

Health Connections

October, November, December 2008
www.scripps.org • 1-800-SCRIPPS



Please call 1-800-SCRIPPS to register for the programs listed in this calendar. Scripps offers a wide variety of health education classes and programs for people of all ages, including support groups and the Parent Connection program. If you're looking for information to help you live healthier, Scripps can help. Call 1-800-SCRIPPS or visit www.scripps.org.

Snore No More

Wednesday, October 8, 4–5:30 p.m.

Join Aliya Ferouz-Colborn, M.D., and learn more about lifestyle changes and treatments for snoring and sleep apnea. Free. Presented by Scripps Memorial Hospital Encinitas and Scripps Health Foundation, Lomas Santa Fe Country Club.

FLU Vaccine Clinics

North County

Tuesdays, October 14, 21 and 28

Thursdays, October 16, 23 and 30

8 a.m.–noon

Immunization fee is \$25. Available for individuals 9 years of age and older. Presented by Scripps Memorial Hospital La Jolla, XiMED Building, Main Lobby.

South County

Friday, November 7, 9–11:30 a.m.

Immunization fee is a \$2 donation. This clinic is for individuals with chronic illnesses, weakened immune systems and those over age 65. Limited supply. First come, first serve. Presented by Scripps Mercy Hospital Chula Vista, Norman Park Senior Center.

Laser and Cosmetic Skin Treatment

Tuesday, October 14, 6–8 p.m.

Join our dermatologists and estheticians for a presentation on the latest in minimally invasive cosmetic procedures, including: laser procedures

such as the Pearl, Titan and new fractional technology; hair restoration; fillers; Botox®; chemical peels; and tumescent liposculpture. Free. Presented by the Laser & Cosmetic Dermatology Center, Scripps Clinic Carmel Valley, Suite 4B.

Laser Beams in Your Dreams

Wednesday, October 29

Reception at 5:30 p.m., program 6–7 p.m.

Join radiologist and gamma knife specialist Kenneth Shimizu, M.D., as he discusses diagnostic imaging technologies and new treatment options such as gamma and cyber knife. Free. Presented by Scripps Memorial Hospital La Jolla, Schaetzel Center, Great Hall.

Healthy Hearts

Wednesday, November 5, Tuesday, December 2
5:30–7:30 p.m.

Join a registered dietitian as she discusses a heart smart approach to improving your health. Learn practical tips for nutritious low fat cooking, shopping and dining out. Cost is \$10 for a two hour class. Presented by Scripps Coastal Medical Center.

Congestive Heart Failure

Thursday, November 6, 10 a.m.–12:30 p.m.

Learn what causes congestive heart failure, how to manage it, importance of weighing daily, taking medications and how to plan tasty meals with low sodium. Free. Presented by Scripps Coastal Medical Center.

Interpersonal Interactions

Saturday, October 25, 10 a.m.–noon or noon–2 p.m.

City Heights Wellness Center

Saturday, October 25, 3–5 p.m.

Scripps Mercy Well Being

By understanding your communication style and learning to identify the communication style of others, you can interact more effectively with the world. Join Tarane Sondoozi, Psy.D., for a fun filled and entertaining class. Cost is \$35. Presented by Scripps Mercy Well Being and City Heights Wellness Center.

Back in Control

Thursday, November 6, 6–7 p.m.

Women can now restore and improve their active lifestyles. Presented by Bernard Morris, M.D., urologist, learn about new and minimally invasive solutions to treat female stress urinary incontinence. Free. Presented by Scripps Memorial Hospital La Jolla Schaetzel Center, Noble Room.

Healthy Holiday Eating

Thursday, November 6, Tuesday, December 2, 6–7 p.m.

Learn from a registered dietitian about how to avoid over indulging during this festive time of

year. Learn tips and tricks for eating well and enjoying those special holiday treats. Free. Presented by Scripps Memorial Hospital La Jolla, Schaetzel Center, Walker Room.

Local Lifesaving Care

Wednesday, November 12, 4–5:30 p.m.

Learn about the latest lifesaving care available for you and your family when every second counts. Experience the opportunity to mingle one-to-one with emergency department physicians, nurses and staff at Scripps Memorial Hospital Encinitas. Free. Presented by Scripps Memorial Hospital Encinitas and Scripps Health Foundation, Lomas Santa Fe Country Club.

Mall Walkers

Tuesdays, starts at 8:30 a.m.

