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2015



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# On Taking Steps...

## MARK YOUR CALENDARS!

This summer, give back in the name of health and scientific research

**Kaiser Permanente Bolt to the Q 5K, 10K & Fun Run**  
**July 19**  
Qualcomm Stadium  
[chargers.com](http://chargers.com)

**Symphony at Salk**  
**August 22**  
Salk Institute  
[salk.edu/events](http://salk.edu/events)

**Art 4 Alzheimer's**  
**August 24**  
A Robert Cromeans Salon at Harbor Club  
[art4alz.com](http://art4alz.com)

**Sharp HospiceCare Regatta**  
**August 28–29**  
Hotel Del Coronado and Coronado Yacht Club  
[give.sharp.com/regatta](http://give.sharp.com/regatta)

**Love & Autism**  
**September 26–27**  
Liberty Station Conference Center  
[loveandautism.com](http://loveandautism.com)

**WELCOME** to the inaugural issue of *San Diego Health*.

Not only is this special supplement an opportunity to present a complete list of physicians in the San Diego County Medical Society—the association behind our popular annual “Top Docs” list—it gives us a chance to go deeper with health-focused stories. That means examining topics like how we might serve our growing Baby Boomer population (page 16) and what kind of life-saving vaccines are being developed this very minute in La Jolla (page 3).

We take the pulse of our community’s health but also that of our personal health, looking at concrete ways to feel better through doing, being, and eating, not just by taking pills. One local doc started a veggie garden in his backyard (page 8); another expert changed his life through mindfulness (page 20). I even got in on the action, improving my sleep habits using the latest technology from a local company called ResMed (page 4).

In a time when life seems to grow increasingly chaotic and individual schedules only get busier, it’s natural to turn our attention inward to our bodies and minds. Life is stressful and stress is harmful to our lives. But improving our health is one of the few things we have the power to control, or at least be proactive about. That’s why “health” as a subject is never boring—there is always something new you can learn about yourself or try.

And that’s what the doctors in this issue hope you’ll do—look after yourself, approach your mind and body with curiosity, and never be afraid to ask for their expertise. Nearly 3,000 physicians listed in these pages, some of them your friends and neighbors, are on call.

Here’s to taking steps to improve your health day by day.



ERIN MEANLEY GLENNY, EDITOR

I asked for a treadmill desk at the office. How do you get in your steps?  
TWEET ME @EMEANLEY.

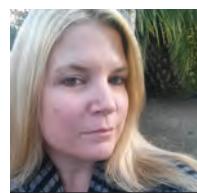
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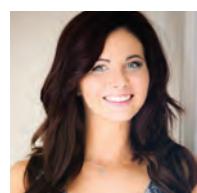
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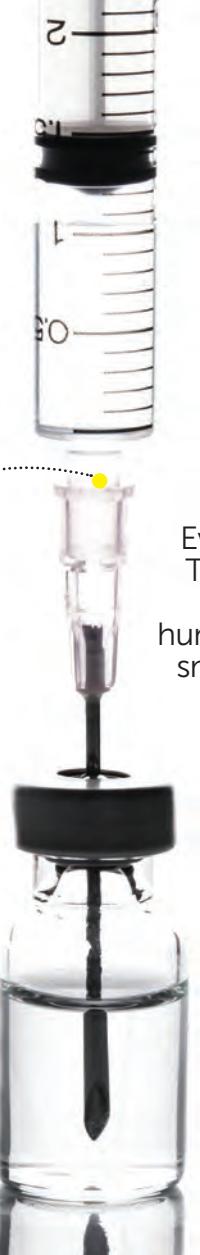
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## 1

**WHAT THE HEART WANTS**

We associate vaccines with infectious diseases, but what about other conditions? Researchers at the **La Jolla Institute for Allergy and Immunology** are testing a **vaccine against heart disease**. The therapy teaches the immune system not to attack specific molecules in the blood, reducing inflammation and plaque, the usual suspects in blocked arteries.



## 2

**TACKLING IMMUNE DISORDERS**

**Sanford-Burnham Medical Research Institute** is teaming up with pharmaceutical giant **Eli Lilly** to develop **new therapies for immune conditions**. A recent agreement leverages basic science expertise with Lilly's drug development capabilities to tackle lupus, inflammatory bowel disease, and other immune conditions.



