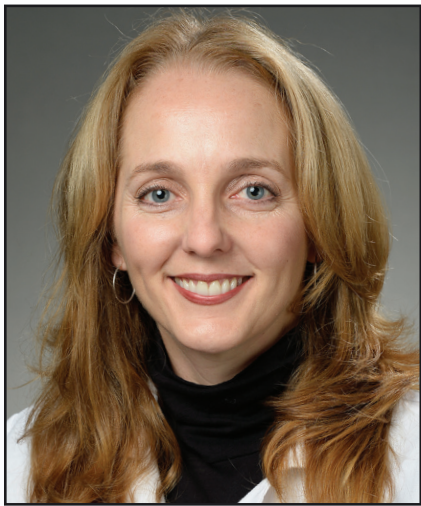


SAN DIEGO BUSINESS JOURNAL

HEALTHCARE ROUNDTABLE

An Informative Q&A on Women’s Healthcare:  
An In-depth Discussion on the Ever-changing Field of Women's Health  
And the Unique Stages Women Face Throughout Their Lifetimes



**Dr. Lisa M. Brown**  
*Ob/Gyn Physician | Assistant Area Medical Director*  
*Southern California Medical Group at*  
*Kaiser Permanente San Diego*



**Diane Hansen**  
*President and CEO*  
*Palomar Health*



**Marilyn Jackson, NP**  
*Women’s Health Provider,*  
*Temecula Health Center and Telehealth*  
*Neighborhood Healthcare*



**Dr. Eimaneh Mostofian**  
*Ob/Gyn Physician | Director of Women's Health Services*  
*TrueCare*



# HEALTHCARE

## ROUNDTABLE PARTICIPANTS

### Kaiser Permanente

At Kaiser Permanente, San Diegans are supported by our top doctors, leading workforce health programs, and award-winning disease management. With more than 9,000 staff and more than 1,400 physicians, we offer a full range of services at 29 facilities throughout the county, including the Kaiser Permanente Zion Medical Center, the San Diego Medical Center in Kearny Mesa, and the new San Marcos Medical Center opening in 2023.

Kaiser Permanente members have access to care through video and tele-health appointments with a physician and can also download our mobile app to make appointments, contact their physician, view their lab results, find our locations, and research health and wellness topics — anytime, anywhere.



### Neighborhood Healthcare

Neighborhood Healthcare, a regional Federally Qualified Health Center (FQHC) providing a wide range of medical, dental, and behavioral health services. Neighborhood Healthcare provides quality, compassionate, whole-person care to everyone, regardless of their circumstance, throughout San Diego and Riverside Counties. We go above and beyond in serving those in need with high integrity, professionalism, and in the spirit of collaboration, just as we did when founded more than 50 years ago. In doing so, we dedicate ourselves to improving community health so everyone can live happy and healthy lives.



### Palomar Health

Established in 1948, the award-winning team at Palomar Health provides the most comprehensive healthcare in North San Diego County through its two medical centers and more than 900 affiliated medical providers serving more than half a million people. Palomar Health is San Diego County's only member of the Mayo Clinic Care Network and is nationally recognized as operating one of America's 250 Best Hospitals; a Best 100 Hospital for joint replacement and orthopedic surgery; a Best Hospital for stroke care, heart care and bariatric surgery; a Diabetes and Stroke Center of Excellence; and a Blue Distinction Center for spine surgery, cardiac care and maternity.



### TrueCare

For over 50 years, TrueCare has not wavered in its commitment to patients, their families, and its communities. As a non-profit community health center, TrueCare is dedicated to delivering a superior and compassionate healthcare experience to nearly 60,000 patients every year, reducing barriers and increasing accessibility to quality care. TrueCare cares for the diverse communities of North San Diego and South Riverside Counties with services ranging from primary care, pediatrics, women's health, behavioral health, chiropractic treatments and dentistry. In addition, TrueCare offers transportation services, community health outreach, insurance enrollment assistance and case management programs. For more information, visit [www.truecare.org](http://www.truecare.org).





