



Tri-City Medical Center

My health. My community.

COMMUNITY NEWSLETTER | FALL 2010



*“My body was a battlefield;
I wouldn't be here today
without my Tri-City 'army'.”*

—Diane Scholfield,
Two-time Breast Cancer Survivor
Read Her Story Inside

What's Inside...

Tour the Women's Diagnostic Center | Fall Health and Wellness Tips

Complete Calendar of Classes and Events | Flu and Whooping Cough Update

TRI-CITY MEDICAL CENTER'S LATEST DISTINCTIONS:



**Gold Plus
Stroke Program**



**Wound Care
Facility of the Year**



Tri-City Wellness Center:
**Voted San Diego's
BEST Gym**

My center for medical excellence.



LETTER FROM LARRY Tri-City Medical Center CEO Larry Anderson

Dear Friends,

I hope you enjoy reading this issue of 'My Health. My Community.' Inside, you will meet a very courageous woman and you'll also find valuable health and wellness information for you and your family.

Our mission at Tri-City Medical Center is to advance the health and wellness of those we serve. One way we believe we can fulfill our mission is to be recognized in the top 10% of hospitals nationwide by 2015. We're making progress every day and I'm very proud of our recent accomplishments which include:

- The Center for Wound Care and Hyperbaric Medicine was named Wound Care Facility of the Year at the 7th International Symposium for Hyperbaric Oxygen and the Future of Healing. The Center has a 94% healing rate which far exceeds the national norm of 84%.
- Our stroke program was honored with the 2010 American Heart Association/American Stroke Association's Get With The Guidelines® Stroke Gold Plus Performance Achievement Award. We are one of only two hospitals in San Diego County to achieve Gold Plus status.

- Tri-City was the presenting sponsor of the Mercury Insurance Open women's professional tennis tournament at La Costa Resort and Spa in Carlsbad, where we raised \$45,000 toward the purchase of a Stereotactic breast biopsy system and introduced the hospital, our services and the Wellness Center to many new audiences.
- Tri-City garnered national media attention with mentions in two prominent publications; *U.S. News & World Report* featured our Gold Plus stroke program in the Best Hospitals issue and *The Wall Street Journal* ran an article on our fundraising efforts as the presenting sponsor of the tennis tournament.

On a personal note, my wife Shirley and I are house-hunting in the Tri-City area and looking forward to being full-time residents of the wonderful community of Tri-City.

To your health and wellness,

Larry Anderson
CEO, Tri-City Medical Center



Tennis legends and Grand Slam champions Pam Shriver and Lindsay Davenport encouraging the bidding at the Triumph Over Breast Cancer Benefit Auction at the Mercury Insurance Open Presented by Tri-City Medical Center.



CEO Larry Anderson, Mercury Insurance CEO Gabe Tirador and Tri-City Hospital Foundation Chair Craig Lindholm, (L-R) are all smiles as Mercury donated \$10,000 to the Triumph Over Breast Cancer Benefit Auction in August.

THE BATTLE OF DIANE—IN HER OWN WORDS

'The war against cancer' 'Battling the disease' 'Fighting for your life'

These are some of the common terms we use when someone is diagnosed with cancer. As a two-time breast cancer survivor, Vista resident Diane has heard just about every cancer euphemism there is. Diane's journey began at Tri-City Medical Center's Edgar and Jo Anne Jones Women's Diagnostic Center. She credits the compassionate and talented people of Tri-City with helping her win "The Battle of Diane."



MY BATTLEFIELD

By Diane Scholfield, two-time cancer survivor

I was first treated for cancer in 2002 and then again in 2008. After dealing with the disease for nearly a decade, the war terminology really bugged me but, I couldn't figure out why it bothered me. During my second diagnosis two years ago, it finally hit me: The wrong people are getting credit for fighting the war on cancer.

Cancer patients and survivors are no more the soldiers fighting this war than is the town of Gettysburg, Pennsylvania. We are merely the battlefields. We become cancer battlefields when an army of cancer cells decides to invade our bodies and declares, "We're going to take this territory."

When my body was invaded, I didn't know what to do. I didn't know how this enemy worked, nor did I have the weapons to fight it. Luckily for me, there was a huge medically-advanced army of oncology physicians, nurses, technicians and office workers attached to Tri-City Medical Center who were prepared and more than able to take on the *Battle of Diane*.

