

# NEWS

## Too busy to see the doctor?

### The WholePerson exam saves executives time and companies money

By Angela Holman | angelah@tnews.net

NORTH COUNTY — A program in its 25<sup>th</sup> year offers busy executives an in-depth physical to help prevent health problems that could cause them to miss work and disrupt their company's business.

The Scripps Center for Executive Health's WholePerson Exam entails filling out a detailed questionnaire in advance and then spending a day at the center being examined and interviewed by a team of physicians, clinical staff, specialists and lifestyle coaches.

The exam includes a blood chemistry panel, body fat determination, muscle testing, chest X-ray, personal and family history medical review, health risk and lifestyle appraisal, colonoscopy, electrocardiogram and hearing and vision tests.

It costs between \$1,500 and \$2,500 for the first exam. Follow-up exams usually cost about 50 percent less.

Escondido resident Alan Benjamin, 45, is the vice president of the telecommunications division of Pulse and has had the exam last year and this year. Benjamin says Pulse, an electrical manufacturer, is willing to pay for its executives to have the exam because their health is important to the company.

"The healthier I am the better it is for my company," Benjamin said. "Everyday I'm out on sick time, it is a big expense for my company."

He said a lot of executives build up chronic health issues because their jobs are psychologically demanding, and getting a comprehensive physical is a way to find out if any preventable health issues need to be addressed.

Benjamin likes the exam so much he re-



Diane Winchell enjoys a relaxing massage after completing a WholePerson Exam at the Scripps Center for Executive Health in La Jolla.

ferred his wife to the center. Anyone can get an exam there — a doctor's referral is not necessary.

"I thought the whole package was actually quite good," Benjamin said. "I felt like they had a more complete picture of my health than my regular doctor."

James Tuck, manager of the center, said the exam is unique because it is so comprehensive, but also because its patients get tests done in one day when they usually take weeks, if not months, to get done through managed care.

He said people who go through their insurance to have a physical get a limited exam based on their physician's managed care contract.

"We've all had those 15-minute routine physicals in the doctor's office and then you're shown the door," Tuck said.

In contrast, he said the center's exam offers an exclusive setting where patients can have a conversation about their health with a team of doctors who don't have a time limit.

"It's really becoming the exception," Tuck said. "For people to have that opportunity is extremely valuable."

Leslie Mogul, principal at Escondido-

based Project Works Marketing, said it took her numerous visits to her physician to get a physical through managed care that wasn't nearly as comprehensive as the exam she had at the center in March.

Mogul, 56, is a busy consultant who takes her health seriously. She said being referred to four different specialists for tests that should be part of one physical takes a lot of time and is frustrating, which is why she paid to have an exam at the center.

"It was an investment in me. I demand the best that life has to offer," Mogul said. "I couldn't think of a better way to treat myself than to get a head to toe exam."

Another unique aspect of the exam is that afterwards the patient receives a 30-minute revitalizing massage.

"It was really the pièce de résistance," Mogul said.

The Scripps Center for Executive Health, 9850 Genesee Ave., Suite 520, is located on the ground floor of Scripps Memorial Hospital La Jolla.

For more information on the center call 1-800-345-1130 or visit [www.scripps.org](http://www.scripps.org).

Reach reporter Angela Holman at 760.752.6750.



Roger Pyes does a Stress Treadmill test at the Scripps Center for Executive Health in La Jolla while Dr. Len Jurkowski monitors his vital signs. The test is one of many that are done during the center's WholePerson Exam.

### Dow Jones Industrial



-123.60  
10,297.84

### Nasdaq composite



-17.39  
2,053.27

### Standard & Poor's 500



-9.16  
1,191.57

## Carlsbad chamber hosts annual golf tournament

By Kimberly Drake  
Special to Today's Local News

CARLSBAD — Participants of the Carlsbad Chamber of Commerce's 14th Annual Golf Tournament at the La Costa Resort and Spa will be striving to drive one home Monday to benefit the chamber's Partners in Education Foundation.

