

# the HealthSource

A HEALTH NEWS AND EDUCATION RESOURCE FOR INLAND NORTH COUNTY

September – December 2009

## Simply the Best

PPH Earns  
Top Nursing Recognition  
Pages 4 – 5

### 23andMe DNA Testing

Discover What Makes You Unique  
Page 6

### Keep on Moving

Hip, Knee and Shoulder  
Replacement Options  
Page 10

### Fight the Flu

Get Vaccinated this Flu Season  
Page 11

### Curing Cancer

One Woman's Story of Survival  
Page 12



PALOMAR  
POMERADO  
HEALTH  
SPECIALIZING IN YOU

# Write from the Top

Dear Friend of PPH,

In July, we reached a major milestone with the new Palomar Medical Center West when the final steel beam was hoisted above the 11-story facility. The topping off event attracted a standing room only crowd of local and regional elected officials, physicians, employees and supporters of Palomar Pomerado Health (PPH).

By the end of the year, we will approach the halfway mark in building the "Hospital of the Future." As we turn that corner, I find myself reflecting on the immense effort that went into planning this facility. Our unwavering vision from the very beginning has been to create an environment that transforms the delivery of health care with innovative tools and a team of exceptional health-care professionals who are dedicated to producing measurable, quality results by implementing evidence-based medicine.

Meanwhile, PPH is transforming the future of health care today through a unique partnership with 23andMe to empower people with their own personal genetic information. The opportunity to identify potential propensities for certain health conditions was enough to persuade me to order my own 23andMe Personal Genome Service™. I am now informed about my health in a new and powerful way.

This service helps individuals make informed decisions – such as losing weight to lower the risk of diabetes – based on direct, personal information about their genetic makeup. The test itself is simple and the 23andMe Web site provides easy to understand, helpful information that is updated regularly. You can learn more about 23andMe on page 6 of this magazine.



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

### OASIS

**Rancho Bernardo**  
**Ed Brown Senior Center (formerly the Joslyn Senior Center at RB)**  
18402 W. Bernardo Drive  
Rancho Bernardo, CA 92127  
760.839.6020

**Escondido**  
**Escondido Joslyn Senior Center**  
210 E. Park Avenue  
Escondido, CA 92025  
760.839.6020

### Escondido

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

The views and opinions expressed throughout this publication are provided for informational purposes only and do not necessarily reflect those of PPH. Featured articles and classes are not intended to substitute for professional medical advice, diagnosis or treatment, nor are they intended to reflect all possible opinions on a subject. We recommend that all patients seek the advice of their physician or other qualified health provider with any questions they may have regarding treatment options or a medical condition.

\*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.**

# the HealthSource

## Volume 5 – Issue 3

September – December 2009

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## On the Cover:

Palomar Pomerado Health's Nurse of the Year winners celebrate the health system's Magnet status in a prototype patient room of Palomar Medical Center West. From left to right, Shamin Khalfan, Palomar Medical Center; Kimberly Swift, Clinical Outreach Services; and Margie Barr, Pomerado Hospital.

# Inside this Issue...

## SPECIAL FEATURES

- 4 – 5** **Simply the Best**  
Palomar Pomerado Health joins a distinguished group of hospitals by achieving Magnet designation. This distinction means that you can count on PPH for top-level nursing care.
- 6** **23andMe: Discover What Makes You Unique**  
The color of your eyes and hair, plus your predisposition for more than 100 other health conditions are encoded in your genetic makeup. Now, through a partnership between PPH and 23andMe, Inc., you can learn exactly what makes you *you*.
- 8** **House Calls**  
From gallstones to holiday blues, PPH physicians answer your questions about some of today's hottest health topics.
- 9** **Laparoscopic Hysterectomy**  
Reduce your recovery time. Pomerado Hospital now offers laparoscopic supracervical hysterectomy.
- 9** **Construction Corner**  
Get the latest construction news for the new Palomar Medical Center West.
- 10** **Keep on Moving: Hip, Knee and Shoulder Replacement**  
Is hip, knee or shoulder pain keeping you from participating in the activities you love? Learn about procedures that can restore your range of motion and improve your quality of life.
- 11** **Fight the Flu: Get Vaccinated this Flu Season**  
Palomar Pomerado Health will be offering numerous flu shot clinics throughout North County beginning in October.
- 12** **Curing Cancer: One Woman's Story of Survival**  
Learn how one woman achieved healing as a result of the Novalis Tx Stereotactic Radiosurgery System at Palomar Medical Center.
- 13** **PPH Expands Health-Care Services in San Marcos**  
Discover all the new PPH services conveniently available to the residents of San Marcos.
- 15** **Footnotes from the Foundation**  
Catch up on recent events: Palomar Medical Center West Topping Off Ceremony and 2nd Annual Night of Nights Gala.

## EDUCATION

- 2 – 3** **Class Locations and Support Groups**
- 7 – 14** **Health Education Opportunities**  
Palomar Pomerado Health is offering a wide variety of classes during the months of September through December. Check out our latest programs and register today!

## Community Support Groups at Palomar Pomerado Health

### Arthritis & Osteoporosis

Mondays, September 21 and November 16  
10 – 11:30 a.m.  
Escondido Joslyn Senior 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 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, October 15, 12:30 – 1:30 p.m.  
Thursday, December 17, 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

1st and 3rd Wednesdays, 10:30 a.m. – Noon  
Pomerado Outpatient Pavilion, First Floor  
Education Classroom

# Simply the Best:



Nurse leaders from across the health system participated in the journey to Magnet.

Program Manager and self-proclaimed Possibilitarian, was given the task of navigating the Journey to Excellence.

“Our decision to seek Magnet designation was grounded in the desire to be measured against the highest standards of evidence-based professional nursing practices nationwide,” Fischer says.

The roadmap for this journey was developed by the ANCC in 1994 to recognize health-care organizations that provide the very best nursing care. Extensive research identified the quality indicators and standards of nursing practice that are influential in creating an environment that attracts and retains top-level nurses. By recognizing quality patient care, nursing excellence, and innovations in professional nursing practice, the Magnet Recognition Program provides consumers with the ultimate benchmark to measure the quality of care they can expect to receive.

