

The Jewish Women's Foundation of San Diego Welcomes You to



To *Your*  
HEALTH

Health Choices for Jewish Women

**FEBRUARY 28, 2008**

**The Salk Institute for Biological Studies**

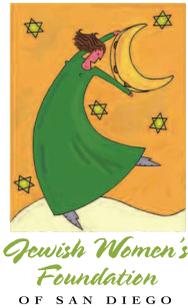
**9:00 a.m. to 2:30 p.m.**

*Medicine is prayer in the form of a deed...The body is a sanctuary, the doctor is a priest...*

*The act of healing is the highest form of imitation of G-d*

*- Abraham Joshua Heschel*





## JEWISH WOMEN'S FOUNDATION MEMBERS

FEBRUARY 2008

Marcia Hazan, Chair  
Jan Tuttleman, Founding Chair  
Elaine Galinson, Chair Elect  
Betty Byrnes, To Your Health Chair  
Melissa Garfield Bartell  
Sondra Berk  
Marsha Berkson  
Rabbi Lenore Bohm  
Lisa Braun-Glazer  
Gail Braverman  
Sophie Brody \*  
Julie Bronstein  
Barbara Bry  
Elaine Chortek  
Hannah Cohen  
Phyllis Cohn  
Jessica Effress  
Emily Einhorn  
Toby Eisenberg  
Naomi R. Eisman  
Claire Ellman  
Phyllis Epstein  
Jane Fantel  
Judy Feldman  
Esther Fischer  
Judy Fisher  
Pauline Foster  
Laura Galinson  
Marsi Gardiner  
Beverly Glickman  
Heidi Golding  
Rabbi Lisa Goldstein  
Bryna Haber  
Beth Jacobs  
Jerri-Ann Jacobs  
Mara Jacobs  
Sara Jacobs  
Susan Kabakoff

Marjory Kaplan  
Susan Lapidus  
Jennifer Levitt  
Barbara Lubin  
Ellen Marks  
Rebecca Newman  
Orit Ostrowiak  
Barbara Mandel Pache  
Monica Handler Penner  
Linda Platt  
Julie Potiker  
Sheila Potiker  
Allison Price  
Evelyn Rady  
Anne Ratner  
Laurayne Ratner  
Vivien Ressler  
Jane Scher  
Sherron Schuster  
Barbara Sherman  
Karen Foster Silberman  
Sharon Silverstein  
Elene Solomon  
Gloria Stone  
Anita Szawielenko  
Carole Turk  
Edna Tuttleman  
Sophie Tuttleman  
Zelda Waxenberg  
Susan Chortek Weisman  
Helene Ziman

Charlene Seidle, VP, Philanthropy,  
Jewish Community Foundation

Jaclyn Adler, Donor Services Associate,  
Jewish Community Foundation

\* Of Blessed Memory

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## SCHEDULE:

- 9:00 a.m.      REGISTRATION AND CONTINENTAL BREAKFAST - FOYER
- 9:30 a.m.      WELCOME AND MORNING KEYNOTE SPEAKER - AUDITORIUM  
**Welcome:** Betty Byrnes, To Your Health Chair and Marcia Hazan, JWF Chair  
**Mind, Body and Soul:** Holistic Health and Wellness, David Simon, M.D.  
**Q&A:** With David Simon, M.D.
- 10:45 a.m.      CHOICE OF BREAKOUT SESSIONS  
**Natural Medicine:** Trends in Cures from the Earth, Bronner Handwerger, N.D.  
**Heart Disease:** The Leading Killer in Women's Health, Kenneth Roth, M.D.  
**Cancer Prevention:** The Connection Between Nutrition and Cancer, Cheryl Rock, Ph.D., RD
- 12:00 p.m.      LUNCHEON AND EVENT KEYNOTE SPEAKER - FOYER  
**D'var Torah and HaMotzi:** Rabbi Aliza Berk, Director, Jewish Healing Center, Jewish Family Service  
**Greetings** From Salk Institute  
**About the Jewish Women's Foundation:**  
**Elaine Galinson, JWF Chair Elect, and Judy Fisher, JWF Member**  
**Genetics:** How Your DNA Affects Your Health, Eric Topol, M.D.  
**Q&A:** With Eric Topol, M.D.  
**GENETICS PANEL DISCUSSION**  
**Moderated by:** Marjory Kaplan, CEO, Jewish Community Foundation with Lisa Madlensky, Ph.D., Sarah Shaw Murray, Ph.D. and Kelly Frazer, Ph.D.  
**Q&A**  
**CLOSING:** Charlene Seidle, VP, Philanthropy, Jewish Community Foundation  
**Making a Difference:** Advocating for Women's Health
- 2:30 p.m.      EVENT CONCLUDES  
Optional Salk Institute Tours