The fundraiser is a long-standing tradition that helps to raise money to be distributed in the form of teachers' grants to 20 Carlsbad schools for needed supplies.

This year's event will draw

about 100 supporters from the community. "For some businesses, this is their one annual event they participate in for giving back to the community," said Betsy Bracken, director of special events at the Carlsbad Chamber of Commerce.

Bracken said, "It's important that communities come together to help teachers and students excel and learn. The chamber's whole goal is to help with the future work force in the community by ensuring that children are receiving the best education possible."



Carlsbad Chamber of Commerce

Golfers gear up last year for the Carlsbad Chamber of Commerce's annual golf tournament at the La Costa Resort and Spa to benefit the Partners in Education Foundation.

## THE WEEK IN REVIEW

STOCK EXCHANGE HIGHLIGHTS				
<b>NYSE</b>				
7,209.06 -137.26				
<b>GAINERS (\$2 OR MORE)</b>				
Name	Last	Chg	%Chg	
Unova	25.52	+4.51	+21.5	
GenElec	32.47	+5.60	+20.8	
Sitel	2.10	+0.31	+17.3	
DolbyLab	22.65	+2.96	+13.0	
LeggMas	98.00	+12.02	+14.0	
Omnova	4.55	+0.55	+13.8	
RetailVent	13.17	+1.59	+13.7	
Kroger	19.67	+2.28	+13.1	
CallGolf	15.02	+1.65	+12.3	
EnzoBio	17.75	+1.94	+12.3	
<b>LOSERS (\$2 OR MORE)</b>				
Name	Last	Chg	%Chg	
Trex	25.03	-13.59	-54.3	
VjGrace	7.70	-2.13	-27.7	
Stonerdg	6.47	-1.68	-26.0	
CentPrkg	13.28	-3.34	-25.1	
lpscog	42.10	-10.40	-24.7	
Chiquita	9.17	-2.13	-23.2	
INCO wt	14.18	-3.03	-21.3	
ElkCorp	27.30	-5.74	-21.0	
USSu pfb	110.25	-22.30	-20.2	
USSteel	34.47	-6.72	-19.3	
<b>MOST ACTIVE (\$1 OR MORE)</b>				
Name	Vol (00)	Last	Chg	
Lucent	2484055	3.02	+0.04	
GenElec	1792131	34.78	-1.50	
Pfizer	1317358	28.52	-0.26	
TimeWarn	1250591	17.10	+0.32	
NewsCpA	989304	16.90	-1.0	
ExxonMbl	858767	58.15	-2.74	
Guidant	785127	63.90	-8.56	
FordM	761829	10.21	-1.07	
Motorola	750191	18.55	+3.4	
Calpine	715111	3.33	+2.3	
<b>DIARY</b>				
Advanced	1,314			
Declined	2,188			
New Highs	419			
New Lows	69			
Total Issues	3,563			
Unchanged	61			
Volume	10,909,116,786			

