



Healthyou

"I wanted to stay in North County. I had a lot of people tell me to go to La Jolla, but I just felt like I needed to stay close to home.

There are amazing doctors right here."

—Cancer survivor Leesa Lamb, with fellow Lucky 13 winners.

Read her story on page 8!



COMPREHENSIVE CANCER CARE

Expert care, right here at home

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LESS INVASIVE FOR FASTER RECOVERY

The da Vinci Surgical System

—page 7





Dear friends,

I have many exciting developments to share about your community hospital. Tri-City Medical Center reached a significant milestone this year, celebrating 50 years of providing outstanding medical care to the people of North County. But

there is no midlife crisis here! Instead, we are growing and changing as fast as a teenager; major building has started inside and out with our remodeled lobby, renovated patient rooms and work starting on the medical office building on our Oceanside campus.

The financial outlook for the hospital district has never been better. Our unaudited net income from operations for fiscal year 2011 is approximately \$15.1 million, compared to a loss of \$8.8 million for the fiscal year ending 2010. This is just the beginning as we explore more opportunities to add lines of business that promote health and benefit

the community we serve. To that end, Tri-City recently purchased the da Vinci Si HD Robotic Surgical System. With dual consoles and a simulator, it is the most advanced system available in San Diego County.

As you'll read on the following pages, our Foundation has made a major commitment to raise \$1.5 million to help pay for this remarkable surgical tool. As we embark on the next 50 years, it is clear that Tri-City Medical Center has evolved from a community hospital to a regional health-care leader.

I, along with my entire executive team, take the health of this hospital seriously. It is my hope that the information about our comprehensive cancer services in this edition of *Healthy You* will help you take your health seriously too.

Yours in good health,

Larry Anderson
CEO, Tri-City Medical Center



HAPPY 50TH ANNIVERSARY!

July 16 was an important day for Tri-City Medical Center; it was the 50th anniversary of the day the hospital opened its doors to accept its first patient. Since then, Tri-City has evolved from a community hospital to a regional healthcare leader.

Tri-City is celebrating this important milestone with events held throughout the year. Most notably, Tri-City will be hosting a 50th anniversary event this fall to present the hospital's latest achievements and honor those who have made its success possible.



Tennis legend Rosie Casals led a clinic for Tri-City employees and guests—one of the many special events during the tournament.



Tri-City CEO Larry Anderson presents trophies to winner Agnieszka Radwanska (left) and runner-up Vera Zvonareva.

TOURNEY A WIN FOR TRI-CITY

The 2011 Mercury Insurance Open Presented by Tri-City Medical Center was a huge success both on and off the courts. For the second year, Tri-City was the presenting sponsor of the women's professional tennis tournament at La Costa Resort and Spa, Carlsbad, which ran July 30 to August 7.

Fans saw some great matches and picked up some great health tips. From our on-court "Catch-n-Stretch" promotion to our outstanding physical therapists giving tips about dealing with tennis elbow/knee/hip/ankle to showcasing the hospital's new robotic surgery system to blood pressure and body fat checks and handing out thousands of bottles of sunscreen, the weeklong tournament was the perfect venue to once again live up to our mission of advancing the health and wellness of those we serve.



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Accountable Care
Organizations, visit
healthcare.gov.

ACCOUNTABLE CARE ORGANIZATIONS

TRI-CITY LEADING WAY TO BETTER CARE

When change begins, you can either stand in its way—or get in front and lead.

And even before healthcare reform passed, Tri-City Medical Center was piloting positive changes in health-care. First, the hospital spearheaded preventive care through Tri-City Wellness Center in Carlsbad—a state-of-the-art, medically integrated gym and wellness center. Then, with the focus on connectivity, the hospital introduced electronic medical records. Tri-City is at the forefront once again.

Consolidating Care

Under the Affordable Care Act (part of President Obama's healthcare reform), the government is accepting applications from a small number of institutions that are willing to form and oversee pilot Accountable Care Organizations (ACO). These groups will be testing a new way to organize the delivery of healthcare to Original Medicare patients. Tri-City Medical Center is one of those facilities and has laid the groundwork for its ACO

to be up and running by January.

"The goal of ACOs will be to bring together primary care physicians, specialists and hospitals in coordinated caregiving groups that will be accountable for the care of their patients," said Casey Fatch, COO, Tri-City Medical Center.

Your ACO

But what will this mean for patients? Basically, ACOs will:

- Emphasize preventive care
- Require coordination among all healthcare providers
- Invest in the creation of less costly ways to deliver healthcare
- Be responsible for meeting 65 quality care measures

For patients, these changes should be seamless. You may notice that more people are working more closely together to keep you healthy. If your doctor joins an ACO, you'll probably get a letter informing you of it.

"At Tri-City we know it is our responsibility to be a conduit of change," said Wayne Knight,

executive director of managed care, Tri-City Medical Center. "We have the strategic foresight to support the start-up of an ACO. Our ultimate goal is to do what we need to do to continue to bring the best health-care possible to our patients and our community."

"The goal of ACOs will be to bring together primary care physicians, specialists and hospitals in coordinated caregiving groups that will be accountable for the care of their patients."

—Casey Fatch, COO, Tri-City Medical Center

COMPREHENSIVE CANCER CARE AT TRI-CITY MEDICAL CENTER

Seeking comprehensive, state-of-the-art cancer care? It's right in your backyard at Tri-City Medical Center. The Coastal North County hospital has long offered a multidisciplinary approach to cancer treatment. That means each patient has access to a cancer support team. This team includes physicians, nurses and a range of other healthcare specialists.