# Progress Report

Every year, UC San Diego, Salk, The Scripps Research Institute (TSRI), and others produce hundreds of discoveries, large and small. Here's the latest in drugs, devices, and diagnostics.

By **Josh Baxt**

## 3

**THE CANCER PUZZLE**

We know a lot about the mutations that cause cancer; we just don't know how they all work together. That's why researchers at UC **San Diego** and UC **San Francisco** are teaming up on the Cancer Cell Map Initiative, which will **diagram how these different mutations work together to drive cancer** and could ultimately lead to precision therapies.

RESEARCH ROUNDUP

## 4

**ILLUMINATING EBOLA**

Sometimes we don't know why therapies work. Take ZMapp, the Ebola therapy developed by local biotech Mapp Biopharmaceuticals. ZMapp uses antibodies (nature's drones) to attack Ebola, but it wasn't clear which parts of the virus were being targeted. Fortunately, TSRI researchers have figured out **where ZMapp's therapeutic antibodies bind to Ebola**. Like reconnaissance photos of enemy territory, the 3-D images show how ZMapp attacks the virus and could provide clues for better therapies down the road.

## 5

**FAILURE TO COMMUNICATE**

The word interoperability is quite a mouthful, but it sums up a critical healthcare need—**getting digital systems and devices to talk to each other**. The **West Health Institute** is helping spearhead a nationwide effort to make this happen. Improved communication between medical devices could reduce error rates, lower costs, and improve care.

## 6

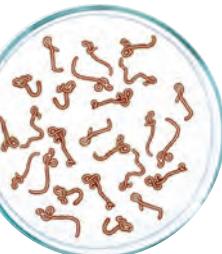
**ONE PILL MAKES YOU SMALL**

Researchers at the **Salk Institute** may have developed **the ultimate diet pill**. The compound tricks the body into believing it has just consumed a big meal. This clever disinformation kicks the metabolism into high gear, burning more calories. There's still a long way to go before it's ready for humans, but the compound prevented weight gain and reduced cholesterol in mice.

## 7

**A MOLECULAR AUTOPSY**

Inconclusive cause of death? Researchers at the **Scripps Translational Science Institute** (STSI) are working with the San Diego County Medical Examiner to find out why by sequencing genomes from people who die mysteriously. They're looking for a **genomic signature that explains sudden unexplained death**. People with these traits could then avoid activities that put them at risk.



# EXPERIMENTS IN HEALTH

Three locals test a new diet, workout, and nightly routine

## I TRIED IT: BODYBUILDING

For four years I attended CrossFit classes four to five times a week. But I began battling chronic tendinosis in my knee, and at about that time, my CrossFit gym, San Diego Athletics in Pacific Beach, started offering bodybuilding.

Some of the exercises were familiar—like back squats, bench presses, pull-ups, and ring dips—but I was clueless about anything that involved a dumbbell. The trainers led us through the old-school movements together. Once a week we left the gym to do hill sprints, followed by ab exercises. The first week was rough. In the second week I started to figure out how to push myself and what weights to use for each exercise.

After a few weeks, my knee pain disappeared. Completely. Then, one day, I did three sets of eight strict pull-ups, something I had never managed to do before. And even though my weight stayed the same and I didn't change my diet, I noticed more definition in my abs. For a 41-year-old mother of two, this was kind of a big deal.

YOU TRY IT: CROSSFIT PACIFIC BEACH, 1019 GARNET AVENUE, PBCROSSFIT.COM



## I TRIED IT: JUICING

I wanted to ditch my three o'clock food comas and the morning-after-wine hazes. Staffers at Beaming in Del Mar packed a four-day cleanse in a cooler bag—five 16-oz. juices and a salad for each day—and noted that I should consume something about every two hours to avoid fatigue and crashing.

Day one began with a delicious green juice. I wasn't hungry; I felt nourished and satisfied. Day two had me spaced-out and lightheaded. Was the detox working? On day three, I felt clear, focused, and in the groove. One hiccup: Gazpacho. Gulpng thick soup from a bottle wasn't appetizing. Day four, I nailed it. No midmorning coffee or afternoon siesta. Post-cleanse, I didn't exactly reform my naughty habits, but I am continuing with one raw meal a day and looking forward to my next seasonal cleanse.

