



Healthyou

CARDIOVASCULAR HEALTH INSTITUTE NOW OPEN

Assessing Your Heart Disease Risk

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BEATING THE ODDS

How a Vista Man
Survived a 'Blowout'
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Tri-City Medical Center



Dear friends,

After months of planning and building, Tri-City Medical Center's Cardiovascular Health Institute is open, providing comprehensive, patient-centered heart care to the community. This newsletter is devoted to the Institute, because as

new as it is, there are already some amazing stories to share.

You'll meet a Vista man who has beaten the odds. You'll read about a type of open-heart surgery that lowers the risks and speeds recovery, and you'll learn about our screening program, which gives people the knowledge they need

to get and stay heart-healthy. If you're like me, you'll be amazed at our new, minimally invasive technology that allows doctors to see 3-D images *inside* a patient's arteries.

Tri-City Medical Center and the Cardiovascular Health Institute have brought together our leading physicians; advanced technology; and a comprehensive, interdisciplinary approach to medicine. And it's all right here, close to home. At Tri-City, we're taking your health to heart.

Yours in good health,

Larry Anderson

CEO, Tri-City Medical Center

CROSS YOUR HEART

February is American Heart Month. Why not pledge to do all you can to keep your heart beating strong for years to come? Look for heart-health facts from the American Heart Association throughout this issue to help motivate you.

If you're ready to make good on that pledge, turn to Tri-City—our "Smoking

Cessation" class offers practical tools to help you break the habit (see page 15).



Tri-City Wellness Center can help you make the most of American Heart Month. Voted San Diego's Best Gym by **10News.com** A-List for the second year in a row, the Wellness Center offers fitness classes, nutrition counseling and more. See page 15 or go to tricitywellness.com. To learn more about our cardiovascular services and screenings, go to tricitymed.org/heart.



WINNERS!

Thousands of miles of training paid off for the entrants in the 2011 Tri-City Medical Center Carlsbad Marathon and Half Marathon, which was held Sunday, Jan. 23. This was the second year Tri-City Medical Center was the title sponsor of the internationally recognized race. The marathon is one of the most visible ways Tri-City promotes and supports health and wellness in the community.

Last summer, Tri-City held a contest for North County residents who wanted to be part of the Lucky 14 training group. Winners were chosen based on an essay contest, in which they explained the health challenges they wanted to overcome. In addition

to having free entry into the race, the winners (pictured above) went through a vigorous training program sponsored by the race organizer, In Motion Fit. The 26-week training program started in July and helped the Lucky 14 get into great shape and realize their fitness goals.

The winners also received six month's membership to the innovative Tri-City Wellness Center in Carlsbad, free fitness assessments and personalized fitness training from one of the Wellness Center's degreed, certified trainers.

Visit tricitymed.org/marathon for an in-depth look at the race weekend activities or to meet our Lucky 14. We have photos from the entire weekend, bios of the team and race training tips from Tri-City Wellness Center trainers.

THE BIG PICTURE

NEW SCREENING PROGRAM REVEALS YOUR HEART DISEASE RISK

Shortness of breath, high blood pressure, diabetes, sleep apnea—these are just some of the risk factors for heart disease. But if any risk factor applies to you, now is the time to do something about it.

Before you can take action, though, you need a clear picture of your heart health. That's where Tri-City Medical Center's Cardiovascular Health Institute comes in. The new screening program gives you a quick, simple and painless way to get a big-picture look at your heart health.

"The program is focused on preventive care," said Marcy Sagerian, RN, MSN, APN, Institute nurse practitioner.

Once you have an understanding of your heart health, you can work with your doctor to help control risk factors—and keep others from developing.

"We offer eight different screenings," Sagerian said. "Five of them include a comprehensive heart risk assessment. The assessment provides you with a personalized coronary risk profile that can basically predict your odds of having a heart attack or stroke in the next 10 years."

An assessment may include a number of tests:

- Lipid profile (cholesterol, triglycerides and glucose)
- Blood pressure test
- Heart rate test
- Body mass index calculation
- Electrocardiogram (EKG)
- Coronary artery calcium scoring

The assessment also includes a 30-minute consultation with Sagerian, the dedicated Cardiovascular Health



PICTURE IT: Institute Nurse Practitioner Marcy Sagerian prepares to administer one of the painless screenings to a patient.

Institute nurse practitioner, about heart-healthy lifestyle changes.

Within a week after your assessment, you'll receive a personalized cardiac risk profile, which will outline your risk of getting heart disease.

