

Health Link

A PUBLICATION OF FALLBROOK HOSPITAL

What to do
when seconds
count

Community events
to keep you healthy

Putting an end to
heavy periods

Prevent diabetes
in your child



FALLBROOK
HOSPITAL

Quality services, close to home

At Fallbrook Hospital, one of our top priorities and an important part of our mission is customer service. We ask our inpatients and emergency room (ER) patients to provide us feedback through a written survey. Our patient satisfaction results for the past few years have been positive, with a high level of satisfaction for our ER and inpatient services. We occasionally receive comments from patients whose care didn't meet their expectations. We take this feedback seriously and explore every opportunity to continuously improve the level of customer satisfaction.

Recently, specific survey instruments and methods have been developed and implemented nationwide for measuring patients' perspectives on hospital care. The survey is now being conducted by way of a personal phone call to our patients using an independent company.

Improving our patients' care represents all the best things about healthcare: purpose, worthwhile work and making a difference. Our

physicians and staff continually strive for perfection in their delivery of care. Whether you're a patient or a visitor, it's our goal to provide quality services, close to home.

Regards,

LARRY W. PAYTON
Chief Executive Officer
Fallbrook Hospital



MEET OUR DOCTORS

The experienced, dedicated physicians of Fallbrook Hospital can help your family stay healthy. We'd like to introduce three of them to you.



KHURAM SIAL, M.D.
Pain Management

Temecula Pain Management Center
27720 Jefferson Avenue, Suite 100-B
Temecula
(951) 506-9536

Medical school: Ross University School of Medicine, West Indies

Residency: Baylor College of Medicine, Houston, Texas

Fellowship: Beth Israel Deaconess Medical Center, Boston, Mass.



JOHANNES NEUENDORF, D.O.
Emergency Medicine

Primary Critical Care Medical Group
P.O. Box 998
North Hollywood
(818) 761-6546

Medical school: Touro University College of Osteopathic Medicine, Vallejo, Calif.

Residency: University of Utah, Salt Lake City, Utah



RAFAEL ROSADO, M.D.
Family Medicine

407 Potter St., Suite G
Fallbrook
(760) 451-8537

Medical school: University of Puerto Rico Medical School, San Juan, Puerto Rico

Residency: University of Puerto Rico Medical School



Healthy Programs & Events

FALLBROOK HOSPITAL

HEALTHY LIVING

Diabetic Educational Series

This four-week course provides an intensive review of specific diabetes care and is designed to help patients with diabetes and their family members understand and manage diabetes. Good blood sugar control is essential for health maintenance and prolonged life, and Janine Loescher, our certified diabetic educator and registered dietician, will emphasize and assist attendees in reaching this objective.

Call: (760) 728-1191, ext. 8246



Prepared Childbirth Classes

Childbirth education classes include a six-week course (usually for first-time parents), a three-week refresher course and/or a breastfeeding class. For more information or for a flyer with specific class dates and registration information, please contact Fallbrook Hospital's Women's Center.

Call: (760) 728-1191, ext. 8481

Health Screenings

Free blood pressure screenings and blood sugar screenings.

When: Second Wednesday of each month, 9:30 to 10:30 a.m.

Where: Fallbrook Senior Center, 399 Heald Lane, Fallbrook

Call: (760) 728-1191, ext. 8177



Healthy Woman is Fallbrook Hospital's newest program for women. This community collaborative features a monthly series of educational programs and interactive events that focus on the emotional, physical and fiscal well-being of women. The mission of the program is to empower women with the knowledge and confidence to make informed healthcare and life-management decisions for themselves and their loved ones. The events are free of charge and include social and networking opportunities, food, fun and door prizes.

Free membership and a calendar of events are available online at www.fallbrookhospital.com.

Call: (760) 728-1191, ext. 8432 for more information

SUPPORT GROUPS

Bereavement Support Group

Individuals who have experienced a loss of a loved one are invited to attend for emotional support through the grieving process.

When: Every Tuesday, 3 p.m.

Where: Silvergate Fallbrook, 420 E. Elbrook Drive

Call: (760) 728-1435

Diabetic Support Group

People with diabetes and their loved ones and caregivers are invited to attend to obtain education on diabetes treatment, management and health promotion.

When: Fourth Wednesday of each month, 1 p.m.

Call: (760) 728-1191, ext. 8177

FOR SENIORS



Fallbrook Senior Circle is a program for adults ages 50 and older that offers in-hospital benefits, activities, educational lectures, a monthly event, national travel discounts and more. Senior Circle's mission is to support a healthy and active lifestyle by providing programs that encourage continued learning, wellness, health and volunteering, coupled with social activities.

Call: (760) 728-1191, ext. 8433 for more details and a complete list of benefits

Senior Fitness Classes

These fun classes include stretching and range-of-motion exercises and are available through the Fallbrook Hospital Cardiac Rehabilitation Department.

When: Every Monday, Wednesday and Friday, 7:20, 8:45 and 9:45 a.m.

Where: The Wellness Center

Call: (760) 728-1191, ext. 8177 to register or for more information



Putting an end to heavy bleeding

Is endometrial ablation right for you?



More than one in five women suffer from heavy periods. The good news is that an effective treatment called uterine endometrial ablation is available and offered by Fallbrook Hospital's Ob/Gyns. This minimally invasive eight-minute outpatient treatment requires no incisions, is hormone-free and is usually a permanent solution. "Ablation has been around for several years, and this type of procedure is safe," says Ob/Gyn Anthony Bianchi, M.D. "The patients I have treated have been very satisfied with the results."

During the procedure, a small, soft, flexible balloon attached to a thin probe is inserted into the uterus through the cervix. The balloon is filled with fluid and is heated for eight minutes, treating the uterus' lining. When the treatment is complete, the fluid is withdrawn from the balloon, and the balloon is removed. The treated uterine lining will slough off, or shed, like a period. Most women can resume normal activity the day after the procedure; sexual activity can be resumed after the first follow-up visit, usually in seven to 14 days.

WHY CHOOSE THIS PROCEDURE?

A recent study of women surveyed five years after having this procedure showed that 93 percent were still

happy with the results. Uterine endometrial ablation is a good choice for women whose bleeding is a result of hormonal imbalance or associated with certain fibroids. It's an option for women with normal Pap tests and biopsies and who haven't gone through menopause and don't wish to have children in the future. If you suffer from heavy periods, consult with your physician to determine the right treatment option.

Learn more!

For more information about uterine endometrial ablation, call one of these local Ob/Gyns: Anthony Bianchi, M.D., Bianchi & Associates Ob/Gyn, (760) 728-2313; Mark Dresbach, M.D., Rancho Family Medical Group, (951) 676-4193; or Hanh Le, M.D., Graybill Medical Group, (760) 728-2777.



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