

Scripps Health Connections

October, November, December 2012
scripps.org • 1-800-SCRIPPS



Please call 1-800-SCRIPPS (727-4777) to register for the programs listed in this calendar, or to find a physician who's right for you and your family. Events are subject to date and time changes.

Mindfulness-Based Stress Reduction

Mondays, October 1–November 19, 6p.m.
Join Thomas Chippendale, MD, and Julie Chippendale, RN, for a course which teaches you meditative techniques that will decrease your stress response to physical and psychological stress and improve your health. Cost: \$495. Location: Scripps Encinitas Hospital, Conference Center.

Scripps Radiation Therapy Center Grand Opening

Saturday, October 6, 9a.m.–4p.m.
Join us for a tour of the newly constructed 41,000-square-foot cancer treatment center equipped with three state-of-the-art linear accelerators. Physician experts will be on hand to present hot topics such as nutrition and cancer, managing symptoms of cancer treatment and current advances in cancer care. General health screenings will also be available. Free. Location: 10670 John Jay Hopkins, San Diego, CA 92121.

Osteoarthritis Management

*Wednesdays, October 17, November 21 or
December 19, 12:30–2p.m.*
Join rheumatologist Howard Kaye, MD, in collaboration with rehabilitation services to learn about the diagnosis and medical management of

osteoarthritis. Class includes information on use of assistive devices, medication, supplements and exercise. Free. Location: Scripps Coastal Medical Center, 2120 Thibodo Rd., Vista, CA 92081.

Girls Night Out: Breast Cancer Awareness

*Thursday, October 18, Light reception: 5:30p.m.
Program: 6–7p.m.*
Join us for an evening of discussions on healthy lifestyles for breast cancer prevention and survival tips for women with breast cancer presented by Scripps physicians. Free. Location: Scripps La Jolla Hospital, Schaetzel Center, Great Hall.

Acid Reflux Treatments

Friday, October 19, 10:15–11:45a.m.
Join Mark Sherman, MD, and Cheryl Olson, MD, as they discuss the symptoms associated with acid reflux and the latest treatment options available. Cost: \$2.50. Location: Lawrence Family Jewish Community Center, Senior Activity Room.

Your Genes, Your Health, Your Life: What are You Made of?

*Thursday, October 25, Light Reception: 5:30p.m.
Program: 6–7p.m.*
Join Samir Damani, MD, as he discusses how genomics and wireless technologies are radically

changing medicine and empowering better health. Free. Location: Scripps La Jolla Hospital, Schaetzel Center, Great Hall.

Shoes to Lose: A Simplified Way to be Physically Active

Thursdays, November 8 or December 6, 6–7p.m.
Join us to learn how you can begin and maintain a physically active lifestyle. We'll also focus on overcoming obstacles to exercise and how to get the most out of your workout in the least amount of time. Free. Location: Scripps Clinic for Weight Management–Del Mar.

Diabetes Awareness: Get in the Know

Thursday, November 1, 11a.m.–2p.m.
Join endocrinologist, Athena Philis-Tsimikas, MD, for a fascinating presentation, and participate in workshops to learn the most successful ways to manage diabetes and achieve health goals. Presented by Scripps Whittier Diabetes Institute. Call for more information.

Flu Updates: Don't Let the Flu Happen to You

Friday, November 16, 10:15–11:45a.m.
Join Michelle Moser, Scripps RN, for an update on lessons learned from past flu seasons and ways of protecting yourself from contracting influenza this season. Cost: \$2.50. Location: Lawrence Family Jewish Community Center, Senior Activity Room.

Transforming Stress: Improving Your Strength in the Storm

Tuesday, December 4, 7–8:15p.m.
Chronic stress has become a normal part of modern life. Left untreated, it can lead to health problems, such as high blood pressure, high cholesterol, sleep disturbances and accelerated aging. Join cardiologist Mimi Guarneri, MD, and learn how to transform bad stress to good stress by recognizing the signs and symptoms of stress, and taking steps to reduce its harmful effects. Free. Location: Scripps La Jolla Hospital, Schaetzel Center, Great Hall.