In addition to providing excellent services, Tri-City is leading the way with ever-changing technology. Innovative additions like the CyberKnife and da Vinci Surgical System will allow many Tri-City cancer patients to avoid invasive surgery—or surgery altogether. (See page 6.)

Excellent Care, Right Here

Tri-City's efforts have brought recognition to its cancer program, including the recent American College of Surgeons' Commission on Cancer three-year accreditation, with commendation.

"Tri-City will ensure that patients won't need to leave their community to gain access to advanced cancer treatment," said Dr. Warren Paroly, medical oncologist at Tri-City.



EXCELLENCE RECOGNIZED

Tri-City Medical Center cancer treatment services has achieved:

- Membership in the Association of Community Cancer Centers
- Three-year accreditation with commendation from the Commission on Cancer of the American College of Surgeons



COMFORT ROOM OFFERS REST, CALM, RENEWAL

Oncology. It's not a word that necessarily feels comforting. And yet, it's the oncology unit at Tri-City Medical Center that houses the Family Comfort Room.

This specially designed, newly remodeled space plays an important role in the cancer care services offered by Tri-City and was made possible through a generous gift to Tri-City Hospital Foundation from Bob and Estelle Gleason. It's a quiet, private place where clinicians can consult with patients and their families. It's also a space for those families to find peace and gather their thoughts.

"Families do not have to go from their loved one's bedside into a busy waiting room," said Susan Stalter, RN, BSN, OCN, case manager at Tri-City Medical Center. "We can offer them a soothing place for reflection and respite."



WELLNESS AFTER CANCER

FITNESS IS RECOVERY

Cancer and its treatment can leave you feeling drained. It can be hard to find energy to do simple things—let alone exercise.

That's why Tri-City Wellness Center has teamed up with North County Cancer Fitness (NCCF), a nonprofit program with staff who understand the challenges cancer patients and survivors face, to support them through every step of recovery.

Movement = Improvement

"Many survivors don't know what a big difference exercise can make," said Susan Webster, Tri-City Wellness Center cancer fitness specialist and co-founder of NCCF. "Or they know they should exercise but don't know what to do."

Exercise can boost your energy levels and mood, according to the American Cancer Society (ACS). It may also help reduce side effects such as nausea and pain. And the ACS recommends that most survivors get at least 30 minutes of activity daily.

True to You

A cancer survivor herself, Webster

has certifications from the American Council on Exercise and the American College of Sports Medicine as a cancer exercise trainer. She helps survivors develop a plan based on individual diagnosis, treatment and goals.

She also offers cancer patients a gentle yoga class called "Fitness Is Recovery."

"Since I do personal training with everyone in the room, I know their fitness levels and can modify the exercises to help them," she explained.

And, thanks to the diverse resources available at the Wellness Center, the program can be tailored to meet ability and interests. For example, you can get an aerobic workout in the pool or on the indoor track—or even in a dance class! You can also get personalized fitness training from Webster.

"I wish there were a cure for cancer," Webster said. "But until there is, we're here to help people learn how to have a full life after cancer.

"It is because of my co-founder Deb Snyder and our volunteer Carmen (physical therapist and cancer exercise trainer) that 'Fitness Is Recovery' is such a success."



Programs at the Tri-City Wellness Center can be tailored to your ability and interests.

A cancer survivor herself, Webster helps other survivors develop a plan based on individual diagnosis, treatment and goals.

To learn more about the Cancer Fitness program and the 150 weekly classes the state-of-the-art gym offers, visit tricitywellness.com.



PSYCHO-SOCIAL SUPPORT SERVICES

Cancer is a medical diagnosis, but it can have a huge psycho-social impact. That's why Tri-City Medical Center offers cancer patients and their families an array of support services.

"Cancer is a fight, but finding help

and coping with treatment should not be," said Nancy Vargo, MSW, LCSW, social service supervisor at Tri-City.

"We know that distress can affect the cancer itself; it certainly does affect how patients cope with their cancer and their ability to follow through on their treatment recommendations," Vargo said. That's why medical social workers at Tri-City offer information, emotional support and practical advice, including:

- Educational materials about cancer and treatments
- Support groups, including Tri-City's Cancer Support Groups, the American Cancer Society's "Look Good...Feel Better" program and the wig program
- Help with insurance, transportation and lodging

"Our goal is to reduce anxiety, lessen depression and help patients find the strength to cope," Vargo said.

ADVANCES IN CANCER CARE

TRI-CITY IS LEVERAGING TECHNOLOGY FOR BETTER PATIENT CARE

When asked how technology has improved cancer care, Dr. Warren Paroly, medical oncologist with Tri-City Medical Center, hardly knows where to begin. "Every aspect of cancer care—from screening to diagnosis to treatment—has been upgraded by the tremendous technological advances that have been made in the past few years," he said.

Tri-City is drawing on those advances for better patient care. For example, the medical center offers patients access to some of the latest imaging technology. It also connects patients with a treatment center that ranks among the most active in the world. "Our patients want the same kind of good care they can get 100 miles away," Dr. Paroly said. "And that's what we're doing. We're coordinating our services to offer state-of-the-art care." Here are four examples of the advanced care that is available to you right here in North County.



