



## Pulling It All Together — Picture Archival Communication System (PACS)

This year, McKenzie-Willamette launched the Picture Archival Communication System (PACS), which manages digital images and eliminates the use of film-based imaging. It enables the hospital to perform tests, then share them electronically with the physician, whether at the office, home or hospital.

Such immediate — anytime, anywhere — access to patient images and reports enables faster diagnosis, facilitates consultation with specialists and leads to better patient care. Other PACS benefits include improved service to surgeons and referring physicians who have remote access to images and reports, as well as more clinical information delivered to radiologists for more precise, accurate diagnoses. PACS speeds turnaround time and increases efficiency for patient care and physician consultations.



### DIAGNOSTIC IMAGING STAFF

Kneeling, L-R: Curt Clouse, Chuck Burns, Kelley Humphries, Ron Offet  
Middle Row, L-R: Michelle McNurlin, Lori Denney, Tammy Inglis-Drew,  
Brian Vaughn Back Row, L-R: Chris Marshall, Kathy Scott, Jeff Newcomb,  
John Angeletta, Cary Simons

Not Pictured: Billy Lucas, Boyd Schrank, Brook Taylor, Carlene Eldridge,  
Denise Welty, Robbie Schellenger, Kim Broomall, Fred Bail, Steve Andereggen,  
Scott Rogers, Mike Ball, Jennifer McCall, Mike Smith, McKenna Burns,  
Robert Cohea, Stephanie Snider, Alan Medley, Curt Wallace, Christina  
Jackson, Fred Neumann, Jane Daniel, Alice Pasquali, Beth Randol, John Couey.

## McKenzie-Willamette's Diagnostic Imaging Services

QUICKER AND MORE COMFORTABLE THAN EVER

Using state-of-the-art equipment and services, McKenzie-Willamette Medical Center provides a broad range of imaging services for patients — from CT scans to MRIs to Cath Lab procedures. Nonemergency, diagnostic and therapeutic imaging is scheduled from 8 a.m. to 5 p.m., Monday through Friday, and 24/7 for emergencies.

“In many cases we have the capacity,” says Diagnostic Imaging director Chris Marshall, “to schedule patients on the same day we get the call. And thanks to our new imaging technology, we can provide faster results than in the past.”

**A Patient's Point of View.** Of her recent experience with McKenzie-Willamette's Diagnostic Imaging, patient Betty Hutton says, “It was perfect.” Hutton had driven from the coast for an appointment with her physician. During her exam, the doctor determined she needed a CT scan. Both Hutton and her physician assumed she would have to go home to Yachats and return another day for the procedure.



“But when the doctor's office called McKenzie-Willamette and explained how far I'd driven,” says Hutton, “the Diagnostic Imaging office said they could make some schedule adjustments. Thanks to their willingness to accommodate my schedule, I did not have to make two trips from Yachats but got in for my CT that same day. It was a wonderful experience and a very comfortable procedure. I greatly appreciated the savings — of both my time and gasoline costs.”



**McKenzie-Willamette's MRI Provides the Latest Technology.** The sophisticated MRI system at McKenzie-Willamette can take as many as 76 different images simultaneously. This results in fewer patient repositionings and a much faster procedure time. The wider, shorter imaging cylinder greatly reduces any sensations of claustrophobia.

**Let the Imaging Department at McKenzie-Willamette Serve You.** Talk to your physician about having your next imaging procedure done at McKenzie-Willamette, where:

- Cutting-edge technology provides comfort, accuracy and efficiency for patient diagnosis and treatment.
- Most insurers pay for these procedures. (You may need a preauthorization. Check with your individual carrier to find out about your plan coverage.)
- And parking is still free.

### DIAGNOSTIC IMAGING

726-4462

[www.mckweb.com/  
HospitalServices](http://www.mckweb.com/HospitalServices)

## Traffic Improvements Part of Delta Ridge Plans

MCKENZIE-WILLAMETTE MEDICAL CENTER HAS “RESTARTED THE CLOCK” ON APPLICATIONS FOR THE LAND-USE APPROVALS NECESSARY TO BUILD A NEW HOSPITAL IN NORTH EUGENE.