## HEALTHCARE ROUNDTABLE

**What are the top things women should know about maintaining good health?****Dr. Lisa M. Brown,  
Kaiser Permanente:**

As a woman, staying in optimal health can feel complex, but it really boils down to a few simple concepts. Regular exercise, a healthy diet, adequate sleep and getting regular preventive health are the magic elixirs to boosting and maintaining good health. It may seem overwhelming if you look at the big picture of “Wow, how do I do all of that?” However, breaking it down into small changes, or “micro-changes” can bring big results quickly and easily. Commit to one or two easy new changes each week and stick with it. Add one additional fruit and vegetable to every meal, walk an extra 10 minutes a day, or go to bed 15 minutes early. After a few months of accumulating these “micro-changes,” you will find that those small changes can add up to a healthy lifestyle glow-up!

**Dr. Eimaneh Mostofian, TrueCare:**

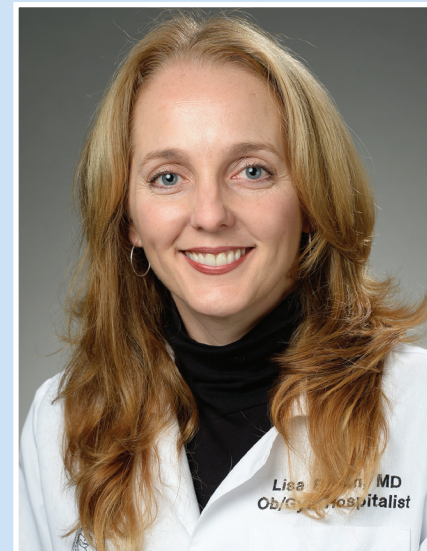
1. Stay up to date. The best time to prevent or catch a problem is before it starts. Get your annual physical exam including a blood pressure check. Depending on your age, lifestyle, and family history, other preventative assessments can be considered including Pap smears, mammogram, bone density testing, and STI screening. Also, stay on top of your immunizations including the COVID-19 vaccine and annual flu shot.
2. Reduce the risk of heart disease by staying active. Heart disease is the number one cause of death for women in the United States. Aim for cardio exercise like walking, dancing, biking, or swimming for 30 minutes on most days of the week. Watch your weight and eat a well-balanced diet with plenty of vegetables, fruits, and fiber, and limiting sugar, fat, and salt. If you do have high blood pressure, work to keep it under control with your primary care provider. If you have diabetes, check your glucose regularly. If you smoke, ask your primary care provider to address the habit. Most importantly, don't forget that signs of a heart attack are sometimes different in women. Notify your doctor or seek emergency help early if you think you have any concerns.
3. Know your family history. A complete family history covers three generations of relatives. Because family members share genes, environment, and lifestyle, knowing your relatives' health status can help you discern whether you might be at greater risk for developing a certain ailment. The knowledge can help you take proactive steps to reduce your risk, including modifying lifestyle behaviors and undergoing screenings.

**What medical conditions tend to affect women differently or disproportionately?****Dr. Lisa M. Brown,  
Kaiser Permanente:**

Women are different than men and many medical conditions affect them differently. It is important for a woman to be aware of these differences in order to maintain optimal health. For example, heart disease is the leading cause of death for both women and men, however, women are more likely to die following a heart attack and are more likely to experience delays in emergency care for heart problems. Also, more women than men suffer a stroke each year. Some of the risk factors of stroke are the same as men, such as a family history of stroke, high cholesterol and high blood pressure. Unique stroke risk factors for women though include taking birth control pills, being pregnant, using hormone replacement or having frequent migraine headaches. Interestingly, while men are more likely to become addicted to alcohol than women, the health effects of alcoholism can be more serious in women. These alcohol related health effects include heart disease, breast cancer and fetal alcohol syndrome. Women are also more likely to be affected by osteoarthritis, depression, and urinary tract problems. Sexually transmitted infections (STIs) in women may go untreated because of having mild to no symptoms or being confused with a less serious condition such as a yeast infection. The impact of an untreated STI can be serious and lead to infertility in women. Knowledge about women's health empowers you to know yourself and stay healthy. Keep in mind these increased risk factors for yourself and the women in your life. Bring them up for discussion next time you visit your doctor if you have concerns about your health or want to learn more.

