning salons use high-pressure sunlamps that emit doses of UVA that are as much as 12 times that of the sun. It is known that ultraviolet sunrays (UVA and UVB) contribute to and may cause skin cancers including basal cell carcinoma, which is rarely fatal, and squamous cell carcinoma.

Melanoma is the most serious type of skin cancer and while it accounts for only three percent of all skin cancers, it causes more than 75 percent of all skin cancer deaths. While the incidence of many common cancers continues to decrease thanks to public awareness and early detection, the rate of melanoma continues to rise significantly.

Prevention is very important and is as simple as using a full spectrum sunscreen of 30 SPF or greater (sun protective factor) everyday. Full spectrum sunscreen protects against both UVA and UVB sunrays. If you have been diagnosed with skin cancer, tint the windows in your car or home to reduce exposure to UV rays.

Check your skin monthly, looking for changes in the size and shape of moles. If you are over age 50 and have a pimple-like spot for more than a month, see your dermatologist for an evaluation."

ABC's of Skin Cancer Detection

- **Asymmetry** – Is the mole uniform in appearance, or is one half shaped differently from the other?
- **Border** – Does the mole have an irregular border?
- **Color** – Does the mole have uneven color?
- **Diameter** – Is the mole larger than a pencil eraser?
- **Enlarging** – Is the mole growing in size?

If any of the above apply to you, see your dermatologist for an evaluation.

Boning Up on Osteoporosis

Q: *I'm 53 and my friend says I should have my bones scanned. My bones don't hurt, so why should I have a bone density test?*



Elizabeth Salada, M.D.
Internal Medicine

A: "A baseline bone density test is the most effective way to determine whether or not you have osteoporosis or porous bone. Such fragility increases the risk of fractures, especially of the hip, spine and wrist. All women should have a baseline bone density test at age 50. Younger women may need testing if they have early menopause for any reason, take certain medications that may cause bone loss, or have a history of unusual fractures or anorexia.

The most accurate test is the DEXA scan, which provides an X-ray of the hip joint and spine and will help determine your risk of fracture. The test should be repeated every five years if you have normal results and more often if significant bone loss is identified.

The key ingredients of maintaining bone mass are nutrition and exercise. Most women don't consume sufficient calcium daily and, because of concerns about sun exposure, many have a deficient amount of vitamin D. It's a good idea to check your vitamin D level as part of your next routine blood test. Vitamin D has been linked to mental well-being, muscle strength, restful sleep, memory retention and reduction of risk for certain cancers.

I recommend taking a vitamin that combines calcium (1,500 – 2,000 iu) and vitamin D (800 iu) daily. Gravity exercises – where your feet touch the ground – such as walking or running, tennis or dancing are most beneficial."

The Jean McLaughlin Women's Center for Health and Healing offers DEXA scans. A physician's order is required. For more information, or to make an appointment, call 858.613.6120.



General Health

Personal Safety Hints and Strategies for Seniors

OASIS

Wednesday, May 20
10:30 a.m. – Noon

Join **Helene Shaughnessy**, Center for Community Solutions, as she explores awareness of environment, assertive communication and physical techniques to help keep you safe. To register, call **OASIS** at **760.432.0635**.

FEE: \$3 / participant

Tired of Being Tired?



Palomar Medical Center, Graybill Auditorium

Thursday, June 18
6 – 7 p.m.

If you have difficulty falling asleep, snore, sleepwalk, awoken in the night, have morning headaches or are sleepy during the day – this class is for you! Join **Benjamin Kanter, M.D.**, as he discusses warning signs and treatment options for sleep apnea, insomnia, narcolepsy and restless leg syndrome.

FEE: Free – registration required

Skin Cancer Awareness



OASIS

Wednesday, June 20
10:30 a.m. – Noon

Skin cancer affects one in five Americans, yet sun exposure is the most preventable risk. Join Dermatologist **Bryan Chen, M.D.**, to learn more about skin cancer prevention and detection. To register, call **OASIS** at **760.432.0635**.

FEE: \$3 / participant

Advancements in Spine Surgery



Palomar Medical Center, Graybill Auditorium

Monday, June 22
6 – 7:30 p.m.

Minimally invasive techniques are changing the face of spine surgery. With carbon fiber instruments, 3-D imaging, neuro-monitoring and CT guided imaging, exposure to radiation and surgery time are reduced. Join Neurosurgeon **Mark Stern, M.D.**, as he discusses the latest in spine surgery.