If you choose, Sagerian will call your doctor to discuss your results. She will also call you 30, 60 and 90 days after your test to answer

questions and offer support. Or she can refer you to one of Tri-City's heart specialists—see a complete list on page 14.

To schedule a screening, call **760.940.LIFE (5433)**.



THE GIFT OF HEALTH

Someone you care about may be at risk for a heart attack or stroke—and you can help.

You can make it possible for him or her to get screened for heart disease with a gift certificate to the Cardiovascular Health Institute. This is the perfect way to give the gift of health—and

to show how much you care.

Not only can one of our comprehensive heart-health screenings give your loved one peace of mind, it might even save his or her life.

To order a gift certificate, please call **760.940.LIFE (5433)** or visit tricitymed.org.

SAVE THE DATE:

FREE HEART-HEALTH SEMINARS AT TRI-CITY WELLNESS CENTER

Your heart pumps about 2,000 gallons of blood through your body every day. To make sure it's up to the task, it's important that you know how to take good care of your heart. Two upcoming seminars at Tri-City Wellness Center in Carlsbad can help you do just that.

Monday, Feb. 14, Noon: Get the facts on how the heart works and what you can do to protect it. Dr. Sharon Slowik, Tri-City Medical Center Cardiac Wellness Center supervising physician, will discuss how cholesterol and high

blood pressure affect the heart and offer ways to ease your heart's workload.

Wednesday, Feb. 16, Noon:

Learn the best ways to exercise for maximum heart health with a demonstration by Tri-City Wellness Center certified trainer Sabra Bodzioney. The demo covers three key types of activity—cardiovascular, resistance and balance.



Both seminars are free and open to the public. To reserve your space, call **760.931.3171** or stop by Tri-City Wellness Center, 6250 El Camino Real, Carlsbad. To learn more, go to tricitywellness.com.



THE BUZZ ON VITAMIN D

There has been quite a buzz about vitamin D in the news lately. You've probably read about its potential benefits—and that it might even be good for heart health.



EXPERT ADVICE: Dr. Kathleen Paveglio, non-invasive cardiology medical director, Cardiovascular Health Institute

We spoke with Dr. Kathleen Paveglio, non-invasive cardiology medical director at Tri-City's Cardiovascular Health Institute, to see what all the fuss is about.

Dr. Paveglio acknowledged that there have been some findings about a possible connection between vitamin D and heart health. Nonetheless, she advised that such claims should be taken with caution.

"Links between vitamin D and heart disease have not been well studied," she said. "However, it has been shown that people with higher vitamin D levels have a decreased risk for heart attack. That's why it's become a big deal."

She said the studies haven't proven that taking vitamin D will prevent cardiovascular disease.

While Dr. Paveglio says the

jury is still out on vitamin D's role in improving heart health, she recommends having your vitamin D level checked because the vitamin is an important element of bone health.

It helps your body absorb calcium, which promotes bone growth and helps prevent rickets in young people and osteoporosis in older adults. The Institute of Medicine recommends the following guidelines for vitamin D intake:

- Everyone ages 1 to 70 should get 600 international units (IU) of vitamin D per day.
- People age 71 and older should get 800 IU per day.

Talk with your doctor about having your vitamin D level tested. If you need help finding a physician, visit tricitymed.org/find-a-doc or call the Tri-City Medical Center Free Physician Finder Line at **800.579.TCMC (8262)**.

SUPERIOR HEART CARE CLOSE TO HOME

TRI-CITY HEART CARE DATA BEATS NATIONAL AVERAGES

Exceeding expectations—it's something Tri-City Medical Center's Cardiovascular Health Institute does for heart patients every day. Tri-City provides high-quality heart care that:

- Meets or exceeds national standards for cardiac care
 - Results in lower mortality rates among heart surgery patients when compared to similar hospitals
- "Tri-City's quality programs and skilled physicians combine to create consistently great outcomes for our cardiac patients," said Donald Dawkins, vice president of strategic integrations.

Consider, for example, patients receiving major heart surgeries. In 2009, across the nation, patients survived those procedures in 97.9 percent of cases. At Tri-City, that number was 99 percent—which exceeds national standards.