The most recent *Battle of Diane* lasted 14 months. It involved diagnosis, surgery, chemo, radiation and a special intravenous drug that was developed and approved just a few years earlier. At least eight physicians and nearly 50 nurses and support personnel were soldiers in my army. I know them all by name, and I grew to admire their dedication, and be awed by their knowledge. I am able to declare a truce in my battle thanks to the extraordinary army at Tri-City and the Edgar and Jo Anne Jones Women's Diagnostic Center.

Share Your Story

If you have a story to share about the care you or someone you know received from the dedicated physicians and staff at Tri-City Medical Center or at Tri-City Wellness Center please contact Frances Schnall, Public Affairs and Marketing Representative, 760.940.5760, or email her at ShareYourStory@tcmc.com.

STEPS TO OPTIMAL BREAST HEALTH

- Limit your alcohol intake to no more than 2-3 drinks a week.
- Exercise at least three times a week.
- Maintain a healthy body weight, including eating a low-fat diet. (See our recipe for healthy, delicious butternut squash soup inside).
- Perform a monthly breast self-exam.
- Get a mammogram every year.

My center for medical excellence.

Edgar & Jo Anne Jones

**Women's
Diagnostic**



A PLACE OF SERENITY—THE EDGAR AND JO ANNE JONES WOMEN'S DIAGNOSTIC CENTER

From the moment you walk through the special entrance you know this is not your typical hospital exam center. The colors, the shapes the flow of the rooms are all designed to make women feel peaceful, serene and comfortable.

Vista resident Jo Anne Jones used her own experiences as a breast cancer patient to create a diagnostic center that offers the most advanced care administered with the total woman in mind.

Every detail, from the first hello, what the staff wears, the all-in-one changing and exam rooms, to how and when patients are told their results, is geared to make the experience as relaxing as possible.

The Edgar and Jo Anne Jones Women's Diagnostic Center performs Ultrasound and MRI mammograms, Stereotactic breast biopsies and pre-surgical needle localizations. It features fully-digital mammography which provides the best images available allowing radiologists to see abnormalities that were previously undetectable.

There are 12 licensed technologists with advanced registries in mammography and at least 15 years of experience.

When patients leave, they will either know they are OK or what the next steps are—no one is left to wonder and worry. If the patient is at the center for something other than a routine mammogram a radiologist will discuss the results before the patient leaves. Follow-up procedures are scheduled within a few days, not weeks.

The Edgar and Jo Anne Jones Women's Diagnostic Center—dedicated to advanced breast health and the total well-being of our patients.

For more information or to schedule your annual mammogram:

Call 760.940.7470 or to find a physician who specializes in women's imaging or oncology and to see video profiles of our physicians visit the Tri-City Medical Center website at www.tricitymed.org.



Now—Make Your Appointment Online

We've made it easier than ever for you to schedule your annual mammogram. Just click on www.tricitymed.org/mammogram to request the date and time of your next screening. An employee of the Women's Diagnostic Center will call you within 24 hours to confirm your appointment. Of course, you can still call us to schedule your appointment at 760.940.7470.

PHYSICIAN SPOTLIGHT

Kathleen Flores, MD and Margaret Lee, MD are two of the radiologists practicing at the Edgar and Jo Anne Jones Women's Diagnostic Center. Both physicians specialize in women's imaging.



"One of the most rewarding parts of my job is working with the staff and seeing the women of our community at the Edgar & Jo Anne Jones Women's Diagnostic Center. We offer complete services, including digital mammography which is the latest technology for breast cancer screening, breast MRI and biopsies, so you don't have to go elsewhere for your procedures and advanced level imaging."

—Dr. Kathleen Flores, Tri-City Medical Center
Women's Imaging Specialist



"One of the biggest myths I hear is women saying they feel "safe" because they have no family history of breast cancer. But only about 10% of breast cancer patients have a family history of the disease. That's why we recommend every woman start annual screenings when they turn 40 years old."

—Dr. Margaret Lee, Tri-City Medical Center
Breast Imaging Specialist

WE CONTINUE TO RECOMMEND ANNUAL MAMMOGRAMS

You may have read during the past year about new recommendations concerning breast screenings and exams. The U.S. Preventive Services Task Force (USPSTF) came out with the recommendations which immediately came under criticism from many corners of the health community. The controversial recommendations call for fewer mammograms and dispute the value of self and clinical breast exams.