For years, patients have voiced their appreciation for the care they receive at Palomar Pomerado Health (PPH) facilities. Now, the quality and professionalism of our patient-centered nursing care has been unanimously granted Magnet status by the American Nurses Credentialing Center (ANCC).

This places PPH in a distinguished group that represents only five percent of all hospitals nationwide that have achieved Magnet designation.

“Magnet recognition definitely sets us apart with this gold seal of approval from an independent credentialing agency,” says Lorie Shoemaker, R.N., M.S.N., NEA-BC, Chief Nurse Executive. “The fact that every one of our facilities met the rigorous requirements set by the Magnet Recognition Program is a huge accomplishment.”

The PPH facilities that have attained Magnet status are Palomar Medical Center, Pomerado Hospital, Villa Pomerado, Palomar Continuing Care Center and Palomar Pomerado Home Health.

“This distinction verifies to our patients and the community that you can count on PPH for top-level nursing care in all departments and across the spectrum of services, from acute hospital care to skilled nursing and home health services,” Shoemaker says.

## Journey to Excellence

PPH’s journey to Magnet began five years ago when Shoemaker was appointed Chief Nurse Executive.

“I met with hundreds of nurses throughout the system, on all shifts and in many different departments, to ask what we needed to do to implement nursing excellence consistently throughout the entire system,” Shoemaker says. “The feedback was resounding: it resulted in a systemwide vision of being nationally recognized for setting a high standard of nursing quality that improves patient outcomes.”

To become reality, that vision required a roadmap, a navigator and a support team from every department and corner of the health system. Brenda Fischer, R.N., Ph.D., M.B.A., CPHQ, Magnet

“We had to document our adherence to specific criteria – The Magnet Model – that measure the quality of leadership, management style, professionalism, quality improvement, professional development, interdisciplinary relationships and much more,” Fischer says. (Please see sidebar on the The Magnet Model.)

To achieve Magnet status, PPH applied to the ANCC and participated in a vigorous, multi-faceted evaluation that included an extensive application, review and site visits, and demonstration of excellence in 190 standards of nursing care in each of the PPH facilities. In all, PPH submitted more than 3,500 pages of documentation.

“The process of achieving Magnet demonstrates an extraordinary institutional commitment to promoting excellence in nursing care,” says John Steele, M.D., Medical Director of Palomar Medical Center’s Trauma Center.

“Every segment of the organization, from inpatient to outpatient care, participated fully in this quest for Magnet. Everyone shares in the honor of being recognized for providing the highest quality of nursing care,” says Michael H. Covert, President and CEO of PPH.

## Magnet = Top Quality Care, Improved Outcomes

Quality health care is measured by results, called outcomes. In Magnet facilities, favorable patient outcomes specifically refer to lower mortality rates, shorter lengths of stay and increased satisfaction.

PPH’s Journey to Excellence has produced practical applications that are improving outcomes and quality of life for stroke and heart attack patients. By adhering to continuous quality improvement and implementing evidence-based guidelines for the care of

# PPH Earns Top Nursing Recognition



March 28, 2008 – The Magnet Documentation Team puts the final FedEx shipping tag on the Magnet documentation boxes.

Left front to right: Lorie Shoemaker, chief nurse executive, Lourdes Januszewicz (center), Caroline Etland, Dionne Blaha, Julie Avila, Brenda Fischer and Cheryl Kellerman.

cardiac and stroke patients, Palomar Medical Center and Pomerado Hospital have been designated as Certified Stroke Centers by the Joint Commission on Accreditation of Health Organizations. This official recognition is awarded to hospitals that meet national standards and clinical practice guidelines designed to manage and optimize care for stroke and cardiac patients.

Other priority areas include applying these best practice models of care for the treatment and care of community-acquired pneumonia, hip or knee replacement surgery, and general surgery.

Research shows that Magnet hospitals bring other clear benefits to the community because they are able to recruit and retain the best nurses. “Because quality nursing is one of the most important factors in enlisting top-notch physicians and specialists, Magnet status becomes an attractive force that extends to the entire facility and benefits the entire community,” Shoemaker says.

## Journey to Excellence Continues

Shoemaker points out that Magnet is a major milestone – not the final destination – because the Journey to Excellence in nursing care is a process of continuous improvement.

Leading the way forward is the new Center for Nursing Excellence, a unique collaboration between PPH, the community and the California State University San Marcos School of Nursing. It will foster a spirit of inquiry, innovative thinking and problem solving.

The Center for Nursing Excellence is both a think tank and an action center for enhancing professional standards of nursing care.

“The Center will bring together the finest nursing educators and researchers to examine health-care issues, best practices and exciting innovations,” Fischer says. “We will be able to build a team of well-trained nurses for the future, in addition to providing continuing education and support for nurses at all phases of their professional careers.”

“Earning the Magnet designation for all our facilities is the start of a lifelong commitment to excellence because we know we need to be better tomorrow than we are today,” Shoemaker says. “When the ANCC returns in four years to measure our progress, we will once again prove our leadership and commitment to raising the bar for nursing quality that improves the results of patient care throughout PPH, the communities we serve, and perhaps even nationally.” **HS**

## The MAGNET MODEL

### Transformational Leadership

Creating the vision for the future and implementing that vision through effective nursing leadership and management.

### Structural Empowerment

Promoting partnerships for improved patient outcomes through strong professional practice standards that encourage participation at all levels throughout the organization.

### Exemplary Professional Practice

Demonstrating a systemwide commitment to the potential of a strong professional practice.

### New Knowledge, Innovation, Improvements

Improving patient care by applying existing and evolving evidence-based practices.

### Empirical Quality Results

Using quantitative benchmarks to accurately measure patient outcomes. **HS**



# Discover What Makes You Unique with 23andMe™



**Dr. Jerry Kolins**

Your eye color, left-handedness and predisposition to more than 100 other health conditions are all encoded in your unique genetic makeup. Now you can learn exactly what makes you *you*, thanks to a groundbreaking partnership between Palomar Pomerado Health (PPH) and 23andMe, Inc.

“I would want my doctor to know if I had that genetic predisposition, because it would help the physician adjust the treatment plan if I needed to take a blood thinner,” Dr. Kolins says.

## How it Works

Decoding your unique health identity and ancestry history starts when you purchase the genome analysis kit (see sidebar). When you purchase a 23andMe kit from a PPH facility you will get a value added opportunity. At the time of purchase, you will receive a 30-minute personal educational session with a trained PPH nurse practitioner who explains what to expect from test results and how to maneuver the Web site.