It doesn't get any better than this

Tri-City Medical Center recently received the highest rating for its cardiac care:

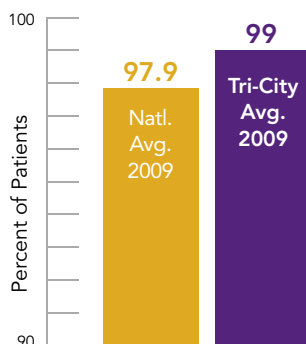
- UnitedHealth Premium Cardiac Specialty Center, Quality Designation: Interventional Cardiology "Three Star" ★★ ★
- UnitedHealth Premium Cardiac Specialty Center, Quality Designation: Electrophysiology "Three Star" ★★ ★

Knowing these numbers not only helps Tri-City measure itself against state and national standards; it also helps Tri-City go above and beyond expectations—always improving the quality of care and patient safety.

Charting Success

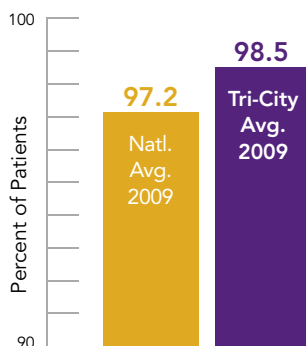
The numbers in these charts illustrate the high quality of cardiovascular care at Tri-City Medical Center.

Major Heart Procedure Survival Rate



Total in-hospital survival rate of patients undergoing coronary artery bypass (CAB), valve surgery, or a combination of CAB and valve procedures.

Coronary Artery Bypass Survival Rate

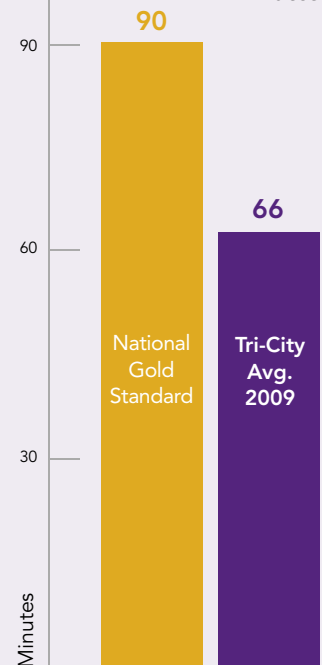


Total in-hospital survival rate of patients undergoing coronary artery bypass procedures.

Heart Attack Care: Door-to-Balloon Time Far Faster Than National Standard

To preserve heart tissue and lives during the initial stages of a heart attack, it's important to treat a patient's clogged artery in 90 minutes or less from the time the patient arrives at the hospital—that's referred to as door-to-balloon time. The gold standard for door-to-balloon time is 90 minutes.

Tri-City Beats National Standard by Almost 30 Minutes



Heart tip: Blood pressure is a big deal. If you have normal blood pressure at age 50, you can expect to live about five years longer than someone with high blood pressure, according to a National Heart, Lung, and Blood Institute study.



A STRONG TEAM: From left, Dr. David Perkowski and Dr. Ted Folkert perform a beating-heart surgery—one of Dr. Perkowski's first at Tri-City.

BEATING-HEART SURGERY

EXPERT SURGEON PROVIDES INNOVATIVE PROCEDURE

For years, coronary artery bypass surgery has been the go-to treatment for people with severe coronary heart disease. It routes blood flow around clogged heart arteries by grafting in healthy blood vessels to bypass the blockage. This has helped millions of people live longer, healthier lives.

However, there is also a variation on the traditional bypass procedure that offers an important option. It's

To find out more about beating-heart surgery and heart health, call the Cardiovascular Health Institute at **760.940.LIFE (5433)** or meet the team of cardiology physicians at tricitymed.org/find-a-doc.



called beating-heart surgery, and it is one more advanced procedure now available through the Cardiovascular Health Institute at Tri-City Medical Center to ensure patients get the best surgery for their individual needs.

During a traditional bypass, surgeons stop the heart and keep blood circulating with a heart-lung machine, or pump, while they work.

With beating-heart—or off-pump—surgery, a special device keeps only a small portion of the heart still, while the rest of the heart continues to beat, allowing for normal circulation.

"It adds a new dimension to cardiac surgery because it's less invasive than the traditional bypass," said Dr. David Perkowski, a cardiac surgeon who recently joined the staff at Tri-City and is one of the leaders in off-pump surgery. "We've found that with this operation, we can reduce the risks for stroke, infection, kidney failure and death. When we look at the outcomes, the results are superb."



Dr. David Perkowski, beating-heart surgery pioneer

Dr. Perkowski has extensive experience with beating-heart surgery. He has performed approximately 1,500 of these extremely demanding

procedures. In fact, 98 percent of his bypass surgeries are performed off-pump, which is almost four times the national average.