The radiologists of the Edgar and Jo Anne Jones Women's Diagnostic Center would like their patients to know that the breast imaging community strongly disagrees with these recommendations, and that there is an ongoing battle to have these recommendations retracted. Breast cancer mortality has declined by approximately 30% over the last 50 years despite an increasing incidence. The medical community believes this progress is due in large part to the increased use of screening mammography.

Our physicians strongly urge women to begin annual screening mammography at the age of 40; guidelines which are supported by the American Cancer Society, American College of Radiology and the Society of Breast Imaging.

Oncologists & Hematologists:

DR. MARK ADLER
DR. ALBERTO BESSUDO
DR. STEVEN EISENBERG
DR. LAURIE FRAKES
DR. DEREK HELTON
DR. EDWARD McCLAY
DR. DAVID OBLON
DR. WARREN PAROLY
DR. FAREEHA SIDDIQUI
DR. NAYYAR SIDDIQUE
DR. RUPA SUBRAMANIAN
DR. DANIEL VICARIO

Radiologists:

DR. BRUCE BIEDERMAN
DR. STEVEN EPNER
DR. KATHLEEN FLORES
DR. DAVID HODGENS
DR. RAYMOND HONG

DR. MICHAEL HUK
DR. WILLIAM JOHNSON
DR. WILLIAM KAKIMOTO
DR. MARGARET LEE
DR. DAVID LoPRESTI
DR. DANIEL MARKS
DR. JEFFREY MILLER
DR. TAN NGUYEN
DR. GREGORY NICPON
DR. KIRAN PATEL
DR. SEAN PINNELL
DR. DJERRICK TAN
DR. JAMES WARDEN

Radiation Oncologists:

DR. ANURADHA KOKA
DR. BRIAN LAWENDA
DR. JOSHUA LAWSON
DR. EVA LEAN

DR. PATRICK LINSON
DR. JEAN MEFFERD
DR. ARNO MUNDT
DR. MARY ANN ROSE
DR. KENNETH SHIMIZU

Interventional Radiologists:

DR. RICHARD COLE
DR. NATHAN COPELAN
DR. DAVID EVANS
DR. JAY FEDERHART
DR. BASSEM GEORGY
DR. BRIAN GOELTZ
DR. JUSTIN GOODING
DR. JOHN GREGORIUS
DR. SCOTT OLSON
DR. DONALD PONEC
DR. RICHARD SAXON
DR. STEPHEN SCHMITTER

Surgeons:

DR. ANDREW DEEMER
DR. ADAM FIERER
DR. KRIS GHOSH
DR. RALPH HESLER
DR. MOHAMMAD
JAMSHIDI-NEZHAD
DR. JOHN KROENER
DR. EILEEN NATUZZI
DR. CARL POWELL
DR. EDWARD ROBERTSON
DR. ERIC RYPINS
DR. THOMAS TERRAMANI
DR. KATAYOUN TOOSIE
DR. STEPHEN WILSON

My center for medical excellence.

IF IT'S TIME TO CHOOSE, CHOOSE TRI-CITY

It may be time for you to make important decisions about the way you and your family receive healthcare services. This is the time of year many insurance plans hold **Open Enrollment**.

Tri-City Medical Center is the world-class hospital right in your backyard with physicians practicing in 60 specialties.

Tri-City is a:

- San Diego County Designated Heart Attack Receiving Center
- Nationally Accredited Chest Pain Center
- Joint Commission Primary Stroke Center
- Recipient of the Gold-Plus Achievement Award for Stroke Care by the American Stroke and American Heart Associations
- Joint Commission Accredited Hospital
- Nationally Certified Cardiac and Pulmonary Rehabilitation Center

What this means for you is that a talented staff equipped with medically-advanced technology is right here in your community; when you need it and where you need it.

DISTRICT RESIDENT'S BENEFIT

Tri-City Medical Center offers a special benefit program for residents of the Tri-City Healthcare District. The District Resident Benefit Program offers district residents:

- Discounts on health education classes and food purchased in our cafeteria.
- Free valet parking at the hospital.
- For more information about the District Resident Benefit Program visit our website at www.tricitymed.org or call a Tri-City service representative at 760.940.5700.