For Diagnosis

PET/CT. Imaging technologies, such as magnetic resonance imaging (MRI) and computed tomography (CT), reveal structural changes in the body. But a more recent technology, positron emission tomography (PET), actually reveals chemical changes. This can allow physicians to find—and treat—disease sooner.

PET imaging has been at Tri-City since 1999. Six years ago, the medical center upgraded to a combined PET/CT system. This system makes diagnosis even more accurate, according to Dr. Stephen Schmitter, director of

PET/CT imaging at Tri-City. The new system improves patient comfort too. A full-body scan usually takes 20 to 30 minutes. And PET and CT can be performed at the same time, so the patient often needs only one scan instead of two.

"It's exciting and rewarding to use this advanced technology," Dr. Schmitter said. "I'm able to help improve the chances of a patient's treatment success and avoid unnecessary treatment."

PET/CT imaging can also help physicians find out how well chemotherapy is working and check for cancer recurrence.

For Treatment

CyberKnife. Fewer than 300 centers in the world offer radiosurgery with CyberKnife. Fortunately, Tri-City patients have access to it at CyberKnife of Southern California in Vista, a top-five center for volume worldwide. Patients come in from all over the country and world for the revolutionary treatment.

CyberKnife allows physicians to treat tumors nearly anywhere in the body. And contrary to its name, it doesn't involve incisions or surgery. Instead, CyberKnife uses precisely targeted beams of radiation to

destroy tumors. The accuracy of the beams limits damage to tissues near the tumor. Plus, patients don't need anesthesia or hospitalization and the treatments are complete in less than a week.

"We're now offering an option for patients that we couldn't even imagine 10 years ago," said Dr. Patrick Linson, radiation oncologist at Tri-City. "People are really appreciative of the fact that we have a device now that makes us look at the treatment of cancer differently. There were some patients for whom there was little or nothing more we



Tri-City's PET/CT technology allows physicians to find and treat disease sooner.

Technology for You

Of course, Tri-City understands that the latest isn't the greatest unless it makes a difference for patients. "Our philosophy about technology is that, as a general rule, the more technologically in tune you are, the better the care will be for the patient," Dr. Paroly said.

"We want to be as minimally invasive as possible, with the fewest complications and the shortest recovery times," he continued. "The way to achieve that is to take advantage of all the newest technologies." To learn about one of the most exciting upgrades, see "The Future Is Now" at right.

To speak with someone about PET or other imaging tests, call Tri-City PETCT in Vista at **760.599.9940**. You may also visit tricitypetct.com to learn more.

could do, but now we have a treatment option for them." For instance, tumors in the brain, liver, lung, spine and prostate can be treated with CyberKnife instead of surgery. Cancer control rates are typically just as high as for those who have surgery. What's more, patients have few, if any, side effects.

Tumor analysis. CyberKnife works best before cancer has spread or is in a small or limited location. But if it has, Tri-City also offers state-of-the-art medical oncology.

"Immense gains have been made in tailoring treatment to the

ROBOTIC SURGERY THE FUTURE IS NOW

Tri-City Medical Center now offers the latest in minimally invasive surgery. This summer, the hospital district purchased the da Vinci Si HD Surgical System. The first surgery took place in August.

The da Vinci system is the most advanced robotic system of its kind. It makes surgery possible through incisions the size of a dime. For patients, that can mean a faster, less painful recovery; less blood loss; and a lower chance of infection. It may also mean less scarring.

Additionally, the system improves the care Tri-City physicians can provide. It can make movements that are even more precise than a human hand. And it gives surgeons a view sharper than the naked eye.

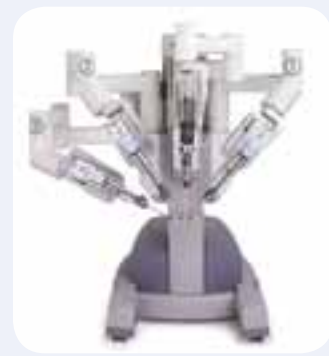
"This makes surgery of the future possible today," said Dr. Adam Fierer, general surgeon and chief of surgery at the medical center. "I am very excited about bringing the da Vinci system to Tri-City. The amount of research and development that has gone into this technology is truly incredible."

The system Tri-City acquired has dual consoles and a simulator. This

individual, not just to the cancer," Dr. Paroly said. "We now have more ways to analyze tumors genetically and biochemically." This means that patients with the same type of cancer might each get different drugs to treat that cancer.

To do this kind of analysis, Tri-City uses its own high-tech laboratory and others across the country. If needed, biopsies can be sent elsewhere while patients stay close to home.

Surgery. If patients need surgery to treat cancer, technology now makes it possible to do more with less. Minimally invasive laparoscopic



means a second surgeon can provide a da Vinci-enabled assist and may also facilitate teaching da Vinci surgery.

The da Vinci system can be used for a wide variety of surgeries. "Both gynecologic and urologic surgeries will probably be the majority of early cases," Dr. Fierer added. "General surgery will probably phase in over several months and possibly cardiac and head and neck surgery at some point, as well."



If you have an upcoming procedure, ask your doctor if da Vinci could be an option. Or you can visit tricitymed.org/robot or call Tri-City's da Vinci phone line at **760.940.5785**.

procedures allow surgeons to use small incisions to operate on cancers in the abdomen or chest.