FEE: Free – registration required



Be Prepared: Plan Ahead for Medical Care

OASIS

Wednesday, June 24
10:30 a.m. – Noon

Join **Cathy Blazek, R.N.**, as she discusses the importance of making decisions about your medical care before you need it. Plus, learn about “Lifeline,” a medical alert service designed to summon help during a sudden illness or injury. To register, call **OASIS** at **760.432.0635**.

FEE: \$3 / participant

Kidney Stones: Cause, Prevention & Treatment



OASIS

Wednesday, July 8
10:30 a.m. – Noon

Kidney stones can be as small as grains of sand or as large as golf balls. Join **Osman Khawar, M.D.**, as he discusses the causes, symptoms, diagnosis, prevention and treatment of kidney stones. To register, call **OASIS** at **760.432.0635**.

FEE: \$3 / participant

Pain Management



RB Joslyn Senior Center

Thursday, July 16
10:30 a.m. – Noon

Acute and chronic pain can attack the body at every vulnerable target – muscles, bones and joints. Join Pain Specialist **Christopher Chisholm, M.D.**, as he discusses causes, diagnosis, treatment and coping. To register, call **OASIS** at **760.432.0635**.

FEE: \$3 / participant

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

OASIS

Monday, July 27
10:30 a.m. – Noon

Prepare for the unexpected as **Linda Brown, R.N.**, reveals how to find a hospital in a strange area, what to do about prescriptions and what kind of health information you should have available for emergencies. To register, call **OASIS** at **760.432.0635**.

FEE: \$3 / participant

Oh, My Aching Feet!

OASIS

Wednesday, August 5
10:30 a.m. – Noon

Feet are more subject to injury than any other part of the body. They also often carry the first signs of systemic diseases. Join Podiatrist **Dr. Philip Wroslavsky** to learn about prevention techniques and treatment options. To register, call **OASIS** at **760.432.0635**.

FEE: \$3 / participant

Have You Heard The Latest?



Palomar Medical Center, Graybill Auditorium

Tuesday, August 18
6 – 7:30 p.m.

Hearing loss can occur at any age as the result of heredity, noise, infections and injury. Some forms of hearing loss are temporary or correctable with medication or surgery. Others cannot be reversed, but effective treatments are available. Join Ear, Nose and Throat Specialist **Michael Morelock, M.D.**, and Audiologist **David Illich, Ph.D.**, for this informative discussion.

FEE: Free – registration required

Chronic Respiratory Problems

Escondido Joslyn Senior Center 210 East Park Avenue, Escondido

Thursday, August 20
10:30 a.m. – Noon

Chronic respiratory problems can be debilitating to daily life. Join PPH Respiratory Therapist **Judy Glasser** for this informative discussion. To register, call **OASIS** at **760.432.0635**.

FEE: \$3 / participant

Longevity and Aging



San Marcos Community Center 3 Civic Center Drive, San Marcos

Friday, August 21
6 – 7:30 p.m.

With simple changes, you can increase your chances of a longer life expectancy and healthier senior years. Join **Camille Santos, M.D.**, and **Manuel Tanguma, M.D.**, as they discuss making choices for a healthier future.

FEE: Free – registration required

Cancer Classes

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

Pomerado Outpatient Pavilion, First Floor
Education Classroom

Tuesday, May 12
Noon – 1:30 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 Radiologist **Kathleen Flores-Dahms, M.D.**, and **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

Cancer Support Group – New Diagnosis

Pomerado Outpatient Pavilion, First Floor
Education Classroom

Six-Week Series
Thursdays, May 21 – June 25
1:30 – 3 p.m.

Men and women facing a new cancer diagnosis are welcome and encouraged to join this support group led by Oncology Nurse **Cathy Blazek, R.N., OCN**. This unique offering provides the opportunity to address individual needs, share experiences, gain support from others and become connected to many available community resources.

FEE: Free – registration required



Look Good, Feel Better

Pomerado Outpatient Pavilion, First Floor
Education Classroom

Monday, June 22 or August 24
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

I Can Cope

Redwood Town Court, Green House Room
Six-Week Series

Thursdays, August 20 – September 24
1:30 – 3 p.m.

Oncology Nurse **Cathy Blazek, R.N., OCN**, leads this **FREE** series of educational classes for people confronting a cancer diagnosis. Open to patients and families through the collaborative efforts of the American Cancer Society and The HealthSource.