**Which women's health screenings are most important and why? How often should I get these screenings?****Dr. Lisa M. Brown,  
Kaiser Permanente:**

In addition to regular exercise, a healthy diet, and adequate sleep, it is vital that women stay up to date with their preventive care. Important vaccinations include:  
Annual flu vaccine  
COVID vaccine series  
Tetanus-diphtheria and acellular pertussis  
Two doses of the varicella vaccine if you have never had chickenpox



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*Commit to one or two easy new changes each week and stick with it.*

**Dr. Lisa M. Brown**

Ob/Gyn Physician | Assistant Area  
Medical Director  
Kaiser Permanente



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*Aim for cardio exercise like walking, dancing, biking, or swimming for 30 minutes on most days of the week.*

**Dr. Eimaneh Mostofian**


Ob/Gyn Physician | Director of Women's  
Health Services  
True Care









A person's hand is visible in the upper left, and their foot is on a green mat in the lower left. The background is a wooden room with a slatted wall and floor.

# Imagine a Women's Healthcare System That's Flexible to Fit Your *lifestyle*

At Palomar Health, We've Reimagined and Expanded Our Women's Health Services to Provide an Extraordinary Level of Care.

Throughout life's transitions, women's health needs are constantly evolving. From your initial consultation to family planning and beyond, our compassionate team is here to guide you and your family through all stages of life.

*Reimagine Women's Healthcare*

**WE ARE.**

**PALOMAR  
HEALTH**

Reimagining Healthcare

[PalomarHealth.org](http://PalomarHealth.org)



# HEALTHCARE ROUNDTABLE



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*Going above and beyond is embedded in the culture of Neighborhood.*

**Marilyn Jackson, NP**  
Nurse Practitioner  
Neighborhood Healthcare



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*Palomar Health works to promote specialty care access that women need throughout their lifespan.*

**Diane Hansen**  
President and CEO  
Palomar Health

One to two doses of the measles, mumps, and rubella (MMR) vaccine if you are not immune. Human Papilloma Virus Vaccination up to age 26 if you weren't vaccinated in childhood. Stay current with breast cancer screening starting with mammograms every 1-2 years at age 40. Get your blood pressure checked at least every two years, eye exams every 1-2 years, dental exams 1-2 times per year, and frequent skin self-exams. Gynecologic health is also very important. Get a cervical cancer screening every three years ages 21-29 and every 3-5 years ages 30-65. Get screened for sexually transmitted infections annually to age 25, if sexually active, and over age 25 when at risk. Finally, address your heart and metabolic health by having cholesterol screening every five years starting at age 45 and diabetes screening starting at age 35 if your BMI is over 25 or if you have high blood pressure.

#### **Diane Hansen, Palomar Health:**

These screenings change based on age, individual risk factors and family history. During childbearing years, screenings can be provided with a woman's gynecologist such as a PAP smear and a STDs. Women can perform monthly breast self-exams. As a woman begins to age, advanced screening for cancers become more important. A basic skin check with a dermatologist or primary care physician can become part of annual exams. In Southern California, women are more at risk for skin cancer as the result of sun exposure. Between 40-54, the American Cancer Society recommends women have an annual mammogram to detect breast cancer, then every two years after 55. With the onset of menopause, women should consider ongoing assessments every two years for bone density given the risk of osteopenia and osteoporosis in older women increase.

#### **Marilyn Jackson, NP, Neighborhood Healthcare:**

Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (X-rays of the breast) if they wish to do. Women age 45 to 54 should get mammograms every year. Women 55 and older should switch to mammograms every two years, or can continue yearly screening. ACS recommends cervical cancer screening with an HPV test alone every five years for everyone with a cervix from age 25 until age 65. If HPV testing alone is not available, people can get screened with an HPV/Pap cotest every five years or a Pap test every three years.

**How is your health care organization eliminating barriers to access and reducing health disparities related to prenatal care, cancer screenings, access to birth control, STI treatment, infertility and other women's health services?**

#### **Diane Hansen, Palomar Health:**

Palomar Health works to promote specialty care access that women need throughout their lifespan. Our ambulatory care departments partner with local women's health clinics as well as physicians to provide both medical and educational services in areas of pre and post-natal care, parenting support, pelvic floor therapy, nutrition classes and female specific advanced cancer screenings. Specific offerings in these areas can be found under Women's Services at [palomarhealth.org](http://palomarhealth.org).