On- or off-pump, the type of bypass surgeons recommend is based on each individual's diagnosis and medical history. With surgeons on staff who have extensive experience performing each type, Tri-City is uniquely able to offer whichever procedure will provide the best outcome for the patient.

With the addition of beating-heart surgery, the Cardiovascular Health Institute stands out as a pre-eminent source for comprehensive cardiac care in North San Diego County. Patients can rest assured that their hearts are in good hands with the Institute's talented surgeons and advanced procedures.

Heart tip: If you're overweight, losing just 5 to 10 pounds may lower blood pressure, giving your heart a break.

THE INSIDER'S VIEW

IVUS SHOWS ARTERIES FROM THE INSIDE OUT

An advanced 3-D imaging tool called intravascular ultrasound, or IVUS, makes it easier than ever to examine the heart's arteries for signs of trouble. It's just one of the latest technologies available at Tri-City Medical Center's Cardiovascular Health Institute.

"Intravascular ultrasound can look at your coronary arteries from the inside out," said Dr. David Spiegel, interventional cardiology medical director at the Institute.

Seeing With Sound

IVUS is a minimally invasive procedure. Doctors make a small incision, usually in the upper thigh, and thread a catheter—a thin, flexible tube—through an artery to the heart. They can then pass equipment through the catheter.

A device called a transducer is passed through the heart's arteries. The transducer sends out sound waves that are relayed to a computer, which converts them to 3-D images on a monitor.

"As we pull the catheter back out, we get real-time moving images of the inside of the coronary arteries," Dr. Spiegel said.

IVUS technology takes the evaluation of coronary arterial disease (CAD)—the main cause of heart attacks—to the next level, said Donald Dawkins, vice president of strategic integrations.

"With an angiogram, which is still the gold standard for diagnosing CAD, physicians are looking from the outside in and see only a silhouette outline of the artery," Dawkins said. "With IVUS, they're looking at the lining of the artery from the inside."

Aiding Treatment

IVUS is useful in treating CAD, as well. People with CAD have plaque buildup

in the arteries, which can block blood flow to the heart. IVUS helps doctors gauge the amount of plaque and the extent of the blockage.

"If it's borderline and we're not sure it's severe enough to require treatment, we can use ultrasound to get more information," Dr. Spiegel said.

If the blockage is a concern, doctors may perform angioplasty, a procedure to compress plaque and widen the blood's pathway. IVUS allows doctors to see immediately if the angioplasty was successful or if more treatment is needed.

The best part is that all these tests and treatments can be performed during the same catheterization procedure.



To learn more about the advanced, comprehensive cardiac care available to you at Tri-City Medical Center, visit tricitymed.org/heart.

"Instead of having patients come back for another procedure or for a second round of treatment, the surgeon is able to identify all the information needed to make decisions while the patient is already in the cath lab," Dawkins said.



A CLEAR VIEW: The IVUS monitor (right) shows real-time 3-D images, which allows physicians to see blockages in the arteries.



“When you have a near-death experience, you find out how much we need Tri-City. You realize how valuable and important the hospital is to our community.”

—Suzanne Olive, wife

COMPREHENSIVE CARE SAVES DOUG OLIVE’S LIFE

When you think of a dangerous blow-out, you might picture a tire exploding on the freeway—a frightening scenario even for experienced drivers. In December, 43-year-old Vista resident Doug Olive nearly experienced a more terrifying blowout—that of his body’s main artery, the aorta.

The expert physicians and staff at Tri-City Medical Center’s Cardiovascular Health Institute were able to prevent a rupture from occurring. And, in doing so, they saved Olive’s life.

Warning Sign

It began on a Wednesday morning, when Olive, an auditor for UltraStar Cinemas, drove to a local park to take his morning walk.

He’d only taken a few steps when

he suddenly felt pressure in his jaw and chest. Despite the discomfort, he managed to get back to his car and drive home, where he told his wife, Suzanne, that he wasn’t feeling right.

Olive is a healthy man—he doesn’t smoke, he has normal blood pressure and he works out regularly. Because of his mother’s death from a heart attack at age 42, Olive has always been concerned about eating right and getting plenty of exercise.

But Suzanne Olive knew her husband’s symptoms could be serious, and she instantly thought of Tri-City Medical Center, where her own mother had recently received excellent care for heart problems. For Suzanne, it was an easy decision to drive Doug to Tri-City’s emergency department.

A Heart in Trouble

The couple arrived at the hospital at about 7:30 a.m. An EKG indicated Doug Olive might be having a heart attack. Dr. David Spiegel, interventional cardiology medical director of Tri-City's Cardiovascular Health Institute, was called in to review Olive's test results.