FEE: Free – registration required

Rebound: Renewing Healthy Living after Breast Cancer

Pomerado Outpatient Pavilion, First Floor
Education Classroom

Five-Week Series
Tuesdays, September 22, 29; October 6, 13, 20
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

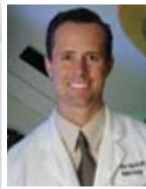
We're Revolutionizing the Treatment of Tumors

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.pph.org/srs**.

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
RADIO SURGERY

PALOMAR
MEDICAL
CENTER
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Construction Corner

Aerial view of the new Palomar Medical Center West construction site – March 2009.

Construction of the new Palomar Medical Center West in Escondido continues at a rapid pace as workers strive to complete the assembly of the 12,500-ton skeleton that will become the “Hospital of the Future.” The final steel beam of the 11-story structure is scheduled to be set in place in July.

“The steel project has been a massive undertaking that will result in a stronger, safer and more energy efficient building,” says Randy Wilson, Palomar Pomerado Health (PPH) senior construction projects manager.

The next major construction milestones include:

- Deck sleeves and inserts for mechanical, electrical and plumbing supports
- Interior concrete pours on metal decks
- HVAC (heating, ventilating and air conditioning units) and associated duct work
- Utility infrastructure for plumbing, medical gases, electrical conduits, phone and data cable
- Exterior skin of the building (glass cladding) and domestic water and fire loop site improvements

View construction progress online at www.pph.org and click on “The Game Plan.” Palomar Medical Center West is scheduled to open in 2012. **HS**



PHILIPS 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 May 31, 2009. (\$75 value)

Finding the Right Doctor is Easy at PPH

800.628.2880 | www.pph.org



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
SPECIALIZING IN YOU

Valet Service

PALOMAR MEDICAL CENTER
SPECIALIZING IN YOU



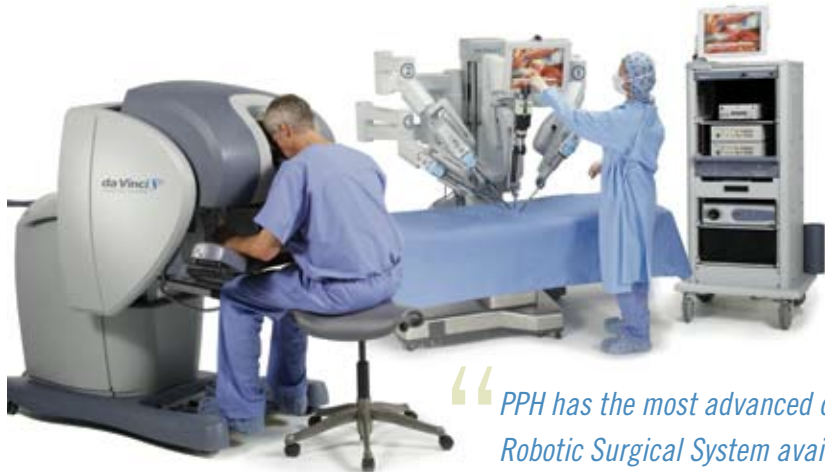
Palomar Medical Center offers a convenient valet service to all visitors for a \$3 flat rate – no validation required. The valet stand is located at the front lobby entrance under the covered drive through, and is available Monday through Friday from 8 a.m. to 4 p.m. based on demand. Wheelchair transportation is also available during valet hours to assist visitors and patients throughout the campus. Simply request a wheelchair with your valet attendant. For more information, call **760.740.6361**.

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.”



ROBOTIC SURGERY



Palomar Medical Center is proud to offer the newest generation da Vinci® S HD Surgical System – a robotic system that works as an extension of the surgeon who uses computer controlled instruments to operate through tiny openings in the body.

“ PPH has the most advanced da Vinci Robotic Surgical System available, and it provides the clearest and closest view of the surgical area. 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. ”



Kris Ghosh, M.D.
Gynecologic Oncologist

APPLICATIONS

- **Urology**
Prostatectomy and other urologic surgeries
- **Gynecology**
Hysterectomy and other gynecologic surgeries
- **General Surgery**
Advanced laparoscopic procedures

ADVANTAGES

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

**PALOMAR
POMERADO
HEALTH**
SPECIALIZING IN YOU

To learn more, visit www.pph.org/davinci

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. To register, call **OASIS** at **760.432.0635**. New participants start at the beginning of each session.