#### **Marilyn Jackson, NP, Neighborhood Healthcare:**

Neighborhood Healthcare has committed to respond to the COVID crisis by reimagining how we deliver services to our patients without creating barriers to care. We quickly adopted robust healthcare screenings for the ability to keep vital in-person visits, developed workflows to accommodate and catered to the needs of our patients that were in high-risk categories. We have and continue to offer tele-health services to all patients. We recognized that not all patient populations and/or demographics have access to technology and proceeded to develop mobile health services teams with a fleet of vehicles that bring a variety of services directly in our patient's home. At Neighborhood we go above and beyond to bridge any barriers to accessing care.

#### **Dr. Eimane Mostofian, TrueCare:**

At TrueCare, we have an extensive women's health program in a collaborative setting with doctors, midwives, and nurse practitioners that provide high-quality, trauma-informed and culturally sensitive services. Our wide range of care includes full scope prenatal wellness in conjunction with the state's Comprehensive Perinatal Services Program (CPSP) and Sweet Success Diabetes in Pregnancy program, to cervical cancer screenings including on-site colposcopies and management of abnormal results, basic infertility services, contraceptive services plus surgical sterilization, as well as gynecologic surgery. Most, if not all, of our staff are bilingual and we also have translation services through an automated phone service available for all visits. In addition, by providing all our services through our clinic system we eliminate the need for excessive external referrals to provide the care patients deserve. As a community health







## Lead the way to a healthier workplace culture.

As a leader, you're uniquely positioned to influence the health of your employees. Making sure employees get the support they need to develop healthier lifestyles can positively impact your bottom line. Learn more at [kp.org/choosebetter](https://kp.org/choosebetter).

**Choose Better. Choose Kaiser Permanente.**

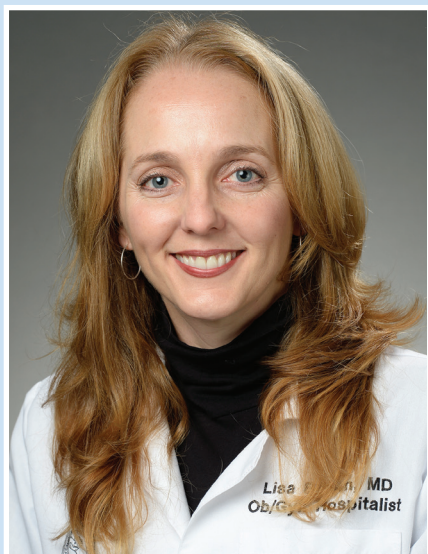


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Business



# HEALTHCARE ROUNDTABLE



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*The [COVID] vaccine could be lifesaving to the woman and is protective to the baby. Also, there is no evidence that the COVID vaccine has an impact on fertility.*

**Dr. Lisa M. Brown**

Ob/Gyn Physician | Assistant Area  
Medical Director  
Kaiser Permanente



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*After several months of adjusting to the many changes that came with COVID, we began to see a shift. We found that many of our patients were embracing this new way of welcoming their babies into the world.*

**Diane Hansen**

President and CEO  
Palomar Health



center, we take everyone regardless of income or insurance status and never turn anyone away because of their inability to pay. Further, if patients have trouble getting to appointments, we provide transportation and utilize transportation services through the health insurances to ensure patients have the assistance they need to get to their appointments.

## How has COVID changed the way women's health and OB services are delivered?

**Dr. Lisa M. Brown, Kaiser Permanente:**

COVID has changed so much, including the way medical services are delivered. In many cases, it has been difficult for both the medical community and for patients to navigate the pandemic-driven medical landscape. However, there has been a silver lining. Medical organizations have pivoted and moved forward many new ways of providing innovative care to patients. For example, this summer, Kaiser Permanente will provide low risk pregnant members with new technology to create a new obstetric care experience. Beginning early in pregnancy, Kaiser Permanente will send the member a Bluetooth-enabled blood pressure cuff, weight scale, and handheld fetal doppler (a device that detects the fetal heartbeat). So, the member will be able to do many of the measurements that we traditionally do in clinic, from the comfort of her own home and at her convenience. The member will be able to experience the flexibility of having both the new technologically enabled virtual prenatal visits in addition to the traditional face-to-face visits.