23andMe is a leading personal genetics company that enables individuals to learn their own genetic information through *simple* DNA testing and web-based interactive educational tools. Through the partnership with PPH, 23andMe has agreed for the first time to make its service available for purchase at a medical site rather than on the internet.

Once you send a sample of your saliva to 23andMe, scientists use the latest technology to extract your DNA from cheek cells in the saliva. About six weeks later, you will receive an e-mail announcing that your results are available on a secure Web site.

The 23andMe Personal Genome Service™ was chosen as *Time* magazine’s “Invention of the Year” in 2008. It provides individuals with their unique genetic make-up along with information about their predisposition to an ever-growing list of inherited health traits and medical conditions including diabetes, prostate cancer, breast cancer, cystic fibrosis, Parkinson’s disease and lactose intolerance. The test also provides users with information about their ancestry and allows them to compare their genome to those of family and friends who also participate in 23andMe.

“It took me a couple of days to read the results after I was notified,” Dr. Kolins says. “Because you may learn potentially sensitive information, it’s best if you have thought this through beforehand and believe you are prepared to deal with the results of learning if you do, in fact, have a predisposition to a serious condition.”

“This is an entirely new wave in laboratory testing that empowers patients with vital information about their health that can help their physicians provide more individualized care.” says Jerry Kolins, M.D., Medical Director of PPH Laboratories. “I think it’s a useful tool with many practical applications.”

Privacy is emphasized at every step of the process and participants are reminded that the results are their personal information that does not need to be shared with insurance carriers, employers or anyone else.

Test results can help couples who want to know what traits their infant may inherit, as well as an individual who wants to know about their propensity for certain diseases that occur in the family or any drug sensitivities. For example, Coumadin®, a blood thinner, is prescribed to millions of people each year nationwide. Certain genetic markers indicate a drug sensitivity that can result in potentially serious bleeding, according to Dr. Kolins.

“The information gained from genome testing is the future of medicine and we are bringing it to the community today through this partnership with 23andMe,” Dr. Kolins says.

For more information, visit [www.pph.org/23andMe](http://www.pph.org/23andMe). <sup>HS</sup>

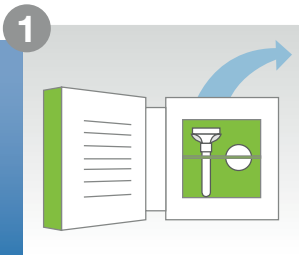
## WANT TO LEARN MORE?

Join 23andMe Co-Founder Linda Avey for a special educational seminar. 6 – 8 p.m.

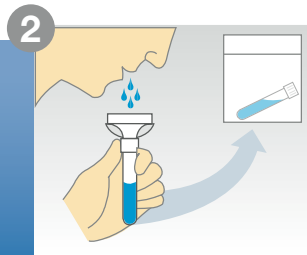
October 27

For more information, or to register, please call 800.628.2880.

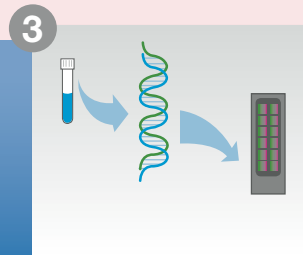
### How it Works



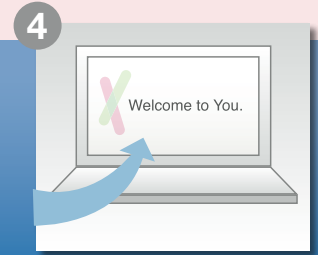
1 Go to a PPH location and purchase a kit for \$399.



2 Claim your kit, spit into the tube, and send it to the lab.



3 A CLIA-certified lab analyzes your DNA in approximately 6 weeks.



4 Log in and start exploring your genome.

## Where to Find 23andMe Kits Purchase 23andMe personal genome kits for \$399 each at these PPH locations:

**expresscare**  
Albertsons/Sav-on Pharmacy  
1509 East Valley Parkway  
Escondido, CA 92027  
760.746.1562

**expresscare**  
Albertsons/Sav-on Pharmacy  
14340 Penasquitos Drive  
San Diego, CA 92129  
858.672.2065

**Women’s Health Connection Boutique and Resource Center**  
15611 Pomerado Road  
Poway, CA 92604  
858.675.6110

# the HealthSource Classes

## Personal Safety Hints and Strategies for Seniors

**OASIS – Rancho Bernardo (see page 2)**

Wednesday, September 23

10 – 11:30 a.m.

*This interactive class explores awareness of environment and self, assertive communication as a defense weapon, as well as physical techniques. Enhance your self-defense confidence as **Helene Shaughnessy** of the Center for Community Solutions shares information and techniques designed to help keep you safe. To register, call **OASIS** at **760.839.6020**.*

**FEE: \$3 / participant**



## Fall Prevention

**OASIS – Escondido (see page 2)**

Tuesday, November 3

1 – 2:30 p.m.

*Did you know that older adults are hospitalized five times more often for fall related injuries than for any other type of injury? The potential risks of falling can be numerous, from physical conditions, poor health and medications, to safety hazards in the home and in the community. Join **Kirk Kramer**, PPH Physical Therapist, to find out what you can do to decrease your risk of falling. To register, call **OASIS** at **760.839.6020**.*

**Fee: \$3 / participant**



## Prostate Health Awareness

**OASIS – Escondido (see page 2)**

Tuesday, September 29

1 – 2:30 p.m.

*Decades of research show that the more a man knows about his prostate, the greater his chances of avoiding prostate problems. Join urologist **Thomas Jones, M.D.**, as he discusses the importance of awareness, continuing education and regular examinations. To register, call **OASIS** at **760.839.6020**.*

**FEE: \$3 / participant**



## Peripheral Vascular Disease

**Pomerado Hospital, Conference Room E**

Tuesday, November 10

6 – 7:30 p.m.

*Peripheral vascular disease is a circulation disorder that refers to diseases of blood vessels outside the heart and brain. It's often a narrowing of vessels that carry blood to the legs, arms, stomach or kidneys. Join cardiologist **Rod Serry, M.D.**, as he discusses causes, diagnosis and treatment options for peripheral vascular disease.*

**FEE: Free – registration required**



## Gallbladder Surgery: Is It Necessary?

**Palomar Medical Center, Graybill Auditorium**

Monday, October 5

6:30 – 7:30 p.m.

