

# PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER



**Mark your calendar!**

Healthy programs for you

**Join Healthy Woman!**

**What stress tests can reveal**

**Are you at risk for cancer?**

Win a **FREE** \$100 Wal-Mart gift card!  
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MEDICAL CENTER  
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# The secret to weight control for women: Pumping iron!

**R**eaching middle age doesn't mean you get to retire to the porch rocking chair. Since your metabolism slows as you get older, it's more important than ever to stay active to keep from gaining weight.

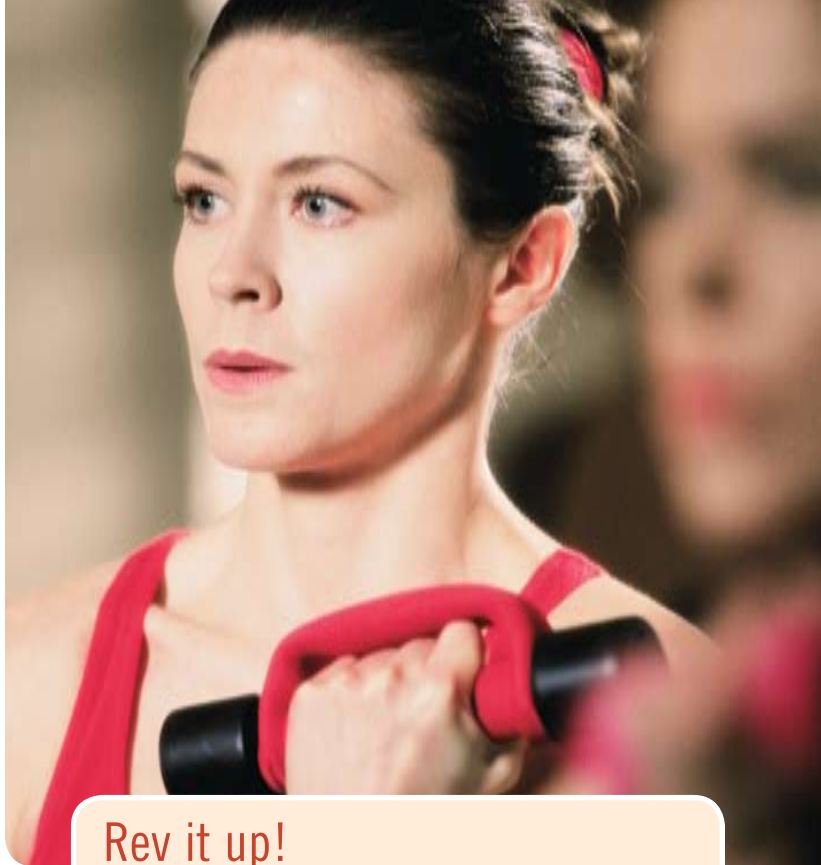
## STUCK IN THE MIDDLE

A buildup of belly fat isn't uncommon as you age, but there's a powerful weapon to help you combat middle-age spread: weight lifting. A National Institutes of Health study found that women who pumped iron twice a week—on machines or using free weights—prevented or slowed unhealthy fat accumulation around the midsection, which has been linked to heart disease and other ailments.

But the benefits don't stop there. Weight lifting, or strength training, can also help you:

- relieve arthritis
- improve your balance and reduce falls
- strengthen your bones
- maintain an overall healthy weight
- control your blood sugar
- improve your sleep
- increase your aerobic capacity
- boost your self-esteem

Strength training can be done by most anyone at any age. To get started, talk with your doctor. He or she can recommend an exercise program suited to your abilities. When combined with regular aerobic exercise, weight lifting can be just what the doctor ordered.



## Rev it up!

**T**ry combining weight lifting with these surefire ways to kick-start your metabolism and keep off the pounds.

- 1. Get your zzzs.** When you don't sleep well, your body craves energy and releases glucose into the bloodstream, which slows your metabolism and contributes to weight gain. But getting enough sleep—about eight hours—can keep your metabolism on course.
- 2. Eat breakfast.** Breakfast fuels you for the rest of your day. Skipping meals can cause you to eat more high-calorie, high-fat foods at your next meal. Eating smaller, more frequent meals can boost metabolism.
- 3. Go aerobic.** Engaging in activity that raises your heart rate for at least 60 minutes on most days can help you control weight and boost metabolism. Aerobic activities include walking, jogging, cycling and swimming.

