



# Healthyyou



## NOW OPEN: ORTHOPAEDIC AND SPINE INSTITUTE

Integrated care meets  
personal service

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## BACK IN THE RACE

Why one of Tri-City's  
own has a lilt in his step

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## JOINT AND BACK PAIN OR INJURY?

New Orthopaedic and  
Spine Institute offers expert  
surgeons, high-tech therapy

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*Dear friends,*

Spring is the season of growth, and nowhere is that more evident than right here at Tri-City Medical Center. As I write this, we have achieved bottom-line earnings for the first eight months of the fiscal year. We have recruited top cardio-

vascular, orthopaedic and neurosurgical specialists. We're moving forward with our new state-of-the-art medical office building on the Oceanside campus. Growth is in the air!

As you'll read in the following pages, the Orthopaedic and Spine Institute is now open, providing concierge-style joint and spine care. The second locations for our award-winning wound care and occupational medicine programs opened recently at our Health and Wellness Complex in

Carlsbad. And our outstanding clinical teams continue to earn national honors. The American College of Surgeons' Commission on Cancer recently granted three-year accreditation with commendation to Tri-City's comprehensive cancer program—an honor bestowed on just 1,400 cancer treatment facilities nationwide. I am also very pleased with the results from a recent three-day survey by the California Department of Public Health for Patient Safety Licensing. It was an outstanding evaluation with no deficiencies noted or recommendations given.

Tri-City is growing and improving so we can help you achieve a healthier you.

*Yours in good health,*

Larry Anderson

CEO, Tri-City Medical Center



## IN THE LAST 50 YEARS...

Tri-City is celebrating 50 years of caring for the people of North County. Below, meet three people with long-standing ties to the hospital, and read their views on the biggest changes of the past 50 years.



**Salvador Ramirez** was on the construction crew that built the hospital, and the 73-year-old maintenance engineer has been here ever since. "The thing I've noticed nowadays is the employees, patients and residents are happier with the hospital than they were in the past," said Ramirez. "There's a positive feeling."



**Margaret Disbrow** has been a nurse for 50 years—including 23 at Tri-City. She is retiring in May. "When I started, we gauged the IVs by watching and counting the drops," she said. "Today machines measure all that with greater accuracy."



Tri-City Hospital District Board Chairwoman **RoseMarie Reno** started out at the hospital as a nurse. "Medicine today is interdisciplinary, so nurses must be very well-rounded and interact with a more diverse clinical team than in the past," she said.

**What's your story?** If you have a Tri-City 50th anniversary story to share, email us at [shareyourstory@tcmc.com](mailto:shareyourstory@tcmc.com) or call **760.940.5760**.

## INFECTION PREVENTION AND PATIENT SAFETY

At Tri-City, patient safety is of our utmost concern. We work hard to prevent healthcare-associated infections (HAIs).

We recently received an inquiry from a *Healthy You* reader about our rate of HAIs, and we are pleased to respond. Tri-City, like all hospitals, is continually inspected and surveyed by outside accreditation organizations, such as the federal and state health departments, as well as The Joint Commission. We are proud to report that every agency has found we have met or exceeded all HAI prevention activities and recommendations. Infection rates are now publicly reported on the state website: [www.cdph.ca.gov/programs/hai/Pages/HealthcareAssociatedInfections.aspx](http://www.cdph.ca.gov/programs/hai/Pages/HealthcareAssociatedInfections.aspx).

There are many ways we ensure compliance:

- We employ four infection prevention specialists, though the state only requires us to have one.
- Our employee flu vaccination program has the highest compliance rate, at 87 percent in San Diego County for general acute care hospitals. Employees who are not vaccinated are required to wear masks to prevent any possible viruses being transmitted to patients.
- Our hand hygiene improvement program has a 95 percent compliance rate. One of the greatest methods for transmitting disease both inside and outside hospitals is through poor hand hygiene procedures.

Our ultimate goal at Tri-City is to eliminate HAIs. And we can work together to make that happen. *Healthy You* welcomes the chance to answer your questions. Please call us at **760.940.5760** or email us at [inquiry@tcmc.com](mailto:inquiry@tcmc.com).



## MOVEMENT: GOOD MEDICINE FOR JOINTS

EXERCISE MAY HELP PREVENT AND TREAT OSTEOARTHRITIS

A body in motion tends to stay in motion. That's a lesson you might have learned in physics class, and it's true for human biology as well. It's certainly a statement worth heeding when it comes to osteoarthritis (OA).

You might think OA is inevitable as you grow older. But it's not. Light or moderate activity is one way you can lower your risk for this degenerative condition.

Joints contain fluid that lubricates them and makes it easier for them to move, explained Sabra Bodzioney, assistant fitness manager at Tri-City Medical Center's Wellness Center in Carlsbad. Exercise increases joint fluidity the same way keeping the right amount of oil in your car helps the engine run smoothly.

Exercise has also been shown to:

- Strengthen the muscles that support your joints
- Keep you flexible

- Help control your weight, which is important because excess weight is a risk factor for OA

Even if you develop OA, exercise can help reduce your pain and increase range of motion. The challenge is fighting the urge to avoid activity.

"Some people feel activity will make their arthritis worse," said Bodzioney, who is a certified arthritis exercise teacher. But, she added, you actually want to move a little bit each day, because it's going to help.

Of course, you must carefully choose how you'll move. Long-term, repetitive-motion exercises, such as running and tennis, can be hard on your joints.

Bodzioney said better options include walking, stretching, range-of-motion exercises such as tai chi and yoga, and water exercise. These are simple activities that can make a difference in your quality of life.