*Most people never give a thought to the health of their gallbladder. But if you happen to be among the small percentage of people who have gallstones with pain, bloating and nausea, you may be considering surgery. Join **Gregory Campbell, M.D.**, as he discusses the need for and what to expect with gallbladder surgery.*

**FEE: Free – registration required**



## Boosting Your Immune System

**OASIS – Escondido (see page 2)**

Tuesday, December 1

1 – 2:30 p.m.

*The immune system is one of the most complex biological systems in the human body. Without it we would perish, or with a weakened one we would become much more susceptible to disease. Join **Ving Yam, D.O.**, as he explores the secrets to a healthy immune system. To register, call **OASIS** at **760.839.6020**.*

**FEE: \$3 / participant**



## Advancements in Back Pain Relief

**OASIS – Escondido (see page 2)**

Tuesday, October 13

9:30 – 11 a.m.

*Back pain affects 80 percent of Americans at some point in their lives. Causes of pain can be complex and must be properly diagnosed. Treatment can range from rest and medication to physical therapy or surgery. Join orthopedic surgeon **Jeffrey Schiffman, M.D.**, as he discusses the latest advancements for back pain relief. To register, call **OASIS** at **760.839.6020**.*

**FEE: \$3 / participant**



## Non-Surgical Skin Rejuvenation

**OASIS – Rancho Bernardo (see page 2)**

Wednesday, October 21

10 – 11:30 a.m.

*There are many options today for skin improvement that do not require surgery. The field of skin rejuvenation is mind-boggling. Join **Nancy Chen, M.D.**, as she explores the dermatology dilemma and answers your questions. To register, call **OASIS** at **760.839.6020**.*

**FEE: \$3 / participant**

## Depression Is Not a Normal Part of Aging

**OASIS – Rancho Bernardo (see page 2)**

Monday, December 7

10 – 11:30 a.m.

*Being “down in the dumps” over a period of time is not a normal part of growing old. But it is a common problem, and there are methods of treatment to ease the pain of depression. **Diana Waugh**, an educator and advocate with the National Alliance of Mental Illness (NAMI), will discuss many aspects of this problem including her personal experiences with depression. To register, call **OASIS** at **760.839.6020**.*

**FEE: \$3 / participant**

## Blood Pressure SCREENINGS

Check your blood pressure regularly at no charge.

**Palomar Medical Center Lobby**

1st Friday of each month

Noon – 2 p.m.

**Pomerado Hospital Lobby**

2nd Tuesday of each month

Noon – 2 p.m.

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

Monday – Friday

**Call 858.613.6110 for an appointment.**

# HOUSE CALLS



## Gallstones: Don't Ignore Indigestion

**Q:** *I've heard that gallstones is a serious condition. How do I know if my abdominal pain is gallstones or just indigestion from eating that giant burrito?*



**Gregory Campbell, M.D.**  
Trauma and General Surgeon  
North County Trauma Associates

**A:** If you experience frequent indigestion, especially in the right upper quadrant of your abdomen, have your doctor check it out. Indigestion is a primary symptom of gallstones and is also associated with other serious conditions such as a heart attack or GERD – gastrointestinal esophageal reflux disease. A medical evaluation can determine if you need further treatment or if you should avoid fatty meals that irritate your digestive system.

Acute cholecystitis or gallstones is very common in America because of our high fat diet. You are at greater risk of developing gallstones if you are older, female or overweight. Prevention includes maintaining a healthy weight, being active and eating a low-fat, high-fiber diet.

The gallbladder aids digestion by storing and releasing bile that is produced in the liver. When gallstones form they can block the bile duct, causing significant pain along with fever, nausea and vomiting. Jaundice or dark, brown urine indicate complications such as infection or inflammation and should be evaluated promptly by your physician.

Unfortunately, many patients with gallstones wait until symptoms are very uncomfortable and then come to the Emergency Department for help. Postponing a thorough medical evaluation may result in complications making treatment more difficult.

Initial diagnosis includes a liver function analysis and physical exam. Ultrasound and CT scans provide diagnostic images that help plan treatment.

The most effective surgical treatment is laparoscopic cholecystectomy in which the gallbladder is removed through four small incisions in the abdomen. Typically, patients return home later the same day or the day following surgery, experience less postoperative pain and quickly resume normal activities.

## Beating the Holiday Blues

**Q:** *I'm already dreading the holidays, because money is tight and my overbearing in-laws plan to visit us. How can I celebrate with all this stress?*



**Irinel Chiriac, M.D.**  
Psychiatrist  
Psychiatric Centers of San Diego

**A:** Holidays are meant to be celebrated, but that doesn't mean they will be perfect. People experience "holiday blues" for many reasons including financial concerns, missing a loved one because of death or deployment, or unresolved family conflicts.

Even with these real life issues, it is possible to enjoy the holidays and build meaningful memories for yourself and your family. A good starting point is to identify any unrealistic expectations you may have and then make a plan that works for your situation. Try these ideas to prevent the holiday blues this year:

- Set an affordable budget you can keep. Think creatively and offer gifts from the heart rather than the wallet.
- Establish new holiday traditions if you are grieving the death of a loved one or end of a marriage.
- Surround yourself with people who share a positive outlook.
- Take time for yourself: eat nutritious meals, exercise regularly and sleep well.
- Limit or avoid alcohol, which is a central nervous system depressant.
- Help others who are less fortunate. Visit seniors in nursing homes or join a group serving meals to homeless people.

With holiday blues, you should expect your anxious feelings to lift once the holidays have passed. A more serious concern is major depressive disorder, which is diagnosed by using a structured diagnostic method developed by the National Institute of Mental Health. If you experience five or more recognized symptoms every day for two weeks, you should see your physician for assistance. Symptoms include feelings of hopelessness, loss of interest in activities, fatigue, changes in sleep patterns, weight gain or loss, irritability or persistent headaches or chronic pain that does not respond to treatment.

*For more information, please visit [www.pph.org](http://www.pph.org) and click on Behavioral Health Services under Departments and Services.*

### Want to Learn More?

Join Dr. Campbell for a FREE class on Monday, October 5.  
See page 7 for details.