Join our fitness program, in a safe, social environment. An exercise physiologist leads warm-ups and guides participants in reaching walking fitness goals. Initial assessment and physician's approval required. Senior strength training with elastic bands is also offered following the walk. Free. Presented by Scripps Coastal Medical Center.

To register or for more information about our classes, call 1-800-SCRIPPS. Looking for a physician? Call 1-800-SCRIPPS (1-800-727-4777). We'll find a Scripps physician who is right for you and your family.

Events

Destination Health

Hawaii, Kauai, October 12-17

Join a team of leading international health experts for a week of education, relaxation, rejuvenation and inspiration. There are many paths to healing and health and this one of a kind experience can help you along your healing journey. Presented by Scripps Center for Integrative Medicine.

Volunteer Open House

Wednesday, October 15, 10–11:30 a.m.

Gain valuable experience, learn new skills and make new friends. Attend our open house to discuss volunteer positions, requirements and benefits while enjoying snacks and refreshments. Free. Presented by Scripps Memorial Hospital La Jolla.

General Health

Early Memory Loss

Saturday, October 11, 10 a.m.–noon

Early stage Alzheimer's disease may require many changes in daily routines. However, there are a number of ways to maintain and even increase ones quality of life. Learn to identify ways to enhance daily living. Free. Presented by Scripps Green Hospital, Hasting Room.



Older Adults and Mental Health

Monday, October 13, 10–11 a.m.

Depression is a widely under recognized and undertreated medical illness. Learn to recognize signs and symptoms, treatment options and where to locate mental health services. Free. Presented by Scripps Mercy Well Being, Norman Park Senior Center.

Osteoarthritis Pain Free

Thursdays, October 16, November 20 and December 18, 12:30–2 p.m.

Join Howard Kaye, M.D., rheumatologist and author of *Arthritis: Pain Free, Side Effect Free*, for education on arthritis self management. Topics include causes of osteoarthritis, medications, supplements, proper home care and simple exercises. Free. Presented by Scripps Coastal Medical Center.

Hepatitis C

Thursdays, October 16 and December 4, 6:30–8:30 p.m.

Group concentrates on education and support for those currently in treatment for HCV. Treatment options, side effects and psychosocial aspects associated with disease are discussed. Free. Presented by Scripps Coastal Medical Center.

Multiple Sclerosis

Tuesdays, October 21, November 18 and December 16, 6–7:30 p.m.

Join Jay Rosenberg, M.D., neurologist, and learn about common signs and symptoms, the latest scientific research on causes and the importance of developing a comprehensive approach to managing MS. Free. Scripps Memorial Hospital Encinitas, Conference Center.

Parkinson's Lecture

Thursdays, October 23 and November 20, 1–2 p.m.

Presented by Dee Silver, M.D., neurologist specializing in the treatment of Alzheimer's and

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Parkinson's disease. Free. Presented by Scripps Memorial Hospital La Jolla, Scripps Mende Well Being.

Life in the Fast Lane

Thursday, October 23

Reception at 5:30, program 6–7 p.m.

Join neurologist and stroke program medical director, Fredrick de la Vega, M.D., as he discusses primary prevention, identification of stroke symptoms, contributing factors and new treatment options. Free. Presented by Scripps Memorial Hospital La Jolla, Schaezel Center, Great Hall.

Leaping Through Conflict

Saturday, November 1, 10 a.m.–noon or noon–2 p.m.

City Heights Wellness Center

Saturday, November 1, 3–5 p.m.

Scripps Mercy Well Being

Conflict is an integral part of all human interactions and a source of tremendous stress. Understand conflict and learn simple steps to manage and prevent conflict in interpersonal relationships. Join Tarane Sondoozi, Psy.D., for a fun filled and entertaining class. Cost is \$35. Presented by Scripps Mercy Well Being and City Heights Wellness Center.

Healing Touch Training

Level 3, November 8–9, 8 a.m.–6 p.m.

Learn how Healing Touch, an energy based therapeutic approach to health and healing, can promote physical, emotional, mental and spiritual well being for you, your loved ones and your patients. Presented by Scripps Center for Integrative Medicine.

Diabetes in Older Adults

Monday, November 10, 10–11 a.m.

Diabetes can lead to dangerous health problems. The good news is there are things you can do to take control. Learn to recognize symptoms, what tests your physician can perform and where to access services. Free. Presented by Scripps Mercy Well Being, Norman Park Senior Center.