## YOUR SPINE, YOUR HEALTH

There's a lot resting on your spine. This complex network includes bones, disks and joints that protect your spinal cord. It also supports your head and shoulders and keeps you standing—or sitting—upright. Your spine also lets you bend down, back and side-to-side. In short, you couldn't do most of what you do during the day without all the parts of your spine functioning the way they should.

That's why Dawn Sitler, orthopaedic certified senior physical therapist at Tri-City Medical Center, advocates these tips for better spine and joint health:

- Don't bend or squat for long periods of time.
- If you sit most of the day, change positions frequently.
- Kneel only on soft surfaces.
- When reaching overhead, keep your upper back straight.
- Include stretching in your daily exercise.
- Use a mirror during indoor exercise to keep an eye on your posture.
- If you feel pain in a joint during exercise, reduce your weight, motion or both.
- Vary your exercise routines to give joints a day of rest and recovery.
- Consider aquatic exercise for joints that are stiff or damaged by arthritis. Read more about

arthritis and the benefits of exercise in "Wade Into Wellness" on page 11.



Having spine or joint pain?  
Call the Orthopaedic and Spine Institute's care coordinator for help at **760.940.3000**.

# TRI-CITY MEDICAL CENTER UNVEILS NEW INSTITUTE



A MULTIDISCIPLINARY MODEL MEETS CONCIERGE-STYLE SERVICE FOR SUPERIOR PATIENT CARE

When you have joint or back pain, the last word you want to hear is “surgery.” The professionals at Tri-City Medical Center’s new Orthopaedic and Spine Institute couldn’t agree more.

“Nonsurgical approaches are always pursued first,” said Jeremy

Raimo, orthopaedic service line administrator at the Institute. “That can mean pursuing weight loss or using aquatics, physical therapy or any other means outlined by your physician to preserve the joint or spine,” he said.

When these methods aren’t

enough and you can’t live in pain anymore, the Institute also gives patients the best surgical options available with some of the top joint and spine surgeons in the region.

## Innovative Strategy

The Institute took shape last October

INSTITUTE’S CARE  
COORDINATOR

AT YOUR  
SERVICE



**GETTING TO KNOW YOU:** Native Hawaiian Sharmaine Kauffman, RN, NP, brings her “Aloha spirit”—a caring, nurturing attitude—to her position as the Orthopaedic and Spine Institute’s care coordinator.

Like a hotel concierge, the care coordinator at Tri-City Medical Center’s Orthopaedic and Spine Institute is the go-to resource for “guests” and their families.

But Sharmaine Kauffman, RN, NP, isn’t just concerned with your immediate stay. She wants you to have a seamless overall experience. Toward that end, she will take you by the hand and coordinate all aspects of your experience, from preparing for your surgery through aftercare. She’ll

also offer guidance and reassurance every step of the way.

## Step-By-Step Support

If you’re scheduled for surgery at the Orthopaedic and Spine Institute, Kauffman will:

1. Contact you and provide a warm welcome to the Institute. She will also:
  - Spend time with you one on one so that you know exactly what to expect.

- Answer your questions and provide information tailored specifically to your unique situation and needs.
  - Work with you to set up any care or equipment you may need after surgery.
2. Visit you often after surgery in your hospital room, along with case management nurses, to be sure your needs are being met. This care and attention will help you return home as quickly as possible.
  3. Keep in touch with you once you have returned home to see how your transition is progressing.
  4. Continue to monitor your recovery in the months following your surgery and will be available for information and support as long as you need her.

“What I most enjoy about my new role is my daily interactions with patients and their families,” said Kauffman. “I plan to personalize my attention to each patient based on their individual needs, recognizing that every person is unique.”

with a group of physicians sharing a mission. These neurosurgeons and orthopaedic surgeons and a podiatrist work within a team-oriented patient-care model.

The Institute brings these specialists together in one unit, which means patients benefit from care that is best suited to their needs. "That enhances the patient experience and our already excellent outcomes," Raimo noted.

## Comprehensive Care

Patients who come to the Institute can expect those excellent outcomes with a full range of procedures, such as:

- Minimally invasive surgeries of the spine and all other joints.
- Spinal procedures such as laminectomy and fusion.
- Total joint replacement of hip, knee or shoulder.
- Revisions of total joint and spinal procedures.
- Partial knee replacement, a procedure that replaces only the damaged part of the joint. (See "Total or Partial" on page 10 for the full story.)

The future is bright for the Institute. It already boasts a range of surgeons who are outstanding in their given specialties—neurosurgeons, orthopaedic surgeons and podiatrists. In addition, according to Raimo,

advanced technologies will bring procedures that are even less invasive and more precise and result in quick recovery times. (See "A New Take on Total Hip Replacement" on page 9.) A state-of-the-art medical building on the Tri-City campus in Oceanside is coming soon—one that will streamline the Institute's work and further its goal of providing advanced, tailored care for its patients.

## Information Is Power

"With technology and access to information, patients are getting much more savvy than ever before," Raimo said. "They shop around for the place that will give them the best care."

That's good news for the community, since the new Orthopaedic and Spine Institute provides outstanding care close to home.

To learn more about Tri-City's new Orthopaedic and Spine Institute and its patient-centered care model, call **760.940.3000** or visit [tricitymed.org/move](http://tricitymed.org/move).