STOCKS OF LOCAL INTEREST													
Name	Ex	Div	Last	Wk Chg	Wk %Chg	YTD %Chg	Name	Ex	Div	Last	Wk Chg	Wk %Chg	YTD %Chg
ATI Tech	Nasdaq	...	12.01	-1.27	-9.6	-38.1	Jmar	Nasdaq	...	1.22	+0.04	+3.4	-29.9
Ameritrade	Nasdaq	...	18.55	+3.54	+23.6	+30.5	JohnJn	NYSE	1.32	65.58	-0.8	-1.5	+3.4
AmNetMtg	Nasdaq	...	9.19	-1.11	-12.1	+11.9	Jnprntw	Nasdaq	...	25.60	-6.7	-2.6	-5.8
AppleC s	Nasdaq	...	37.76	-5.5	-14.4	+17.3	Kroger	NYSE	...	19.67	+2.28	+13.1	+12.1
AppldMtl	Nasdaq	...	12.16	-0.45	-3.7	-3.8	Leve3	Nasdaq	...	2.04	-2.2	-9.7	-39.8
AMCC	Nasdaq	...	2.57	-0.10	-3.6	-36.6	Lucent	NYSE	...	3.02	+0.04	+1.3	-19.7
Ashwrth	Nasdaq	...	9.52	+4.9	+51.4	+12.6	Microsoft	Nasdaq	...	32.25	-0.4	-1.2	-6.3
BEA Sys	Nasdaq	...	8.79	+7.2	+81.9	-8	MillPhar	Nasdaq	...	9.15	-2.8	-30.6	-24.6
BkofAm s	NYSE	2.00	46.75	+1.1	+2.4	-5	Motorola	NYSE	...	16.15	+3.4	+21.3	+7.8
BiogenIdc	Nasdaq	...	34.08	-1.86	-5.2	-48.8	Nas100Tr	Nasdaq	...	41.36	-0.9	-2.4	-7.4
Brdcom	Nasdaq	...	36.79	+1.00	+2.8	+14.0	NewsCpA n	NYSE	...	16.90	-1.0	-6.0	-9.4
CablvsnNY	NYSE	...	32.47	+5.60	+20.8	+30.4	NextelC	Nasdaq	...	31.79	-3.5	-11.1	+5.9
CallGolf	NYSE	...	28.10	+1.65	+6.2	+11.3	NokiaCp	NYSE	...	44.16	-1.9	-4.3	+8.4
Calpine	NYSE	...	3.33	+2.3	+7.4	-15.5	NortelNet	NYSE	...	2.70	-0.4	-1.5	-22.2
Channell	Nasdaq	...	6.36	+1.2	+19.1	-23.7	Oracle	Nasdaq	...	12.50	+1.6	+13.0	-8.9
CharCm	Nasdaq	...	1.30	+2.3	+21.5	-42.0	OutrCh n	Nasdaq	...	14.92	-2.0	-11.9	+7.3
Chevron s	NYSE	1.80	56.69	-2.28	-3.9	+8.0	PETCO I	Nasdaq	...	31.12	-1.34	-4.1	-21.2
CienaCp	Nasdaq	...	2.16	-2.4	-10.0	-35.3	PMCC Sra	Nasdaq	...	9.68	+8.1	+84.1	+14.0
Cisco	Nasdaq	...	19.30	-2.3	-12.1	-2.1	PanPacif	NYSE	2.36	66.38	-1.62	-2.4	+5.9
Citigrp	NYSE	...	17.6	46.95	-5.1	-1.1	Pfizer	NYSE	...	27.82	-2.6	-9.3	+6.1
Cohu	Nasdaq	...	20.18	+1.36	+7.4	+6.8	Qualcom s	Nasdaq	...	36.33	-1.32	-3.8	-20.8
Comcast	Nasdaq	...	31.00	-0.7	-2.2	-9.9	RtlyInco s	NYSE	1.34	25.27	-4.1	-1.6	-1.1
CmytyCp	Nasdaq	...	40.29	-0.5	-1.2	-1.5	RschMotn	Nasdaq	...	77.11	+3.09	+4.2	-6.4
Conxvant	Nasdaq	...	1.60	+0.9	+6.0	-19.6	ResMed	NYSE	...	61.70	+7.1	+12.2	+20.7
Cymer	Nasdaq	...	27.02	-1.71	-6.0	-8.5	RiteAid	NYSE	...	4.10	-4.0	-9.0	+12.0