Stay Connected with Scripps Email Updates

Get answers to general health questions and other hot topics when you sign up for Scripps Health news emails. You will also get invitations to attend special events and promotional offers. Visit scripps.org/emails to learn more and sign up.

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General Health

The Many Faces of Breast Cancer

Tuesday, October 2, 5:30–7:30p.m.

Join Jacquelyn Hay, RN, and physician experts for an educational event, moderated by former NBC news anchor Susan Taylor, for information on unique needs and issues faced by women living with advanced or metastatic breast cancer. Location: Scripps Radiation Therapy Center.



Pelvic Floor Wellness and Stress Incontinence

Wednesday, October 3, 10–11a.m.

Join Scripps physical therapist Linda Schneider to learn more about pelvic floor wellness and urinary incontinence, including typical habits, causes and exercises and lifestyle changes. This presentation is for men and women. Free. Location: Scripps Mende Well Being Center in La Jolla.

Chronic Pain

Thursdays, October 4, November 1 or December 6, 3–4:30p.m.

Discover a new approach to pain management. Learn about advanced programs, treatments that relieve pain and get back to the daily activities you enjoy. Free. Location: Scripps Mende Well Being Center in La Jolla.

Healthy Chats for Girls

Sunday, October 7, 2:30–5p.m.

This popular two-and-a-half hour seminar includes information for mothers and daughters (9–11 years old) about the normal physical and emotional changes that preteens experience during puberty. Chrystal de Freitas, MD, pediatrician and mother of three, will lead this discussion. Cost: \$60/mother and daughter pair, which includes a "Growing Up" bag for the girls. Location: Scripps Mende Well Being Center in La Jolla.

Your Mental Health and Well Being

Wednesday, October 10, 10–11a.m.

Join Sandra Boller, Scripps behavioral specialist, and Krista Roybal, MD, to learn ways to achieve and maintain a healthier outlook and state of well being as you move through challenges in daily life. Free. Location: Scripps Mende Well Being Center in La Jolla.



Canaloplasty: A New Treatment for Glaucoma

Thursday, October 11, 6–7p.m.

Join Scripps La Jolla ophthalmologist Shervin Alborzian, MD, as he discusses canaloplasty – a new glaucoma surgical technique. Get your questions answered about glaucoma. Free. Location: Scripps La Jolla Hospital, Schaetzel Center, Founder's Room.

Parkinson's Disease

Thursday, October 25, Wednesday, November 14 or Thursday, December 13, 1–2p.m.

Join neurologist Dee Silver, MD, for updates on the care and management of patients with

Parkinson's disease. Classes are designed for patients and their caregivers. Topics vary by date. Free. Location: Scripps Mende Well Being Center in La Jolla.

Caring for Loved Ones with Dementia

Saturday, October 27, 9a.m.–3p.m.

Are you one of the thousands of people taking care of a loved one with dementia? If so, join Debra Lobatz, MFT, for an all-day workshop for caregivers. Topics will include neurological and psychiatric perspectives, legal and financial issues, community resources and stress management for the caregiver. Free. Location: Scripps Encinitas Hospital, Conference Center.



Wolfstein Sculpture Park Tour

Tuesday, November 6, 10:30–11:50a.m.

Join us for a docent-guided art tour of the Wolfstein Sculpture Park. As part of the Arts for Healing program, the sculpture park was designed to enrich the hospital experience for patients, families and staff. The collection features over 25 sculptures created by famous local and international artists. Please wear comfortable shoes and sun protection. Free. Location: Scripps La Jolla Hospital.

Knitting Class

Wednesday, November 7, 11a.m.–1p.m.

Whether you knit to calm your mind after a rough day, as an antidote to smoking or evening snacking, using your hands to complete fine motor skills like baby beanie knitting stimulates brain activity and helps keep the mind going. Join our occupational hand therapist, Sylvia Ho, and learn how to knit baby beanies for our newborns in the hospital. Free. Location: Scripps La Jolla Hospital.

Menopause and Hormone Replacement Therapy

Thursday, November 8, 6–7p.m.