Arthritis

Tuesday, November 11, 12:30–2 p.m.

Attend our quarterly meetings, co-sponsored by the Arthritis Foundation, which are designed to keep patients informed of the latest developments in medicine, diet, exercise and other topics related to arthritis. Free. Presented by Scripps Coastal Medical Center.

AARP Driver Safety

Saturday, November 15, 8:30 a.m.–5 p.m.

The program helps seniors improve driving skills, teaches them how to avoid accidents and traffic violations and qualifies them for insurance discounts. Cost is \$10. Presented by AARP and Scripps Mercy Hospital, Education Center, lower level, Rooms 5B and 5C. Classes also available at Scripps Mercy Well Being—call for dates and times.

Say Goodbye to Varicose Veins

Thursday, November 20, 4–5:30 p.m.

Varicose veins can cause a significant amount of discomfort. Join Zachary Rattner, M.D., and learn about the latest methods to treat

Receive a free mini first aid kit.

Please clip this out and mail to: **Scripps, CP10, P.O. Box 28, La Jolla, CA 92038**

Please provide me with a referral to a Scripps affiliated physician. Check type:

Primary Care OB/GYN Pediatrician Specialist _____

Insurance coverage is _____

Name _____

Home address _____

City _____ State _____ Zip _____

Daytime phone _____ E-mail _____

Would you like to receive health information updates from Scripps? Yes No

Please send me information on the following:

- | | | | |
|-----------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Healthy Woman Kit | <input type="checkbox"/> Cosmetic and Laser Surgery | <input type="checkbox"/> Orthopedic Care | <input type="checkbox"/> Scripps Green Hospital |
| <input type="checkbox"/> Pregnancy Kit | <input type="checkbox"/> Robotic Surgery | <input type="checkbox"/> Weight Management | <input type="checkbox"/> Scripps Memorial Hospital Encinitas |
| <input type="checkbox"/> Parenting | <input type="checkbox"/> Breast Health | <input type="checkbox"/> Weight Loss Surgery | <input type="checkbox"/> Scripps Memorial Hospital La Jolla |
| <input type="checkbox"/> Healthy Heart Kit | <input type="checkbox"/> Rehab Services | <input type="checkbox"/> Career Opportunities | <input type="checkbox"/> Scripps Mercy Hospital |
| <input type="checkbox"/> Integrative Medicine | <input type="checkbox"/> Cancer Care | <input type="checkbox"/> Low Fat Eating Guide | <input type="checkbox"/> Scripps Mercy Hospital |
| <input type="checkbox"/> Stress Management | <input type="checkbox"/> Diabetes Kit | <input type="checkbox"/> Drug and Alcohol Intervention | <input type="checkbox"/> Scripps Mercy Hospital Chula Vista |
| <input type="checkbox"/> Digital Mammography | <input type="checkbox"/> Advances in Laser Eye Surgery | <input type="checkbox"/> Volunteer Opportunities | |

this condition. Free. Presented by Scripps Memorial Hospital Encinitas and Scripps Health Foundation, Rancho Santa Fe Garden Club.

The Perfect Fit, Myth or Reality?

Saturday, November 29, 10 a.m.–noon

Scripps Mercy Well Being

Saturday, November 29, 3–5 p.m.

City Heights Wellness Center

Saturday, December 6, noon–2 p.m.

City Heights Wellness Center

By becoming aware of and learning to identify the four basic energies that govern our communication and interpersonal styles, we can set appropriate expectations, ensure effective interpersonal interactions and promote healthier and happier lives. Join Tarane Sondoozi, Psy.D., for a fun filled and entertaining. Cost is \$35. Presented by Scripps Mercy Well Being and City Heights Wellness Center.



Stress Free Holidays

Thursday, December 4, 6–7 p.m.

Join clinical psychologist Nicole Friedman, Ph.D. as she discusses tips for stress reduction during the busy season. Free. Presented by Scripps Memorial Hospital La Jolla, Schaezel Center, Noble Room.

Music and Wellness

Mondays, 10:30–11:30 a.m.

Music therapy includes activities such as drumming, vocalizations and songwriting to help restore physical energy, improve creativity and enhance immune function and emotional well being. Cost is \$15. Presented by Scripps Center for Integrative Medicine.

Body-Mind

Lecture Series

Mondays, 12:30–1:30 p.m.