To find a Tri-City Medical Center physician call our Free Physician Finder Line at 760.940.5781 or view videos of our doctors at www.tricitymed.org/find-a-doc

Tri-City Medical Center—Comprehensive Care Right in Your Neighborhood



DON JONES APPOINTMENT

We're not the only ones who think our Tri-City Wellness Center staffers are experts in their fields. Congratulations to Wellness Center Executive Director Don Jones for his re-appointment to the editorial board of one of the most prestigious journals in the sports medicine community. Don has been asked to serve his second consecutive two-year term on the editorial board of ACSM's Health and Fitness Journal®, the official publication of the American College of Sports Medicine. Don was chosen because the editors believe he is one of the leading experts in the profession. The journal is dedicated to providing the professional practitioner with scientific knowledge about health and fitness.



NEW HEART INSTITUTE KEEPS PUMPING ALONG

Tri-City's new Cardiovascular Health Institute is getting rave reviews from patients and their families, referring physicians and hospital employees. One of the features of the Institute that patients and families say they like the most is the one-to-one conversations with our doctors and cardiovascular clinicians. While a patient is recovering from a procedure, the doctor meets with family members and gives a detailed, step-by-step explanation, with *real-time video*, of the entire procedure and answers any questions family members may have.

We are pleased to announce two new additions to Cardiology Services—Dr. Oscar Matthews and Dr. Peter Katsiyannis. Our Advance Practice Nurse, Marcelle (Marcy) Rita Sagerian joined the Institute in September. Marcy's role is to shepherd each patient through the care system, simplifying the whole experience.

As a true center of excellence, the Cardiovascular Health Institute offers a full array of low-cost cardiac and vascular screenings so our patients can see a complete picture of their heart, vascular and peripheral artery health. The extensive screening program is slated to begin in the next few months.

To schedule a screening at the Cardiovascular Health Institute please call 760.940.LIFE (5433) or learn more about the Institute at www.tricitymed.org/CHI.

Two New Institutes Opening Soon

Tri-City Medical Center is launching two more institutes next year—the Cancer Institute and the Orthopedic Institute. Both centers of excellence will be state-of-the-art and will incorporate the same patient-centric model that has been so successful at the Cardiovascular Health Institute. The Orthopedic Institute is scheduled to open early next year followed by the Cancer Institute. For more information call:

The Orthopedic Institute: 760.940.7144

The Cancer Institute: 760.940.3794



My center for community involvement.

TRI-CITY WELLNESS CENTER CLASS DESCRIPTIONS*

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 non-members Location: Fitness Floor RSVP: Must register with the fitness staff for the program. Please see the calendar the for schedule.

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 non-members Location: Fitness Floor RSVP: Must register with the fitness staff for the program. Please see the calendar the for schedule.

ARTHRITIS FOUNDATION AQUATIC PROGRAM

This program is for those who are suffering from arthritis and are in need of exercise in a warm water pool. Cost: \$35 for members/ \$60 for non-members RSVP: Must register with the fitness staff for the program. Please see the calendar the for schedule.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

This program is for those who are suffering from arthritis and are in need of exercise in a gentle environment. Cost: \$35 for members/ \$60 for non-members RSVP: Must register with the fitness staff for the program Please see the calendar the for schedule.

SUNDAYS

- **Narcotics Anonymous**
Call 760.940.3333
Weekly: 7:30 p.m.–9:00 p.m.
- **A.W.A.K.E**
For dates and times call 760.630.1964

MONDAYS

- **Bereavement Support Group**
Call 760.940.5884
Weekly:
10:30 a.m.–12:00 p.m. and
5:30 p.m.–7:00 p.m.
- **Childbirth Orientation**
Call 760.940.5784
2:30 p.m.–3:30 p.m.
October 25
November 8 & 29
December 26 & 27
- **Childbirth Preparation Standard (6-week course)**
7:00 p.m.–9:00 p.m.
October 19
- **Childbirth Preparation Intensive (3-week course)**
Call 760.940.5784
6:30 p.m.–9:00 p.m.
December 13
- **Total Joint Replacement**
Call 760.940.5788
12:30 p.m.–2:00 p.m.
October 18
- **Breastfeeding Class**
Call 760.940.5784
Monthly, 6:30 p.m.–9:00 p.m.
October 18
November 15
December 13
- **Young at Heart***
Additional information under Tri-City Wellness Classes (left)
8:30 a.m.–9:30 a.m.
or 9:30 a.m.–10:30 a.m.
Weekly: Monday,
Wednesday, Friday
- **Diabetic Exercise***
Additional information under Tri-City Wellness Classes (left)
11:00 a.m.–12:00 p.m.
Weekly: Monday,
Wednesday, Friday
- **Arthritis Foundation Aquatic Program***
More information under Tri-City Wellness Classes (left)
1:00 p.m.–2:00 p.m.
Weekly: Monday,
Wednesday, Friday