Delinc	Nasdaq	...	39.49	-1.26	-3.1	-6.3	Santitas	Nasdaq	...	10.17	+3.7	+38.0	-16.2
DotHill	Nasdaq	...	5.25	+1.5	+29.0	-33.0	Scripps	Nasdaq	...	4.10	+3.3	+88.0	-54.6
eBay s	Nasdaq	...	34.37	-3.68	-9.7	-40.9	SemHtr	Amex	...	18.34	-1.0	-5.4	+2.2
ExxonMbl	NYSE	1.16	58.15	-2.74	-4.5	+13.4	SempraEN	NYSE	1.16	40.62	+3.8	+2.0	+10.7
Eyetech	Nasdaq	...	10.88	+9.2	+7.6	-17.3	SiebelSys	Nasdaq	...	10.87	-0.5	-4.6	-17.1
FordM	NYSE	...	40.12	-1.07	-2.6	-30.3	SiriusS	Nasdaq	...	5.96	-0.6	-10.1	-21.8
GenProbe	Nasdaq	...	36.55	-2.54	-6.9	-19.2	SPDR Amex	2.34	118.98	-2.8	-2.0	-1.6	
GenElec	NYSE	...	88.34	-1.50	-1.4	-4.7	SP Engy	Amex	...	55.44	-9.0	-16.2	+23.7
Google n	Nasdaq	...	297.25	+16.95	+6.0	+54.2	SunMicro	Nasdaq	...	3.70	-1.7	-4.4	-31.4
Guidant	NYSE	...	40.63	-8.56	-21.1	+11.4	SunIntec	Nasdaq	...	21.25	-2.5	-11.7	-17.5
HewlettP	NYSE	...	32.23	-0.80	-2.5	+3.8	TextNet	NYSE	...	10.28	+6.9	+25.5	+13.8
HudsCity s	Nasdaq	...	26.11	-1.66	-6.3	-3.9	TimeWarn	NYSE	...	20.17	+3.2	+19.1	-12.1
ISHRS2000 s	Amex	...	7.7	-0.5	-6.3	-54.0	TitanCp	NYSE	...	22.58	+1.0	+4.4	+39.4
InunResp	Nasdaq	...	32.10	-1.02	-3.2	+11.6	Tycolint	NYSE	...	40.29	-1.07	-2.6	-16.3
Intel	Nasdaq	...	26.10	-1.02	-3.8	+11.6	Unocal	NYSE	...	80.65	+1.99	+3.1	+51.9
IntRect	NYSE	...	49.03	+4.9	+11.0	+10.0	ViaSat	Nasdaq	...	20.37	-1.56	-7.1	-16.1
Invitrogn	Nasdaq	...	82.04	+3.15	+4.0	+22.2	WalD	Nasdaq	...	88.28	-2.8	-3.1	-7.0
Isis	Nasdaq	...	4.10	-0.1	-2.4	-5.5	WalMart	NYSE	...	60.47	-1.56	-2.5	-10.3
JDS Uniph	Nasdaq	...	1.52	-0.6	-3.9	-8.8	Yahoo	Nasdaq	...	36.09	-2.1	-5.8	-4.2
JPMorgCh	NYSE	...	1.36	35.57	-5.1	-1.4							
JackInBox	NYSE	...	38.65	-1.40	-3.5	+4.8							

WEEKLY STOCK MARKET INDEXES									
52-Week High	Low	Name	Last	Wkly Chg	Wkly %Chg	YTD %Chg	12-mo %Chg		
10,984.46	9,708.40	Dow Jones Industrial	10,297.84	-325.23	-3.06	-4.50	-7.1		
3,889.97	2,959.58	Dow Jones Transportation	3,411.24	-180.71	-5.03	-10.18	+7.81		
386.29	274.52	Dow Jones Utilities	380.68	+2.99	+7.9	+13.65	+36.44		
7,455.08	6,215.97	NYSE Composite	7,209.06	-137.26	-1.87	-5.7	+9.71		
1,554.37	1,186.14	AMEX Index	1,531.52	-14.44	-0.93	-7.8	+22.52		
2,191.60	1,750.82	Nasdaq Composite	2,053.27	-36.84	-1.76				