Explore health from a physical, mental and spiritual perspective. Topics include heart health, weight management, nutrition, spirituality, exercise, pain management, supplements, stress management and more. Cost is \$15. Presented by Scripps Center for Integrative Medicine.



Diabetes Management

Mondays and Tuesdays, 1–3 p.m.

Join us for a series of classes about diabetes management. Learn how to control and live with

diabetes and prevent serious health complications. This program is offered in English and Spanish. Presented by Scripps Whittier Diabetes Program. Offered at locations countywide.

Diabetes Self-Management

Learn self-management skills for diabetes.

Comprehensive program recognized by the American Diabetes Association. Day and evening classes are available. Presented by Scripps Coastal Medical Center.

Total Joint Replacement

Fourth Thursday monthly, 2–3 p.m. (Spanish)

3–4 p.m. (English)

Are you considering total hip or total knee replacement surgery? Join us as we discuss what to expect prior to surgery. Free. Presented by Scripps Mercy Well Being.

Joint Replacement

Second and fourth Fridays monthly, 9–11 a.m.

Don't miss this class presented by an orthopedic registered nurse and licensed physical therapist. The class will cover all aspects of surgery from pre-admission to post-surgical rehabilitation. Free. Presented by Scripps Memorial Hospital La Jolla.

Basic Life Support—CPR

This health care provider course covers core materials such as adult and pediatric CPR, foreign body airway obstruction and automated external defibrillation. Offered at various locations countywide.



Heartsaver AED and First Aid

This is for anyone interested in learning basic CPR and first aid. It includes recognition of a heart attack, stroke and other life threatening emergencies, automated external defibrillation (AED) practice, airway obstruction removal techniques and basic first aid. Offered at various locations countywide.

Cardiopulmonary Resuscitation

This four hour basic cardiac life support class is an American Heart Association CPR course that includes all modules for the health care provider, lay rescuer and renewal participants. Presented by Scripps Memorial Hospital La Jolla, Scripps Mende Well Being.

For Children

Babysitter Training

Sunday, October 12, 9 a.m.–2 p.m.

Monday, December 29, 1:30–6:30 p.m.

Learn the basics of child and babysitting safety in this fun class! Class is for individuals 11 years of age and older. Cost is \$55. Presented by Scripps Memorial Hospital La Jolla.



Toy Library

Every other Wednesday, 11 a.m.–noon

Parents can check out the most appropriate toys for their child. This program is structured for newborns to children 5 years of age with disabilities. Cost is \$20 annually. Presented by Scripps Mercy Well Being.

Developmental Treatment

This program is for children 1 to 5 years of age. It provides developmental screening, hearing screening, vision screening, intervention services including speech, physical therapy and OT interactive intervention groups for infant's, toddlers and preschoolers. The program also offers classes for parents on speech and development. Free. Presented by City Heights Wellness Center.

For Men

Basic Training for Dads to Be

Saturday, October 18, 9:30 a.m.–noon

Scripps Mende Well Being

Saturday, November 15, 9:30 a.m.–noon

Encinitas Community Center

Saturday, December 13, 9:30 a.m.–noon

Scripps Mende Well Being

The basic training class allows expectant dads the opportunity to hear firsthand from experienced dads who have been through it all. They will provide you with an experience you can't get from reading a book or attending a childbirth class. Cost is \$35. Presented by The Parent Connection.

For Parents

New Parent Social

Friday, October 17,

Wednesday, November 12, 10–11a.m.

This class is for parents with their newborn providing tips on surviving the first few weeks after baby comes home. Free. Doodle Bug Designs will be available to make clay impressions and the cost ranges from \$7.50 to \$45. Presented by The Parent Connection, Scripps Mende Well Being.



Purposeful Parenting

Parenting I

Wednesdays, October 22 or 29, 4–6 p.m.

Parenting II

Wednesday, November 5, 4–6 p.m.

Saturday, November 15, 10 a.m.–noon or noon–2 p.m.

Parenting III

Wednesday, December 3 or 10, 4–6 p.m.

Understanding your own personal parenting template and consciously choosing, communicating and pursuing clear and age appropriate goals for your child, yourself and your family will enable you to parent and live with a sense of purpose. Join Tarane Sondoozi, Psy.D., for a fun filled and entertaining class. Cost is \$35 per class. Presented by City Heights Wellness Center.

Teens and Mental Health Disorders

Thursday, October 23, 12:30–4 p.m.