Patients who have laparoscopic surgeries usually have shorter recovery times. They also tend to get back to normal activities sooner and feel less pain. Minimally invasive surgeries also cause less scarring. This makes any future operations easier.

"At Tri-City, we're constantly upgrading our technologies for laparoscopies," said Dr. Mohammad Jamshidi, general and vascular surgeon. "We're up-to-date and in step with what's needed for patient care."

FROM DIAGNOSIS TO REMISSION



"I wanted to stay in North County. I had a lot of people tell me to go to La Jolla, but I just felt like I needed to stay close to home. There are amazing doctors right here."

—Leesa Lamb

A SEVEN-MONTH MARATHON

Stubbornness may not always be a positive trait. For Vista resident, Leesa Lamb, however, it may have saved her life.

Lamb was a healthy 43-year-old with a husband and two children. She was proactive about her breast health, getting annual mammograms. Over the years, her screenings had shown dense breast tissue, but doctors told her it was nothing to worry about. She was given this same message after a March 2007 mammogram.

But by July 2007, Lamb knew something was seriously wrong. Her breasts did not look or feel right. She returned to the doctor for another mammogram. Again she was told she simply had dense breast tissue. But Lamb would not accept this answer.

"I said, 'This isn't normal for my body,' and I continued to ask the doctor to do something else," Lamb said.

Discovery at Tri-City

Finally, she arrived at Tri-City Medical Center. She was referred to Dr. Stephen Wilson, general surgeon. Dr. Wilson listened to Lamb's concerns and ordered a needle biopsy.

About a week later, Dr. Wilson called Lamb to break the news: She had breast cancer. Lamb was sent immediately to Dr. David Oblon, Tri-City oncologist. After numerous scans, she was told her cancer had spread beyond the breast and into her spine. The cancer was stage IV, potentially terminal.

Yet somehow, Lamb always believed she would be cured. "I thought I was just going to go through all the treatment and be OK on the other end," she said.

Making Choices

Part of Lamb's confidence came from

her trust in her doctors. She had many choices but knew what she wanted. "I wanted to stay in North County," she said. "I had a lot of people tell me to go to La Jolla, but I just felt like I needed to stay close to home. There are amazing doctors right here."

Superior Care

Those doctors included Dr. Wilson; Dr. Oblon; and Dr. Eva Lean, radiation oncologist and medical director of Radiation Oncology Services at Tri-City. "We all came together to meet as a team and create a treatment plan for Leesa," said Dr. Lean.

The plan began with chemotherapy, which was followed by a mastectomy performed at Tri-City by Dr. Wilson. After that, Lamb underwent radiation with Dr. Lean. Part of this treatment included taking advantage of an amazing technology called the CyberKnife (see page 6).

"CyberKnife delivers radiation with pinpoint precision," Dr. Lean said. "Using it allowed us to eliminate the cancer from Leesa's spine." When these aggressive treatments came to an end, Dr. Oblon informed Lamb that she was in remission. It had been seven months to the day since her diagnosis.

Recovery

The remission was the end of one phase of Lamb's cancer story, but her recovery continued. She signed up to try to win free entry to this year's Tri-City Medical Center Carlsbad Half Marathon in the "Lucky 13" contest. Winners receive a six-month membership to Tri-City Wellness Center in Carlsbad. "I just wanted the six months at the Wellness Center. When I won, I thought, 'Oh, no, now I have to run a half-marathon.'"

She did run the half-marathon. Not a runner beforehand, Lamb set the goal of simply finishing the race, and she did. Plus, she achieved her goal of becoming a member of the Wellness Center. She had wanted to join since taking her daughter there for physical therapy. "Once I had been there and seen it—well, it's just like a spa," she said. "It's like no other gym around."

Now, Lamb participates in a special Cancer Fitness program at the Wellness Center (see page 5). Her six free months were up long ago, but she continued her membership to aid her journey back to health.

Part of the Cure

Lamb credits her family, her faith and



her doctors for keeping her going through that journey. Dr. Oblon, on the other hand, gives much of the credit to her. "Leesa is a living example of how making an effort in your own care makes a difference," he said.

Now 47, Lamb continues to be cancer-free. But she still keeps on top of her health. "What I've learned through all this is know your body," she said. "Don't ignore symptoms. Have them checked out, and don't let them tell you you're fine if you know you're not."

For mammograms, call Tri-City's Edgar and Jo Anne Jones Women's Diagnostic Center at **760.940.7985**. Or make an appointment online at tricitymed.org/mammogram.



CANCER SCREENINGS

When you find cancer early, you have a better chance of beating it. Talk with your doctor about a screening schedule that is right for you. Below are general recommendations.

Disease	Age to begin screening	Test	Frequency
Breast cancer (women only)	40	Mammogram	Every one to two years
Cervical cancer (women only)	21, or three years after beginning to have sexual intercourse, whichever comes first	Pap test	Every three years
Colorectal cancer (men and women)	50	Flexible sigmoidoscopy, double-contrast barium enema, CT colonography or colonoscopy	Every 5 years, or every 10 years for colonoscopy
Prostate cancer (men only)	50	PSA test	Talk to your doctor to see if testing is right for you.

Sources: American Cancer Society; National Cancer Institute



NEW MELANOMA MEDICATIONS OFFER REASONS FOR OPTIMISM

Ask melanoma researchers what's new in their field, and you're likely to get a one-word answer: hope. That's because two new medications have shown great promise in treating this notoriously deadly skin cancer: Yervoy and vemurafenib.