Join Scripps gynecologist Ted Quigley, MD, as he discusses his 30-plus years of using Bioidentical Hormone Replacement Therapy to reverse and treat menopausal symptoms and improve the quality of life for his patients. Free. Location: Scripps La Jolla Hospital, Schaetzel Center, Founder's Room.

Bladder Basics and Incontinence

Wednesday, November 14, 12:45–1:30p.m.

Join us to learn more about urinary incontinence, including typical urination habits, causes of incontinence, exercises and lifestyle changes. Free. Location: Scripps Encinitas Hospital, outpatient rehabilitation, in the Vons shopping center across from hospital.

Integrative Approaches to Headache Treatment

Wednesday, November 14, 6:30–8:30p.m.

Robert Bonakdar, MD, and Christy Jackson, MD, will discuss options for headache relief.

If you suffer from tension headaches, cluster headaches or migraines, this presentation will



help you learn about effective evidence-based treatments. From dietary supplements and prescription medications to lifestyle changes and diet, you will get a balanced look at conventional and complementary approaches to reducing the severity and frequency of headaches. Free. Location: Scripps La Jolla Hospital, Schaetzel Center, Great Hall.

Managing Pelvic Health

Wednesday, November 14, 6:30–8:30p.m.

Women face a variety of pelvic health concerns, including pain, incontinence, and issues related to pregnancy, childbirth and menopause. Join our panel of physicians and physical therapists to learn more about these conditions and how to manage them. You'll also hear case studies that illustrate our unique multidisciplinary approach to treating pelvic disorders. Free. Location: Scripps Encinitas Hospital, Conference Center.

Pregnancy and Your Pelvic Floor: What Changes?

Thursday, November 15, 6–7p.m.

Join a Scripps physical therapist to learn the relationship between your pelvic floor muscles and pregnancy. Both women and men welcome to attend. Free. Location: Scripps La Jolla Hospital, Schaetzel Center, Founder's Room.

Managing Restless Leg Syndrome (RLS)

Friday, December 14, 10:15–11:45a.m.

Join Scripps neurologist J. Steven Poceta, MD, as he discusses symptoms, risk factors, evaluation and treatment of RLS, including updates on the latest research. Cost: \$2.50. Location: Lawrence Family Jewish Community Center, Senior Activity Room.

Diabetes a Disease You Can Manage – Senior Health Chat

Monday, December 17, 10–11a.m.

People get diabetes when their blood glucose level, sometimes called "blood sugar," is too high. Diabetes can lead to dangerous health problems, such as having a heart attack or a stroke. The good news is that there are things you can do to take control of diabetes and prevent its problems. Come learn how to recognize the symptoms, what test for diabetes your provider can do and how to manage your diabetes. Free. Location: Chula Vista Well Being Center.

Joint Replacement

This class is presented by an orthopedic registered nurse and licensed physical therapist and covers all aspects of the surgery from pre-admission issues to post-surgical rehabilitation. Free. Location: Chula Vista Well Being Center. Call for dates and times.

Diabetes Management

English: Mondays, 5:30–7:30p.m.

Spanish: Tuesdays, 5:30–7:30p.m.

Learn how to understand and manage your diabetes and how to prevent and treat high and low blood sugars, choose meals and physical activities that are appropriate for you. You will also learn about other diabetes programs such as Project Dulce and clinical trials. Free. Location: Chula Vista Well Being Center.



Got Acid Reflux? We Can Help!

Please join Scripps surgeons for a seminar to learn about the newest incision-less procedure to

reduce or eliminate your heartburn symptoms. Free. Call for dates, times and locations.

Bone Marrow Donation: Register and Save a Life

Stop by our educational event and learn how easy it is to become a donor. Scripps bone marrow transplant team will dispel common myths about donating, discuss the matching process and help enroll you in the national registry. Call for locations, dates and times.

For Children

Babysitter

Training Class

Saturday, November 17, 9a.m.–1:30p.m.

This course, for children ages 11 years old and up, helps them become competent babysitters. Participants learn and practice many basic childcare skills, as well as the fundamentals of emergency care procedures, such as choking and CPR. Cost: \$60. Location: Scripps Mende Well Being Center in La Jolla.



Playgroup Captain Training

Monday, November 19, 7–9p.m.