In July, we submitted updated architectural plans to the Oregon Department of Human Services (DHS). Based on input from neighbors:

- We now propose to build a hospital of *four stories*, not eight.
- We also anticipate construction of a medical office building no taller than four stories.

We believe these changes are responsive to concerns expressed by North Delta neighbors.

When we submitted revised architectural plans to the state, we also submitted a revised budget of \$234 million. This figure reflects our better understanding of traffic mitigation costs, as well as the rising cost of construction — primarily raw materials. But the number will continue to be a moving target until we have a final Guaranteed Maximum Price from a general contractor (not yet selected).

In August we reached the important

milestone of preliminary approval for our Certificate of Need and we continue to be optimistic we will receive final approval.

### McKenzie-Willamette Proposes to Fund Projects to Improve Traffic

Our next milestone is land-use approvals from the City of Eugene. We spent the summer meeting with the Oregon Department of Transportation (ODOT), Lane County and City of Eugene officials to define regional transportation improvement projects. We also worked with ODOT to refine our proposed traffic mitigations to ensure they meet state standards and to discuss improvement projects McKenzie-Willamette Medical Center could build to improve traffic conditions before a new hospital opens at Delta Ridge.

During the past 60 days, we've seen our dialogue translated into exciting plans for the future and now have a series of projects that McKenzie-Willamette Medical Center proposes to build. In addition, the hospital would improve North Delta and

Ayers Roads where they front on the proposed hospital site.

DURING THE PAST 60 DAYS, WE'VE SEEN OUR DIALOGUE TRANSLATED INTO EXCITING PLANS FOR THE FUTURE...

You can view a scale model of our proposed hospital, now on display in McKenzie-Willamette's first floor elevator lobby. Our architects, The Gould Turner Group, Nashville, TN, constructed the scale model for display at the Lane County Fair. Over 100,000 Lane County residents had the opportunity to view and comment on our plans for a Eugene hospital at the Fair.

For more information about our plans for a full service, state-of-the-art hospital in Eugene, visit [www.mckweb.com/DeltaRidge](http://www.mckweb.com/DeltaRidge).

### WHAT'S INSIDE

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## McKenzie-Willamette Heart Center Opens Soon



Guided by local cardiologists and heart surgeons, McKenzie-Willamette has built an innovative heart center that provides a one-stop model of care. In traditional open heart surgery environments, patients are moved from room-to-room and floor-to-floor during various stages of their hospitalization. This conventional set-up often increases the stress level in an already stressful experience.

“When McKenzie-Willamette’s Board made the commitment to expand cardiovascular services,” states Dr. Jay Chappell, cardiologist, “we had the chance to create a heart center process and philosophy from the ground up.”

**The Heart Center at McKenzie-Willamette will offer services in a new way, creating a centralized physical space that includes**

**cardiovascular operating rooms, intensive care, and cardiology services — a “one-stop model” of care.**

- Cardiologists and cardiac surgeons will be working in the same unit.
- Throughout their hospitalization, patients will receive care from the same medical staff.
- Other services (e.g., rehabilitation, education services) come to the patient on the cardiovascular unit, rather than the patient having to move from room-to-room and floor-to-floor.

Cardiologists and cardiac surgeons will be seeing the same patients at the same time. Communication and collaboration between doctors and other medical staff can be done much more easily.

“The one-stop model will help ensure that the hospitalization for open heart surgery provides patients and their families a very positive experience,” continues Chappell, “and that they take home a much better understanding of post-hospitalization care for their condition.”

**McKenzie-Willamette Heart Center will provide open heart surgeries, such as:**

- coronary artery (blood vessels to the heart) bypass
- heart valve replacements and repair

- thoracic-aortic (chest/heart) surgery
- aneurism repair (An aneurism is a dilation or swelling of a blood vessel, where part of the vein or artery inflates like a balloon. The wall of the aneurism stretches and is thinner and weaker than the rest of the artery wall. Because of its likelihood to burst, it poses a serious health risk.)

**Beyond surgery — the Center will provide a wide range of cardiac treatments, many that are now provided in McKenzie-Willamette’s Cath Lab.**

These will include:

- stent placement (placement of a small, self-expanding, stainless steel mesh tube within an artery to keep the vessel open)
- heart attack treatment
- pacemaker implants
- implantable cardiac defibrillators (ICDs)
- diagnostic angiograms (heart imaging)
- angioplasty (A medical procedure in which a balloon is used to open narrowed or blocked blood vessels of the heart. It is not considered a type of surgery.)