Dr. Karen Kohatsu

# Pomerado Hospital Adds New Hysterectomy Technology

“I was back to all my usual activities three days after having a hysterectomy and I couldn’t be happier,” says Starlene Lee of Ramona.

Gone are the days of spending weeks recovering from a hysterectomy. Pomerado Hospital offers laparoscopic supracervical hysterectomy (LSH), a minimally invasive gynecologic procedure using advanced instrumentation to remove the uterus (womb) through very small incisions in the abdominal wall. Karen Kohatsu, M.D., a board-certified obstetrician and gynecologist, used the new equipment to perform Lee’s surgery.

“The addition of this advanced laparoscopic technology for hysterectomies is another indication of our commitment to meeting the health needs of the women and their families who live in this area,” says David A. Tam, M.D., Chief Administrative Officer of Pomerado Hospital.

“Laparoscopic supracervical hysterectomy offers many advantages in addition to a much quicker recovery,” Dr. Kohatsu says. “Patients typically go home the following day, have minimal blood loss, spend less time in the operating room, and have a decreased amount of pain after their surgery and therefore need less post-surgical pain medication.”

In the United States, more than 600,000 hysterectomies are performed annually according to the U.S. Department of Health and Human Services. A hysterectomy may be recommended if a woman experiences abnormal, heavy vaginal bleeding and severe abdominal pain. There are many reasons for such symptoms including uterine fibroids, endometriosis, adenomyosis, uterine polyps, pelvic adhesions, ovarian cysts and cancer.

A total hysterectomy involves removing the uterus and cervix. A partial or supracervical hysterectomy removes only the upper portion of the uterus, leaving the cervix intact. In some cases ovaries and fallopian tubes may be removed. A hysterectomy may be performed abdominally, vaginally or with the minimally invasive laparoscopic technique. The surgical method used is determined by the health needs of the patient.

“I was having significant bleeding and uncomfortable cramping caused by an IUD that had become imbedded in the wall of my uterus,” Lee says. “While I had the option of waiting for it to dislodge, I chose to remove it on my own terms especially when I learned that Dr. Kohatsu could do the surgery with this new technology.”

The LSH is performed through three incisions, each less than one-half inch long. One incision in the belly button is used for the fiber optic scope that the surgeon uses to view the operative area clearly. Finely gauged instruments are inserted in the other small openings to remove the uterine tissue.

“The advanced bipolar cauterization technology quickly seals the vessels to minimize surgical bleeding, which makes it easier to maintain a good visual field,” Dr. Kohatsu says. “The LSH has the additional advantage of maintaining the integrity of the pelvic floor ligaments to prevent future prolapse that many women experience later in life.”

“Several of my friends have had traditional hysterectomies and it took them several weeks after surgery to get back to work or other activities,” Lee says. “With two kids who are active in baseball, I wanted to be back to normal as quickly as possible. And I was, thanks to Dr. Kohatsu and this surgery.” **HS**

## Construction Corner



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

The new Palomar Medical Center West is North County’s own economic stimulus plan with an emphasis on hiring local talent for construction of the “Hospital of the Future.”

- 18 major sub-contractors, including 13 from the San Diego area, are working on the project.
- More than 75 percent of the workers employed on this \$950 million construction project are North County residents.

Before the end of the year, construction crews will have erected exterior walls and completed concrete slabs for the main building. Mechanical equipment – such as chillers, boilers and cooling towers – will be installed in the Central Plant starting in December.

The best way to view construction progress is online at [www.pph.org/future](http://www.pph.org/future), where you can view a live webcam to track activity at the construction site. Palomar Medical Center West is scheduled to open in 2012. **HS**

# KEEP ON MOVING: Hip, Knee and Shoulder Replacement Options

We're living longer and playing harder, which takes a toll on our hips, knees and shoulders – the joints that power us through a multitude of recreational and daily activities.

Osteoarthritis, the most common reason for joint deterioration, is caused by the wear and tear of aging. When the cushioning cartilage wears out, it results in pain and stiffness. If pain is unresponsive to nonsurgical treatments, such as anti-inflammatory medicine (ibuprofen) or physical therapy, newer surgical options are available to resolve pain and restore function.

At Palomar Pomerado Health (PPH), orthopaedic surgeons are performing advanced joint replacement. These procedures are designed for the unique needs of each patient with the goal of enabling them to resume the range of activities they enjoy without pain.

“Replacing the damaged joint with state-of-the-art implants restores good range of motion and offers patients very tangible benefits with improved quality of life,” says Thomas Knutson, M.D., a board-certified orthopaedic surgeon.

## Knee Replacement

“Total knee replacement is considered the standard treatment, but there is renewed interest in partial knee replacement that is tailored to the specific wear pattern in the portion of the knee damaged by osteoarthritis,” Dr. Knutson says. “This allows surgeons to isolate and replace only the arthritic portion of this weight bearing joint without involving the healthy bone and surrounding tissue.”

“Partial knee replacement produces a more natural feel in knee function, which is especially beneficial to younger patients who desire to remain physically active following surgery and rehabilitation,” shares Dr. Knutson. “The longevity of the implants continues to increase, making this a viable option.”

## Tips to Minimize Joint Stress

While osteoarthritis cannot be entirely prevented, minimizing stress on joints can help. Tips include:

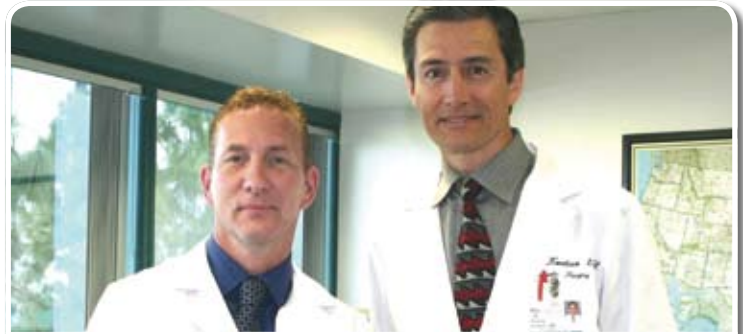
- *Maintain healthy weight*
- *Vary physical activity with aerobic exercise and weight training*
- *Stand straight and tall*
- *Tend to pain – rest, use anti-inflammatory medicine as directed*
- *Avoid injury – start new physical activities slowly, warm up first, wear proper equipment*

## Hip Replacement

Minimally invasive total hip and partial hip replacement are the state-of-the-art surgical procedures first performed in San Diego County at Palomar Medical Center (PMC).