Join us for this workshop full of helpful tips and new ideas that make it fun and easy to be a playgroup captain. Learn how to build a roster, organize playgroup communication, plan events and troubleshoot problems. Free for Parent Connection members. Location: Scripps Mende Well Being Center in La Jolla.

Toy Library

Every other Wednesday, 11a.m.–12:30p.m.

Instructional toys loaned to families who have children with any type of disability. Parents check-out toys most appropriate for their child. Cost: \$20/year (sliding scale is available). Location: Scripps Chula Vista Well Being Center.

For Parents

Parent Connection – A Parent Resource

Parent Connection is an organization that puts families in touch with other families throughout the entire San Diego County. Whether you have a newborn or a young child, Parent Connection offers something for you. Membership fee is \$20/year. For more information on a full list of classes: sandiegoparent.com.



Redirecting Children's Behavior

Enhance your parenting skills through this powerful and practical five-week course that teaches effective parenting skills in a supportive, loving and nonjudgmental atmosphere. Learn the four principles of why children misbehave and how to nurture self-sufficient, responsible and self-confident children by using techniques that build mutual respect, create positive motivational messages, prevent sibling rivalry and minimize power struggles. This course is taught by supportive and experienced instructors. Cost: \$350/Parent Connection member family, \$395/nonmember family. Call for dates and locations.

Receive a free mini first aid kit.

Simply 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 _____ PPO HMO POS (circle one)

Name _____

Address _____

City _____ State _____ ZIP _____

Daytime phone _____ Email _____

Are you currently a Scripps patient? Yes No

Yes, sign me up for: Scripps Health News emails Scripps Health Foundation emails

Please send me information via mail on the following:

- | | | | | |
|--|---|---|--|--|
| <input type="checkbox"/> Healthy Woman Kit | <input type="checkbox"/> Know Your Health Score Kit | <input type="checkbox"/> Cosmetic and Laser Surgery | <input type="checkbox"/> Cancer Care | <input type="checkbox"/> Weight Loss Surgery |
| <input type="checkbox"/> Men's Health Kit | <input type="checkbox"/> Integrative Medicine | <input type="checkbox"/> Robotic Surgery | <input type="checkbox"/> Diabetes Kit | <input type="checkbox"/> Career Opportunities |
| <input type="checkbox"/> Pregnancy Kit | <input type="checkbox"/> Stress Management | <input type="checkbox"/> Breast Health | <input type="checkbox"/> Laser Eye Surgery | <input type="checkbox"/> Low-Fat Eating Guide |
| <input type="checkbox"/> Parenting | <input type="checkbox"/> Stroke Risk Assessment | <input type="checkbox"/> Rehab Services | <input type="checkbox"/> Orthopedic Care | <input type="checkbox"/> Volunteer Opportunities |
| <input type="checkbox"/> Healthy Heart Kit | | | <input type="checkbox"/> Weight Management | |

Grandparenting Today

Sunday, October 21, 3–5p.m.

This class provides information to help in the transition of becoming a new grandparent.

Cost: \$25/person or \$30/couple.

Location: Scripps Mende Well Being Center in La Jolla.



The 90-Minute Baby Sleep Program

Monday, October 22, 9:30–11a.m.

Learn about your baby's sleep requirements and sleep rhythm during the first year of life. Polly Moore, MD, will discuss ways to help your baby sleep better, cry less and improve his/her learning. Free for Parent Connection members, \$10 for nonmembers. Location: Scripps Mende Well Being Center in La Jolla.

Dogs and Babies

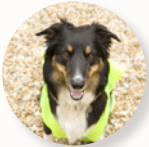
Sunday, November 4, 1:30–4p.m.

For new and expectant parents with dogs, this class is taught by a certified dog trainer.

Please leave your dogs at home.

Cost: \$30/couple. Location: Scripps

Mende Well Being Center in La Jolla.



Nine Things To Do Besides Spanking

Monday, November 19, 7–8:30p.m.

Our speaker, Nonie Levi, MFT, will discuss how to use positive reinforcement to encourage good behavior and learn the difference between discipline and punishment. Free for Parent Connection members, \$10 for nonmembers. Location: Scripps Mende Well Being Center in La Jolla.