Overall, the one-stop model is a new approach to heart services that will continue McKenzie-Willamette’s tradition of providing *extraordinary care* to patients.

### MCKENZIE-WILLAMETTE MEDICAL CENTER NEEDS VOLUNTEERS

Volunteers are needed at the hospital in areas, such as the Emergency Department, Medical floors (e.g., Women’s Health & Birth, Adult & Children’s Medicine), the Recovery Room and the Surgery Reception Desk. Currently, the hospital especially needs volunteers to participate in daytime, four-hour shifts. Volunteers may donate their time on a regular basis, or choose an “on-call” approach. Please call McKenzie-Willamette’s volunteer coordinator, 741-4606.

### AFFAIR OF THE HEART

**February 7**  
Eugene Hilton  
6:30 p.m.

Dr. Phoebe Ashley, cardiologist, presents the topic “Women and Heart Health.”

Room TBA

## The New Age of Healthcare –

### AUTOMATION THAT CAN SAVE YOUR LIFE

McKenzie-Willamette is about to introduce new computer technologies to further improve hospital care in Springfield. As a pilot site for a \$1.3 billion information technology transformation project, McKenzie-Willamette will be able to bring the benefits of cutting-edge computer technology to its patients and to the physicians who take care of them.

Currently, an interdisciplinary team of nationally recognized healthcare computer experts is working with McKenzie-Willamette staff in Springfield to develop new clinical systems that the hospital will implement in the coming months. It’s estimated that McKenzie-Willamette will begin using more than 25 new programs designed to enhance patient safety, improve staff efficiency and effectiveness, streamline physician access to electronic information and simplify business operations.

All aspects of clinical care and patient relations at McKenzie-Willamette — from bedside nursing and surgery to pharmacy and lab, from management of patient records to patient billing — will be impacted by the implementation of these new programs.

Nurses will use handheld devices and portable computers to enter and retrieve critical patient information at the bedside. They’ll also be able to instantaneously research such things as drug interactions and disease processes. Pharmacists will be able to reduce the potential for error and speed physician-ordered pharmaceuticals to patients. And the new programs will enable the ER staff to track patients and optimize workflow, with the goal of decreasing wait times for patients and families.

The new electronic age of healthcare is focused on better outcomes, fewer errors and higher patient and physician satisfaction. McKenzie-Willamette physicians and staff are poised to make the “new age” of technology standard operating procedure.

## From Community Hospital to Medical Center

By Rick Varnum, Associate Administrator



Three years ago McKenzie-Willamette Hospital embarked on a joint venture with Triad Hospitals, Inc and began doing business as

McKenzie-Willamette Medical Center. *This was more than a symbolic name change; it was a statement of intent to transform from a community hospital to a full-service medical center.*

Since 2004, McKenzie-Willamette has added a number of new services for the benefit of the patients we serve and at the request of the physicians who practice at the medical center. These new services include:

- Cardiac Cath Laboratory
- Magnetic Resonance Imaging (MRI)
- Dialysis
- da Vinci Robotic-Assisted Surgery
- Computed Radiography (CAT Scan)
- Picture Archiving & Communication System (PACS)
- Automated Pharmacy Dispensing Machines
- Sleep Disorders Laboratory
- Information Technology Upgrades and Electronic Medical Record

In all, McKenzie-Willamette has spent almost \$12 million to provide these new services. Nearly all of the new services and equipment will be relocated to our new Eugene hospital. These new services, together with those provided prior to October 2003, combine to make McKenzie-Willamette a full-service medical center.

### Investments in Springfield

In the past two years, McKenzie-Willamette remodeled and upgraded its Springfield hospital, including expansions and/or renovations of the Adult and Children’s Medicine Unit and the Emergency Department, among others. Even more works-in-progress will continue the internal expansion of services and maximization of space.