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**Take our survey and win a \$100 Wal-Mart gift card!**

**W**e need your input! We'd like to know what you think about our publication so we can better serve your needs. Please take a few minutes to complete our online survey. Your responses will be used to improve our services to the community and to enhance our publication.

Filling out the online survey is easy: Simply go to [www.healthconnectionmag.com](http://www.healthconnectionmag.com) and complete the survey.

By completing our survey, you'll be automatically entered in a random drawing to win one of five gift cards.

All surveys must be completed online by May 27, 2008, to be eligible to win. One entry per person please. Thank you for your time and assistance.

All responses will be kept strictly confidential. We do not sell, rent or give away your e-mail address.



## JOINT SOLUTIONS

# Not your father's knee surgery

**Y**our knee joints support almost half your body weight, so it's no wonder that they sometimes break down.

If you have joint pain and have exhausted non-surgical remedies—medicines, exercise, weight loss, physical therapy—it may be time to consider a knee replacement.

Today's knee replacements allow for greater range of motion and flexibility than in the past, so patients can return to active lifestyles. According to the American Academy of Orthopaedic Surgeons, 90 percent to 95 percent of today's knee replacements last 15 years or more. More than 150 knee-replacement designs are available today. The type of implant that best suits you depends on factors such as your weight, age, gender and anatomy.

### NEW HELP FOR KNEE PAIN

Because surgeons can perform minimally invasive knee replacement, patients suffer less trauma to surrounding muscles, tissues and tendons and less bleeding than with traditional surgery. Surgeons make

a four- to six-inch long incision, compared with the traditional eight to 10 inches. Smaller incisions mean shorter hospital stays, faster recoveries and less scarring.

Depending on the level of damage, surgeons may replace only some parts of the knee. If the entire joint is damaged, they'll perform a total knee replacement in which the damaged area is removed and replaced with implants made of plastic, metal or ceramic.

However, like natural joints, man-made versions can wear down, requiring a second surgery. Also, when minimally invasive surgery is performed, some studies show a risk that the knee implant won't be as accurately placed as with traditional knee replacement. (Some surgeons use computer-guided instruments to help combat this problem.)

If you're considering knee replacement surgery, your doctor will weigh the benefits and risks of minimally invasive surgery and discuss with you the best surgical option to get you back on your feet, pain free.

### Anatomy of a worn-out knee

**C**artilage acts as a protective layer so your joints can move smoothly with little friction. But sometimes cartilage is damaged—most commonly from osteoarthritis—which can cause pain and inflammation in the tissues surrounding the joint. Over time, the cartilage wears away, allowing rough edges of the bone to rub against each other, which can result in more pain.





Maurine Cate  
Chief Executive Officer

## Caring for people in extraordinary ways

In keeping with our mission statement, *Caring for People in Extraordinary Ways*, in 2007 McKenzie-Willamette Medical Center expanded capacity in our operating rooms to offer greater versatility and the ability to accommodate a busier surgery schedule.

### ROBOTIC SURGERY

Local surgeons have continued increasing their use of the da Vinci Robotic Surgery System. With 230 procedures performed in 2007, da Vinci is being used for both women's and men's surgeries, such as hysterectomies, tumor removals, prostate removals and kidney and bladder procedures.

Since the hospital's installation of the da Vinci system in 2006, Dr. Zena Monji, obstetrician/gynecologist, and Dr. Connie DiMarco, urogynecologist, have performed many women's urinary and gynecologic surgeries using da Vinci. Urologists David DiMarco, M.D.; Doug Hoff, M.D.; and Jeffrey Woolsey, M.D., regularly perform men's urinary and prostate procedures with da Vinci, including partial kidney removal and complete bladder removals.

Patients whose surgeons use the da Vinci robotic system can't say enough about their successful outcomes, which typically include shorter hospital stays, less bleeding, less pain, reduced scarring and a quicker return to routine activities.

### ENHANCED CARE

As our Heart Center continues to thrive, opportunities

for da Vinci-assisted cardiovascular surgeries may become available, allowing us to bring this minimally invasive surgery system to more patients.

We're fortunate our surgeons have embraced this new technology to provide an enhanced surgery experience for patients and that our referring physicians encourage patients to investigate a variety of treatment options, including da Vinci robotic surgery. In the coming years, we'll continue to work with local physicians and medical professionals, building on advances in technology and patient-centered care to care for people in extraordinary ways.

Best,

MAURINE CATE  
Chief Executive Officer  
McKenzie-Willamette Medical Center

### What patients say about da Vinci robotic surgery

"When I woke up after surgery, the first thing that occurred to me was that I didn't hurt. I had no real pain immediately after my hysterectomy or later, [it was] nothing a little aspirin wouldn't take care of."