TUESDAYS

- **Childbirth Preparation Standard (6-week course)**
6:30 p.m.–9:00 p.m.
October 19
- **Advanced Cardiac Life Support (ACLS) Renewal Course Class**
Call 760.940.3100
8:30 a.m.–5:30 p.m.
November 2 & 16
- **Smoking Cessation**
6:30 p.m.–8:00 p.m.
October 12
- **Breast Cancer Support Group**
Call 760.940.7007
Second and Fourth Tuesdays
10:30 a.m.–11:30 a.m.
Registration not required
October 12 & 26
November 9 & 23
December 7 & 21
- **Free Nutrition Orientation**
6:00 p.m.–7:00 p.m.
Learn what we offer in nutritional services.
Call 760.931.3171 to register.
Taught by Registered Dietician Erin Skoda
October 19
November 2, 16, 30
December 12
- **Arthritis Foundation Exercise Program***
More information under Tri-City Wellness Classes (left)
1:15 p.m.–2:15 p.m.
Weekly: Tuesday and Thursday

Classes Held at Tri-City Wellness Center
6250 El Camino Real, Carlsbad
760.931.3171
www.tricitywellness.com

Classes Held at Tri-City Medical Center
4002 Vista Way, Oceanside

CPR CLASSES OFFERED AT TRI-CITY

Tri-City Medical Center offers a range of CPR classes year round. Learn infant and adult CPR and other Basic Life Support techniques in one of our many classes in 2010. October 13, 6:00 p.m.–9:00 p.m.
Call 760.940.3118 for information, M-F 7:30 a.m.–4:00 p.m.

WEDNESDAYS

- **Basic Life Support (BLS) Full Course**
Call 760.940.3100
8:00 a.m.–12:00 p.m.
October 27
November 17
December 15
- **Basic Life Support (BLS) Renewal Class**
Call 760.940.3100
8:00 a.m.–11:00 a.m.
October 13, 20, 27
November 3 & 10
December 1 & 8
- **Breastfeeding Support**
Call 760.940.5784
Weekly: 9:15 a.m.–11:00 a.m.
- **Cancer Support**
Call 760.940.3632
Second and Fourth
Wednesday
10:30 a.m.–11:30 a.m.
October 13 & 27
- **Better Breathers**
Call 760.940.3055
Monthly: 1:30 p.m.–3:30 p.m.
October 13
- **Basic Life Support (BLS) Renewal Class**
Call 760.940.3100
6:00 p.m.–9:00 p.m.
October 27
November 17
December 15
- **Childbirth Preparation Intensive (3-week)**
Call 760.940.5784
6:30 p.m.–9:00 p.m.
December 1
- **Young at Heart***
More information under
Tri-City Wellness Classes (left)
8:30 a.m.–9:30 a.m.
or 9:30 a.m.–10:30 a.m.
Weekly: Monday,
Wednesday, Friday
- **Diabetic Exercise***
More information under
Tri-City Wellness Classes (left)
11:00 a.m.–12:00 p.m.
Weekly: Monday,
Wednesday, Friday
- **Arthritis Foundation Aquatic Program***
More information under
Tri-City Wellness Classes (left)
1:00 p.m.–2:00 p.m.
Weekly: Monday,
Wednesday, Friday

THURSDAYS

- **Advanced Cardiac Life Support (ACLS) Renewal Course**
Call 760.940.3100
December 9
- **Stroke Exercise**
Call 760.940.7272
Weekly:
10:00 a.m.–11:00 a.m.
- **Aphasia Group**
Call 760.940.7272
Weekly:
11:00 a.m.–12:00 p.m.
- **Diabetes Support Group**
Call 760.941.9850
First Thursday
11:00 a.m.–12:00 p.m.
October 7