McKenzie-Willamette has also added new equipment to operating rooms, laboratory and diagnostic imaging, even food service and plant operations. McKenzie-Willamette has just completed a state-of-the-art operating suite and a Cardiac Intensive Care Unit — all at the urging of physicians who welcome a new care delivery choice for cardiac patients.

### Why spend in Springfield if we’re moving to Eugene?

In order to meet and exceed the expectations of physicians and patients, McKenzie-Willamette has invested over \$23 million since forming the joint venture with Triad in 2003. But McKenzie-Willamette Medical Center can’t continue to provide services at its present location for too many more years.

Today, there is no room for expansion. Operating rooms are woefully undersized to accommodate today’s high-tech procedures. Many of the physical plant systems we rely upon daily are aging and will soon have to be replaced. Our Emergency Department was designed to support half the number of patients that we see annually.

### Investments in Springfield have improved services already.

More of our patients can get the treatment they need at their hospital of choice. Fewer patients are subjected to ambulance transfer caused by McKenzie-Willamette not having the equipment and services to meet their needs. State-of-the-art equipment facilitates diagnosis and treatment previously not possible. Aesthetic improvements have increased patient satisfaction, as well as physician and staff satisfaction. And the vast majority of new equipment purchases will move with us to the new hospital.

Our transformation from a hospital to a medical center is ensuring patient choice and access — two of the hallmarks upon which McKenzie-Willamette was founded. Working together with our medical staff, we are seeing growth in the numbers of patients we treat and the services we provide.

## A Healthcare Renaissance



## DaVinci

McKenzie-Willamette Medical Center is leading a healthcare renaissance for prostate cancer patients.

Our new daVinci robotic-assisted surgery system gives surgeons a second set of hands to do complex procedures through incisions the size of a dime.

Seven local urologists are now using this state-of-the-art technology to perform prostate cancer surgery.



At McKenzie-Willamette, minimally invasive surgery is now even *less* invasive.

DaVinci can mean less pain, less blood loss and less chance of incontinence or loss of sexual function for prostate cancer patients.

For more information on our new daVinci system, visit our website at [www.mckweb.com](http://www.mckweb.com)

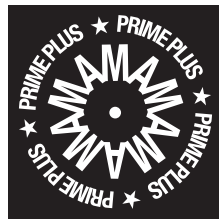


McKenzie-Willamette Medical Center: Leading a Healthcare Renaissance.



## Schedule of Classes

### Red Hot Mamas



McKenzie-Willamette Medical Center offers FREE bimonthly educational seminars for women in all phases of menopause. Seminars are led by physicians and other healthcare experts affiliated with McKenzie-Willamette.

#### What is Red Hot Mamas?

The Red Hot Mamas program is a FREE membership program designed to help women get medically accurate information about menopause, and help them maximize their quality of life. Membership includes electronic or standard mail announcements about upcoming events and seminars, as well as a free monthly email newsletter.

For additional information about Red Hot Mamas at McKenzie-Willamette, email [wecare@mckweb.com](mailto:wecare@mckweb.com) or call 741-4602.

*Real-time Captioning Provided at the December Seminar*

December 4

#### Sleepless & In Menopause

Dr. Karthik Mahadevan  
6 p.m.  
Umpqua Room, Free

February 7

Red Hot Mamas at  
Affair of the Heart

#### Aging, Skin, Hair and Eyes

(Mirror, Mirror on the Wall)  
4 - 9 p.m.

Eugene Hilton, Room TBA, Free

### 2007 RED HOT MAMAS TOPICS

#### April

Surgical Concerns in Menopause

#### June

Controlling Menopausal Weight Gain & Developing a Personal Fitness Plan

#### September

Alternatives for Managing Menopause

#### November

Depression, Mood Swings; Sustaining Mental Health During Menopause

## WOMEN'S HEALTH SCHEDULE



WOMEN'S HEALTH & BIRTH CENTER TOURS ARE OFFERED SEVERAL TIMES MONTHLY AND ARE FREE. FOR INFORMATION OR TO REGISTER FOR THE FOLLOWING PROGRAMS AND SERVICES, CALL 741-4649.

#### Maternity Care Coordinators

When you choose to deliver at McKenzie-Willamette's Birth Center, you'll team up with our Maternity Care Coordinator who will make sure your birth preferences are known prior to your arrival. We offer orientation classes as well as phone or individual appointments.