“Now, other facilities are following our lead,” says Kevin Metros, M.D., a board-certified orthopaedic surgeon.

More recent advances include using uncemented and metal-to-metal components (ball and socket) and resurfacing the hip joint, which removes less bone than a standard hip replacement. Uncemented and all-metal components reduce the risk of complications such as erosion or debris that could require revision surgery.



Orthopaedic surgeons, Dr. Metros and Dr. Knutson, perform advanced joint replacement procedures at PPH.

## Shoulder Replacement


While less common, shoulder replacement surgery is effectively restoring range of motion to enable patients to swing a tennis racket, zip a dress or lift a suitcase without jarring pain.

“In addition to treating osteoarthritis, shoulder replacement is beneficial in repairing a shoulder joint severely fractured by traumatic injury,” says K.C. Owsley, M.D., a board-certified orthopaedic surgeon.

The procedure replaces the arthritic ball and socket shoulder joint with highly polished metal and durable plastic implants. A newer option is reverse total shoulder replacement, which benefits patients who have severe arthritis along with a torn rotator cuff.

“It reverses the mechanics of the total shoulder replacement and allows the patient to use the deltoid muscle to lift the arm rather than the torn rotator cuff tendons,” Dr. Owsley says. “Following surgery and rehabilitation, patients should have good range of motion and be able to return to most daily activities without debilitating pain.”

“PMC has always been a leader in joint replacement and has made a commitment to the community to continue offering the most advanced options for restoring joint function,” Dr. Metros says.

For more information about joint replacement at PPH, visit [www.pph.org/joint](http://www.pph.org/joint). 

# Bone and Joint Health



## Avoiding Knee Injury

**Pomerado Hospital, Conference Room E**

Tuesday, September 22

6 – 7 p.m.

A torn ACL (anterior cruciate ligament) ranks among the most common sports-related knee injuries. Studies show that adding certain exercises to sports training regimens can reduce the number of ACL injuries by two- to four-fold. Orthopaedic Surgeon, **William Winternitz, M.D.**, will discuss how to prevent sports injuries, enhance performance and increase quality of safe play.

**FEE: Free – registration required**



## Shoulder Replacement: Current & Future Treatments

**Pomerado Hospital, Conference Room E**

Tuesday, September 29

6 – 7:30 p.m.

Does a painful shoulder have you sidelined? Advanced surgical techniques are restoring range of motion to shoulders damaged by arthritis and years of use. Join **Kevin Owsley, M.D.**, as he discusses shoulder replacement surgery and newer techniques on the horizon to help keep you in the game.

**FEE: Free – registration required**



## Hip Replacement Facts

**Palomar Medical Center, Graybill Auditorium**

Monday, October 19

6 – 7:30 p.m.

Minimally invasive hip replacement has helped hundreds of people regain range of motion and resume enjoyable activities with confidence. Join **Kevin Metros, M.D.**, as he discusses the causes of hip deterioration, risk reduction and advanced treatment options.

**FEE: Free – registration required**



## Knee Replacement: Advanced Treatment Options

**Palomar Medical Center, Graybill Auditorium**

Thursday, November 5

6 – 7:30 p.m.

Knees, the workhorse of weight-bearing joints, wear out over time due to osteoarthritis or injury. Resulting pain may cause people to limit activities they enjoy. Learn about effective treatment, including the latest advances in minimally invasive total knee and partial knee replacement from **Thomas Knutson, M.D.**

**FEE: Free – registration required**



**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:** Mention this ad and receive free installation through December 31, 2009. (\$75 value)

## Fight the Flu: Get Vaccinated

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



"The best way to avoid becoming infected with the virus is to get an annual vaccination," says Cathy Blazek, R.N., community health manager and the facilitator of PPH's 2009–2010 immunization program. "Since the virus strains change yearly, last year's flu shot will not provide immunity this year."

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

PPH will be offering numerous flu shot clinics for participants 18 years of age or older throughout North County beginning in October. Medicare is accepted for those who qualify. For more information, visit [www.pph.org/flu](http://www.pph.org/flu) or call the County's Immunization Hotline toll-free at **877.FLU.0202**. For children between the ages of 2 and 17, visit your local PPH **expresscare** clinic (see page 8 of *The BabySource* magazine for more information). **HS**

**\$15\***

## Palomar Pomerado Health Flu Shot Clinics

### Palomar Medical Center

Main Lobby  
555 East Valley Parkway  
Escondido, CA 92025  
Wednesdays  
October 7, 3 – 6 p.m.  
October 28, 11 a.m. – 2 p.m.  
November 11, 3 – 6 p.m.  
December 2, 3 – 6 p.m.  
December 9, 10 a.m. – 1 p.m.

### Pomerado Hospital

Main Lobby  
15615 Pomerado Road  
Poway, CA 92064  
Wednesdays  
October 14, 3 – 6 p.m.  
November 4, 11 a.m. – 2 p.m.  
November 18, 3 – 6 p.m.  
December 2, 10 a.m. – 1 p.m.  
December 9, 3 – 6 p.m.

### Pomerado Outpatient Pavilion

Jean McLaughlin Women's Center  
15611 Pomerado Road  
Poway, CA 92064  
Mondays  
October 12, 9 a.m. – 1 p.m.  
October 26, 3 – 6 p.m.

Please visit [www.pph.org/flu](http://www.pph.org/flu) for additional locations, dates and times.

\*Cash or Checks Only

## Curing Cancer: One Woman's Story of Survival



Dr. Coleman and patient Darlene Holmes review her most recent scan which shows no sign of a tumor.

Darlene Holmes is still trying to get used to the realization that the tumor in her brain is gone. Her last scan showed no signs of a tumor, four months after she had a single stereotactic radiosurgery treatment with the Novalis Tx at San Diego Radiosurgery, a service of Palomar Medical Center (PMC).

It's been a long time since Holmes has had such good news. In 2004, she was diagnosed with inoperable lung cancer. Conventional radiation therapy and subsequent chemotherapy eradicated that tumor. In 2005, she had difficulty concentrating. A comprehensive evaluation and MRI confirmed the presence of multiple metastasized brain tumors.