Second Thursday
7:00 p.m.–9:00 p.m.
October 14
- **Baby Care**
Call 760.940.5784
Monthly: 6:30 p.m.–9:00 p.m.
November 4
December 2
- **Baby Safe**
Call 760.940.5784
Monthly:
6:30 p.m.–9:00 p.m.
October 14
November 11
December 9
- **Arthritis Foundation Exercise Program***
More information under
Tri-City Wellness Classes (left)
1:15 p.m.–2:15 p.m.
Weekly: Tuesday and
Thursday

FRIDAYS

- **Parkinson's Exercise**
Call 760.940.7272
Weekly:
11:00 a.m.–12:00 p.m.
- **Ostomy Support Group of North San Diego County**
Call 760.724.1088
Fourth Friday of every month
October 29
November 26
December 24
- **Childbirth Preparation Intensive (3-week course)**
Call 760.940.5784
6:30 p.m.–9:00 p.m.
October 22
- **Narcotics Anonymous**
Call 760.940.3333
Weekly: 7:30 p.m.–9:00 p.m.
- **Young at Heart***
More information under
Tri-City Wellness Classes (left)
8:30 a.m.–9:30 a.m.
or 9:30 a.m.–10:30 a.m.
Weekly: Monday,
Wednesday, Friday
- **Diabetic Exercise***
More information under
Tri-City Wellness Classes (left)
11:00 a.m.–12:00 p.m.
Weekly: Monday,
Wednesday, Friday
- **Arthritis Foundation Aquatic Program***
More information under
Tri-City Wellness Classes (left)
1:00 p.m.–2:00 p.m.
Weekly: Monday,
Wednesday, Friday

SATURDAYS

- **AA Young People's Group**
Call 760.758.2514
Weekly: 7:30 p.m.–9:00 p.m.
- **Sibling Class**
Call 760.940.5784
Monthly:
10:00 a.m.–12:00 p.m.
November 13
- **Childbirth Intensive Weekend**
Call 760.940.5784
Monthly:
10:00 a.m.–3:00 p.m.
November 6 & 7
December 11 & 12
- **Teen Sitter Class**
Call 760.940.5784
1:00 p.m.–4:00 p.m.
October 16

THE TRI-CITY MEDICAL CENTER BREAST CANCER SUPPORT GROUP, lead by specially-trained social workers, meets the second and fourth Tuesdays of every month at 10:30 a.m. at Tri-City, 4002 Vista Way, Oceanside. New members are always welcome. Registration is not needed. Please call 760.940.7007 for specific dates and locations.

A full list of classes, support groups and special events held at Tri-City Medical Center is available at www.tricitymed.org/events.

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 Community & Events tab or call 760.940.5789.



Tri-City Medical Center

4002 Vista Way, Oceanside, CA 92056
GENERAL INFORMATION:
760.724.8411 | www.tricitymed.org

Administered by Tri-City Healthcare District

My center for community involvement.



WHOOPING COUGH AND FLU UPDATE

It's that time of year and Tri-City Medical Center is doing everything it can to keep you and your family healthy.

Whooping Cough Epidemic

Whooping cough, also known as pertussis, has reached epidemic levels in California and in response Tri-City is conducting an aggressive education and vaccination program. The disease sometimes has the same symptoms as a common cold. *Babies are at the highest risk for serious complications and death.*

Vaccines Prevent the Disease

Vaccines safely prevent the disease. The childhood vaccine is called DTaP. The whooping cough booster vaccine for adolescents and adults is called Tdap. Both protect against whooping cough, tetanus and diphtheria.

The infant series of vaccinations begins at two months of age. The recommended schedule continues through childhood and should be followed by the booster vaccine in adolescence. Adults and adolescents should speak to their doctors about getting the booster vaccine. Women considering pregnancy should be vaccinated against pertussis before pregnancy or immediately after giving birth. Tri-City Medical Center is vaccinating all maternity patients after they have given birth, with their permission. Tri-City is also protecting all employees and volunteers by providing the vaccinations.

Where to Get Immunized

For a complete list of additional resources and an extensive list of immunization clinics in San Diego County visit our website at www.tricitymed.org.



FLU SHOTS

This year the Centers for Disease Control is recommending everyone, 6 months of age and older get the flu vaccine. Tri-City is holding three flu shot clinics over the next several weeks.