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# To *Your* HEALTH

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# To *Your* HEALTH

## SPEAKER BIOS (In Alphabetical Order)



**RABBI ALIZA BERK**

*Jewish Healing Center at Jewish Family Service*

Rabbi Aliza Berk is the Director of the Jewish Healing Center at Jewish Family Service. She spent the last seven years working as a rabbi at the Bay Area Jewish Healing Center in San Francisco. During the last 27 years as an ordained rabbi, she has served as a congregational rabbi and Jewish educator in five congregations in California, as well as having taught courses in Judaic Studies at Santa Clara University and San Jose State University. As a licensed Marriage and Family Therapist, she has been a private practitioner, and worked as a psychotherapist at a medical clinic and at Jewish Family Service in Ventura, California. Rabbi Berk also spent five years training to be an individual and group spiritual director at Mercy Center in Burlingame, California. She has led workshops on Jewish guided imagery and spiritual direction for Jewish chaplains, rabbis and the general public. She completed the rabbinic leadership program of the Institute for Jewish Spirituality.

[www.jfssd.org](http://www.jfssd.org) • 858-637-3070



**KELLY FRAZER, Ph.D.**

*Scripps Health*

Kelly Frazer, Ph.D. joined the Scripps Genomic Medicine Program as the Director of Genomic Biology in March of 2007. Dr. Frazer is internationally recognized for her work in functional genomics and the role she played as Principal Investigator of the HapMap Phase II project, an international effort to genotype a large fraction of common SNPs in the human genome. She leads the research in Scripps Genomic program with unparalleled access to a diverse and large patient population and the latest high-throughput genotyping and sequencing technologies. She is eager to now have the opportunity to apply her vast knowledge to helping patients. Prior to joining Scripps Genomic Medicine, Dr. Frazer was Vice President of Genomics at Perlegen Sciences, Inc.

[www.scrippshealth.org/genomic](http://www.scrippshealth.org/genomic) • 858-784-2404

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BRONNER HANDWERGER, N.D.  
Integrative Health Solutions

Bronner Handwerger, N.D. is a board-certified Naturopathic Medical Doctor. He is the medical director of the Medical Wellness Kliniek and an expert in the field of Preventative and Integrative Medicine. Dr. Handwerger provides complete primary family health care including management of headaches, allergies, chronic fatigue, arthritis and joint pain, digestive disturbance, supportive cancer treatments and various women's health issues such as PMS, menopause, and infertility. Dr. Handwerger is an expert in the use of Natural Non-Toxic Nutraceuticals.

[www.docbron.com](http://www.docbron.com) • 858-254-5433 • 3268 Governor Dr. San Diego, CA 92122



LISA MADLENSKY, Ph.D.  
University of California, San Diego

Lisa Madlensky, Ph.D. is an Assistant Professor in the department of Family and Preventive Medicine and Rebecca and John Moores UCSD Comprehensive Cancer Center. Her research interests include cancer prevention and control among those at increased familial risk as well as among cancer survivors, cancer screening behaviors, and cancer risk communication among patients, physicians and family members. She is the recipient of multiple research grants.

[www.cancer.ucsd.edu/summaries/lmadlensky.asp](http://www.cancer.ucsd.edu/summaries/lmadlensky.asp) • [lmadlensky@ucsd.edu](mailto:lmadlensky@ucsd.edu)



SARAH SHAW MURRAY, Ph.D.  
Scripps Health

Sarah Shaw Murray, Ph.D. recently joined the Scripps Genomic Medicine Program as Director of Genetics. Dr. Murray directs the high-throughput genotyping laboratory aimed at discovering genetic components of both various diseases and health, and determining risk profiles based on combinations of specific risk alleles in large prospective studies. Before her position at Scripps Genomic Medicine, Dr. Murray was the staff geneticist at Illumina, a San Diego biotech, where she played a large role in developing the technology that has enabled large-scale genome-wide genetic studies.