Not convinced that his patient was having a heart attack, Dr. Spiegel ordered an examination of Olive's arteries. As a designated Heart Attack Receiving Center and a nationally accredited Chest Pain Center, the Cardiovascular Health Institute at Tri-City is well equipped to perform a wide range of cardiac tests.

Dr. Spiegel's decision to order the second test may well have saved Olive's life. "In this case, the new high-quality digital catheterization equipment allowed us to see a small tear in the aorta," Dr. Spiegel said.

Known as an acute aortic dissection, a tear in the aorta is difficult to diagnose—and life-threatening. If missed, it will often lead to death, as it did for actor John Ritter and ambassador Richard Holbrooke.

If not found and repaired quickly, Olive's aorta could have ruptured at the tear, causing him to bleed to death internally. He received the correct diagnosis and lifesaving surgery, performed by expert surgeons at Tri-City.

Olive went into surgery at about 11:30 a.m., and the operation lasted nearly seven hours. Dr. Ted Folkerth, cardiothoracic surgeon and medical director of the Cardiovascular Health Institute, performed the surgery. Dr. David Perkowski, cardiothoracic surgeon, assisted.

"The patient did very well during surgery and recovered nicely," Dr. Folkerth said.

Olive had youth and good health on his side—and the physicians of the Cardiovascular Health Institute in his corner.

"This is a risky operation a lot of people don't want to tackle, but Dr. Folkerth did a great job," Dr. Perkowski said. And Dr. Folkerth added: "Surgically, this is a very difficult operation. Like any surgery, it takes an outstanding team. The positive outcome is due in large part to the talented operating-room and intensive care nurses at Tri-City."

Survivor—and Celebrity

The surgery went so well, in fact, that Olive went home just six days later. During his time at Tri-City, he received "absolutely fantastic care," his wife said. He also became a bit of a celebrity. At one point, Suzanne Olive noticed numerous nurses coming by the intensive care unit to look in on her husband.

A nurse finally told her that most nurses never see a patient with an acute aortic dissection *alive*. Doug Olive not only survived, he came through his experience well.

He will follow up with both Drs. Spiegel and Folkerth, and he will need regular CT scans over the next few years to keep an eye on his arteries.

Getting the Heart Back on Track

In addition to follow-up appointments, Olive also has the advantage of cardiac rehabilitation at Tri-City's nationally accredited Cardiac Wellness Center to help him recover from his surgery. The rehab center offers programs specially designed to help heart patients return to productive and active lives.

The Olives feel a great deal of

gratitude for the doctors, nurses and hospital that saved Doug's life.

"When you have a near-death experience, you find out how much we need Tri-City," Suzanne Olive said. "You realize how valuable and important the hospital is to our community."



Dr. David Spiegel,
interventional
cardiology
medical director
of Tri-City's
Cardiovascular
Health Institute

Meet the entire team of cardiac physicians at tricitymed.org/find-a-doc. For further information about the work of the Cardiovascular Health Institute, please call **760.940.LIFE (5433)**.

Heart tip: You might think keeping your cholesterol in check is enough, but exercise is just as important. Inactivity raises your risk of heart disease as much as high cholesterol.



1961-2011
THE FIRST 50 YEARS

We're celebrating this major milestone all year long. For event details, go to tricitymed.org.



1980s

The 1980s brought more building, with a four-story wing added and existing facilities remodeled.

By 1985, the official name of the hospital was changed to **Tri-City Medical Center** to reflect its growth into a comprehensive, regional facility.

Patients were able to receive modern medical services and benefit from advances in technology, as Tri-City Medical Center performed its first heart surgeries, developed a **Magnetic Resonance Imaging Center** and a **Neonatal Intensive Care Unit**, and updated its **Emergency Department**.



1970s

Through the 1970s there was continual expansion of services, with additions of a helipad, a cardiopulmonary lab, a 46-bed tower, a 56-bed north wing, more surgical suites and a 42-bed maternity unit, bringing the total bed count to 231.



1960s

The hospital opened its doors on July 16, 1961, with 87 beds and 42 physicians on staff. The original volunteers of the **Tri-City Hospital Auxiliary** took their posts for the first time on July 18. Almost immediately the need to expand was evident. North County's population was growing, and Tri-City Hospital was ready to keep pace. On Oct. 14, 1964, **Friends of Tri-City Hospital** was founded and chartered to raise philanthropic support for Tri-City Hospital. The name was later changed to **Tri-City Hospital Foundation**.