YOU TRY IT: STARTS AT \$245, 2683 VIA DE LA VALLE, DEL MAR, LIVEBEAMING.COM

## I TRIED IT: SLEEP THERAPY

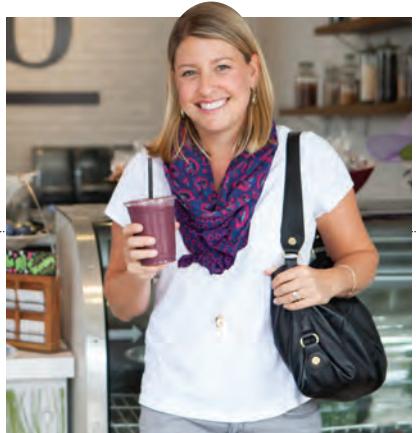
I'm a light sleeper and have battled sleeplessness in the recent past. So I welcome any technology that claims to instill better sleep hygiene. Enter: ResMed S+, which uses radio frequency to monitor sleep through your breathing patterns and movements.

Before lights out every night, I would take a survey on ResMed's smartphone app about that day—how stressful it was, how much caffeine and alcohol I drank, etc. In the mornings, I woke up to a detailed graph showing how long and when I was awake. It also broke down the minutes I got deep, light, and REM sleep; analyzed how much of my mind and body recharged; and offered tips for better sleep (i.e. exercise at least 15 minutes a day).

Previously, I had purchased a FitBit Flex, which also monitors sleep through a smartphone app, but users have to wear a bracelet during sleep. I found it wildly inaccurate—a few walks in the middle of the night didn't register—and rudimentary compared to ResMed, which is backed by 25 years of sleep research.

I know I'm supposed to exercise, and that loads of caffeine equals bad sleep hygiene, but I enjoy hearing it from my Sleep Mentor. ResMed will tell you, in a color-coded graph, what's going on. And more importantly, what you can do about it.

YOU TRY IT: \$150, BED BATH AND BEYOND, BEST BUY, MYSPLUS.COM



JAY REILLY, JENBEC



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We hope that you find the San Diego County Medical Society Physician Directory to be a useful resource. We encourage physicians who may have been omitted to contact the San Diego County Medical Society at [sdcms.org](http://sdcms.org). Inclusion in this directory is not intended to be interpreted as a recommendation or endorsement by *San Diego Magazine*.

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**FAST FACT**

**28.5%**

Diabetic San Diegans say they were between the ages of 50 and 59 when first diagnosed (2011)

SOURCE: Regional Health Status Report from Health and Human Services (HHS)



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# PRACTICING WHAT THEY PREACH

Four doctors tell us how they self-prescribed their way to a healthier life

By Kylie Burnside Anfin



## "I SWITCHED TO A PLANT-BASED DIET."

"I went through a divorce last year and have since been putting a greater focus on my personal needs and desires, including **concentrating on bettering my own gut health and stress levels**. I moved to a plant-based diet with occasional animal protein and have seen improvements. I have seen many of my patients have success, including weight loss, by transitioning from a refined diet to a more holistic eating style, as well. Implementing meditation—including meditative yoga—into my routine has helped me reduce stress levels that came from experiencing such a big life change and busy work schedule, too."



**DR. BANITA KOONER**  
*Sharp Rees-Stealy's Internal Medicine Department*

## "I TURNED 41 AND TOOK A MONTH OFF FROM WORK AND FAMILY."

"Although I already had a daily meditation practice and a healthy diet in place, I was finding it difficult to stop and unplug. During a trip to India this spring, I spent a week at an ashram followed by **three weeks of a cleansing program called Pan-chakarma**. It's a series of Ayurvedic rejuvenation therapies that help prevent disease and aging and can help reverse any existing medical issues. It focused on core areas such as diet, massage, and herbal applications. I talked for less than 30 minutes a day. I read, meditated, and worked on my spiritual development. I'm focusing on the areas of my life that are typically placed on hold to manage the demands of being a doctor, mother, and wife. Turning 41 was a big influence. Taking this break is my way to honor these changes and self-reflect."