[www.scrippshealth.org/genomic](http://www.scrippshealth.org/genomic) • 858-784-2404

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CHERYL L. ROCK, Ph.D., RD  
University of California, San Diego

Cheryl Rock, Ph.D., RD is a professor in the Department of Family and Preventive Medicine and the Cancer Prevention and Control Program. Dr. Rock also leads the Nutrition Shared Resource of the Rebecca and John Moores UCSD Comprehensive Cancer Center where her primary research efforts are focused on the role of nutritional and dietary factors in the development and progression of cancer, particularly breast and cervical cancer, specifically addressing how diet, fat and physical activity affect risk and progression of cancer in women.

[www.cancer.ucsd.edu](http://www.cancer.ucsd.edu) • [clrock@ucsd.edu](mailto:clrock@ucsd.edu)



KENNETH ROTH, M.D.  
Sharp Healthcare

Kenneth Roth, M.D. practices Internal Medicine at Sharp Hospital. Dr. Roth graduated from the SUNY School of Medicine and Biomedical Science with an M.D. and has been in the profession for 25 years. He has served as Chief of Staff for Sharp Memorial Hospital and was Chairman of the By-Laws Committee. He is a member of the San Diego Hospital Association Board.

858-541-0181 • 8765 Aero Dr. # 130, San Diego, CA 92123

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DAVID SIMON, M.D.  
Chopra Center for Wellbeing

David Simon, M.D. is a board-certified neurologist and a pioneer in the medical field. Since he began his association with Deepak Chopra, M.D. in the 1980s, Dr. Simon has become one of the nation's foremost authorities on effective and appropriate use of holistic health care practices, specifically Ayurveda, the 5000-year-old healing tradition of India. As CEO and Medical Director of The Chopra Center for Wellbeing at La Costa Resort & Spa, Dr. Simon is dedicated to catalyzing the evolution of the prevailing health care system into a "healing system" that encompasses the emotional, spiritual as well as physical health of the individual.

[www.chopra.com](http://www.chopra.com) • 760-494-1600 • 2013 Costa del Mar Rd. Carlsbad, CA 92009



ERIC J. TOPOL, M.D.  
Scripps Health

Eric J. Topol, M.D. recently joined Scripps Health as the Director and Chief Academic Officer of the new Scripps Translational Science Institute and Scripps Genomic Medicine Program. Under Dr. Topol's leadership, Scripps Translational Science Institute will conduct research to uncover the genetics that make people susceptible to disease. These findings will be used to develop new prevention strategies and other important treatments. Dr. Topol's work has been extensively published and he has been interviewed on *60 Minutes*, *20/20*, *The Today Show*, *Good Morning America* and national evening news broadcasts.

[www.scrippshealth.org/genomic](http://www.scrippshealth.org/genomic) • 858-784-2404

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## MISSION

The **Jewish Women's Foundation of San Diego** is dedicated to supporting the Jewish community through innovative and creative funding to benefit and enhance the lives primarily of Jewish women and girls locally and globally. Guided by our Jewish values, the JWF creates awareness of the issues and needs of Jewish women and girls. Through the work of this foundation, women will be empowered as funders, decisions makers and agents for change in the community.



## MISSION

To promote philanthropy through meaningful partnerships with donors and community organizations in achieving charitable goals and  
To increase current and future support for a vibrant and secure Jewish and general community in San Diego, Israel and around the world.

## VISION

As a primary, trusted and expert resource for philanthropy, the Jewish Community Foundation of San Diego will engage, educate and inspire generations of givers throughout the Jewish community.

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## ABOUT THE JEWISH WOMEN'S FOUNDATION

Imagine a world in which all women and girls in the Jewish community are ensured a healthy and supportive environment; a world in which we all have equal opportunity for economic, religious, social and political achievement.

The Jewish Women's Foundation of San Diego works to make this world a reality by providing education on vital issues, funding innovative programs and advocacy efforts.

### GRANTING

Since the Jewish Women's Foundation's inception, more than \$200,000 has been granted:

- To care for single mothers and their families in our community, through the establishment and continued funding of Supporting Jewish Single Parents, a program of Jewish Family Service
- To reach out to teenage girls and provide mentoring and peer support, through funding of the Agency for Jewish Education's Rosh Chodesh: It's a Girls Thing
- To provide for single mother families in Northern Israel whose lives were devastated by the summer 2006 War through American Jewish Joint Distribution Committee
- To care for women whose homes were destroyed in the October 2003 and October 2007 wildfires

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## ADVOCACY

Besides granting, the Jewish Women's Foundation has advocated for childcare at community events so that parents can fully participate in the vibrancy of community life. In addition, through a strong partnership with the Supporting Jewish Single Parents Programs, the Jewish Women's Foundation has raised awareness of the needs of Jewish single mothers in San Diego—facilitating a more welcoming, loving community.