1950s

In the 1950s, the north coastal region of San Diego County was rural and had few services of its own. Community leaders knew that a modern local hospital was essential to the area's growth. Business and political leaders from Carlsbad, Oceanside and Vista came together to create a regional hospital. Voters elected to form the **Tri-City Hospital District** and approved a bond issue to fund land purchases and construction costs.





1990s

By the 1990s, Tri-City Medical Center had grown to be a vital link in the regional delivery of healthcare for the residents of Carlsbad, Oceanside and Vista. For three years in a row, Tri-City was recognized as a **Top 100 Hospital** while continuing to expand vital services and programs such as another expansion to the **Emergency Department**, opening a new outpatient surgery center, establishing the innovative **Beatrice Riggs French Women's Center** and leading a new **Stroke Screening Community Outreach Program**.

2000s

In the past decade, we have seen the landscape of healthcare change dramatically at Tri-City Medical Center with the expansion of the primary medical campus and community outreach projects to help ensure healthcare access. These key projects include a state-of-the-art **Cardiac Wellness Center**; the **Center for Wound Care and Hyperbaric Medicine**; the **Edgar & Jo Anne Jones Women's Diagnostic Center**; the **John S. Middlekauf Outpatient Radiology Center**, with a 64-slice CT scanner; an expanded **Neonatal Intensive Care Unit**; and the **Emergency Department** expansion and renovation.



The Future

Celebrating 50 years of service, Tri-City Medical Center is a thriving healthcare system that the residents of North County can rely on for care. This year, we will admit more than 27,000 patients—that's an average of more than 50 patients a day. We will also deliver more than 3,000 babies this year, which means that more than 8 babies will come into the world here each day.



And our work continues as we expand critical facilities, invest in needed technologies and plan to meet the increasing needs of our community for years to come.

The Cardiovascular Health Institute was

recently opened, and we expect to open these and many other programs to better serve our community:

- **Cancer Institute**—spring 2011
- **Orthopedic Institute**—winter 2011
- **New Medical Office Building**—winter 2011

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

THE BAILE WAS A BALL

They came, they danced, they bid, they celebrated. Baile 2010, held Nov. 13 at the Park Hyatt Aviara Resort, Carlsbad, was a huge success. Guests were welcomed by Honorary Committee members: Sandee and Bob Carter, chairs; Leanor and Bernie Rappaport; Ellen and Kevin Stotmeister; and June and Knox Williams. This Baile attracted a full-house crowd and grossed \$375,000 in support of the Tri-City Medical Center Cancer Institute.

This year's event marked the 30th anniversary of the Baile, which is presented annually by the Tri-City Hospital Foundation. The "Celebration of Giving" theme was a tribute not only to this Baile but to the decades of generosity that have made the Baile a landmark social event. Throughout its existence, the Baile has provided financial support that helped create some of the hospital's most important and enduring facilities and programs.

The Baile evening began with the guests meeting, mingling and bidding on an interesting variety of silent auction items generously donated by many local businesses. Moving to the ballroom, the fun continued in a live auction of premium items, including vacations to exotic locales both domestic and foreign.

After a palate-pleasing dinner, guests watched a video that drew a vivid picture of how important *local* cancer care is and how the Tri-City Medical Center Cancer Institute is being realized and optimized in order to deliver that care to the communities Tri-City serves.

Honoring Legacies

One of the many highlights of the evening was the recognition of



*30th
Baile*

celebration of giving

DANCE ALL NIGHT:
In its 30th year, the Baile continues to be a highlight of the social year in North San Diego County. We look forward to many more years of fun and philanthropy.



radiation oncologist Dr. Eva Lean as the first recipient of the Foundation's Legacy Award, which recognizes the contributions of a person whose leadership efforts have enhanced the quality of life in his or her community.

"Dr. Eva Lean plays many roles in the medical community and the wider community: compassionate physician, philanthropist, community leader, fundraiser, administrator, volunteer," said Tri-City Hospital Foundation Board Chairman Craig Lindholm as he presented the award to Dr. Lean.

Baile planning committee chair Gigi Gleason further commended everyone's contribution to the event's success.

"I'm proud of all the Baile has done, this year and in all the prior years," she said. "It's a wonderful example of what volunteers can do for the hospital and the community. I encourage people to get involved in any and every way possible."

TEE OFF WITH TRI-CITY!

It's time for the next TaylorMade Golf 'Fore' Your Heart Pro-Am Tournament, once again at Shadowridge Country Club in Vista, on Monday, May 9.