**DR. KULREEET CHAUDHARY**  
*Director of Neurology at Wellspring Health in Scripps Memorial Hospital*

## "MY BLOOD PRESSURE AND CHOLESTEROL WERE UP, SO I OVERHAULED MY DIET AND EXERCISE ROUTINE."

"I received surprising news about a year and a half ago when my doctor told me my resting heart rate was up, my weight was up, my cholesterol was up, and my blood pressure was up. **I didn't want to have to take medication** for these. My wife, Dr. Stacy Silverman Ostrow, who is a dermatologist at Scripps Clinic Medical Group, was also inspired to make a change with me. Stacy joined ClassPass, which allows her to try out different gyms. We also run, hike, and climb Mt. Woodson. We planted water-wise fruit trees and large drip veggie gardens, and even purchased chickens to have organic, free-range eggs. We also cut out meat from our diet with the exception of fish. Since those initial test results, I have lost 10 pounds and my lab work has normalized."



**DR. GREG OSTROW**  
*Pediatric Ophthalmology at Scripps Medical Group*

## "I BECAME A MOM—AND A VITAMIX DEVOTEE."

"I now include a lot of vegetables and protein in my diet and absolutely love using a Vitamix for cooking veggie soups and a spiralizer for making veggie pasta. And instead of only doing cardio, **I've added yoga to my workout routine** for variety and health benefits."



**DR. VISHAKHA GUGLER**  
*Dermatologist at Comprehensive Dermatology Group*



# SKY FACIAL PLASTIC SURGERY

SIRIUS K. YOO, M.D.

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**A**s trustworthy as he is skilled, Dr. Sirius K. Yoo is double board certified and one of a select few to complete a prestigious fellowship in facial plastic surgery at Stanford University. At his boutique medical practice in 4S Ranch, Dr. Yoo specializes in the face, offering complimentary consultations for skin care, Botox and fillers, IPL and laser treatments, the minimally invasive laser facelift, and conventional cosmetic surgery.

**"It is important to me to spend time with each patient in order to establish a long-term relationship built on trust."**

Dr. Yoo is consistently lauded by his patients: "You exude care and compassion. Your consultation was sincere; your care unprecedented. I was especially touched that you referred to me as family. I'd love to shout your name from rooftops!"

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# WHAT'S UP, DOC?

Local physicians answer their most-asked questions

By Christina Orlovsky Page



## DERMATOLOGY

### How can I keep my skin looking youthful?

**ANSWER:** The most important thing is so simple: Use sunscreen. Sunscreen works to decrease skin aging and skin cancer; it's inexpensive; there are many great brands; and it doesn't require a physician visit. But if you use a high-SPF sunscreen every day, it's a good idea to take a vitamin-D supplement, as the sun helps us make vitamin D.

**Mark Somson, MD, PhD**  
Board Certified  
Dermatologist,  
Sharp Rees-Stealy,  
Sorrento Mesa



## CARDIOLOGY

### What's the best exercise for my heart?

**ANSWER:** There is no magical exercise. The one that you will actually do—and is sustainable—is the best one. Keep potential limitations in mind, such as back and joint pain, and personalize the exercise—biking, swimming, or using the elliptical—to avoid worsening those conditions. Simply put, exercise continuously for 30–40 minutes, five days a week, at a pace where you are breathing heavy but can still speak in short sentences.

**Mariusz Wysoczanski, MD**  
Director, Heart Failure, Sharp Chula Vista Medical Center



## EMERGENCY MEDICINE

### Do I need an EpiPen?

**ANSWER:** We see allergic reactions two or three times a day in the emergency room but very infrequently are any severe enough to require an epinephrine or adrenaline injection (EpiPen). Injectable medicines should be reserved for life-threatening reactions, like inability to breathe, dizziness, and near fainting due to low blood pressure. However, common symptoms of lip swelling, mild swallow irritation, hives, and tight chest will respond promptly to Benadryl and over-the-counter Tagamet.