**Diane Hansen, Palomar Health:**

OB is focused on family centered care. When COVID started, the greatest impact we saw was to our visitation policy. Mothers were only allowed one support person in the hospital with them when having their babies. This caused a lot of distress for our patients as they were told their other children, or the new grandparents, could not visit. After several months of adjusting to the many changes that came with COVID, we began to see a shift. We found that many of our patients were embracing this new way of welcoming their babies into the world. They were grateful for the intimate bonding time provided to them in those first few days after giving birth.

**Marilyn Jackson, NP,  
Neighborhood Healthcare:**

At Neighborhood, we have relied on technology to help us serve our patients

by proving virtual telehealth appointments and deploying mobile health teams to bring healthcare to patients' homes. Our patients' well-being and health outcomes continue to be our priority. We offer our patients several options to serve their needs and we make every attempt to accommodate their preferences all while maintaining their safety and those of our dedicated employees. Our services have not changed, at many of our locations we have robust services that include; Family planning and OB services all delivered by medical professionals, as well as in-house labs, in-house ultrasounds, genetic testing and the Comprehensive Perinatal Services Program (CPSP) that offers enhanced perinatal services to include nutrition, psychosocial and health education.

## If I am considering pregnancy, should I get the COVID vaccine?

**Dr. Lisa M. Brown, Kaiser Permanente:**

This is a simple answer...YES! The COVID vaccine is recommended by the American College of Obstetrics and Gynecology (ACOG) for women planning to become pregnant, who are pregnant or breastfeeding. Data from tens of thousands of individuals have shown the vaccine is both safe and effective for these women. It is well known that pregnant women are at a higher risk of complications from COVID such as death, ICU admission and stillbirth. So, the vaccine could be lifesaving to the woman and is protective to the baby. Also, there is no evidence that the COVID vaccine has an impact on fertility. The bottom line is that getting the COVID vaccine is beneficial, and possibly lifesaving, to a woman who is considering pregnancy, who is pregnant or is a new mom.

**Dr. Eimaneh Mostofian, TrueCare:**

The short answer is YES! The American College of OBGYNs strongly recommends that all eligible persons age 12 years or older, including those attempting conception or already pregnant and lactating individuals, receive COVID-19 vaccine or vaccine series. As of Feb. 14, 2022, there have been over 201,000 pregnancies reported in CDC's v-safe post-vaccination health checker. Based on limited self-reported information, there were no adverse reactions or events observed among pregnant individuals. Additionally, side effects were similar in pregnant and nonpregnant populations. It appears that the spontaneous abortion rate following COVID-19 vaccination during pregnancy is consistent with the background risk of miscarriage. Further, the COVID-19 vaccination during pregnancy was not associated with preterm birth or small-for-gestational age at birth.







We give women  
the care they need  
to live their best  
lives—from birth  
control to cancer  
screenings to  
well-women exams



At Neighborhood, we improve the health and happiness of the communities we serve by providing quality care to all, regardless of situation or circumstance.

As a non-profit 501(c)3 community health organization, Neighborhood served over 390,000 medical, dental, and behavioral health visits in 2021.

We offer a range of programs and resources that address the unique barriers our patients face on their road to health and happiness. After all, we're Better Together.

- Family Medicine
- Pediatric Care
- Dental
- Behavioral Health
- Women's Health
- Prenatal
- Chiropractic
- Acupuncture

Meaningful work that makes a difference

Looking for a purpose-driven career that brings positive change to your community? Join the Neighborhood team!





# HEALTHCARE ROUNDTABLE



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*All patients receive a screening that identifies and addresses any situation that may be affecting patient well-being, such as anxiety, depression, access to food or other stressors.*

**Marilyn Jackson, NP**  
Nurse Practitioner  
Neighborhood Healthcare



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*A significant challenge for diagnosing women with heart disease is the lack of recognition of symptoms that might be related to heart disease or that don't fit into the classic definition.*

**Dr. Eimaneh Mostofian**  
Ob/Gyn Physician | Director of Women's  
Health Services  
True Care



## What about natural birth? If I want to birth with as little intervention as possible, can I do that?

**Diane Hansen, Palomar Health:**

Our goal is to provide the labor and delivery experience each woman desires while providing safe patient care for mom and baby. The OB team works with each patient to understand their wishes, including a low intervention birth, and does their best to incorporate those wishes into the plan of care.