Yervoy recently received U.S. Food and Drug Administration approval. It boosts the body's natural defense system. "Under the right circumstances, a patient's immune system can destroy melanoma cells," explained Dr. Edward F. McClay,

Tri-City Medical Center oncologist who was involved with early Yervoy trials. "This particular compound works by targeting a group of white blood cells that actually prevent the immune system from going after the melanoma." By removing "the brake," the immune system can attack cancer cells on its own.

With existing treatments, only 5 to 10 percent of melanoma patients whose cancer has spread live at least one year, according to Dr. McClay. Studies show Yervoy offers a 20 percent four-year survival. "It's a modest step, but it's a step nonetheless," Dr. McClay said. "And it's the best step we've had in a long time."

The second drug is vemurafenib. Its approval is anticipated this year. This medicine is intended for the up to 60 percent of melanoma patients who have a mutation in a gene known as BRAF. The mutation allows cells to continually replicate—something you don't want cancer cells to do.

"With this compound, we can turn that off," Dr. McClay said. In a study, vemurafenib proved more effective than chemotherapy and reduced the risk of dying during the research period by 63 percent.

These drugs aren't appropriate for everyone. They have limitations and can cause side effects. Still, they're good news for melanoma patients.

"We're excited," Dr. McClay said. "The challenge now is to make the drugs work better."

For more information about cancer care at Tri-City, visit tricitymed.org and select "Our Services" and then "Cancer."

BEYOND GENES

THE ENVIRONMENT AND CANCER

Cancer research is always evolving, but this we already know: As many as two-thirds of all cases of cancer are somehow linked to factors that exist outside our bodies. A surprising number of these could be prevented if we all made different choices about how we live.

Some chemicals, pesticides, viruses, bacteria, hormones and medical procedures are known to cause cancer. But scientists also define environment as everything outside the body that enters and interacts with it, which is why lifestyle also plays a large role in environmental risk. Here are four factors you can control:

Smoking. Exposure to tobacco and secondhand smoke accounts for about one-third of all cancer deaths in the U.S. each year.

Weight and exercise. About 25 to 30 percent of several major cancers are associated with being obese or physically inactive.

Diet. Fatty foods, preserved meats

and too much alcohol are linked to certain cancers. Diets rich in fruits, vegetables and other plant foods seem to protect against cancer.

Ultraviolet radiation. Sunlamps, tanning beds and the sun's rays damage cells and lead to skin cancers.



To improve your quality of life, check out Tri-City Wellness Center in Carlsbad (**760.931.3171**, tricitywellness.com). With more than 150 fitness classes and nutrition seminars, it's a luxurious way to reduce health risks and get in shape.

LIFE AFTER CANCER

MANAGING PHYSICAL CHANGES

You've survived cancer, and you are officially disease-free. But you may still have to cope with physical changes related to cancer and the type of treatment you received. The National Cancer Institute says some of the common problems you may have after cancer include fatigue and swelling or changes in weight and eating habits.

It's a good idea to get advice from a trained expert like the ones at Tri-City Wellness Center. Here are a few tips they may offer to help manage some physical changes you may experience. If you:

- Feel tired or worn out, try taking short naps or rest breaks between activities.
- Have a lot of pain after treatment, talk to your doctor about pain relief medicines or physical therapy.
- Have swelling, find out about exercises or diet changes that can help reduce it.
- Don't have much of an appetite, try getting some exercise before meals. (See the "Fitness Is Recovery" on page 5).
- Gain unwanted weight, talk to a dietitian who can help you plan a healthy diet that won't add pounds.

For more information on the Cancer Fitness Program, visit tricitywellness.com.

The Tri-City Wellness Center has a registered dietitian on staff. But remember, the changes you experience may be different from someone else's—even if it was the same type of cancer treatment.



TRI-CITY HOSPICE: HELP FOR THOSE CARING FOR THE SERIOUSLY ILL IN NORTH COUNTY

Often, the decision to seek hospice care occurs when a patient is advised that no further medical treatments are available or decides to no longer pursue medical treatment for their terminal illness. Hospice then becomes that special opportunity to care for the patient and the members of the patient's family, so that the focus stays on the patient's quality of life.

"Hospice focuses on caring, not curing, and in most cases, care is provided in the patient's home," noted Dr. Fareeha Siddiqui, Tri-City Hospice physician. "Hospice helps the patients and their families by providing many benefits that aren't possible in a traditional health-care setting."

Important to Be Prepared

"Hospice works through a comprehensive team approach, advocating for the patient and the family," said

Nancy Holling-Lonnecker, RN, Tri-City Hospice. The hospice team may include the patient's personal physician along with the hospice physician, nursing staff, social workers, chaplains, certified home health aides, and compassionate and caring hospice volunteers. The hospice medical team is on call 24 hours a day, 7 days a week.

Although end-of-life issues can be difficult to discuss, Tri-City Hospice believes that preparing for a death is as important as preparing for a birth. For patients and families looking for choices, "hospice is a beautiful option," Dr. Siddiqui said.

Endowment Enhances Care

Recently, a \$10,000 endowment was given to Tri-City Hospice by the family of a long-term patient, along with their acknowledgement of gratitude for the wonderful care their loved



one had received.