This annual Tri-City Hospital Foundation event, which raises funds for Tri-City Medical Center's



WELCOME, PLAYERS: Tournament chair Pete Sanchez (vice president of Kingdom operations, TaylorMade) and Tri-City CEO Larry Anderson greet the golfers at the 2010 tournament.

cardiovascular diagnostic, treatment and rehabilitation efforts, has become a favorite among both hospital physicians and corporate executives.

While score is kept and there are tournament winners, the real winner is cardiovascular healthcare. Proceeds from the tournament help assure that Tri-City Medical Center will have the latest equipment and best facilities for treating cardiovascular challenges.

Now is the time to help create those optimal facilities and ensure that the best equipment is in place. Take the first step by circling May 9 on your calendar. Mark off the whole day—you'll need it to fit in all the fun we're planning.



Go to GolfForeYourHeart.org to find out more!

HAVE A BUSINESS? GET INVOLVED!

The Tri-City Hospital Foundation's strong ties to the local business community are due in large part to the efforts of the Corporate Council.

The Council's mission is to mobilize the resources of the business community to help ensure excellence in healthcare at Tri-City Medical Center, and it's a task the Council undertakes in a wide variety of ways, including planning events, such as the recent holiday reception, and personal contact with the business community to acquire feedback about its healthcare priorities.

The reception, on Dec. 8 at Bistro West, Carlsbad, was a forum for informative presentations by Foundation President and CEO Tobi Ferguson, Foundation Board Chairman Craig Lindholm, Council Chairman

Joe Mason (regional vice president for Cardinal Health) and Tri-City Medical Center CEO Larry Anderson.

"The purpose of the Corporate Council is to provide a vital link between Tri-City Medical Center and the business community and promote philanthropic support for the hospital," Ferguson said. "The Council is a place where the business community and the hospital can exchange information, share knowledge and work toward the common goal of improving healthcare in the community."

They'll be doing just that Feb. 3 at the Council-sponsored Executive Forum Breakfast, an insightful two-hour presentation, "The Future of Healthcare and Its Impact on the Local Economy," featuring Michael

Mamaghani, director of business development corporate R&D, Qualcomm; George Chamberlin, executive editor of *The Daily Transcript*, San Diego's only daily business paper; and Tri-City Medical Center CEO Larry Anderson.

Corporate Council membership is open to all businesses, and participation helps the hospital, the community and the businesses involved. For more information about council membership, call Tri-City Hospital Foundation at 760.940.3370.





Tri-City Medical Center

TRI-CITY MEDICAL CENTER CLASSES

4002 Vista Way, Oceanside
760.940.3100
tricitymed.org

Childbirth and Parenting

Call 760.940.5784 to register for these classes.

Baby Care

Thursdays, Feb. 3, March 3, April 7
6:30–9 p.m.

Baby Safe

Thursdays, Feb. 10, March 10,
April 14, May 12
6:30–9 p.m.

Breastfeeding Class

Mondays, Feb. 7, March 14, April 11,
May 9
6:30–9 p.m.

Breastfeeding Support

Wednesdays
9:15–11 a.m.

Childbirth Intensive Weekend

Saturdays and Sundays,
Feb. 26 and 27, March 19 and 20,
April 16 and 17, May 21 and 22
10 a.m.–3 p.m.

Childbirth Orientation

Mondays, Feb. 7, 21, March 7, 28,
April 4
2:30–3:30 p.m.

Childbirth Preparation

Intensive (3-week)
Fridays, Feb. 4 to 18, 6:30–9 p.m.
Sundays, Feb. 6 to 20, 6:30–9 p.m.
Sundays, March 6 to 20, 6:30–9 p.m.

Childbirth Preparation

Standard (5-week)
Tuesdays, Feb. 15 to March 15,
7–9 p.m.
Wednesdays, March 2 to 30,
7–9 p.m.
Wednesdays, May 4 to June 1,
7–9 p.m.

Sibling Class

Saturdays, Feb. 19, March 12, April 9,
May 14, June 18
10 a.m.–Noon

Teen Sitter Class

Saturdays, April 2, 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

Meets 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.
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

Tuesdays, Feb. 8, 22, March 8, 22,
April 12, 26
10:30–11:30 a.m.
Registration not required. Call
760.940.7007.

Cancer Support

Wednesdays, Feb. 9, 23, March 9, 23,
April 13, 27
10:30–11:30 a.m.
Call 760.940.7007.