## EDUCATION

The Jewish Women's Foundation sponsors community education forums to enable women to make better informed choices. In addition to To Your HEALTH, the Jewish Women's Foundation also sponsored two highly successful Women & Money seminars.

**The Jewish Women's Foundation of San Diego is a member-driven philanthropy with 70 founding members aged 16 to 97. We welcome all who are passionate about improving the lives of Jewish women and girls.**

For more information about the Jewish Women's Foundation, please contact Charlene Seidle or Jaclyn Adler at (858) 279-2740.

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The Jewish Community Foundation is proud to be the second largest foundation in San Diego with assets of \$265 million and the largest grantmaker in the region, awarding more than \$55 million last fiscal year to thousands of organizations around the globe. Hundreds of families and organizations partner with the Jewish Community Foundation to strengthen the community and the world.

## SERVICES TO INDIVIDUALS AND FAMILIES

### Donor Advised Funds and Family Foundations

- Help individuals and families to strengthen the community through grants
- Free families to focus on strengthening the community through grants
- Facilitate tax-deductible contributions when it's most convenient and advantageous, yet enable donors to recommend grants over time
- Handle all administrative details; provide a secure online giving system that simplifies grantmaking and record-keeping
- Engage multiple generations to work together to impact the community in meaningful ways

### Legacies

- Create endowments that perpetuate support for local, national and international causes and organizations
- Are established in the donor's name or in the name of someone the donor wishes to honor
- Benefit one or more charitable purposes or organizations
- Can be structured to provide life income

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## KEY PROGRAMS FOR THE COMMUNITY

### Endowment Leadership Institute (ELI)

- ELI engages lay and professional leadership from 20 local agencies, synagogues and day schools to establish bequests and other estate gifts.
- Since April 2004, 550 families have stepped forward to create legacies that will form the endowments that will keep our community strong for generations to come. An estimated \$150 million has been promised.

### The Book of Life

- This community treasure contains the written promises made by one generation to the next to secure the future of the Jewish community.
- More than 145 people have inscribed their thoughts, passions and experiences in the Book of Life.
- Signers express their belief in and commitment to Jewish values and heritage, and ensure that our people will survive and flourish.

### Community Youth Foundation

- The Community Youth Foundation encourages youth to become philanthropists by empowering them with skills to give effectively.
- Since its inception in 1997, the program has involved more than 225 Jewish students.
- Last summer, the Community Youth Foundation launched a one-week Tikkun Olam Camp for teens. Two more camps have been planned for the summer of 2008.

For more information on these programs please contact the Jewish Community Foundation at 858-279-2740.

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## WOMEN'S HEALTH TIMELINE

9+

**GARDASIL HPV VACCINE** – *Between the ages of 9 and 26*

Vaccine that may help guard against diseases that are caused by Human Papillomavirus (HPV) which leads to 70% of all cervical cancer cases.

18+

**PAP SMEAR** – *Beginning at age 18 (earlier if sexually active), then annually.*

*May be done every two to three years in certain low-risk women with normal yearly PAP Smears at doctor's discretion.*

The PAP Smear checks for changes in the cells of your cervix. The cervix is the lower part of the uterus (womb) that opens into the vagina (birth canal). The Pap test can detect an infection, abnormal (unhealthy) cervical cells, or cervical cancer.

**TDAP BOOSTER** – *Starting at age 19, every 10 years until age 65*

The TDAP (Tetanus, Diphtheria, Pertussis) vaccine can protect adolescents and adults against three serious diseases - tetanus, diphtheria, and pertussis, which are all caused by bacteria. Diphtheria and pertussis are spread from person to person. Tetanus enters the body through cuts, scratches, or wounds.

35+

**MAMMOGRAPHY** – *Baseline mammogram between age 35 and 40. Every one to two years from age 40 to 50 and annually beginning at age 50.*

Mammography is the process of using low-dose X-rays to examine the human breast. It is used to look for different types of tumors and cysts. Mammography has been proven to reduce mortality from breast cancer.