#### Childbirth Preparation

Kim Snauer, RN & Suzanne Squires, RN  
Our five-week series for expectant mothers and their support person will focus on the application of breathing and relaxation skills to help from beginning of labor through delivery. Special emphasis is placed on the support person's role. A thorough review of what to expect during your hospital stay is also provided as well as an opportunity to create your own birth plan. Expectant mothers will gain the information needed to make choices about their birth experience.  
Mondays or Wednesdays, 6:30 - 8:30 p.m.  
Call for specific dates.  
Umpqua Room, Fee: \$60

#### Childbirth Refresher Course

Dawn Marten, RN

Women who have delivered previously and their partners are invited to attend this workshop in preparation for childbirth. Review helpful breathing, relaxation and labor coaching technique. Prenatal exercises, breastfeeding and family preparation will also be discussed.  
Monday, 6:30 - 8:30 p.m.  
November 27  
Umpqua Room  
Fee: \$25/couple. Bring pillows.

#### Saturday Prenatal Retreat

No time in your schedule for a five-week prenatal series? Join us for a one-day, comprehensive review of labor and delivery and relaxation and breathing techniques. Designed for first-time parents or those who have delivered previously but have never taken a childbirth class. A lunch break will be given and snacks served in the morning and afternoon.  
Saturday, 9 a.m. - 5:30 p.m.  
December 2, Umpqua Room  
Fee: \$65/couple. Bring pillows.

#### Successful Breast Feeding

Find out how breast feeding maximizes your baby's health and facilitates bonding. Learn how to prepare, what to expect and

how to overcome common problems.  
Tuesday, 6:30 - 8 p.m.  
December 19, Umpqua Room, Fee: \$15

#### Your New Baby

If you are a proud parent of a new baby or expecting one soon, join us for an overview of your baby's health and development in the first few months of life including normal behavior, appearance, growth and development and safety issues. The class will allow time to address any special questions or concerns of the group.  
Monday, 6:30 - 8:30 p.m.  
December 11, Umpqua Room, Free

#### Sibling Preparation

This class will help "big" brothers and sisters, ages 3-7, prepare for the arrival of "their" new baby. We will talk about feelings, frustrations and family adjustments that occur when baby comes home, do some artwork for baby's crib and take a tour of our Birth Center.  
Saturday, 10:30 - 11:30 a.m.  
December 16  
Umpqua Room  
Fee: \$10/1 child; \$15/2 or more  
Children should bring a doll to diaper and a picture of themselves.

## Adult Wellness

#### Beginning Meditation

(6 sessions)  
In this weekly one-hour class, basic meditation techniques will be introduced and practiced with emphasis on healing of the body and psyche.  
Mon., 6 - 7 p.m.  
February 26 - April 2

#### Advanced Meditation

(8 sessions)  
More advanced topics and deeper exploration of meditation. Recommended for

those who have taken the beginning class but not required.  
Mon., 6 - 7 p.m.  
April 16 - June 4

Both of the FREE meditation classes meet in the MWMC McKenzie Room and are led by John Mackey, MD. Registration required. Call Kathy McDowell, RN, COHN, 744-8470. Classes are limited to 15 people.

## Support Groups

#### Better Breathers

First Tuesday of each month.  
2 - 3:30 p.m.  
MWMC, Room TBA  
726-4616 - FREE

#### Lane County Ostomy Association

First Sunday of each month (except on Holiday weekends)  
2 p.m.  
MWMC, Umpqua Room  
485-9633 - FREE

## Festival Of Trees – Rooted In Tradition

ADMISSION: \$6 FOR ADULTS, \$4 FOR CHILDREN UNDER 12 AND SENIORS 60 & OLDER. TICKETS ON SALE AT UMPQUA BANKS AND REED & CROSS.

Valley River Inn, November 21 - 26

This year, more than 57 dazzling holiday trees will reflect the theme, "It's A Wonderful Life." These lavishly decorated fresh trees serve as centerpieces for an amazing variety of gifts and premiums that accompany each auctioned tree.

Entertainment will be held in the Columbia Room, and there will be storybook characters, colorful stockings, Gingerbread Village, gift baskets, "Candy Cane Forest" and "Under the Tree" (children's activities and shopping) and Santa Claus.