"I had a hysterectomy on Friday and went home the following day. By Tuesday, I felt comfortable enough to stop by my office to visit co-workers. Several of the women who had hysterectomies themselves couldn't believe I was up and around already."

# New chef at Wildflowers Café

McMahan brings more than 20 years of experience



Jonathan McMahan  
Chef

**C**hef Jonathan McMahan recently became chef of McKenzie-Willamette Medical Center's (MW) Wildflowers Café and patient food services. He brings more than 20 years of culinary experience to the hospital.

Early in his career, McMahan was a pastry and seafood chef in an establishment in Colorado. He worked at Gerard's Relais de Lyon restaurant in Seattle, and then attended the Culinary Institute of America in New York.

Upon completion of the program, McMahan, who already held a bachelor's degree in economics from the University of Colorado, continued to broaden his culinary expertise. McMahan developed gourmet cuisine at several upscale restaurants in Portland, worked for four years as executive sous chef at Spirit Mountain Casino and created delectable seafood dishes as head chef for Deschutes River Trout House.



Before joining MW, he was head chef at the Seven Feathers Casino Camas Room.

At the June Healthy Woman event, participants will have the opportunity to discuss healthy and delicious foods with Chef McMahan. His tasty, nutritious recipes will also be available. Call **(541) 726-4789** to register.

## Helping you get healthy!



The Healthy Woman advisory council (from left): Debi Farr, Mindy Linder, Debbie Leiken, Marcia Pendleton, Doris Towery, Maureen Weathers, Peggy Saleeby, Tresa Lively, Glenda Poling and Ardis Hughes.

**H**ealthy Woman is a free community resource provided by McKenzie-Willamette Medical Center featuring a series of monthly events, health fairs, educational programs and interactive events that focus on the emotional, physical and fiscal well-being of women. The mission of the program is to empower women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones.

**HEALTHY WOMAN**  
A MCKENZIE-WILLAMETTE MEDICAL CENTER RESOURCE

**!** Join Healthy Woman today!

**T**o start benefiting, see page 8 or visit our Web site at [www.mckweb.com/CommunityPrograms/HW](http://www.mckweb.com/CommunityPrograms/HW).

## HEALTHWISE QUIZ

### How much do you know about cancer's risk factors?

Take this quiz to find out.

1

**Which is not a known breast cancer risk factor?**

- a. alcohol
- b. obesity
- c. number of pregnancies
- d. an injury to the breast

2

**Smoking:**

- a. causes one-quarter of all cancer deaths
- b. causes one-third of all cancer deaths
- c. causes only lung cancer
- d. none of the above

3

**If you're a male, you have a greater chance of developing prostate cancer if you are:**

- a. Asian
- b. Hispanic
- c. African-American
- d. Caucasian

4

**You can reduce your risk of colon cancer by:**

- a. eating less red meat
- b. eating at least three servings of vegetables a day
- c. both a and b
- d. There's nothing you can do to reduce your risk.

5

**Over the years, routine Pap tests have reduced the rate of which type of cancer?**

- a. ovarian
- b. cervical
- c. uterine
- d. bladder

ANSWERS: 1. D; 2. B; 3. C; 4. C; 5. B



## Putting your heart to the test

If your doctor wants to find out how well your heart is working, he or she may have you take an exercise stress test. A stress test, or exercise electrocardiogram, typically requires that you walk or run on a treadmill at varying speeds and inclines while hooked up to heart-monitoring equipment.

A stress test can also help determine the cause of chest pain, light-headedness or shortness of breath or predict the likelihood of a heart attack. It can also determine your capacity for exercise, especially if you have been physically inactive.

### HOW THE TEST WORKS

When you exercise, your body demands more oxygen, requiring your heart to pump more blood. During exercise, your doctor can detect symptoms that could reveal a heart problem. Signs of potential trouble include abnormal changes in your heart rate or blood pressure or shortness of breath. A blockage in the arteries, an irregular heartbeat and poor aerobic conditioning can all cause these symptoms.

Because women don't always have the same heart symptoms as men do, standard stress tests may be less accurate for females. In these instances, your doctor may recommend an imaging stress test that takes pictures of the heart, such as magnetic resonance imaging, echocardiography or positron emission tomography.