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45+

**LABORATORY STUDIES (FASTING GLUCOSE, LIPID PANEL, THYROID TESTS)** – *Every three to five years beginning at age 45 (earlier if doctor recommended)*

The fasting glucose test is ordered to measure the amount of glucose in the blood right at the time of sample collection. It is used to detect both hyperglycemia and hypoglycemia and to help diagnose diabetes. The lipid panel is a blood test that measures lipids—fats and fatty substances used as a source of energy in your body. Lipids include cholesterol, triglycerides, high-density lipoprotein (HDL), and low-density lipoprotein (LDL). The thyroid test measures the Thyroid Stimulating Hormone (TSH) level in a blood sample. A high TSH level indicates that the thyroid gland is failing because of a problem that is directly affecting the thyroid (primary hypothyroidism). If the TSH level is low, this usually indicates that the person has an overactive thyroid that is producing too much thyroid hormone (hyperthyroidism).

50+

**COLORECTAL SCREENING (COLONOSCOPY PREFERRED IN WOMEN)** – *Beginning at age 50, regularly*

Colorectal cancer is the second leading cause of cancer death in the United States. It affects women and men from all racial and ethnic groups but is most common in people 50 and older. Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

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## WOMEN'S HEALTH TIMELINE DESCRIPTIONS CONTINUED

### **INFLUENZA VACCINE** – *Beginning at age 50, annually*

Influenza, also known as the flu, is a contagious disease that is caused by influenza viruses. Influenza viruses infect the respiratory tract (nose, throat, and lungs) in humans. The flu kills an estimated 36,000 people per year in the United States. Each year the influenza virus changes and different strains become dominant. Due to the high mutability of the virus a particular vaccine formulation usually works for only about a year. There are two types of vaccines. The vaccine shot is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu.

### **BONE DENSITY SCREENING** – *By age 65 (sooner if any common risk factors are present)*

A bone density test is often used to screen for and detect the early stages of osteoporosis, a condition defined by a decreased density of normal bone. Currently, the standard technique for determining bone density is a form of bone densitometry called dual-energy X-ray absorptiometry (DEXA). DEXA is simple and painless and takes two to four minutes. The machine measures bone density by detecting the extent to which bones absorb photons that are generated by very low-level X-rays.

### **PNEUMOCOCCAL VACCINE** – *Once after age 65*

Pneumococcal vaccination is a method of preventing a specific type of lung infection (pneumonia) that is caused by pneumococcus bacterium. The vaccine is injected into the body to stimulate the normal immune system to produce antibodies that are directed against pneumococcus bacteria.

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## Other tests/procedures:

*Breast and Ovarian Cancer Genetic Testing* in women, especially Ashkenazi Jews, at any age, with personal or family histories of breast and/or ovarian cancer. Genetic counseling may be helpful.

*Prior to Pregnancy, test for immunity to Rubella and Varicella.*

And, in Ashkenazi Jewish women it is important to test for autosomal recessive conditions, such as Tay-Sachs, Cystic Fibrosis, Canavan Disease, Gaucher Disease, Bloom Syndrome, Familial Dysautonomia, Fanconi Anemia Type C, Mucopolysaccharidosis IV, Niemann-Pick Disease, and others as panel expands. Genetic counseling may be helpful.

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## RELIABLE HEALTH INTERNET SOURCES

*Have you ever searched the Internet for health purposes and become more confused than when you started? Here are a few Internet sources that offer reliable health information.*

[www.acog.org](http://www.acog.org) – **American College of Obstetricians and Gynecologists**

This site has a wealth of women's health information. Under the information tab are Web sites of interest for many health issues of interest to women, including exercise and diet, menopause, depression, among others.

[www.menopause.org](http://www.menopause.org) - **North American Menopause Society**

This site contains information on menopause, perimenopause, early menopause, menopause symptoms and long-term health effects of estrogen loss, and a wide variety of strategies and therapies to enhance health.

[www.cdc.gov](http://www.cdc.gov) – **Center for Disease Control and Prevention**

The CDC maintains several departments concerned with occupational safety and health, such as the Center for Injury Prevention and Control, and the National Immunization Survey. The site contains information on health and travel, workplace, immunization, and wellness.

[www.medlineplus.gov](http://www.medlineplus.gov) - **National Library of Medicine**

The site provides information to help answer health questions and brings together authoritative information from National Library of Medicine, the National Institutes of Health (NIH), and other government agencies and health-related organizations. MedlinePlus gives easy access to medical journal articles and has extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news.