## HAVE ACHES AND PAINS?

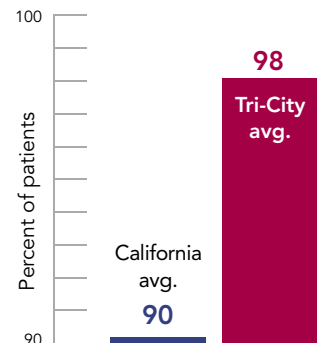
We all have spine and joint issues from time to time, but we don't necessarily know where to start the path to recovery.

The Orthopaedic and Spine Institute physicians are here to help. For more information or to schedule an appointment with a physician to assist you with your symptoms, please contact our care coordinator.

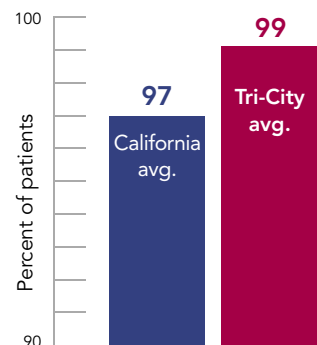
To reach the care coordinator, call **760.940.3000** or complete the online form at [tricitymed.org/orthoadvic](http://tricitymed.org/orthoadvic).

Tri-City's Orthopaedic services' high quality of care is reflected in its numbers. According to several criteria, care for surgical patients treated at Tri-City Medical Center outpaced care at other hospitals statewide in the following areas:

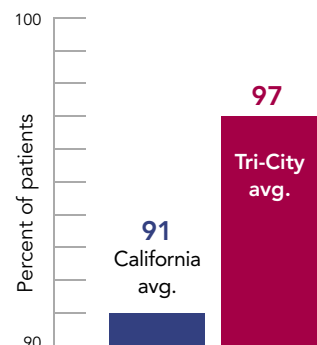
### Outpatients having surgery who got an antibiotic at the right time:



### Surgery patients who were given the right kind of antibiotic to prevent infection:



### Surgery patients whose doctors ordered treatments to prevent blood clots after certain types of surgeries:



Source: [www.hhs.gov](http://www.hhs.gov)

## DYNAMIC DUO: TEAMWORK IN ACTION

Can being double-teamed ever be a good thing? It definitely is if you're having surgery at Tri-City Medical Center's Orthopaedic and Spine Institute.

At the Institute, you'll find specially trained teams of medical professionals, such as surgeons and nurses, working together to put into practice the Institute's philosophies—including teamwork, mentoring and multidisciplinary care.

### A Joint Approach

Among those professionals is a duo whose collaborative approach is a perfect fit for the Institute. Dr. James Esch and Dr. Andrew Hartman have been orthopaedic surgeons at Tri-City for 40 years and 6 years, respectively.

Drs. Esch and Hartman team up to perform total shoulder replacement surgery. By working jointly, they share their knowledge and experience with each other and the rest of the team.

"When Dr. Hartman and I perform surgery together, we both improve," Dr. Esch, medical director of the Institute, said. "The same is true for the whole surgical team at Tri-City—everyone is working together and learning together in order to do the best job for patients."

### Spirit of Collaboration

Mutually beneficial learning is at the center of the cooperative relationship between the two doctors. Each speaks of the knowledge he has gained from the other:

**Hartman on Esch:** "What impresses me most about Dr. Esch is that even though he is regarded as one of



Dr. Andrew Hartman



Dr. James Esch

*"It's these types of collaborative efforts that improve patient outcomes and experiences."*

the best shoulder surgeons in the world, he strives every day to be even better," Dr. Hartman said. "His top priority is doing what is best for his patients."

**Esch on Hartman:** "Dr. Hartman visits experts in shoulder surgery all across the country. Then he's able to mentor me with the little tricks and pearls of wisdom he picks up on his journeys," Dr. Esch said. "I'm a better surgeon because of my association with him."

### The Team at Tri-City

The sharing spreads beyond their partnership. For instance, the two surgeons learned about new pain management techniques for shoulder surgery patients from their colleagues across the nation.

They soon took this information to administrators at Tri-City, who then arranged for the orthopaedic surgical

anesthesiology team to receive special training in these new techniques. "It's these types of collaborative efforts that improve patient outcomes and experiences,"

Dr. Hartman said.

And that's a double-win any team would be proud of.



Before you visit Tri-City Medical Center's Orthopaedic and Spine Institute, you can visit our website to view online videos of all our Tri-City physicians. The doctors talk about how they selected their specialty and why they chose Tri-City. Just go to [tricitymed.org](http://tricitymed.org) and click on "Our Doctors."

# WE'VE GOT YOUR BACK: CHOOSING A SPINE SURGEON

Most back pain can be treated without surgery. But if you have back pain that does need surgery, there's good news—you have choices.

"With the development of new technologies, there's a growing variety of surgical treatment options for back pain," said Dr. Lokesh Tantuwaya, medical director of neurosurgery at Tri-City Medical Center's Orthopaedic and Spine Institute.

## The Right Type of Surgeon for You

Before you choose a surgical treatment, you may have the option of deciding between an orthopaedic surgeon and a neurosurgeon. "If what you need is a procedure to stabilize your spine after a fracture or remove a herniated disk, then the two types of surgeons are basically equivalent," said Dr. Neville Alleyne, medical director of spine surgery at the Institute and a practicing surgeon



Dr. Neville Alleyne



Dr. Lokesh Tantuwaya

at Tri-City Medical Center for the past 22 years.

However, there are instances in which a neurosurgeon is the most appropriate physician. "If you have certain types of tumors in the spine or vascular abnormalities in the spinal cord or around the spine, you would need a neurosurgeon to treat that," Dr. Tantuwaya said.