Depression, bipolar and other mental health disorders are major risk factors for suicide. Learn, understand and recognize youth with mental health disorders. Cost is \$10. Sponsored by Scripps Mercy Hospital Trauma Services.

When to Worry

Thursday, October 23, 6–7:30 p.m.

Moodiness, defiance, lack of focus, unpredictability, anger and over-sensitivity—typical teenage behaviors or an adolescent in need of help?

Distinguish what's normal during the teen years and when a teen is struggling. Cost is \$10. Sponsored by Scripps Mercy Hospital Trauma Services.



Redirecting Children's Behavior

Tuesdays, October 28–November 25, 6:30–9 p.m.

Enhance your parenting skills through this powerful and practical five week course that teaches effective parenting skills in a supportive, loving and nonjudgmental atmosphere. Cost is \$330/member family, \$395/nonmember family. Presented by The Parent Connection.

Dog and Babies Play it Safe

Sunday, November 23, 1:30–4 p.m.

For parents to be and new parents with dogs. Taught by a certified pet dog trainer, this class will cover safety tips for pregnancy through crawling stages. Cost is \$30 per couple. Presented by Scripps Memorial Hospital La Jolla, Scripps Mende Well Being.

Infant Massage

Tuesdays, 10–11 a.m.

This program is designed for mothers, fathers and their baby. Learn how to massage your baby. Cost is \$60 per family for three group sessions. Presented by Scripps Memorial Hospital La Jolla, Scripps Mende Well Being.

Baby and You Classes

Scripps offers a wide variety of childbirth classes, family education and support programs to provide information and support—from pregnancy through your baby's birth. Classes are offered countywide. Classes are also available in Spanish.

In Case of Emergency

This class provides instruction on life-saving techniques for rescue CPR, choking, drowning, electrical injuries, poisoning and burns. Cost is \$24. Presented by Scripps Memorial Hospital La Jolla, Scripps Mende Well Being.

Child CPR and First Aid

Learn what every parent, grandparent and babysitter should know about infant and childhood emergencies. Cost is \$30. Presented by Scripps Well Being Encinitas.

For Women

Alternatives to

Hysterectomy

Thursday, October 9, 6:30–8 p.m.

Join Angelica Zaid, M.D., obstetrics and gynecology, Ross Christensen, M.D., interventional radiologist and Seema Agarwal, licensed acupuncturist and Chinese herbologist for a discussion on uterine fibroids and an



introduction to the latest innovative therapies. Free. Scripps Memorial Hospital Encinitas, Conference Center.

Uterine Fibroid Embolization

Wednesday, October 22, 6:30–8 p.m.

Join us for an introduction to the latest innovative therapies. We can help you select the treatment option that is best for you. Free. Presented by Scripps Memorial Hospital La Jolla, Scripps Mende Well Being.

Breast Cancer Awareness

Thursday, October 30, 4–5:30 p.m.

Join Laurie Frakes, M.D., and learn more about risk factors, how you can maintain good breast health and what to look for during self examination. Free. Presented by Scripps Memorial Hospital Encinitas and Scripps Health Foundation, Rancho Santa Fe Garden Club

Mommy and Me Yoga

Mondays, noon–1 p.m.

Lift your spirits while learning healing breathing exercises, balance and strengthening postures, meditation and therapeutic touch. Cost is \$10 per class. Presented by Scripps Memorial Hospital La Jolla and The Parent Connection.

Weight Management and Nutrition

Weight Loss

Surgery Programs

Are you considering weight loss surgery? Join our surgeons and learn more about surgery options and the programs available. Free.



Scripps Green Hospital and Scripps Clinic

Presented by Mark Takata, M.D.

Mondays, October 20, November 17 and December 15 Starts at 5:30 p.m.

Scripps Memorial Hospital La Jolla, Schaetzel Center

Scripps Memorial Hospital La Jolla

Presented by Sunil Bhojru, M.D.

Tuesdays, October 7 and November 4, starts at 7 p.m.

Saturdays, October 25 and November 15, starts at 10 a.m.

Scripps Memorial Hospital La Jolla, Schaetzel Center

Presented by Alan Wittgrove, M.D.

Saturdays, October 11, 25, November 8 and

December 6, starts at 10 a.m.

Tuesday, November 18 and Thursday, December 18

Starts at 7 p.m.

Scripps Memorial Hospital La Jolla, Schaetzel Center

Scripps Mercy Hospital

Presented by Eugene Rumsey, M.D., Laurence Tanaka, M.D. and George Zorn, M.D.