"There were too many to count and they were dispersed throughout Darlene's brain," says Lori Coleman, M.D., a board-certified radiation oncologist and Medical Director of San Diego Radiosurgery and the Radiation Oncology Department at PMC. "We treated her with whole brain radiation therapy over two weeks and all of those tumors disappeared with time."

Last fall, after enjoying nearly three years of health, Holmes noticed she was losing her balance often and having difficulty remembering certain things. Given her medical history, she feared

the worst and, once again, an MRI confirmed that a new tumor had appeared in her brain.

"Because of the previous radiation therapy plus the size and location of this new tumor, we recommended a single treatment with stereotactic radiosurgery," Dr. Coleman says. "It is fast, painless and extremely effective and can often be used in areas that have been previously treated with radiation."


Stereotactic radiosurgery is a radiation therapy procedure that uses a special system to precisely deliver a large radiation dose to a tumor over one to five treatment sessions. The radiation beam is sculpted to the exact three-dimensional size and shape of the tumor to deliver radiation precisely to the tumor while sparing surrounding healthy tissue. Stereotactic radiosurgery is used to treat a wide range of cancers throughout the brain and body as well as benign and malignant disorders of the central nervous system. It can even treat tumors that may be considered inoperable.

"Dr. Coleman and the team at Palomar are people I know and trust," Holmes says. "It was a simple treatment that zapped the tumor in one visit and then I went home."

Follow-up scans tracked the shrinking tumor until it disappeared completely four months after stereotactic radiosurgery.

"After radiosurgery, more than 85 to 90 percent of brain metastases stop growing or shrink in size," Dr. Coleman says. "Darlene's tumor disappeared because it was small and was a tumor type that was very responsive to radiation."

"I have a lot to be thankful for, especially the help and encouragement from all the doctors who have been taking such good care of me over the years," Holmes says. "When I was told I had lung cancer, I figured I had about two years to live. Now it's five years later and I feel like I have a brighter future ahead, thanks to San Diego Radiosurgery and Dr. Coleman."

For more information, or to schedule a consult, please call **San Diego Radiosurgery at Palomar Medical Center at 760.739.3835** or visit **[www.pph.org/srs](http://www.pph.org/srs)**. 



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San Diego Radiosurgery is  
a service of Palomar Medical Center.

## CANCER SURGERY. WITHOUT THE SURGERY.

If you fear the stress and complications of traditional surgery for your cancer or if you have been told that it's inoperable, now there's new hope.

San Diego Radiosurgery offers a revolutionary new way to treat tumors and lesions throughout the body. There are no scalpels. No anesthesia. No blood loss. No recovery time. In fact, the outpatient procedure is completely painless and you are free to return home immediately.

In the fight against cancer there's a new weapon and new hope. Call or visit our website today for more information.

Palomar Medical Center  
Department of Radiation Oncology  
555 East Valley Parkway | Escondido, CA 92025  
760-739-3835 / [SDRadiosurgery.com](http://SDRadiosurgery.com)

SAN DIEGO  
RADIOLOGY

Revolutionizing treatment. Restoring hope. Improving lives.

# Cancer Classes

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



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

Wednesday, October 21

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 radiologist **Kathleen Flores-Dahms, M.D.**, 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**

## Look Good, Feel Better

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

Mondays, November 9 or December 14

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**

# Diabetes Health Classes

## Diabetes and Cardiovascular Disease



**OASIS – Rancho Bernardo  
Ed Brown Senior Center  
(formerly the Joslyn Senior Center at RB)  
18402 W. Bernardo Drive**

Wednesday, November 18

10 – 11:30 a.m.

Diabetes is a major risk factor for stroke and heart disease. If you have diabetes, it's very important that you work closely with your health-care provider to manage your diabetes and reduce any other risk factors. Join **Halle Elbling, M.S.**, registered dietitian and Diabetes Health Educator, as she helps you grasp a clear understanding of the link between diabetes and cardiovascular disease and what to do to prevent complications. To register, call **OASIS** at **760.839.6020**.

**FEE: \$3 / participant**

## Diabetes Education

**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.

# PPH Expands Health-Care Services in San Marcos



**Bradley Bailey, M.D., Associate Medical Director of PPH Wound Care Centers, checks in on his patient during her hyperbaric oxygen treatment.**

Expanded outpatient services are now available at Palomar Pomerado Health at San Marcos, where Palomar Pomerado Health (PPH) Rehabilitation Services recently opened an additional location. Other outpatient services include PPH's Corporate Health Services, DiabetesHealth program and Palomar Wound Care Center.

"The scope of these outpatient services demonstrates PPH's commitment to providing convenient, quality care for the San Marcos community," says Ann Koeneke, Director of Product Line Development, Clinical Outreach Services.

PPH Rehabilitation Services at San Marcos offers physical and occupational therapy for sports injuries or following orthopaedic surgery. Comprehensive diagnostic, preventive and therapeutic services are tailored to the specific needs of each patient, with the goal of restoring physical ability to the best possible degree.

PPH Corporate Health Services is dedicated to improving the health of employees and helping reduce workers compensation and sick leave expenses. Under the direction of Donald Herip, M.D., who is board-certified in occupational medicine, the program offers work injury treatment, immunization programs, new hire and annual physical exams, drug and alcohol screening, travel medicine and work-site training to prevent accidents or injury.

Recognized by the American Diabetes Association, the DiabetesHealth program provides outpatient assessment, education and support groups in English and Spanish. The goal of these services is to help people with diabetes achieve a healthier lifestyle and reduce their risk for complications from diabetes.

The Palomar Wound Care Center at San Marcos provides innovative personalized care to treat non-healing wounds and their underlying causes. Comprehensive and complementary advanced wound healing technologies include biograph therapies that contain growth factors to stimulate the healing process, negative pressure wound therapy and hyperbaric oxygen therapy.