Baby and You

Scripps offers a wide variety of childbirth classes, family education and support programs to guide you from pregnancy through your child's birth and parenting. Call for dates, times and locations.

Parenting Classes

Infants on Mondays, Toddlers on Wednesdays and Preschoolers on Thursdays – English classes: 9:30a.m.; Spanish classes: 11:30a.m.

Learn how to empower the physical, social and emotional development of your child and how to raise your child in a healthy and tender

environment. Development evaluation provided. Free. Location: Chula Vista Well Being Center.

For 50 Plus

Alzheimer's Disease Part 2

Monday, October 8, 10–11a.m.

This disease is most common among those over 65 years of age. It is the most common form of dementia and can be divided into four different stages from early Alzheimer's to an advanced form of Alzheimer's. Come learn more about new research findings, medications and treatments. Free. Location: Chula Vista Well Being Center.



Cancer Is Everyone's Concern

Monday, October 15, 10–11a.m.

Learn ways to decrease risk, the warning signs and symptoms, and treatment for cancer. Free. Location: Chula Vista Well Being Center.

Fall Prevention

Wednesday, October 24, 10–11a.m.

Join Scripps social worker Stacey Feiler and Meg Rumberger, RN, to learn ways to reduce fall risk, improve safety awareness and utilize available resources to promote independence and overall safety. Free. Location: Scripps Mende Well Being Center in La Jolla.

Keeping Your Blood Pressure Under Control

Monday, November 19, 10–11a.m.

Did you know that you can have high blood pressure and feel just fine? If not treated and controlled, it can lead to a stroke, heart disease, kidney failure or other health challenges. Learn how to read your blood pressure and ways to control your blood pressure. Free. Location: Chula Vista Well Being Center.

Staying Out of the Emergency Room

Monday, December 10, 10–11a.m.

A healthy lifestyle, such as eating well, being active, not smoking and having routine physicals, can cut overall risk of heart disease, cancer, diabetes and most importantly, keep you out of the emergency room. Join us to learn more. Free. Location: Norman Park Center in Chula Vista.



Weight Management and Nutrition

Turn Your Weight Loss Failures into Success

Wednesday, October 10, 7–8:15p.m.

Scientific researchers now understand how to optimize your weight loss efforts by incorporating support, technology and comprehensive lifestyle approaches. Join Robert Bonakdar, MD, to learn these findings and common weight loss pitfalls. Free. Location: Scripps La Jolla Hospital, Schaetzel Center.



Balanced Nutrition for Your Well-Being

Wednesday, October 17, 10–11a.m.

Join Scripps dietitian Eileen Ackerman to learn about the keys to achieving and maintaining a healthy nutrition plan. Free. Location: Scripps Mende Well Being Center in La Jolla. Call for times.

Bariatric Information Seminar

Mondays, October 15, November 19, and December 17, 5:30–6:30p.m.

Join Mark Takata, MD, and William Fuller, MD, to learn more about weight loss options. Free. Location: Scripps La Jolla Hospital, Schaetzel Center, Great Hall.

Living Lite Weight Management

Scripps Coastal Carlsbad: Mondays, October 29 and November 26

Scripps Clinic Rancho Bernardo:

Tuesdays, October 30 and November 27

Scripps Clinic Del Mar: Wednesdays, October 31 and November 28

Master the skills and strategies for controlling your weight in this highly structured, skill-based and supportive weight loss coaching program. Cost: \$48.



The Five Pillars of Successful Weight Management

Join us to learn how to use the five key ingredients for achieving and maintaining a healthy body weight. Free. Locations: Scripps Clinic Rancho Bernardo and Scripps Coastal Carlsbad. Call for dates and times.

Weight Loss Surgery Programs

Are you considering weight loss surgery? Join Scripps surgeons to learn more about surgery options and programs available. Free. Call for dates, times and locations.

Adult Nutrition Education

This series of classes teaches tools for planning nutritious meals, increasing physical activity, stretching the food dollar, practicing safe food handling and preventing obesity through living a healthy lifestyle. Free. Call for dates, times and location.