In most other cases, you'd be able to choose either an orthopaedic surgeon or a neurosurgeon. Both provide integrated, comprehensive spinal treatment programs.

In the end, the choice of a surgeon may come down to personality. Both Dr. Alleyne and Dr. Tantuwaya said that patients should pick an experienced surgeon they feel comfortable with—one who listens to them and answers their questions.

Is back surgery right for you? Our specialists are here to help. Call them at **760.940.3000**.



Dr. John Regan

## ADDING TO THE TEAM

In the continual quest to provide the most advanced medical care available, Tri-City has recently added to the staff one of the foremost orthopaedic surgeons in the world. Dr. John Regan is an innovator in minimally invasive spine surgery. He adds another dimension to the outstanding orthopaedic team at Tri-City. According to Dr. Neville Alleyne, the addition of Dr. Regan is an important step in developing a comprehensive spine network at Tri-City. "We will be able to treat very complex cases for a variety of different people from within and out of the area—people who otherwise would have to live with excruciating back and leg pain the rest of their lives," Dr. Alleyne said. "Our skills complement one another, and together we are greater than the sum of our parts."

## RIGHT SURGEON, RIGHT HOSPITAL

Once you've picked your surgeon, you might have to decide on a hospital. Why choose Tri-City Medical Center?

"We've embraced a multidisciplinary approach to spinal surgery," Dr. Neville Alleyne said. "The hospital realizes that having a surgical team devoted to spine surgery and a nursing group that is specifically assigned to care for spine surgery patients ensures the best outcomes."

## GETTING BACK IN THE RACE

Talk with 36-year-old Jeremy Raimo, and he'll be delighted to tell you about the Tri-City Medical Center Carlsbad Half Marathon he ran a year ago January. He's always been an active runner, but this race was different: It was the last one he would run in pain.

For years—and as late as 2010—Raimo struggled with pain in his hip. If he moved the wrong way, the pain could double him over.

The orthopaedic service line administrator and licensed physical therapist at Tri-City Medical Center, Raimo had learned to live with his pain, thinking he might just have a tight muscle or strained ligament. He certainly didn't think the pain had anything to do with a track injury he'd sustained in high school.

### A Solution Nearby

In 2009, Raimo attended a presentation on hip arthroscopy by Dr. Andrew Cooperman, orthopaedic surgeon at Tri-City Medical Center's Orthopaedic and Spine Institute. Hip arthroscopy is a highly technical surgery that can help physicians diagnose and treat hip joint problems. During the procedure, a small camera and miniature surgical instruments let the surgeon operate without detaching muscles, dislocating the hip or making large incisions.

"We can do a lot of surgery through small incisions," Dr. Cooperman said. "And getting to do that in the hip is something really special. The hip is a difficult joint to move around in."

In fact, although hip arthroscopy has been around for about a decade, it can be hard to find an orthopaedist who performs the surgery. Dr. Cooperman is one of a few in all of San Diego County. And here he was—right at Tri-City.

Raimo, who has worked at Tri-City



Jeremy Raimo, PT, orthopaedic service line administrator, praises Dr. Cooperman and Tri-City Medical Center for the high-quality care he received.

since 2006, attended the presentation both as a facilitator and a potential patient. He knew who Dr. Cooperman was, but hip arthroscopy was a new concept. It was about to become more familiar. After the presentation, Raimo approached Dr. Cooperman. "I think I might need your help," he said.

### Quality to Count On

It turned out that Raimo's high school injury—a twisted hip while he was running hurdles—had triggered extensive damage to his cartilage. Dr. Cooperman explained that because of this damage, Raimo would probably need a hip replacement someday, but hip arthroscopy could help relieve the

*"I never knew there was an option for treatment."*

—Jeremy Raimo

pain he experienced on a daily basis. It could also buy him some time.

"For a young guy, waiting to do a hip replacement is a great thing," Dr. Cooperman said. "Then, when you have the replacement, it's more likely to last for a good portion of your life. Really, the longer you have your own bone and cartilage in there the better."

Raimo decided to go ahead with it.

"Based on Dr. Cooperman's level of detail and his work, I had full trust in his decision-making," he said. Being employed at Tri-City only strengthened Raimo's resolve. "I know the all-around quality here. That was really what sealed the deal."

### Goodbye Pain, Hello Life

On a Thursday in November 2010, Dr. Cooperman performed hip arthroscopy on Raimo at Tri-City. The following Monday, Raimo was back at work.

"Everyone at Tri-City made the experience reassuring and outstanding," he said. "After the operation, my hip felt completely different."

As part of his recovery process, Raimo worked with Tri-City Physical Therapy, which has an office at the Wellness Center in Carlsbad. He said the HydroWorx 2000 Aquatic therapy pool there, with its underwater treadmill, made all the difference early on. "The confidence I could gain from doing things in the water that I couldn't yet do on land was huge," he said. (See page 11 for more about the HydroWorx 2000 pool.)

He now walks with barely a hitch in his step. He's also busy working, coaching basketball and exercising.



Dr. Andrew Cooperman, orthopaedic surgeon, is one of only a few physicians in San Diego County who performs hip arthroscopy.

"I think at this point, there are no restrictions on what I can do," he said barely six months after surgery.

### Get Help for Hips

Both Raimo and Dr. Cooperman stress the importance of seeking help for unexplained hip pain or discomfort. There may be a solution that can provide relief now and also prevent future problems.

"I never knew there was an option for treatment," Raimo said. "It may be that arthroscopy can help you too. If not, the Institute has a range of treatment options that can be tailored to your needs and desired outcomes."