May 12 – 28 **FEE: \$30 for 6 classes**
June 2 – 30 **FEE: \$45 for 9 classes**
July 2 – 30 **FEE: \$45 for 9 classes**

Please note there will be no Get Fit and Stay Strong classes during August.

Chair Fitness – NEW TIME!

OASIS

Mondays and Wednesdays
12:30 – 1:30 p.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**.

May 11 – 27 **FEE: \$25 for 5 classes**
June 1 – 29 **FEE: \$45 for 9 classes**
July 1 – 29 **FEE: \$45 for 9 classes**

Please note there will be no Chair Fitness class on May 25 or during the month of August.

Adult Fitness

Palomar Medical Center

Call 760.739.3566 for dates, times and fees.

A medically supervised exercise program for anyone.

Westfield Walkers

Westfield Shoppingtown North County

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
6 – 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**.

Friends of the Foundation: GLADYS YOUNG



In 1970, Gladys and Bill Young moved to Escondido to fulfill their dream of owning a successful auto dealership. Today, the Young Buick Pontiac Cadillac dealership continues to exceed customer expectations and provide value for automobile purchases and service.

"I feel that Palomar Pomerado Health (PPH) performs the same way by taking excellent care of their patients and providing the different health services needed by our growing community," Gladys says. "The doctors and nurses at Palomar Medical Center have taken good care of me on several occasions through the years."

For more than 20 years, she has supported the Palomar Pomerado Health Foundation (PPHF) with annual donations to advance the delivery of health care for Inland North County communities.


When Bill passed away suddenly in 1980, Gladys became more involved in the dealership and in various community organizations. She also raised their three children, Scott (who became General Manager of the dealership in 2003), Bill and

Tracy. Today, Gladys enjoys having her adult children and four grandsons nearby.

As cancer survivors, Gladys and her husband of 20 years, Tim Kuhn, both consider Palomar Medical Center to be an essential community resource. Her four grandsons were born at Palomar Medical Center or Pomerado Hospital.

"PPH has been a real part of our lives and I am happy to be able to support the Foundation, knowing that my contributions help assure that necessary health services are available in our community," she says.

"Even in these difficult times, I believe it's important to do what you can to support community needs," Gladys says. "This area is growing and I am glad to see the new Palomar Medical Center taking shape because we need a larger, more modern facility to meet the future needs of our children and grandchildren. That's why I continue to support the Foundation."

To learn more about how you can contribute to the Health System of the Future, please contact Palomar Pomerado Health Foundation at **760.739.2787** or visit us online at www.pphfoundation.org. 

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
Palomar Pomerado Health

6 P.M.

SATURDAY, JUNE 13, 2009

HYATT REGENCY LA JOLLA AT AVENTINE

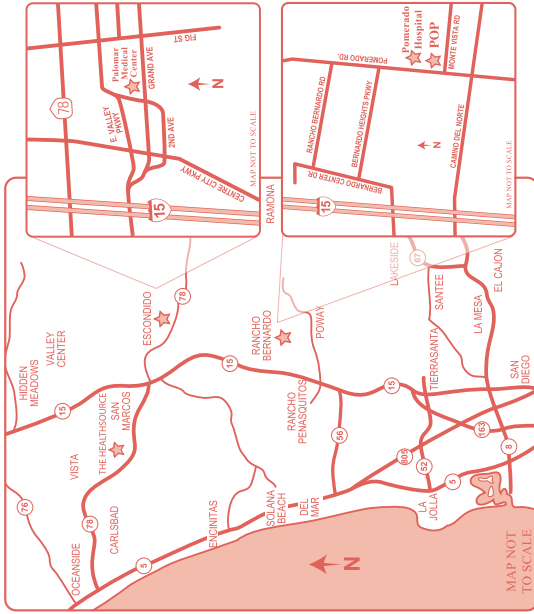
COCKTAILS • DINNER
DANCING • ENTERTAINMENT
SILENT AND LIVE AUCTIONS

MASTER OF CEREMONIES
DAN FOUTS
NFL HALL OF FAME AND
FORMER SAN DIEGO CHARGER

*Proceeds will support building
the Health System of the Future.*

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

PALOMAR
POMERADO
HEALTH
FOUNDATION



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

Pomerado Hospital
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
858.675.5376

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

**If you would like to be removed from our mailing list, please contact
The HealthSource at 800.628.2880.**