## What is HPV and the Gardasil Vaccine? Tell us about the importance of cervical cancer screening.

**Dr. Eimaneh Mostofian, TrueCare:**

HPV (human papilloma virus) is the cause of the most common sexually transmitted infections as well as the leading cause of cervical cancer. There are many different types of HPV strains. You can get HPV by having vaginal, anal or oral sex with someone who has the virus even if they don't have any signs of symptoms of the infection. Fortunately, there are several things to lower your chances of getting HPV such as

1. Getting vaccinated against the virus with Gardasil-9.
2. Keeping up with routine cervical cancer screening with a Pap smear.
3. Using condoms every time you have sex.

The Gardasil-9 vaccine protects against those two main cancer-causing strains — HPV 16 and HPV 18 — as well as HPV 31, 33, 45, 52, and 58, all of which can also lead to cancer. It also protects against HPV 6 and HPV 11, which cause 90% of genital warts. It is best to get the HPV vaccine before any sexual activity has started. The CDC recommends the HPV vaccine for all preteens (including boys and girls) as early as 9 years old and if you're under 45 and haven't been vaccinated you can talk to your provider about getting the vaccine.

## What technology is important to the early detection of breast cancer?

**Diane Hansen, Palomar Health:**

Palomar Health's Jean McLaughlin Women's Center has the advanced technology needed for early breast cancer screening and detection. Our 3-D mammography offers the most advanced option for breast cancer screening. In addition, for further assessment, the center offers ultrasound, MRI and needle biopsy in a tranquil spa-like setting.

## What about cardiac health and stroke care? How do heart attack symptoms for women differ from those seen in men?

**Dr. Eimaneh Mostofian, TrueCare:**

Heart disease is the leading cause of death for women in the United States and is the cause of

death in 1 out of every 5 female deaths. A significant challenge for diagnosing women with heart disease is the lack of recognition of symptoms that might be related to heart disease or that don't fit into the classic definition. Symptoms in women are subtle or often mimic other illness and therefore harder to detect. Women can develop classic symptoms like chest pain but they can also present with less common symptoms such as neck, jaw, shoulder, upper back or upper belly (abdomen) discomfort, shortness of breath, pain in one or both arms, nausea or vomiting, sweating, lightheadedness or dizziness, unusual fatigue, and heartburn (indigestion).

## How are we to address barriers, such as lack of transportation, in accessing care?

**Marilyn Jackson, NP, Neighborhood Healthcare:**

At Neighborhood our mission remains to provide quality compassionate health care, regardless of situation or circumstance. Access to care is extremely important to our mission and that is why we quickly adjusted to provide telehealth appointments and deploy mobile health services teams into patient's homes. Neighborhood collaborates with insurance payers and have trained staff to educate and support transportation coordination for our patients as needed. We also have a relationship with Uber Health and often provide transportation services to and from our office. Going above and beyond is embedded in the culture of Neighborhood and if our patients have challenges to make it to medical visits outside of our practice we do not hesitate to support their transportation needs or bring health care to them.

## How are your health care organization and providers addressing the stress women patients are experiencing as a result of raising children through a pandemic? How do you support women in an endemic world?

**Marilyn Jackson, NP, Neighborhood Healthcare:**

As an organization we are making efforts to treat our patients as whole people and addressing the social determinates of health. We integrate Behavioral Health services at all of our locations. Our workflows ensure our patients can access these services in-real time, when it's priority for them as we recognize the sensitivity. Our behavioral health services include psychiatry, telepsychiatry, counseling, therapy and even a medication assistance treatment program. All patients receive a screening that identifies and addresses any situation that may be affecting patient well-being, such as anxiety, depression, access to food or other stressors. In addition to our medical and behavioral health teams, we connect patients with community resources to address housing, food or safety that may be affecting their health.







# Optimal health at every stage.

We're passionate about women's health and here to support you throughout all your life stages. Our Women's Health Centers are staffed by caring professionals dedicated to providing the highest quality care to help you get and stay healthy. We provide personalized services in a warm and nurturing environment—and **never turn anyone away based on income or insurance status.**



Eimaneh Mostofian, MD (OB/GYN)  
Clinical Director of Women's Health Services



## Pregnancy

Midwife & OB / GYN collaboration  
Counseling  
Nutrition services  
Birthing & breastfeeding classes



## Planning

Birth control  
Family planning  
STD testing



## Women's Wellness

Well-woman exam  
Cervical cancer screening  
Behavioral health  
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