Jeremy Raimo and Dr. Cooperman urge those with hip pain to seek help. To learn more about treatment options, call the Orthopaedic and Spine Institute at **760.940.3000**.



## A NEW TAKE ON TOTAL HIP REPLACEMENT

There's a new "assistant" in the operating room at Tri-City. It's called the Hana® table, and it gives surgeons another option for a kind of hip replacement called the anterior approach.

The anterior approach replaces a hip through an incision in the front of the hip, as opposed to traditional surgery, which goes in from the back.

By operating from the front, surgeons are able to leave muscles and soft tissue undisturbed. This results in:

- Shorter hospital stays, perhaps as short as one day
- Quicker recovery times
- Less movement restriction
- Lowered risk of hip dislocation and other surgical complications

Several surgeons at Tri-City have used the Hana® table, including Dr. David Amory and Dr. Andrew Cooperman.

"The anterior procedure is really in the forefront of orthopaedics," Dr. Cooperman said. A number of other orthopaedic surgeons at Tri-City will be using the anterior approach now that the table is available.

But this surgery is not for everyone. Talk with your doctor and surgeon about what's right for you, or call **760.940.3000** to talk with the folks at Tri-City's Orthopaedic and Spine Institute about hip replacement and other orthopaedic services.

## TOTAL OR PARTIAL

### WHICH TYPE OF KNEE REPLACEMENT IS RIGHT FOR YOU?

Putting up with knee pain is no way to live. If arthritis has severely damaged your knee, it may be hard to walk or get up from a chair. Your knees might even hurt when you're lying in bed.

And if your pain can no longer be controlled with treatments such as pain medicine or physical therapy, then it might be time to consider joint replacement surgery.

Today doctors can replace worn-out knees in two ways. In total joint replacement surgery, they replace the entire knee with a new one made of plastic and metal.

But in some cases, doctors may need to replace only part of a damaged knee. This alternative surgery is called a partial knee replacement. And the skilled surgeons at the Tri-City Medical Center Orthopaedic and Spine Institute are highly experienced in both types of surgery.

### Where Is Your Pain?

Your knee is made up of three parts (see graphic at right), or what doctors call compartments. They are the:

- Medial compartment, or the inside part of your knee
- Lateral compartment, or the outside part
- Patellofemoral compartment, or the front of your knee between the kneecap and thighbone

"To be a good candidate for a partial replacement, the damage in your knee must only be in one compartment," said Dr. James Helgager, orthopaedic surgeon and Institute medical director of joint replacement.

And what if your arthritis is widespread? In this case, a total replacement is the right type of surgery. It's also the better choice if you have a knee deformity, such as a bowed knee.

Your symptoms, an exam and x-rays can help the surgeons at the Institute assess the extent of your arthritis. They can then advise you on which surgery to consider.

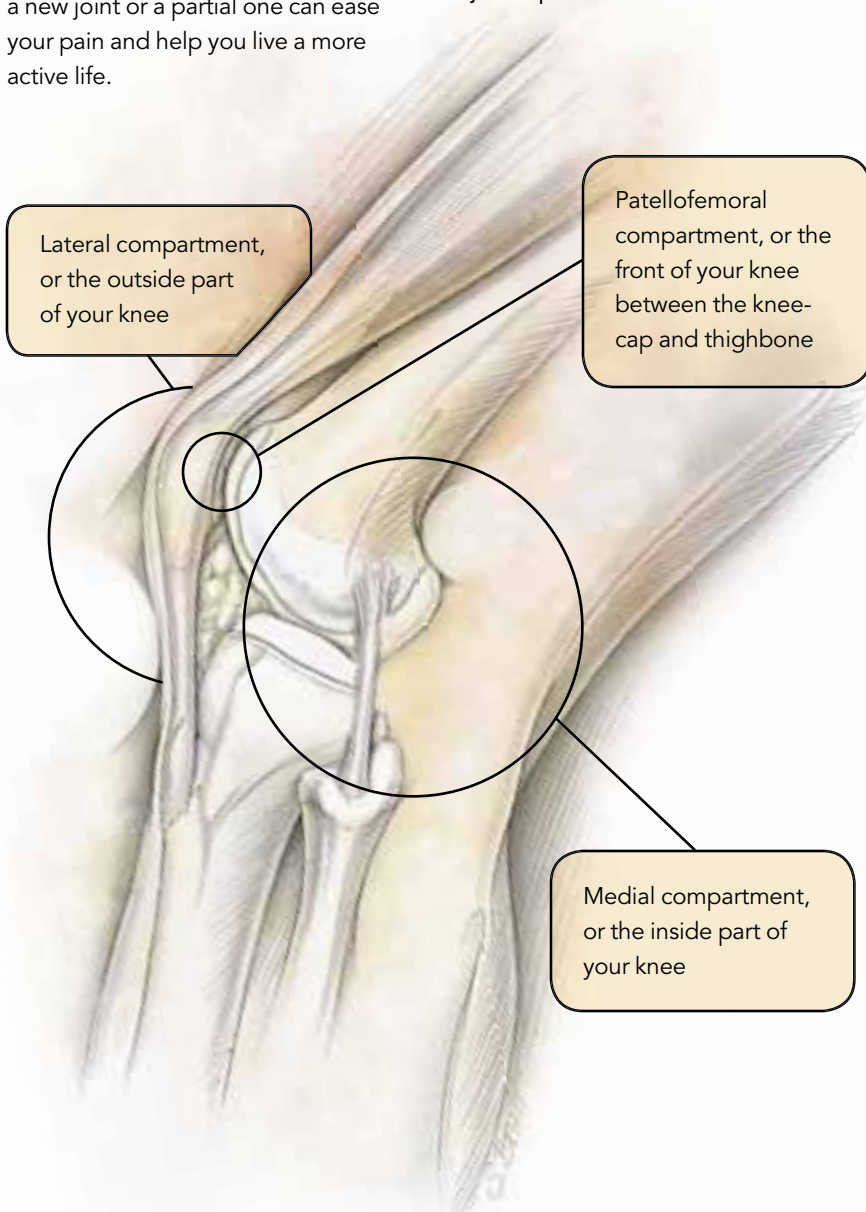
### Thinking It Over

Since a partial replacement is a less extensive surgery, recovery is faster. But pain relief from this procedure might be slightly less predictable than with total knee replacement.