Tri-City Hospice is a nonprofit organization that accepts outside contributions and donations to provide care for the seriously ill. Many grateful hospice patients and their friends and family members donate to Tri-City Hospice in their final arrangements or as a gift in memory of their loved one.

For more information about Tri-City Hospice or volunteer opportunities, please call **760.940.5801**.

For more information or to support Tri-City Hospital Foundation, please call **760.940.3370** or go to tricityhospitalfoundation.org.



From left: Stephen "Hap" L'Heureux, chair elect; Kevin Stotmeister, communications chairman; Craig Lindholm, chairman; Julianne Nygaard, secretary; and Frank Hutchins, treasurer

HEALING GARDENS COMPOSURE AND REFLECTION

On June 4, Tri-City Hospital Foundation hosted a ribbon-cutting ceremony in appreciation of nearly 200 volunteers who helped complete three healing gardens at Tri-City Medical Center. The project was a collaborative effort of Tri-City Hospital Foundation, Tri-City Medical Center employees and North Coast Church.

"The healing gardens are a peaceful, quiet place to reflect," said Tri-City Hospital Foundation CEO Tobi Ferguson. "We thank all of our volunteers for taking the time to help build such a special place for our patients, visitors, employees and community. Our employees have raised money to build a healing garden, but we never could have accomplished something this wonderful without the generous help of North Coast Church."

North Coast Church spearheaded this project, organizing volunteers and arranging for donations of materials.



The church raised funds to finance the weekend expenses for building materials, parts, lumber, paint, shovels and landscaping equipment. The church raised \$100,000 to do \$1 million's worth of work at 100 different sites. Dozens of companies have donated to the Tri-City healing gardens, including Home Depot, Lowe's, RCP Block & Brick and Hydro-Scape.

Research has shown that healing gardens can have a therapeutic effect on patients with serious illnesses. Spending time in a healing garden is thought to reduce stress levels, anxiety and blood pressure. It's also a place of bringing families and visitors together in

ANNUAL MEETING AND INSTALLATION OF OFFICERS

On July 19, Tri-City Hospital Foundation held its annual meeting, which was a celebration of the successes throughout 2010-2011. The tenured board members who were retiring from the board of trustees received appreciation gifts of personalized kaleidoscopes to remind them of the beauty that can be created when individuals work together for a common purpose. The Foundation also installed the new officers for their 2011-2012 board, including Craig Lindholm as chairman, Stephen "Hap" L'Heureux as chair elect, Frank Hutchins as treasurer and Julianne Nygaard as secretary. The future looks bright for philanthropy in North County, thanks to their tireless work to advocate for better healthcare in the community.

At left, from left: Emerson Grimsby, Project Leader, North Coast Church; Larry Anderson, CEO, Tri-City Medical Center; and Craig Lindholm, Chairman of Tri-City Hospital Foundation Board of Trustees welcoming guests. Below: Volunteers help with planting.



a pleasant and homelike environment.

"This was one of our larger projects during Weekend of Service," said Charlie Bradshaw, executive pastor of North Coast Church in Vista. "During this weekend, we close our church doors and instead of going to church, we go out into the community to be the church, lending a helping hand in a big way."

\$1.5 MILLION CAPITAL CAMPAIGN

On Friday, August 5, Tri-City Hospital Foundation introduced the da Vinci Si surgical robot to hospital employees, physicians, donors and the media with demonstrations of its amazing dexterity and control—the robot actually penned a thank-you letter to the Foundation for its donors' support.

The da Vinci Si surgical robot offers a breakthrough in medical technology, enabling surgeons to perform minimally invasive procedures using a 3-D high-definition camera head, fingertip controls, and surgical dexterity and precision far greater than even the human hand. Tri-City Medical Center will be the only hospital in north San Diego County with the newest version of this cutting-edge technology.

The surgical robot will benefit all programs and patients of Tri-City Medical Center, particularly the Cancer, Cardiovascular and Women's Health centers. This breakthrough technology is an important investment for our community hospital, and the Foundation is challenging the community to help fund the innovation by launching a \$1.5 million capital campaign.

One of the great joys of a community hospital is the importance of community. The Foundation will be hosting tours of the hospital and inviting friends, supporters and community members to hear more about this exciting innovation. For a tour or presentation, please call the Foundation office at **760.940.3370**.



FOUNDATION FUNDING BLOSSOMED

Through the years, Tri-City Hospital Foundation has funded more than \$42 million in support of Tri-City Medical Center. And 2011 is setting a new pace in building a stronger, more active Foundation. In the past three months alone, the Foundation has approved funding of more than \$2 million in new equipment purchases for Tri-City Medical Center. This is thanks to the generous donors, sponsors and volunteers who have made, and continue to make, a tremendous positive difference in the community.

In addition to the \$1.5 million for the da Vinci Surgical System, the Foundation has funded a number of key investments. Among the many new equipment purchases funded was the stereotactic biopsy system. With a price tag of \$160,000 and more than \$31,000 in construction costs, it will allow radiologists conducting breast biopsy procedures to pinpoint abnormal growth sites that are often too small to be felt. This technology, and the generosity behind its funding, will allow Tri-City Medical Center to stay at the forefront in the fight against breast cancer.

Also purchased was a new echocardiography system, costing more than \$88,000, that lets physicians see both 2-D and 3-D images of patients' hearts. The system was purchased with donor funds that were given specifically for the Cardiovascular Health Institute at Tri-City Medical Center. Its funding is a testament to the role of the Foundation's Board of Trustees as stewards for the public interest to ensure that every dollar of a donor's contribution goes toward exactly what he or she requested.