Exercise and Nutrition

Prenatal Yoga and Aquatics

Prenatal yoga and aquatic classes offer a safe and effective workout for women who are more than



12-weeks pregnant that want to stay active and fit during pregnancy. Medical clearance is required. Cost: \$15/class or \$70/month. Call for dates, times and locations.

Postnatal Fitness

Reshape your body, flatten your tummy and get your energy back with this dynamic cross-training workout that includes cardiovascular, strength and flexibility exercises. Our certified instructor will take you through a six-week series of classes that are designed to help you maximize fat burning and improve your resting metabolic rate. Cost: \$215 for 12 classes. Call for dates, times and locations.

Integrative Health Nights

The Alternative Healing Network offers a monthly program that features chair massage, acupuncture, yoga and more. Class integrates Eastern and Western practices for the best comprehensive health care and personal well-being. Call for dates, times and location.



Yoga for Cancer Recovery

Tuesdays, 9–10a.m.

Learn how yoga can help ease your cancer diagnosis and recovery. Bring your own mat. Free. Location: Scripps La Jolla Hospital, Schaetzel Center, Cardiac Treatment Center.

Prenatal Yoga and Mommy and Me Yoga

Prenatal: Treat yourself to yoga that can help prepare you for labor and delivery. Mommy and Me: Learn yoga postures to help with balancing life with your new baby. Join when your infant is 2 months old and crawling. Bring a yoga mat and pillow. Location: Scripps Mende Well Being Center in La Jolla. Call for dates and times.

Stroke/Parkinson's Exercise Group

Thursdays, 11a.m.–noon

This class offers stroke and Parkinson's survivors a safe and varied exercise program that supplements the physical activity prescribed by the physician. Participants must be assisted by their caregiver and a completed physician release form is required. Free. Location: Scripps Chula Vista Well Being Center.



Zumba Exercise Program

Tuesdays and Thursdays, noon–1p.m.

Designed for all adults to help keep in shape and to increase flexibility. This program is for busy individuals who often do not have the time to schedule physical activity into their day. Call for more information.

OASIS Program

All OASIS programs are presented by Scripps Mercy Hospital and are located at OASIS in Mission Valley at Macy's. Cost: \$4/program.

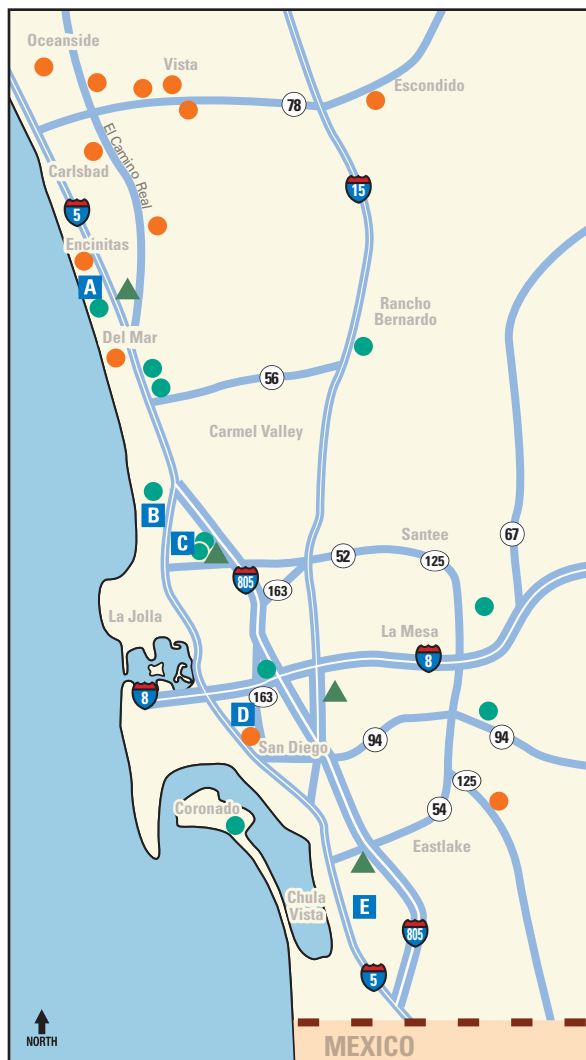
I Can't Sleep! Insomnia – Causes and Treatment Options

Friday, October 5, 1:15–2:45p.m.