Still, "both surgeries are highly effective," Dr. Helgager said. Either a new joint or a partial one can ease your pain and help you live a more active life.



Dr. James Helgager, orthopaedic surgeon and Institute medical director of joint replacement





## WADE INTO WELLNESS: DIP INTO OUR HIGH-TECH THERAPY POOL

Pro athletes often bounce back quickly from injuries, in part because of their access to elite rehabilitation equipment. But this equipment isn't just for the pros: Whether you've had joint surgery or experienced an injury, you can speed the healing process in Tri-City Medical Center Wellness Center's HydroWorx 2000 aquatic therapy pool.

The only one of its kind for the public in San Diego County, the therapy pool affords more freedom to move joints without pain, said physical therapy assistant Faith Overton. And people often build endurance faster in water than on land—that's because water provides 750 times the resistance of air, Overton added.

What makes the HydroWorx 2000 special? It has high-tech features you won't find in an ordinary pool. Underwater cameras allow physical therapists to zero in on and correct any movement problems. Resistance jets build endurance as you walk against water. This resistance results in a very demanding but gentle workout. And the entire floor doubles as a variable-speed treadmill. Plus, the

floor is adjustable—it can be raised or lowered to vary the water depth by up to 6 feet. That's a big plus when you can't put any weight on a joint and need the buoyancy of deep water at the outset of therapy.

As Overton noted, another beneficial feature of the pool is that you don't have to climb in or out of it, since the floor lowers you into the water and raises you back up when you're done with the rehab session. And this means the pool can be adjusted as the patient progresses.

Taken together, these features help Overton tailor exercises for her patients who have a range of physical therapy needs. The pool is used for a number of therapeutic purposes, such as rehab after hip, knee, shoulder, ankle or back surgery. Conditions such as joint pain are also treated in the pool. Therapy goals often include lessening pain and improving strength and range of motion.

The pool can also be used for personal fitness. Often, rehabilitation participants choose to continue their exercise with a Wellness Center trainer.

## MAKE A SPLASH FOR YOUR JOINTS

Maybe you'd love to exercise and shed a few pounds. But how can you avoid adding to your joint pain?

Water workouts can provide low-impact aerobic training that helps you burn calories too. Since water is easy on joints, in most cases the benefits come without increased pain.

The Tri-City Wellness Center has three state-of-the-art pools—two are saltwater—to suit all your aquatic therapy needs:

1. The HydroWorx 2000 aquatic therapy pool with aqua jets, a floor that adjusts based on your height and a treadmill.
2. A group exercise pool, where more than 100 aquatic therapy classes—geared to all levels of fitness—take place each month.

These include classes to help with:

- Cardio endurance and strength
- Range of motion
- Total fitness

There's even an Arthritis Foundation Aquatic Program course.

3. Indoor lap pool for the swimming enthusiast or beginner.

Working with a trainer in the HydroWorx 2000 pool may be one option if you have trouble exercising because of joint pain.

Call **760.931.3171** or visit **[tricitywellness.com](http://tricitywellness.com)** to learn more about the Wellness Center. To schedule a physical therapy evaluation and HydroWorx assessment, call **760.476.2900**.

# WELCOMING NEW BOARD MEMBERS

As part of its mission to strengthen its governance and increase its visibility in the community, Tri-City Hospital Foundation has added 17 new community members to its Board of Trustees. Their first meeting was an all-day Board retreat on Saturday, March 26, at the Tri-City Wellness Center in Carlsbad. The day was professionally facilitated by one of the most renowned experts in hospital philanthropy, Jim DeLauro, of DeLauro and Associates Consulting.

The opening comments included a video presentation featuring the

mayors of Oceanside, Carlsbad and Vista and local leaders sharing the message of the importance of the Foundation and the new energy and vitality these members bring to the Board.

These new Board members are community leaders who are eager to make a powerful impact. They are entrusted with the task of building and writing the next chapter for the Foundation and creating a sense of stewardship, independence and trust that will serve the Foundation and Tri-City Medical Center for decades to come.



The Board retreat on March 26 was instrumental in laying the foundation for current and new members.