**Shawn Evans, MD**  
Emergency Medicine Physician, Scripps Memorial Hospital, La Jolla



## PRIMARY CARE

### How can I get a better night's sleep?

**ANSWER:** Create a bedtime ritual. An hour before bed, dim the lights and turn off sources of artificial light, like the TV, computer, tablets, and cell phones. The screen's brightness will confuse your brain into thinking it's daylight. Read a book, skim a catalog, or do a boring task to prepare the mind to sleep. Exercise earlier in the day so your endorphins aren't surging too close to bedtime. Lastly, make sure your bedroom is cool and dark and reserved for sleep and intimacy, not for paperwork or other activities.

**Christen Blake, DO**  
Family Medicine Physician, Scripps Clinic, Del Mar



## PEDIATRICS

### How high a fever is dangerous in children?

**ANSWER:** A fever is a protective mechanism that turns on the body's immune system. Most fevers between 100 and 104 degrees help fight infection and don't indicate more serious disease. (Exception: A child under three months old should be seen immediately for a fever of 100.4 F or higher.) Fevers don't cause brain damage. Only body temperatures above 108 can cause brain damage, and that's usually caused by an external factor like extreme heat. Never place a child in ice or cold water for a fever; it's unnecessary and can be dangerous.

**Katherine Konzen, MD**  
Medical Director, Urgent Care Center Program, Rady Children's Hospital

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**Mark Somson, MD, PhD**  
Board Certified Dermatologist,  
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**FAST FACT**

**25.8%**  
San Diego adults replied that they  
have been diagnosed with high  
blood pressure (2011)

SOURCE: Regional Health Status Report from  
Health and Human Services (HHS)

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# Boomer Nation!

Can San Diego's health care infrastructure handle an upsurge in seniors?

By Jennifer McEntee

We're not getting any younger. The 65-and-older crowd in San Diego County is projected to swell from about 380,000 in 2010 to 725,000 by 2030. As Baby Boomers enter their golden years, they'll put an unprecedented strain on local services including healthcare.

"The demographics are real. This isn't hypothetical," cautions Paul Downey, CEO and president of the nonprofit Serving Seniors, which offers nutrition, health, and wellness programs to San Diego seniors living in poverty. "From a policy perspective, this should be at the top of the list of priorities."

Downey says this next senior-citizen generation needs ample preventative health-care services, nutrition, and exercise. "We see this even now, seniors only accessing healthcare via the emergency room. If you talk to ER doctors, they'll tell you it's the worst place to get healthcare. They're not prepared to handle chronic health conditions."

Mama's Kitchen executive director Alberto Cortés says the availability of nutritious food is one of the most under-appreciated aspects of the health-care model.

"For people who are sick, it makes

their prognosis better. Food is crucial for absorption of medication, and it's been shown to reduce the cost of healthcare," Cortés says. "As the senior population is growing, we need to make sure vulnerable people have a consistent source of food. We need to shift policy so that food is made more of the health-care solution, rather than just a social service need."

There are other gaps in San Diego's readiness for aging Boomers. Dr. Victor Legner, a geriatrician who serves as clinical services chief of UCSD's Medicine for Seniors practice, says San Diego lacks affordable senior-friendly housing and public transportation. Both are needed for seniors to go grocery shopping or get to doctors' appointments.

The prognosis isn't good on the hospital side, either.

"There is a lack of specialty care in geriatric medicine and geriatric psychiatry. We simply do not have enough trained specialty physicians," says Legner. "There is also a lack of the support services needed to form a safety net for older adults who wish to stay at home."

Technological advancements should help, Legner says. Doctors will be able to consult with patients and care providers electronically, eliminating some office