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[www.nccam.nih.gov](http://www.nccam.nih.gov) - **National Center for Complementary and Alternative Medicine**

NCCAM explores complementary and alternative healing practices, answers questions and offers natural remedies for specific diseases and conditions.

[www.health.nih.gov](http://www.health.nih.gov) – **National Institutes of Health**

The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services, is the primary federal agency for conducting and supporting medical research. Helping to lead the way toward important medical discoveries that improve people's health and save lives, NIH scientists investigate ways to prevent disease as well as the causes, treatments, and even cures for common and rare diseases. The site offers a complete A – Z of consumer health information.

[www.americanheart.org](http://www.americanheart.org) - **American Heart Association**

The Association is a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke. The site offers information regarding warning signs and disease descriptions.

[www.cancer.org](http://www.cancer.org) - **American Cancer Society**

The goal of the American Cancer Society (ACS) is to prevent cancer, save lives, and diminish suffering from cancer. The site provides treatment information, support group listings, online education, decision-making resources, physician locator services and risk assessment tools.

[www.aap.org](http://www.aap.org) - **American Academy of Pediatrics**

The American Academy of Pediatrics is an organization of 60,000 pediatricians committed to the attainment of optimal physical, mental and social health and wellbeing for all infants, children, adolescents and young adults. The site offers parenting and child development information.

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## HOW TO APPROACH YOUR DOCTOR

*Let's face it, your best resource for health information and advice is your doctor, but sometimes your visit can be overwhelming. Below is a physician's advice on ways to approach the office visit.*

- Don't try to combine a problem visit and a wellness visit. Schedule separate appointments.
- If you need more than 15 minutes with your doctor, ask to schedule two back-to-back appointments.
- Come prepared with a list of problems you would like to discuss, pertinent symptoms, and questions for the doctor.
- Do not demand prescriptions over the telephone without coming for an office visit.
- Come informed, but do not bring in loads of information from the Internet.
- Don't be afraid to get a second opinion (see next page).

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## SECOND OPINIONS

*How do you determine whether your situation warrants a second medical opinion if your doctor does not recommend that you get one? Below is a list of medical treatments for which you should consider a second opinion.*

- Elective surgery
- Cancer care
- Cardiac bypass surgery
- Pregnancy termination for fetal anomaly
- Hysterectomy
- Varicose vein treatments
- Brain tumors

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# *Congratulations*

to the Jewish Women's Foundation  
of San Diego for working hand in  
hand with San Diego's leading health  
care providers to promote health and  
wellness for women of all ages.

*Sharp HealthCare Foundation is  
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**[www.sharp.com/foundation](http://www.sharp.com/foundation)**.

**SHARP** HealthCare  
Foundation

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## *Jewish Women's Foundation* OF SAN DIEGO

extends a special thank you to:

### **TO YOUR HEALTH COMMITTEE MEMBERS:**

**Betty Byrnes, Chair**

**Emily Einhorn, Toby Eisenberg, Phyllis Epstein, Judy Feldman,  
Heidi Golding, Marcia Hazan, Jerri-Ann Jacobs, Susan Kabakoff,  
Rebecca Newman, Monica Handler Penner, Debbie Rappaport Rosen, Jan Tuttleman**

**Kosher Catering** by **The French Gourmet** for their continued support of our community.

**Dr. Laurie Greenberg** and **Dr. Monica Handler Penner** for their development of the resources for your health.

**Salk Institute of Biological Studies** for their hospitality.

**Jaclyn Adler** for her excellent direction of today's event.



3 BILLION CODING LETTERS.  
20 THOUSAND GENES.

A lifetime  
*of healthy tomorrows*  
begins with Tyler's  
*genetic code today.*

**Just imagine.** A simple test reveals you are genetically susceptible to heart disease, and you can take early steps to prevent it. This same test tells your doctor the specific medicine that would work best for you, and the ideal dose for your body.

At Scripps Health in San Diego, California, researchers are tracking down the genetic markers of life-threatening diseases then translating their discoveries into clinical trials, individualized treatments and targeted medicine.

With world-renowned partners like The Scripps Research Institute, we are unlocking the mysteries of genomics, looking for clues that lead to cures, and transforming the world of health care, one gene – one person – at a time.

For more information about our physicians and hospitals, call 1-800-SCRIPPS or visit [www.scripps.org](http://www.scripps.org).



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Scripps Memorial Hospital La Jolla



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## PROOF APPROVAL FORM

**Job Description:** To Your Health Program

**Client:** Jewish Women's Foundation

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Date