MEET OUR CARDIOVASCULAR TEAM

Cardiology

Dr. Charles Athill
Dr. Kenneth Carr
Dr. Barry Dzindzio
Dr. Steven Higgins
Dr. Patrick Hu
Dr. Peter Katsiyannis
Dr. Oscar Matthews
Dr. Robert Orr

Dr. Kathleen Paveglio

Dr. Michael Porter
Dr. Paul Sarkaria
Dr. David Spiegel

Cardiothoracic Surgery

Dr. Sevak Darbinian
Dr. Theodore Folkerth
Dr. Richard Gates

Dr. Frederick Howden
Dr. David Perkowski
Dr. Jeffrey Rosenberg

Interventional Radiology

Dr. Nathan Copelan
Dr. Jay Federhart
Dr. Brian Goelitz
Dr. Justin Gooding
Dr. John Gregorius
Dr. Donald Ponec
Dr. Richard Saxon

Thoracic Surgery

Dr. Michael Sasevich
Dr. William Thibault

Vascular Surgery

Dr. Andrew Deemer
Dr. Mohammad
Jamshidi-Nezhad
Dr. John Kroener
Dr. Eileen Natuzzi

Diabetes Support Group

Thursdays, Feb. 3, March 3, April 7
11 a.m.–Noon
Thursdays, Feb. 10, March 10,
April 14
7–9 p.m.
Call 760.941.9850.

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.
Tri-City Medical Center,
Assembly Room 1
Call 760.529.5290
or e-mail info@ostomysocal.com.

For Your Health

Parkinson's Exercise

Fridays
11 a.m.–Noon
Call 760.940.7272.

Smoking Cessation

Tuesdays
6:30–8 p.m.
760.940.3333

Stroke Exercise

Thursdays
10–11 a.m.
Call 760.940.7272.

Total Joint Replacement

Mondays, Feb. 7, 28, March 7, 21,
April 4, 18, May 2, 16, June 6, 20,
July 11, 25
12:30–2 p.m.
Call 760.940.5788.

First Aid and CPR

Call **760.940.3100** for information,
Monday through Friday, 7:30 a.m.–4 p.m.

Advanced Cardiac Life Support (ACLS) Renewal Course Class

Tuesdays and Thursdays
8:30 a.m.–5:30 p.m.

Basic Life Support (BLS)

Full Course Class

Thursday, Feb. 24
8 a.m.–Noon

Basic Life Support (BLS) Renewal Class

Thursdays, Feb. 3, 17
8–11 a.m. or 6–9 p.m.

CPR Classes

6–9 p.m.
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 2011.



TRI-CITY WELLNESS CENTER CLASSES

6250 El Camino Real, Carlsbad
760.931.3171
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

Location: Fitness Floor

RSVP: Must register with the fitness
staff for the program.

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

Location: Fitness Floor

Mondays, Wednesdays and Fridays

Two sessions: 8:30–9:30 a.m. or
9:30–10:30 a.m.

RSVP: Must register with the fitness
staff for the program.



Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056

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GENERAL INFORMATION: **760.724.8411**, www.tricitymed.org



Administered by Tri-City Healthcare District.

CUM26066c

STAFF LETTER

YOUR EMERGENCY IS OUR EMERGENCY

Dear friends,

My colleagues and I take pride in helping patients at any time of the day or night. I work in Tri-City Medical Center’s Cardiac Catheterization Lab, where we do testing to evaluate our patients’ hearts. I’m a part of the STEMI (heart attack) team. STEMI is the most severe type of heart attack, so our patients often have to be rushed to the hospital for emergency treatment.

With some of the fastest response times in the county, it may seem as though the STEMI team is always waiting for patients to arrive. That’s because in addition to working our normal shifts, each STEMI team member is on call about 14 days a month so we can be here when you need us most. During those days, if our pager goes off we have only half an hour to get to the cath lab and be ready to work.

That time frame can make for some interesting moments! I’ve left a cart of groceries in the store to rush to



ALWAYS AT THE READY: Tri-City Medical Center’s Cardiac Catheterization Lab provides lifesaving care, 24/7.

help a patient. If the pager sounds during Thanksgiving or Christmas dinner or in the middle of a kids’ baseball game, we get up and go.

That may sound like a stressful way of life—but we love our jobs. So be assured that whenever you need our help, we’ll be there quickly, with expert and compassionate care.

Sincerely,

Jaime McKenzie
Cardiovascular technician

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



A Joint Commission Accredited Hospital
• Gold Seal of Approval from The Joint Commission for Primary Stroke Center



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



10News.com A-List
• Tri-City Wellness Center — 2009 and 2010 Best Gym in San Diego



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