Call 1-800-SCRIPPS for dates, times and location.

Living Lite

Tuesday, October 7, Monday, November 10 and

Tuesday, December 2, 5:30–6:15 p.m. or 7–8:15 p.m.

This highly structured and personalized eight week program provides a strategic, motivational and supportive plan for a lifetime of healthy eating, physical activity and weight management. Cost is \$225. Presented by Scripps Coastal Medical Center.

Nutrition Classes

Taught by a registered dietitian, these classes teach delicious ways to manage your food choices and provide a plan that will fit your lifestyle.

Heart Healthy Nutrition

Tuesday, October 14, 6–7:30 p.m.

Scripps Memorial Hospital Encinitas Conference Center

Thursday, October 23, 6–7:30 p.m.

Scripps Memorial Hospital La Jolla, Schaetzel Center

Creating the Perfect Plate

Thursday, October 30, 6–7:30 p.m.

Scripps Memorial Hospital La Jolla, Schaetzel Center

Tuesday, November 11, 6–7:30 p.m.

Scripps Memorial Hospital Encinitas Conference Center

Weight Management Strategies

Tuesday, December 9, 6–7:30 p.m.

Scripps Memorial Hospital Encinitas, Conference Center. Free. Presented by Scripps Memorial Hospital La Jolla and Scripps Memorial Hospital Encinitas.

Eating Tips for Cancer Patients

Thursday, November 13, 6–7 p.m.

Eating the right kinds of foods before, during and after cancer treatment can help you feel better and stay stronger. Learn about your diet needs during treatment and how to cope with side effects that may affect eating. Free. Presented by Scripps Memorial Hospital La Jolla, Schaetzel Center, Walker Room.

Holidays the Healthy Way

Monday, December 8, 10–11 a.m.

The holidays are in full swing, which means lots of family, friends, fun... and FOOD! Join us and learn tips you can give yourself and your family to maintain a healthy lifestyle. Free. Presented by Scripps Mercy Well Being, Norman Park Senior Center.

Successful Weight Management

Mondays, 5:30–6:30 p.m.

Learn about what it takes to achieve and maintain a healthy weight in this entertaining presentation. You will learn about Living Lite, a highly structured and personalized eight week program. Free. Presented by Scripps Coastal Medical Center.

Vegetarian Cooking School

Wednesdays, 12:45–1:45 p.m.

Learn how to prepare healthy food for healthy living and taste healthy and delicious samples prepared by our vegetarian chef. These inspiring recipes will nourish your body, mind and spirit. Cost is \$15. Presented by Scripps Center for Integrative Medicine.



Healthy Lifestyle Nutrition

Fridays, 2–3:30 p.m.

This is a series of classes geared toward women of all ages, which focuses on chronic disease prevention and the health risks associated with poor nutrition and the benefits of physical fitness. Free. Presented by City Heights Wellness Center.

Exercise and Fitness

Focus on Healing

Tuesdays, October 7–November 11,

November 18–December 23, 2:30–3:30 p.m.

This six week exercise program combines music and therapeutic exercise to assist people recovering from cancer and other chronic illness. The class is led by a physical therapist. Free. Presented by Scripps Memorial Hospital La Jolla, Schaetzel Center, second floor.

If you are looking for information to help you live healthier, Scripps can help. For information, registration or physician referral, call 1-800-SCRIPPS or visit www.scripps.org.



Scripps

A World of Healing

Scripps Green Hospital
Scripps Memorial Hospital Encinitas
Scripps Memorial Hospital La Jolla
Scripps Mercy Hospital

Scripps Mercy Hospital Chula Vista
Scripps Home Health Care
Scripps Clinic
Scripps Coastal Medical Center

Affiliated Physician Groups

Connect the Docs
Mercy Physicians Medical Group
Penn Elm Medical Group

San Diego Physicians Medical Group
Scripps Mercy Physician Partners
XiMED Medical Group



Stroke and Parkinson's Exercise

Tuesdays and Thursdays, 11 a.m.–noon

Classes offer stroke and Parkinson's survivors a safe and varied exercise program to supplement physical activity. Participants must be assisted by their caregivers and have a completed physician release form. Free. Presented by Scripps Mercy Well Being.



advances in cataract and lens implant surgery. Cost is \$3. Presented by Scripps Mercy Hospital, OASIS in Mission Valley.