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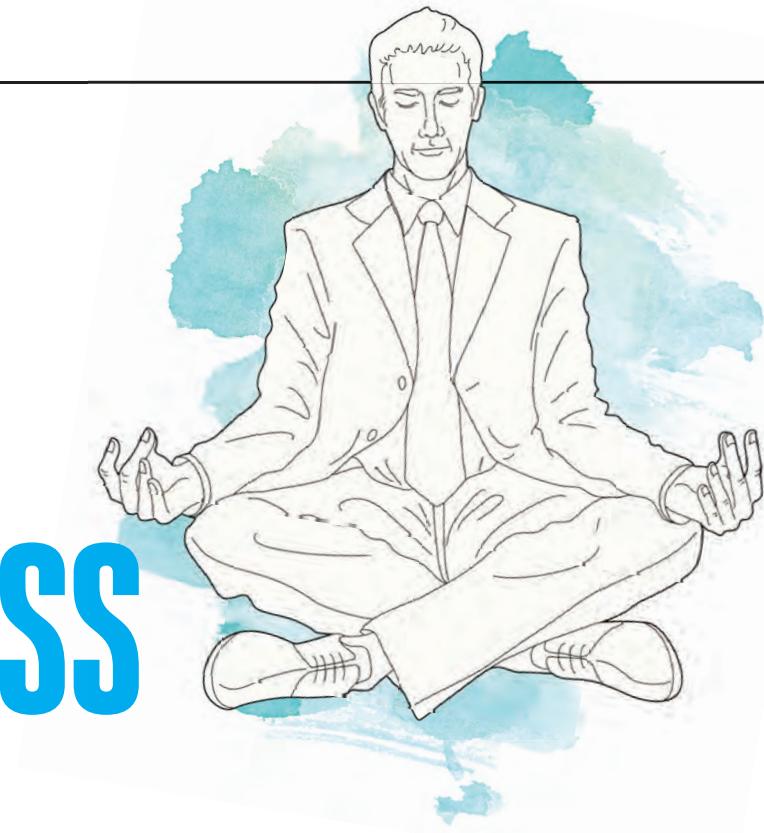
# HOW MINDFULNESS CHANGED MY LIFE

One man became the managing director of the UC San Diego Center for Mindfulness in a most unusual way: through extreme anxiety and full-on panic attacks. Here, his path to peace. **By Allan Goldstein**

In 1993, I was seeing a doctor for chronic pain, which we thought might be fibromyalgia. On his advice, I checked out a program in the basement of a nearby hospital in Massachusetts. They were researching fibromyalgia in connection with mindfulness. It was called Mindfulness-Based Stress Reduction (MBSR). In that program, not everyone had fibromyalgia. It turned out I didn't either, but the class offered other benefits. Several weeks into the program, I came to realize that my catastrophizing thoughts about the future were causing my anxiety.

The change was so profound in my life that it kindled my passion to bring this work to others, and led me to become a teacher.

For a lot of the participants in the UCSD Center for Mindfulness, where I work now, thoughts of the past are in the realm of *should've, could've, would've*, which can create remorse and even depression.



Thoughts of the future are generally around *What if this?* and *What if that?*, which can lead to a lot of anxiety and worry.

Now, having a busy mind is natural—it's the mind's job to wander. Historically, this has been a kind of survival mechanism for going into fight or flight, to save our life if, say, there's a tiger behind a rock. But in the modern era, people are sitting in front of computers, anxious over an email, and there's no place to run and no one to fight. That leads people to internalize, and to turn to coping mechanisms like smoking or drinking or acting out. Through awareness, we step out of that reactivity and choose a healthier response.

*Mindfulness* is another word for *awareness*. And meditation practice is the vehicle for cultivating mindfulness.

The MBSR program (recently featured on Oprah's *Super Soul Sunday* and *60 Minutes*) is one of several mindfulness-based courses offered at the UCSD Center. Mindful Self-Compassion introduces a way for people to meet their own struggles and difficulties with a harsh inner critic, and provides a framework for them to become more self-aware (see sidebar). With practice, you can change your relationship to life's acute and chronic stressors, such as work and family stress, stress over financial issues, illness, pain, and aging, to name a few.

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visits. Still, telemedicine is not easily reimbursable by Medicare.

Dr. Dilip Jeste, a geriatric neuropsychiatrist and the director of Sam and Rose Stein Institute for Research on Aging at UCSD, is concerned about a deficiency in resources for seniors with dementia and depression.

"We are really not well-prepared to handle this influx," Jeste says, noting UCSD has the only combined geriatric medicine/geriatric psychiatry inpatient behavioral health program in San Diego. "Older adults who have worsening psychiatric issues frequently have acute medical issues as well, but have a significant limitation on where they can receive their care."

"A number of studies have shown that aging Baby Boomers are at a higher risk of mental illnesses such as depression, anxiety disorders, and substance use disorders than previous generations of older adults," says Jeste.