COST: FREE for District Residents
\$20.00 for all non-residents

Tri-City Medical Center—Flu Shot Clinics

Dates: Tuesday, Oct. 19 & Wednesday, Oct. 20
Time: 9:00 a.m.–3:00 p.m.
Location: Tri-City Medical Center
rear parking lot
4002 Vista Way, Oceanside, 92056

Tri-City Wellness Center—Flu Shot Clinic

Date: Tuesday, Nov. 9
Time: 10:00 a.m.–4:00 p.m.
Location: Tri-City Wellness Center
front conference room
6250 El Camino Real, Carlsbad, 92009



DO YOU HEAR THE PITTER PATER OF (20,000!) FEET?

The 2011 Tri-City Medical Center Carlsbad Marathon and Half Marathon is just a few months away on January 23, 2011. Once again, Tri-City Medical Center held a contest and selected a team of North County residents who will realize their fitness dreams by training for the 13.1-mile half marathon. As part of their race-training program, the 14 winners received an all-inclusive, six-month membership to the state-of-the-art Tri-City Wellness Center in Carlsbad which includes a free personalized health assessment and group training with the Center's certified staff. Also, each winner received a training package from InMotion Fit, the race promoter, and free entry into the race.

You can follow the progress of the team and watch video training tips at www.tricitymed.org/marathon.

TRI-CITY OFFERING MORE SERVICES IN CARLSBAD

Tri-City Medical Center's Health and Wellness Complex in Carlsbad is bringing some highly sought after services to the area. An aesthetician is the newest staff position at the Tri-City Wellness Center offering facials and microdermabrasion.

Tri-City's Medical Office Building will open in November making Tri-City's services more convenient to residents and those who work in South Carlsbad. Located adjacent to the Wellness Center at 6260 El Camino Real, the medical office building will be home to the Carlsbad locations of Tri-City's Occupational Medicine program and its nationally-recognized Wound Care Center, featuring hyperbaric oxygen treatments. Occupational medicine services and the original Wound Care Center are also available across the street from the main hospital campus in Oceanside.

There is still plenty of space available to lease in the 24,000 sq. ft. medical office building. Built in 2009, the building offers flexible floor plans and all the benefits of being part of Tri-City's Health and Wellness Campus. For leasing information call Aric Starck at 760.431.4211.



TRAINING & WELLNESS TIPS FOR ANY SEASON

Your back-to-school routine is probably well-rehearsed by now. How about working more exercise into the routine by walking your kids to school instead of driving them? Not only will you burn calories, so will your children. Also, while your kids are in school, you can take a class at the beautiful Tri-City Wellness Center in Carlsbad. Below are some great year-round training tips from Jason Haeussinger, ATC, CSCS, Wellness Center Fitness Manager.

- Set realistic goals
- Record your diet and measure your progress
- Log your workouts
- Mix up your cardio workouts
- Workout with weights
- Sleep at least seven hours every night
- Warm up before working out
- Cool down after working out
- Eat four to five small meals each day
- Workout with a friend to help you stay motivated

Come in for a tour:
Tri-City Wellness Center
6250 El Camino Real, Carlsbad
760.931.3171
www.tricitywellness.com

SYLVIA FORD She's One of Our Stars

Congratulations to Sylvia Ford, RN, MSN, OCN for winning the very prestigious NurseWeek magazine's 2010 Nursing Excellence Award. Winners are nominated by their peers for improving the workplace and the quality of life of their patients.

Sylvia, who is a Clinical Manager for medical/surgery, Oncology and Pediatrics, won the award in the management category which honors managers who have a talent for developing successful employees and systems. Among her numerous contributions here at Tri-City was developing a comfort and sleep kit for patients.

Well done, Sylvia! You are truly one of our stars.



2010 Excellence in Nursing Award winner, Sylvia Ford, RN, MSN, OCN.



Tri-City Wellness Center in Carlsbad is the BEST GYM in San Diego County in the 10News.com's A-List Awards. This is the second year in a row the health and wellness center has topped the A List. Pretty impressive, especially when you consider this premier destination for health and fitness is only two years old! Over 95,000 San Diegans cast votes in the contest. Congratulations to the staff, degreed and certified trainers, and members of Tri-City Wellness Center which is at 6250 El Camino Real, Carlsbad.

To learn more or schedule a private tour call: 760.931.3171 or at www.tricitywellness.com.

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