**The current Board of Trustees includes:**

**Craig Lindholm, Chairman**

Wealth Management Advisor,  
Northwestern Mutual Financial Network

**Stephen "Hap" L'Heureux, Treasurer**

Attorney at Law, Law Offices of Stephen L'Heureux

**Sandee Carter, Secretary**

Retired Teacher, Community Leader

**Hugh La Bounty, EdD, Executive Member**

President Emeritus, Cal Poly Pomona

**Tyrone Matthews, Esq., Executive Member**

Attorney at Law, Morse, Giesler, Callister & Karlin, LLP

**Doreen Quinn, Executive Member**

President and CEO, New Haven Youth & Family Services and North County Trade Tech High School

**Gene Ma, MD**

Attending Physician, Tri-City Emergency Medical Group

**Michael Mamaghani**

Director of Business Development,  
Corporate Research & Development,  
Qualcomm

**Pete Sanchez**

Vice President and General Manager,  
The Kingdom, TaylorMade-adidas Golf Company

**Harry Singh Jr.**

Harry Singh & Sons Farming

**Emeritus members:**

**Robert H. Carter**

Retired CPA, Community Leader

**Randall L. Mitchell**

Retired Public Relations Specialist,  
Community Leader

**Vicki Monahan**

Vice President, Torrey Pines Bank

**It is with great pride that the Foundation announces the following new Board members:**

**Tracy Carmichael**

Community/Civic Leader

**Kevin Crawford**

Fire Chief, City of Carlsbad

**Chris Day**

Vice President, Swinerton Builders

**Ramona Finnilla**

Former City Council Member,  
City of Carlsbad

**Rita Geldert**

City Manager, City of Vista

**Steve Gronke**

Teacher, City Council Member,  
City of Vista

**Dawn Hall Cauthen**

Attorney at Law, Procopio,  
Cory, Hargreaves & Savitch LLP

**Frank Hutchins**

Vice President/Branch Manager,  
California Bank & Trust

**Rich Landreth**

Principal, Landreth Development & Consulting

**Michael McBrayer**

Senior Vice President, Global Business & Professional Relations, DJO Global

**Julianne Nygaard**

Former City Council Member,  
City of Carlsbad

**Ted Owen**

President/CEO, Carlsbad Chamber of Commerce

**Elizabeth Perez-Halperin**

President, GC Green

**Bret Schanzenbach**

CEO, Vista Chamber of Commerce

**Neal J. Stehly**

Executive Vice President, Benefits Division, Marrs Maddocks & Associates

**Kevin Stotmeister**

President/CEO, Federal Heath Sign Co.

**Tory Walker**

President, Tory R. Walker Engineering, Inc.

## IT'S A MATCH: TENNIS ACTION AND HOSPITAL BENEFIT

GENEROUS DONORS HELP BRING STATE-OF-THE-ART BREAST CANCER CARE TO TRI-CITY MEDICAL CENTER

For the second year in a row, Tri-City Medical Center is proud to sponsor a major women's professional tennis tournament. The 2011 Mercury Insurance Open Presented by Tri-City Medical Center will be held at La Costa Resort and Spa in Carlsbad from **July 30 to August 7**. Partnering with sporting events allows the hospital to fulfill its mission of improving the health and wellness of those we serve.

Aside from taking in some exciting matches, the weeklong tournament will feature a charity event on **Thursday, August 4**. Complete with a cocktail reception with celebrity guests and players with live and silent auctions, the charity event will be just the ticket to enjoying a fun-filled night while raising funds for medical equipment and programs. All proceeds will go directly to Tri-City Hospital Foundation.



Tennis pro Lindsay Davenport auctions off her racket at the 2010 Tri-City Medical Center benefit at the Mercury Insurance Open Presented by Tri-City Medical Center.

Last year, the event was so successful that the Foundation was able to raise enough money to buy stereotactic equipment. This equipment is used to perform minimally invasive and highly accurate breast biopsies, which will greatly benefit and improve treatment at the Edgar and Jo Anne Jones Women's Diagnostic Center.



## CELEBRATE THE SUNNY SEASON AT SUMMERFEST 2011

**Save the date!**

SummerFest 2011 will be held July 9 at the Vista Optimists Club facility. This year's event will again be co-hosted by the Vista Optimists and Tri-City Hospital Foundation.



For \$60 per ticket, you'll enjoy delicious food, good music and dancing. Local wineries and breweries will be on hand to offer tastings of their finest selections. There will be many exciting auction items up for grabs. There's something for everyone to bid on: a day of golf, computer equipment, or SeaWorld tickets. Come and enjoy an evening of entertainment and great food while helping to raise funds for Tri-City Medical Center too!

Proceeds from last year's SummerFest were used to fund the C.A.R.E. channel and the new Healing Garden, scheduled to be completed in May 2011.

## DONOR RECOGNITION FOR EMERGENCY DEPARTMENT CAMPAIGN

Tri-City Hospital Foundation began a \$2.3 million renovation and expansion campaign for the emergency

department (the second busiest in San Diego County) in order to fulfill the needs of the growing community. Because of generous donors like you, the emergency department continues to serve more than 70,000 patients a year.

The Foundation wants to make sure its donors know just how much we appreciate their support! In recognition of their generosity, the Foundation will install a new donor wall for those

who have supported our efforts with donations of \$1,000 or more. Confirmation letters have already been sent to those donors to ensure we represent them and their families correctly. If you have not been contacted or still would like to donate to the emergency department project, please call the Foundation office at **760.940.3370**.

The Foundation sends a sincere and heartfelt thank-you to all the campaign donors!



## 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, June 2, July 7, August 4  
6:30–9 p.m.

##### Baby Safe

Thursdays, June 9, August 11  
6:30–9 p.m.

##### Breastfeeding Class

Mondays, June 13, July 11, August 8  
6:30–9 p.m.

##### Breastfeeding Support

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

##### Childbirth Intensive Weekend

Saturdays and Sundays,  
June 11 and 12, July 23 and 24,  
August 20 and 21  
10 a.m.–3 p.m.

##### Childbirth Orientation and Tour

Mondays  
• June 27, July 25, August 29,  
September 26  
6–7:30 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](http://tricitymed.org) and click on the “Classes & Events” tab or call the numbers listed below.