Once again, Tri-City Hospital Foundation is preparing for its annual black-tie gala on November 5 at the Park Hyatt Aviara in Carlsbad. But this year's event will also be the Golden Anniversary Celebration, marking Tri-City Medical Center's 50 years of community healthcare.

"This sell-out event has always been one of the social highlights in our community, but for something as special as a 50th anniversary, the committee is taking it up a notch," said Jennifer Paroly, Planning Committee Chair. "This year we have many reasons to celebrate and be proud of our community hospital. This night promises to be dazzling."

Honorary committee members who have supported the event are Frank and Claudette Mercardante, chairs; Art and Lori Barter, of Vista; Larry and Cathy Hatter, of Oceanside; and Ted and June Vallas, of Carlsbad.

The community's generosity has made this a landmark social event, which grossed more than \$365,000 last year. The Foundation hopes to reach \$500,000 from this charity ball, all in support of Tri-City Medical Center. Through the years, the Baile has provided financial support that helped fund some of the hospital's most crucial projects. If you would like to receive an invitation or make your reservation, please call the Foundation office at **760.940.3370**.



Tri-City Medical Center

TRI-CITY MEDICAL CENTER CLASSES

4002 Vista Way, Oceanside
760.724.8411
tricitymed.org

Childbirth and Parenting

Call 760.940.5784 to register for these classes.

Baby Care

Thursdays, October 6, November 3, December 1
6:30–9 p.m.

Baby Safe

Thursdays, October 13, November 10, December 8
6:30–9 p.m.

Breastfeeding Class

Mondays, October 17, November 14, December 12
6:30–9 p.m.

Breastfeeding Support

Wednesdays
9:15–11 a.m.
Call 760.940.7745.

Childbirth Intensive Weekend

Saturdays and Sundays,
October 22 and 23, November 19
and 20, December 17 and 18
10 a.m.–3 p.m.

Tri-City offers a variety of community health education events throughout the year. For more information, please visit our website at tricitymed.org and click on the “Classes & Events” tab or call the numbers listed below.

Childbirth Orientation and Tour

Mondays
• November 7, December 5
2:30–3:30 p.m.
• October 24, November 28,
December 19
6–7:30 p.m.

Childbirth Preparation

Intensive (3-week)
• Sundays, October 9 to 23
• Mondays, October 3 to 17
• Tuesdays, October 18 to
November 1, November 29
to December 13
• Fridays, November 4 to 18
6:30–9 p.m.

Childbirth Preparation

Standard (5-week)
• Wednesdays, November 2 to 30
6:30–9 p.m.

Sibling Class

Saturdays, October 15, December 10
10–11:30 a.m.

Support

AA Young People’s Group

Saturdays
7:30–9 p.m.
Call 760.758.2514.

Aphasia Group

Thursdays
11 a.m.–Noon
Call 760.940.7272.

A.W.A.K.E. Sleep Apnea

Fourth Tuesday of each month
For specific dates and times, call
760.630.1964.

Bereavement Support Group

Mondays
10 a.m.–Noon or 5:30–7:30 p.m.
Call 760.940.5800.

Bereavement Support Walking Group & Lunch

Wednesdays
10:15 a.m.–Noon
Oceanside Harbor (meet near
Jolly Roger)
Call 760.940.5800.

Better Breathers

One Wednesday each month
1:30–3:30 p.m.
Call 760.940.3055.

Bipolar/Anxiety/Depression Group Therapy

Wednesdays
3–4:30 p.m.
Call Behavioral Health Outpatient
Services at 760.940.5050.

Breast Cancer Support Group

Second and fourth Tuesdays of
each month
10:30–11:30 a.m.
Registration not required. Call
760.940.7007.

Cancer Support

Wednesdays, October 12 and 26,
November 9, December 14
10:30–11:30 a.m.
Call 760.940.3632.

Diabetes Support Group

Thursdays, October 6, November 3,
December 1
11 a.m.–Noon
Call 760.644.1201.

Narcotics Anonymous

Sundays and Fridays
7:30–9 p.m.
For more information, call
760.940.3333 or go to
www.sandiegona.org.

Ostomy Support Group of North San Diego County

Fourth Friday of each month
1 p.m.
Call 760.213.2501 or email
info@ostomysocal.com.

MEET OUR TEAM

Gynecologic Oncology

Kris Ghosh, MD
Sutapa Ghosh, MD

Hematology/Oncology

Mark J. Adler, MD
Alberto Bessudo, MD
Steven G. Eisenberg, DO
Laurie A. Frakes, MD
Derek A. Helton, MD
Edward F. McClay, MD
David J. Oblon, MD
Warren S. Paroly, MD

Nayyar Siddique, MD
Fareeha Siddiqui, MD
Rupa Subramanian, MD
Daniel Vicario, MD

Radiation Oncology

Anuradha Koka, MD
Joshua D. Lawson, MD
Eva K. Lean, MD
Patrick W. Linson, MD
Jean M. Mefferd, MD
Mary Ann Rose, MD
Kenneth T. Shimizu, MD

General and Vascular Surgery

Andrew Deemer, MD
Adam Fierer, MD
Ralph Hesler, MD
Mohammad
Jamshidi-Nezhad, DO
John Kroener, MD
Eileen Natuzzi, MD
Eric Rypins, MD
Katayoun Toosie, MD
Stephen Wilson, MD

Depression Screening

Tri-City Behavioral Health

Free, open to the public
Thursday, October 6
1–4 p.m.
Tri-City Medical Center
Assembly Rooms 1, 2 and 3

For Your Health

Diabetes Self-Management Course

This free four-week program focuses on nutrition, preventing and reducing complications, meal planning, support, and other important management skills.
Wednesdays
10 a.m.–Noon
Registration required. Call
760.644.1201.