Insomnia is a symptom of a sleeping disorder characterized by persistent difficulty falling asleep

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Why Choose Scripps?

With more than 2,600 physicians in over 50 specialties providing the compassionate, comprehensive care you need, our world of healing is always close to home.

- A Scripps Memorial Hospital Encinitas**
- B Scripps Green Hospital**
 - Scripps Center for Integrative Medicine
 - Scripps Translational Science Institute
 - Scripps Clinical Research Center
 - Scripps Cardiovascular and Thoracic Surgery Group
- C Scripps Memorial Hospital La Jolla**
 - Scripps Drug and Alcohol Rehabilitation Program
 - Scripps Whittier Diabetes Institute
 - Scripps Center for Executive Health
 - Scripps Polster Breast Care Center
 - Scripps Mericos Eye Institute
 - Scripps Cardiovascular and Thoracic Surgery Group
- D Scripps Mercy Hospital – San Diego**
 - Mercy Clinic
 - Scripps Mercy Surgery Pavilion
 - Scripps Cardiovascular and Thoracic Surgery Group
- E Scripps Mercy Hospital – Chula Vista**
- ▲ Well Being Center Locations**
- Scripps Clinic Locations**
- Scripps Coastal Medical Center Locations**

or staying asleep despite the opportunity. Join board certified sleep specialist Anoop Karippot, MD, as he discusses the causes and treatment options for insomnia and how sleepless and restless nights can soon be a thing of the past.

Anterior Hip Replacement

Friday, October 12, 1:15–2:45p.m.

A recent trend in hip replacement surgery has been to perform the surgical procure through smaller, less-invasive approaches for less pain and a faster recovery for patients. Join orthopedic surgeon David Fabi, MD, as he discusses the advantages of anterior hip replacement compared to other techniques for long-lasting and pain-free joints.



Ankle Arthritis and Ankle Replacement

Friday, October 26, 1:15–2:45p.m.

Join orthopedic surgeon and foot and ankle specialist Franz Kopp, MD, and learn about the causes and proper treatment of your ankle arthritis to address both pain and joint deformity. Leading-edge techniques and proven traditional methods for the care of ankle arthritis and ankle replacement will also be discussed.

Cardiovascular Disease in the Elderly

Friday, November 2, 1:15–2:45p.m.

Join cardiologist Shahin Keramati, MD, as he shares important information on cardiovascular disease in the elderly, including the management

of risk factors, intervention, clinical manifestations and the various conditions, such as hypertension and atrial fibrillation.

Treating the Cervical Spine: Neck Pain and Treatment Options

Friday, November 9, 1:15–2:45p.m.

Join orthopedic spine surgeon Manish Bawa, MD, who will discuss various cervical spine disorders, such as herniated disc, degenerative disc disease, infection and myelopathy. Learn how non-surgical and surgical treatment options can resolve neck pain and lower extremity symptoms.

Health Screenings

Scripps offers the following screenings throughout the county. Call for more information.

Bone Density	Stroke/Assessment/ Peripheral Vascular
Colorectal Screening Kit	
Cardiac Risk Assessment	

Support Groups

Breast Cancer	Overeaters Anonymous*
Breast Buddy	Postpartum
Breastfeeding/Nutrition	STAR Communication
Caregivers	Enhancement
Compassionate Friends	TOPS (Take Off Pounds
Diabetes*	Sensibly)
Gynecological Cancer	Transplant Caregiver
Huntington's Disease	Widowed
Men's	Young Women's Breast
Metastatic for Women	Cancer
Ostomy	
*Spanish-speaking support group available	

SCRIPPS HEART CARE VOTED BEST. AGAIN.

Scripps* has, once again, been named one of the best in the nation for cardiology and heart surgery by U.S. News & World Report – the only San Diego heart program to earn this honor.



Visit scripps.org/heart to learn more.



*Scripps Memorial Hospital La Jolla, Scripps Green Hospital & Scripps Clinic