Cyberknife®

Friday, October 24, 1:15–2:45 p.m.

Radiation oncologist Donald Fuller, M.D. will present on this non-invasive operation that has proven to be an effective alternative to surgery or conventional radiation for treating many small tumors and a few other select medical disorders. Cost is \$3. Presented by Scripps Mercy Hospital, OASIS in Mission Valley.

Joint Replacement

Friday, November 7, 1–3 p.m.

By replacing your hip or knee's damaged or worn-out surfaces, total joint replacement can relieve your pain and help you resume your normal activities. Join orthopedic surgeon Franz Kopp, M.D., who will share information about joint replacement. Cost is \$3. Presented by Scripps Mercy Hospital, OASIS, La Jolla Library.

Open Heart Surgery

Tuesday, November 18, 1:15–2:45 p.m.

Join cardiothoracic surgeon Joelle Coletta, M.D. who will share important information about open heart surgery preparation and new technology available. Cost is \$3. Presented by Scripps Mercy Hospital, OASIS in Mission Valley.

Osteoarthritis

Friday, November 21, 1:15–2:45 p.m.

Join Karen Saroki, M.D., family medicine physician, as she presents on this common form

of arthritis and discuss the symptoms, causes and treatment options. Cost is \$3. Presented by Scripps Mercy Hospital at OASIS in Mission Valley.

Health Screenings

Cardiac Screening

Preventive care cardiovascular risk assessment screening includes blood pressure check, lipid profile, which includes total cholesterol, HDL & LDL cholesterol, triglycerides, blood glucose, body fat measurement and review of family history. Cost is \$25. Scripps Memorial Hospital La Jolla, Cardiac Treatment Center.



Colorectal Screening

Identify your risk for colorectal cancer with a state of the art screening package that can be done in the privacy of your own home. Cost is \$25. Presented by Scripps Memorial Hospital La Jolla.

Stroke Assessment/Peripheral Vascular Screening

Preventive care stroke assessment screening includes carotid ultrasound, aortic aneurysm ultrasound, ankle brachial index (ABI), blood pressure check, lipid profile (includes total cholesterol, HDL & LDL cholesterol, triglycerides, blood glucose, body fat measurement and review of family history. Cost is \$125. Presented by Scripps Memorial Hospital La Jolla, XiMed Building.

Clinical Trials

Over 80 and Healthy?

If you're age 80 or older, with no significant medical conditions such as heart disease, diabetes or cancer, you are unique. You're invited to join other healthy seniors who are helping Scripps discover new frontiers of medical research. This research may help us identify specific genes that protect people from serious illness and show us new ways to maintain good health for life. From a small blood sample, your DNA is analyzed and stored with samples from other healthy people for future medical studies. To be part of this important medical research, call 1-800-SCRIPPS.



Diabetes

Do you have diabetes? Are you interested in participating in a clinical trial? Presented by Scripps Whittier Diabetes Program. Call 1-800-SCRIPPS.

Support Groups

Alateen	Al-Anon*
Breastfeeding	Breast Cancer*
Breastfeeding/Nutrition	Overeaters Anonymous*
Compassionate Friends	Parkinson's Disease*
Diabetes	Postpartum*
Gynecological Cancer	S.T.A.R. Communication
Huntington's Disease	Take Off Pounds Sensibly
Kids Connected	Weight Loss
Men's	Management
Multiple Sclerosis	Widowed
Caregiver	WomenHeart
Ostomy	*Spanish classes offered

OASIS Program

Hospice and Palliative Care

Friday, October 3, 1:15–2:45 p.m.

Join internist Jeffrey Stoneberg, D.O. who will discuss the goals of palliative care and how these programs improve the quality of life for the seriously ill and supports the patient and family during and after treatment. Cost is \$3. Presented by Scripps Mercy Hospital, OASIS in Mission Valley.

Understanding Atrial Fibrillation

Friday, October 17, 1:15–2:45 p.m.

Join Joelle Coletta, M.D., cardiothoracic surgeon, for a discussion about the symptoms, health risks, drug therapies and treatment options. This is part two of a three-part heart series. Cost is \$3. Presented by Scripps Mercy Hospital, OASIS in Mission Valley.

Cataract and Lens Implant Surgery

Tuesday, October 21, 1:15–2:45 p.m.

Join ophthalmologist Sandy Feldman, M.D. who will share important information on the new