- June 6, July 11, August 8,  
September 12  
2:30–3:30 p.m.

##### Childbirth Preparation Intensive (3-week)

- Fridays, June 3 to 17
- Tuesdays, July 12 to 26,  
August 16 to 30  
6:30–9 p.m.

##### Childbirth Preparation Standard (5-week)

- Wednesdays, July 6 to  
August 3  
7–9 p.m.
- Mondays, August 1 to 29  
6:30–9 p.m.

##### Sibling Class

Saturday, June 18  
10–11:30 a.m.

##### Teen Sitter Class

Saturday, June 4  
1–4 p.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, May 25, June 8 and 22,  
July 13 and 27  
10:30–11:30 a.m.  
Call 760.940.7007.

##### Diabetes Support Group

Thursdays  
• June 2, July 7, August 4  
11 a.m.–Noon  
• June 9, July 14, August 11  
7–9 p.m.  
Call 760.644.1201.

## MEET OUR TEAM

#### Neurosurgery

Donald Blaskiewicz, MD  
Tyrone L. Hardy, MD  
Thomas J. Marcisz, MD  
Thomas P. Nowak, MD  
Richard C. Ostrup, MD  
Kenneth H. Ott, MD  
Stanley A. Rouhe, MD

Mark S. Stern, MD  
Lokesh S. Tantuwaya, MD  
Howard Tung, MD  
Kevin Yoo, MD

#### Orthopaedic Surgery

Neville Alleyne, MD  
David W. Amory, MD  
Christian D. Bentley, MD  
Andrew M. Cooperman, MD  
David L. Daugherty, MD  
Janet Dunlap, MD

James C. Esch, MD  
Andrew P. Hartman, MD  
Joel M. Heiser, MD  
James A. Helgager, MD  
Norman Kane, MD  
Serge C. Kaska, MD  
Jon P. Kelly, MD  
Choll Kim, MD  
Richard K. Muir, MD  
Lan N. Nguyen, DO  
Kamshad Raiszadeh, MD  
Ramin Raiszadeh, MD

John Regan, MD  
Erik S. Stark, MD

#### Podiatry

Brian S. Bobick, DPM  
Harold H. Kaloogian, DPM  
Bruce R. Lawrence, DPM  
Heamin T. Shin, DPM  
Dewain N. Springer, DPM  
Eric Thuen, DPM  
Ronald R. Vanderheyden,  
DPM

### **Narcotics Anonymous**

Sundays and Fridays  
7:30–9 p.m.  
For more information, call  
760.940.3333 or go to  
[www.sandiegona.org](http://www.sandiegona.org).

### **Ostomy Support Group of North San Diego County**

Fourth Friday of each month  
1 p.m.  
Call 760.529.5290 or email  
[info@ostomysocal.com](mailto:info@ostomysocal.com).

## **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  
760.944.1201.

### **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, June 6 and 20,  
July 11 and 25  
12:30–2 p.m.  
Call 760.940.5788.

## **American Heart Association Classes**

For detailed course information, check our website at [tricitymed.org](http://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**

Friday, June 17 and 24  
8 a.m.–4:30 p.m.

### **Advanced Cardiac Life Support (ACLS) Renewal Course**

- Friday, May 27 and June 10
  - Wednesday, June 29
- 8 a.m.–4:30 p.m.

### **Basic Life Support (BLS) Full Course**

June 1, July 26 and August 4  
8 a.m.–Noon

### **Basic Life Support (BLS) Renewal Course**

May 25, June 14 and 30  
8–11 a.m.



## **TRI-CITY WELLNESS CENTER CLASSES**

6250 El Camino Real, Carlsbad  
**760.931.3171**  
[tricitywellness.com](http://tricitywellness.com)

### **Arthritis Foundation Aquatic Program**

This program is for those who have arthritis and are in need of exercise in a warm water pool.  
Cost: \$35 for members, \$60 for nonmembers  
RSVP: Must register with the fitness staff for the program.  
Mondays, Wednesdays and Fridays  
1–2 p.m.

### **Arthritis Foundation Exercise Program**

This program is for those who have arthritis and are in need of exercise in a gentle environment.  
Cost: \$35 for members, \$60 for nonmembers  
RSVP: Must register with the fitness staff for the program.  
Tuesdays and Thursdays  
1:15–2:15 p.m.

### **Diabetic Exercise**

This program is for those who have been diagnosed with diabetes or pre-diabetes 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 the aging population 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.



**Tri-City Medical Center**

4002 Vista Way  
Oceanside, CA 92056

Presorted Standard  
U.S. Postage  
**PAID**  
Long Beach, CA  
Permit No. 2041

GENERAL INFORMATION: **760.724.8411**, [www.tricitymed.org](http://www.tricitymed.org)



Administered by Tri-City Healthcare District.

CUM26384c



# WHAT MAKES YOUR HEART BEAT FASTER? Make sure it isn't heart disease.

When It comes to enjoying what you love, you're all heart. But is your heart as healthy as it should be?

Our **Comprehensive Heart Risk Assessment** gives you a detailed profile of your heart and more importantly, identifies potential risks to your health. It's a convenient and comprehensive screening for around \$85 using the advanced diagnostics of our new, state-of-the-art **Cardiovascular Health Institute**.

*You live life to the fullest. Don't let heart disease change that.*

If you're over 35, it's time to put risk in its place. Call 760.940.LIFE (5433) to schedule a heart screening.



**Cardiovascular Health Institute**  
Tri-City Medical Center

760.940.LIFE • [tricitymed.org/heart](http://tricitymed.org/heart)

## 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