

PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER

**Expanding our
cardiac services**

**Surgical care
you can count on,
close to home**

**Mark your
calendar!**
Join our upcoming
programs and events

**In case of
emergency**
Know when to
go to the ER

**7 ways to
weight-loss
success**



McKenzie-Willamette

MEDICAL CENTER

extraordinary care

www.mckweb.com

Welcome cardiac surgeon Jimmy Day, M.D.



Maurine Cate
Chief Executive
Officer

I'm happy to introduce McKenzie-Willamette Medical Center's new cardiovascular and thoracic surgeon, James (Jimmy) Day, M.D.

Since July, Dr. Day has been practicing exclusively at McKenzie-Willamette Heart Center, performing cardiac and thoracic surgeries. The Heart Center, which opened in December 2006, offers patient care for all aspects of cardiology: diagnosis, treatment, intervention and surgery.

Before coming to Oregon, Dr. Day practiced for 10 years with a cardiovascular and thoracic surgery group in Little Rock, Ark. He routinely performed heart surgeries at each of the city's four hospitals.

Dr. Day has expressed appreciation for the quality of medical services our community offers. He believes the strong network of care choices for patients encourages collaborative opportunities among medical professionals and caregivers.

Please join me in welcoming Dr. Day, who will greatly enhance *extraordinary care* at McKenzie-Willamette.

Best,

MAURINE CATE
Chief Executive Officer
McKenzie-Willamette Medical Center

Heart Center expands services



Jimmy Day, M.D.

For more than a year, the McKenzie-Willamette Heart Center has offered interventional cardiac procedures and surgeries. In a recent patient-satisfaction survey, the Heart Center's staff and services received a 100-percent patient satisfaction rating, as compared with national benchmarks.

In July, Jimmy Day, M.D., began offering his cardiothoracic surgical experience and training exclusively to patients of McKenzie-Willamette Heart Center. Applying his extensive experience, Dr. Day will introduce several new procedures to the Heart Center. "The competence, professionalism and advanced technology of McKenzie-Willamette Heart Center are the main reasons I decided to join this team," says Dr. Day. "When patients come here, they receive patient-centered, compassionate care at every stage of treatment and recovery."

ENHANCED HEALING ENVIRONMENT

Unlike traditional open-heart surgery environments—where patients are moved from room-to-room and floor-to-floor during various stages of hospitalization—Heart Center patients recover in the cardiovascular intensive care unit, next to the cardiovascular operating room. Whether they're on the unit for surgery or other cardiac procedures, patients stay in the same unit from admission to discharge. This enables surgeons and staff to maintain sustained patient involvement, enhancing continuity of care and creating a more relaxed, healing environment.

! Take it to heart!

Find our more about McKenzie-Willamette cardiac services online at www.mckweb.com, call 741-4602.

Appreciation for the Heart Center



McKenzie-Willamette
MEDICAL CENTER
extraordinary care

"Thank you to the Heart Center staff and physicians; everyone was so kind and caring with our Gram during her stay this past summer. We truly can't express how much your caring and concern meant to us. Taking time to answer our many questions, your friendliness and just offering a minute out of your busy schedule to chat helped all of us feel better about a difficult situation. We appreciate knowing she was treated by such compassionate, skilled, professional people. A warm hug and appreciation to all of you."

—Family of a Heart Center patient

Whether you need a hip replacement, heart surgery or an emergency appendectomy, McKenzie-Willamette Medical Center offers a range of advanced surgical and anesthetic treatment options.

To date in 2008, more than 3,000 surgeries have been performed at McKenzie-Willamette. The surgeries include conventional, less-invasive procedures—such as laparoscopy and arthroscopy—as well as minimally invasive da Vinci robotic-assisted surgeries.

OREGON INSTITUTE OF MINIMALLY INVASIVE SURGERY AT MCKENZIE-WILLAMETTE

In spring 2006, McKenzie-Willamette became one of 10 hospitals in the world to install the da Vinci S Surgical System.

Typically with da Vinci robotic surgery, patients experience shorter hospital stays, less bleeding and pain and a quicker return to routine activities. With this system, surgery is performed through several incisions no wider than a fingertip. A pencil-sized 10 millimeter video camera inserted through one of these incisions provides magnified 3-D images of the surgical site. Seated nearby at a computer console, the surgeon uses hand controls to guide four robotic arms, which translate the surgeon's hand movements into precise movements of microinstruments within the operative site. Unlike standard laparoscopic instruments, which are straight and don't bend, da Vinci instruments articulate and rotate 360 degrees, providing the surgeon with precision and flexibility.

ANESTHESIA OPTIONS

To prevent pain and sensation while undergoing surgery, patients receive some form of anesthesia. Methods available at McKenzie-Willamette include these:

- **General anesthesia** is often required for major operations or where less sedation isn't adequate for patient safety or comfort. General anesthesia is preferred by those who want to be completely unaware during surgery.
- **Regional anesthesia and nerve blocks (e.g., epidurals)** numb



Surgical care with options

only the part of the body where the surgical procedure is performed. This is a good option for lower-extremity procedures such as knee replacements.