The second floor of Palomar Pomerado Health at San Marcos is dedicated to the PPH Center for Health Education, an innovative partnership between PPH and Cal State San Marcos. This nursing school is educating the nursing workforce of the future. **HS**

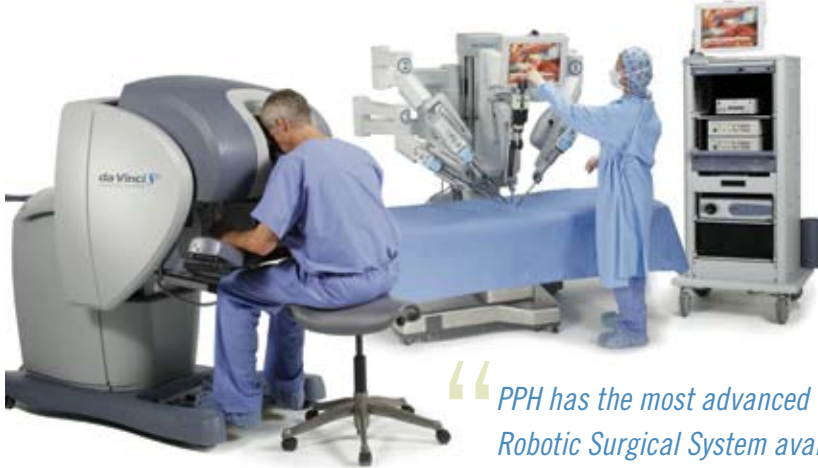
**PPH Rehabilitation Services at San Marcos, 760.510.7330**

**Palomar Wound Care Center at San Marcos, 760.510.7300**

**DiabetesHealth, 760.510.7377**

**PPH Corporate Health Services, 760.510.7373**

# 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

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To learn more, visit [www.pph.org/davinci](http://www.pph.org/davinci)

# Exercise and Weight Loss

## Get Fit and Stay Strong

### OASIS – Escondido

Redwood Terrace  
710 W. 13th Avenue  
Mondays and Wednesdays  
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 **760.839.6020**.

Sept. 14 – 30

**FEE: \$30 for 6 classes**

Oct. 5 – 28

**FEE: \$40 for 8 classes**

Nov. 2 – 18\*

**FEE: \$25 for 5 classes**

Dec. 2 – 16

**FEE: \$25 for 5 classes**

\* Note: No class November 4

NEW DAY  
AND  
LOCATION

## Chair Fitness

### OASIS – Escondido

Redwood Terrace  
710 W. 13th Avenue  
Thursdays  
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 **760.839.6020**.

Sept. 17 – 24

**FEE: \$10 for 2 classes**

Oct. 1 – 29\*

**FEE: \$20 for 4 classes**

Nov. 5 – 19

**FEE: \$15 for 3 classes**

Dec. 3 – 17

**FEE: \$15 for 3 classes**

\* Note: No class October 15

NEW DAY  
AND  
LOCATION

## 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**.


## Palomar Medical Center West Reaches for the Sky

A standing room crowd of community leaders, physicians, nurses, and employees cheered as the final beam was hoisted atop the 11-story steel frame of Palomar Medical Center West in Escondido on July 10.



Following ancient Scandinavian tradition, the I-beam was painted white and signed by the construction crew and more than 1,000 supporters of the "Hospital of the Future." The topping off ceremony signifies completion of the steel skeleton built with more than 12,000 tons of steel, one million tons of rebar and 4,000 cubic feet of concrete.

Palomar Medical Center West is designed to meet the health-care needs of our growing communities for the next 50 to 75 years. The 760,000 square foot structure is scheduled to open in early 2012.

For more information or to schedule a tour of **Palomar Medical Center West**, please call the **PPH Foundation** at **760.739.2787**. 

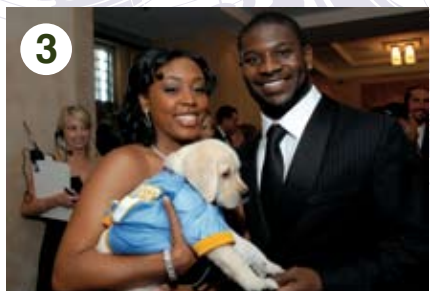
## 2009 NIGHT of NIGHTS™

presented by  
PALOMAR POMERADO HEALTH FOUNDATION

The Palomar Pomerado Health Foundation raised more than \$2 million toward the "Building Your Healthcare System of the Future" capital campaign at the 2nd Annual Night of Nights on June 13. A sold-out crowd of 740 guests enjoyed the evening's festivities with hosts LaDainian and Torsha Tomlinson and emcee Dan Fouts, NFL Hall of Famer.

### Save the Date

The 3<sup>rd</sup> Annual *Night of Nights* is scheduled for Saturday, May 15, 2010 at the Hyatt Regency La Jolla. To learn more, call the **PPH Foundation** at **760.739.2787**.



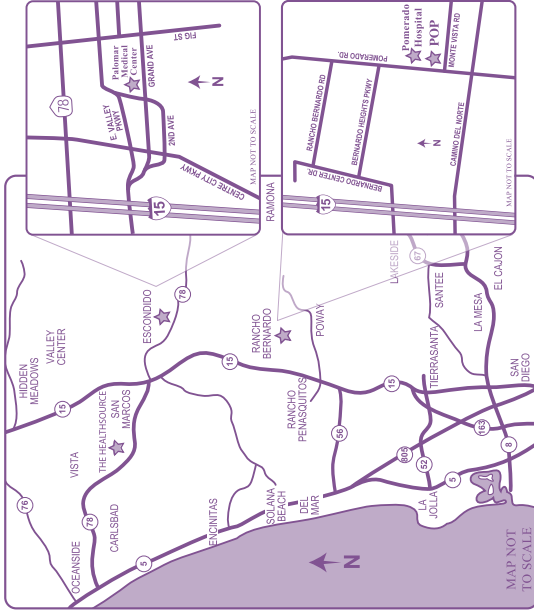
1. San Diego Chargers Head Coach Norv Turner and his wife, Nancy, and San Diego Chargers President and CEO Dean Spanos and his wife, Susie enjoy dinner.
2. Master of Ceremonies Dan Fouts entertains guests by sharing stories about the Air Coryell days of the San Diego Chargers.
3. Hosts Torsha and LaDainian Tomlinson show off the evening's special auction item, a yellow Labrador puppy.
4. James Weil bids on an opportunity to golf with LaDainian Tomlinson.

To see more pictures from the Night of Nights, visit [www.pph.org/gala](http://www.pph.org/gala).

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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.**

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