Parkinson's Exercise

Fridays
11 a.m.–Noon
Call 760.940.7272.

Stroke Exercise

Thursdays
10–11 a.m.
Call 760.940.7272.

Total Joint Replacement

Mondays, October 10 and 24,
November 7 and 21, December 5
and 19
12:30–2 p.m.
Call 760.940.5788.

American Heart Association Classes

For detailed course information, check our website at tricitymed.org and click on the "Classes & Events" tab, or call the Professional Education department at **760.940.3100** Monday through Friday, 7:30 a.m.–4 p.m.

Advanced Cardiac Life Support (ACLS) Full Course

- Monday, November 7
 - Tuesday, November 15
- 8 a.m.–4:30 p.m.

Advanced Cardiac Life Support (ACLS) Renewal Course

- Wednesday, October 5, November 9
 - Tuesdays, October 18, November 29, December 20
- 8 a.m.–4:30 p.m.

Basic Life Support (BLS) Full Course

- Friday, October 14
 - Mondays, November 21, December 12
- 8 a.m.–Noon

Basic Life Support (BLS) Renewal Course

October 11, 27, November 3, 28,
December 9
8–11 a.m.



TRI-CITY WELLNESS CENTER CLASSES

6250 El Camino Real, Carlsbad
760.931.3171
tricitywellness.com

Fitness Is Recovery

This program is intended for cancer survivors or those going through treatment but is open to anyone in the Wellness Center community. It combines increased flexibility, good posture, better balance and strength training to improve the overall fitness level of anyone seeking exercise in a safe and modified manner. Class follows a comfortable pace with no expectations.
Location: Mind/Body Studio
Tuesdays and Thursdays
1:30 p.m.

Diabetic Exercise

This program is for those who have been diagnosed with diabetes or prediabetes and have just completed an education class led by a certified diabetes educator.
Cost: \$35 for members, \$60 for nonmembers
RSVP: Must register with the fitness staff for the program.
Location: Fitness Floor
Mondays, Wednesdays and Fridays
11 a.m.–Noon

Young at Heart

This program is for seniors and for people with a history of heart issues.
Cost: \$35 for members, \$60 for nonmembers
RSVP: Must register with the fitness staff for the program.
Location: Fitness Floor
Mondays, Wednesdays and Fridays
Two sessions: 8:30–9:30 a.m. or 9:30–10:30 a.m.

ATTENTION, SENIORS!

OPEN ENROLLMENT FOR SENIORS IS FROM OCTOBER 15 TO DECEMBER 7.

Call **760.940.5786** now to learn how you can access all the great care, expert physicians and advanced technology offered by Tri-City Medical Center that you have read about in this issue of *Healthy You*.





Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056

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GENERAL INFORMATION: 760.724.8411, tricitymed.org



Administered by Tri-City Healthcare District.

CUM26753c

SURGERY OF THE FUTURE, AVAILABLE TODAY



The da Vinci Si HD Surgical System, including dual consoles and a simulator, is now available in San Diego County—only at Tri-City Medical Center.

This robotic, minimally invasive surgical tool allows our surgeons to make incisions smaller than a dime.

Smaller incisions mean better outcomes and faster recoveries, so you get back to living your life in no time.

Tri-City Medical Center • 760.940.5785 • tricitymed.org/robot

SAVE MORE, STRESS LESS



The Wellness Spa at Tri-City Wellness Center: innovative treatments, glowing results and, now, great savings!

The More You Shop, the More You Save

You have enough to focus on this fall. Keeping up with your beauty routine should be easy-breezy. Drop by your Wellness Spa today. We have an offer to fit your routine:

- \$10 off product purchase of \$50
- \$25 off product purchase of \$125
- \$50 off product purchase of \$200

Offer expires October 31, 2011. No other discounts may be applied. Special offers cannot be applied toward previous purchases. Gift certificates are ineligible for discount.



TheWellnessSpa
Tri-City Medical Center

6250 El Camino Real, Carlsbad 92009

tricitywellness.com

Spa: 760.931.3126 Main: 760.931.3171



TRI-CITY MEDICAL CENTER IS PROUD TO HAVE BEEN HONORED BY THESE ORGANIZATIONS:



The Joint Commission
• Gold Seal-Accredited Hospital
• Gold Seal in Primary Stroke Care



Society of Chest Pain Centers
• First Nationally Accredited (Cycle III) Chest Pain Center in San Diego County



Nationally Certified for Cardiac and Pulmonary Rehabilitation Services



Three-year National Accreditation for Comprehensive Cancer Program



American Stroke Association's and American Heart Association's "Get with the Guidelines" program
• Gold "Plus" Performance Achievement Award for Stroke Care

STEMI

San Diego County Designated (STEMI) Heart Attack Receiving Center



Laboratory accredited by the College of American Pathologists