- **IV Sedation** is medication given through an intravenous (IV) to relax patients. IV sedation is often used with local or regional anesthesia to calm patients and make them more comfortable.
- **Monitored anesthesia care (MAC)** provides light to deep sedation and allows for effective administration of local anesthetic to the area of surgery, so the procedure may not require a spinal or general anesthetic. Examples of potential MAC procedures are carpal tunnel repair, removal of small skin lesions and cataract surgery.

Considering the range of surgery and anesthesia options available, it's crucial patients discuss treatment and comfort requirements with their physician and surgeon.

! Visit us online!

For more information about da Vinci robotics and the Oregon Institute of Minimally Invasive Surgery at McKenzie-Willamette, visit www.mckweb.com and click on "da Vinci surgery."

HEALTHWISE QUIZ

Are you heart smart?

Take this quiz to find out.

1 What should your systolic blood pressure number (the top number) read on average?

- a. below 150 mm Hg
- b. below 140 mm Hg
- c. below 130 mm Hg
- d. below 120 mm Hg

2 Your risk for heart disease increases when your waist measures greater than:

- a. 30 inches for a woman and 35 inches for a man
- b. 35 inches for a woman and 40 inches for a man
- c. 40 inches for a woman and 45 inches for a man
- d. 45 inches for a woman and 50 inches for a man

3 Which of the following can be symptoms of a heart attack?

- a. generalized fatigue
- b. pain across your back/shoulders
- c. indigestion
- d. all of the above

4 Risk factors for heart disease include:

- a. atrial fibrillation (heart rhythm irregularity)
- b. total cholesterol greater than 200 mg/dL
- c. BMI (body mass index) greater than 25
- d. all of the above

5 The “good” kind of cholesterol is HDL cholesterol. HDL values should be greater than:

- a. 20 mg/dL
- b. 40 mg/dL
- c. 60 mg/dL
- d. 80 mg/dL

ANSWERS:

1) d, below 120 mm Hg: Blood pressure should be less than 120/80 mm Hg. Systolic readings between 120 mm Hg and 139 mm Hg are pre-hypertension and a sign that you may need to make lifestyle changes.

2) b, 35 inches for a woman and 40 inches for a man: People who carry their weight around their middle have a higher incidence of cardiovascular disease.

3) d, all of the above: Not all heart attacks present with chest pain, sweating and shortness of breath. Some heart attacks present with more subtle signs.

4) d, all of the above: All of these are risk factors for heart disease.

5) b, 40 mg/dL: HDL values can usually be increased through heart healthy living (like losing weight, eating a low fat diet, exercising regularly and not smoking).



Community Events and Programs 2008

MCKENZIE-WILLAMETTE MEDICAL CENTER



Healthy Woman

Healthy Woman offers free monthly events on health, communication, relationship and life-balance issues designed to enhance your life and the lives of those you love.

As a member, you'll receive detailed reminders about monthly Healthy Woman events and a free monthly newsletter. Call 726-4789 or visit www.mckweb.com/CommunityPrograms/HW to register and for times and locations of upcoming monthly events.

"What a gift the Healthy Woman program is to our community! At the July event, I enjoyed learning about tai chi and trying it out. I also enjoyed the connection with other women in our community, the delicious salads that were offered, the health tips available and winning a door prize! Bringing this program to women in our community at no cost is an unexpected and joyful surprise."

—Peggy Saleeby, Healthy Woman council member

Prenatal classes

McKenzie-Willamette Medical Center's Women's Health and Birth Center offers a variety of educational programs for new and more experienced parents. Free facility tours are offered several times a month. All childbirth educators are certified through the International Childbirth Education Association.

Call: 741-4649 or visit www.mckweb.com and click on "Classes & Events"

Meditation classes

Starting in December, you can sign up online at www.mckweb.com/classes for free beginning and advanced winter and spring meditation classes, as space allows.

Support groups

For information about Better Breathers, Caregivers Support, the Ostomy Association and Grief Support, visit www.mckweb.com and click on "Classes & Events," or call 726-4789.

Take your place among the stars: Volunteer at the Festival of Trees

By becoming a volunteer with the Festival, you become part of a first-class holiday event that raises funds for a variety of healthcare-related causes in the community. The Festival will be held Thanksgiving weekend at the Valley River Inn.

Call: 741-4606 to sign up

Oregon Institute of Minimally Invasive Surgery at McKenzie-Willamette

The Oregon Institute of Minimally Invasive Surgery at McKenzie-Willamette offers da Vinci robotic surgery and other advanced technology in a compassionate, caring environment. Find out more about surgery options at McKenzie-Willamette on page 5 or online at www.mckweb.com.

PRAISE FOR DA VINCI SURGERY

"I was shocked at how little pain I

had after my complete hysterectomy. I woke up from my morning surgery and had no pain whatsoever, and none later during the night or even the next morning. Although my physician had given me a prescription for pain medicine, I never used it. All I needed was a little over-the-counter pain medicine. Within two weeks of my surgery, I was able to resume my routine activities. I could hardly believe it."

—da Vinci hysterectomy patient

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The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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