# Pregnant?

## 3 tests you should discuss with your doctor

**W**hat expectant mother isn't concerned about her baby's health? If you're pregnant, talk with your doctor about whether you should have screenings for the following:

**1 Down syndrome.** This screening should be before week 20 of your pregnancy. It should include an ultrasound to measure the thickness at the back of the fetus' neck as well as blood tests to look for increased risk of chromosomal abnormalities. If you're at risk for having a baby with Down syndrome, diagnostic tests such as amniocentesis and chorionic villus sampling may be used to diagnose or rule out a birth defect.

**2 Fetal fibronectin (fFN).** The presence of the pregnancy protein fFN during weeks 24 to 34 signals an increased preterm delivery risk for high-risk pregnancies. In a screening similar to a Pap test, secretions are collected and analyzed. The absence of fFN is a reliable indicator that the pregnancy will continue for at least another two weeks.

**3 Group B strep (GBS).** GBS is the most common cause of life-threatening infections like sepsis and meningitis in newborns. Late in your pregnancy, your doctor will use a swab to collect samples from your vagina and rectum. If you test positive for GBS, you'll be given antibiotics intravenously during labor or when your water breaks to prevent spreading the infection to your baby.



## GO FISH!

### The benefits of omega-3

**O**mega-3s, the fatty acids most commonly found in fish, have an impressive resume: They decrease heart arrhythmia risks, reduce triglyceride levels, lower blood pressure and slow artery narrowing and hardening.

Experts believe omega-3 fatty acids can help combat the inflammation behind certain diseases. Omega-3's heart-health benefits are well established: Consuming omega-3 fatty acids regularly could reduce your risk of heart attack death by a third or more. Other ongoing research suggests a link between omega-3 and decreased dementia risk and reduced joint tenderness in rheumatoid arthritis.

#### THE BEST SOURCE OF OMEGA-3

Fatty fish such as salmon, mackerel, herring, sardines and albacore tuna are high in two kinds of omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The American Heart Association recommends eating a three-ounce serving of fatty fish at least twice a week.

But what about reports of fish contamination? Experts agree: Heart benefits outweigh contamination risks. However, women and children should keep their canned tuna consumption to no more than 6 ounces a week and eat no more than 12 ounces of most other fish to avoid the effects of contaminants in fish. (Others such as shark, tilefish and swordfish should be avoided altogether.)

You can also get omega-3 from walnuts, flaxseed, canola oil and soybeans, but evidence of their heart-healthy benefits isn't quite as strong as those found in fish. People who have coronary artery disease or need larger doses to lower triglycerides may take supplements under their doctors' recommendations.





# Community Events and Programs 2008

McKENZIE-WILLAMETTE MEDICAL CENTER



## HEALTHY WOMAN A MCKENZIE-WILLAMETTE MEDICAL CENTER RESOURCE



### Healthy Woman

Healthy Woman (HW) is a free community resource provided by McKenzie-Willamette Medical Center (MW).

Open to women—and men—of all ages, HW is designed to empower you with the knowledge and confidence to make informed healthcare and well-being decisions for yourself and your loved ones. Free, regularly scheduled presentations will cover health, communication, relationship and life balance issues, all designed to improve your life and the lives of those you love. As a HW member, you'll receive monthly reminders about upcoming events, along with monthly e-mails filled with educational tips and solutions for women's health and lifestyle concerns.

**Call: (541) 726-4789** or visit [www.mckweb.com/HealthyWoman](http://www.mckweb.com/HealthyWoman)

### May HW Event

Love to garden? Learn from MW's hand therapists how to keep your hands healthy and strong for gardening and other activities. In addition, a local garden center will provide gardening tips to grow a thriving, beautiful summer garden. Call to register.

### June HW Event

MW's chef Jonathan McMahan (story on page 5) believes food should be healthy and delicious. Accompanied by dietitian Kathy Gates, McMahan will discuss healthy, appetizing foods and share some of his recipes. Call to register.



### Prenatal classes

MW'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: (541) 741-4649** or visit [www.mckweb.com](http://www.mckweb.com)

### SUPPORT GROUPS

For information about Better Breathers, Caregivers Support, the Ostomy Association and Grief Support, visit [www.mckweb.com](http://www.mckweb.com) and click on "Classes & Events."

### Volunteers Needed

Hospital volunteers are needed to participate in daytime four-hour shifts in the emergency department, medical floors (e.g., women's health and birth, adult and children's medicine), the recovery room and the surgery reception desk. Volunteers may donate their time regularly or choose an on-call approach.

**Call: (541) 741-4606**

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# Pulse Beat

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