Local organizations are starting to shift their focus to the intensifying needs of San Diego's seniors. The San Diego Foundation has teamed with Del Mar Healthcare to invest nearly \$1 million in nonprofit programs that support and enhance the lives of the local aging population. The community initiative—called Fund for the Future—has made "age-friendly" communities its top priority.

"Sustainable community environments help our older adult population in part by reducing isolation through walkable communities with transportation options that include convenient access to services and gathering places for socializing," says Emily Young, the Foundation's vice president for community impact.

And for Gen Xers, millennials, and centennials, helping the needy population can reap even more benefits. Not only will careers related to aging be in high demand over the next 50 years, but the younger set can also pick up valuable lessons in the process.

"Older adults can be a wonderful resource for younger generations," Dr. Jeste says. "This investment in the well-being of older adults will pay off handsomely not only by reducing healthcare costs but also by enhancing wellness of younger generations that benefit from the seniors' wisdom."

## “The stressors may still be there, yet the relationship to them has the potential of shifting, and interesting physiological and emotional things start to happen.”

It's not about avoidance. If I were to say, "Try not to think of a pink elephant," you will think of a pink elephant. Similarly, trying to force stress out of our life doesn't work. At UCSD, the work we do is not about negating, it's about being with and accepting. And accepting does not mean to let the world run over you. It's just about reacting differently. The stressors may still be there, yet the relationship to them has the potential of shifting, and interesting physiological and emotional things start to happen. Solid science shows that we are actually able to influence the patterns of automatic thinking, bypass old fight-or-flight patterns, improve our immune systems, and ultimately find greater ease and equanimity in the face of our challenging modern lifestyles. In fact, the overall quality of life and relationship to self and others begins to improve.

But to explain it doesn't do it justice. It's best to experience it. The founder of MBSR, Jon Kabat-Zinn, writes in *Full Catastrophe Living*, "When you go to a restaurant, you don't eat the menu, mistaking it for the meal, nor are you nourished by listening to the waiter describe the food. You have to actually eat the food for it to nourish you. In the same way, you have to actually practice mindfulness—cultivate it systematically in your own life, in order to reap its benefits and come to understand why it is so valuable."

### Is Your Mind Busy?

TRY THESE TECHNIQUES TO SETTLE THE MIND

#### Be With Breathing

Pause to pay attention to your breath. Maybe you notice it as the cool air moves past your nostrils, or in the rise and fall of the belly. See if you can count 20 consecutive breaths (count "one" on the out breath). When your mind wanders, bring it back and start over.

#### Find Your Feet

When you become anxious, ask yourself a silly but important mindfulness question: "Where are my feet?" In moments of distress, this question breaks the cycle of rumination and worry. Do you notice the touch of your sock or maybe the tightness of your shoe? This kind of thinking brings you to the present moment, rather than thinking about the argument you had with your spouse over breakfast.

#### Let It Go

Let go of wanting things to be different from the way they are right now. What you resist, persists.



**Allan Goldstein** is managing director of the USCD Center for Mindfulness. He is also a certified MBSR (UCSD CFM) teacher and mentor.

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**FAST FACT**

**30%**

San Diego children (grades 5, 7, 9) are overweight or obese (2013)

SOURCE: Communities Putting Prevention to Work, Center for Disease Control and Prevention

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## FAST FACT

**Malignant neoplasms** (cancerous tumors) are the leading cause of death in San Diego County (2010–2012), followed by heart disease and Alzheimer's

SOURCE: County Health Status Profiles 2014, California Department of Public Health



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**FAST FACT**

**24.5%**

Women aged 30 and over say they have never had a mammogram

SOURCE: Regional Health Status Report from Health and Human Services (HHS)

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**1,020**  
New HIV infections diagnosed in San Diego County between 2009 and 2011

SOURCE: HIV/AIDS Brief from County of San Diego, Health and Human Services (HHS), Public Health Services (PHS), Community Health Statistics Unit  
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**Thomas Stephen**

**FAST FACT**

**34%**

Adults in San Diego County ages 20 and older are obese (2009)

SOURCE: Obesity Brief from County of San Diego, Health and Human Services Agency (IHS), Public Health Services (PHS), Community Health Statistics Unit

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