**The event is to raise money for prescription drug assistance for low-income people.**

**For a description of daily events go online to [www.cascadehealth.org/foundation/festival\\_details](http://www.cascadehealth.org/foundation/festival_details).**

**Take Your Place Among the Stars: Volunteer at 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



Festival of Trees

healthcare-related, worthwhile causes in the community. There are many jobs available, from greeting arriving participants to helping with set-up and take-down of the beautiful trees. It's not too late to donate your time. Call 687-0123, the Volunteer Center, to sign up for a three-hour shift.



An Affair of the Heart

## Ladies Night Out

SPONSORED BY MCKENZIE-WILLAMETTE MEDICAL CENTER

FEBRUARY 7, 2007 4 - 9 P.M.,  
EUGENE HILTON

McKenzie-Willamette, KMTR News Source 16, KOOL 99.1, News Radio 11-20 KPNW and 104.7 KDUK present a free evening for women — that's all about you. Enjoy an evening of entertainment, information, auction

and great prizes! There'll be food, wine and over 40 exhibitors featuring spas, beauty, health, leisure and more.

**There will be several featured physician speakers, including Dr. Karthik Mahadevan, a pulmonologist and director of McKenzie-Willamette's Sleep Center. (Real-Time Captioning Provided.)**

For more information call 726-4789 or go online to [www.mckweb.com](http://www.mckweb.com).

# Seeking Seasonal Serenity

By Joanna Hoskins, Ph.D., Psychologist

By the time the bags of Halloween candy line the shelves, the holiday decorations have already made their appearance! This might imply we have more lead time to prepare, but for many, the experience is like an avalanche with an even longer head start. Is there hope for finding a serene center in the holiday season? Here are some thoughts:



1) Take a day or so to list the major activities that you (and your family) usually do as part of your holiday traditions. It's often easiest to do this if you carry the list with you throughout your day.

2) Sit down with your family members and discuss the activities that each finds most meaningful about the holiday time. Using your own list for starters, see if you can combine ideas to rank the top four favorites.

3) Take a look at the activities that get the most votes. What do you see? If gift

purchasing and wrapping, house decorations (indoors? outdoors?) and a family dinner are at the top, does that suggest some other activities don't need to happen this year — or at least every year?

4) How about balance? If chopping down your own tree is of major importance to your family, can you skip a year of outdoor decorations? If going to a holiday

concert is a wonderful tradition, can gift purchasing be simplified? If your family thinks "It's just not the holidays if we don't do everything," are they willing to split up the tasks with you? Can you have teams of outdoor decorators, indoor decorators, and gift wrappers?

5) Ask if each person would like to add a new idea to the list — something you haven't done before. Perhaps your family would like to share special spiritual readings, or make simple decorations or enclosure cards. It may seem strange to suggest adding activities, but maybe in the past everyone has been so overbooked there hasn't been a moment to try new things. By choosing among your traditions, you may discover some ways to slow down, consider what's most meaningful to you and deepen your experience of this special time.

*Dr. Hoskins is a therapist with DIRECTION and Cascade Health Solutions.*

WE  TAKING CARE OF YOU

McKenzie-Willamette  
Heart Center  
Opens Soon

## Now, You Don't Have to Wait to Sleep

Introducing McKenzie-Willamette Sleep Solutions Center. Our certified somnographers are helping people who have serious snoring problems, wake up gasping for breath or suffer from other sleep-related problems. Maybe it's you. Maybe it's the person who sleeps next to you.

Sleep for you. Relief for the ones you love. Soon, you could be waking up feeling well rested, not rest-less.



Meet Medical Director Karthik Mahadevan, MD. Dr. Mahadevan has opened three different sleep centers across the nation.

You can now use his expertise to give you a good night's rest.

Call now and find out how we can help you.

541.744.8525

[www.mckweb.com](http://www.mckweb.com)



Visit our website to take a six-question quiz to see if you're a candidate for a sleep disorder evaluation.

# Take Care of Yourself This Flu Season

**The Flu Virus** really can be a serious illness, particularly in high-risk populations (older people, young children and people with certain health conditions). Flu complications can cause bacterial pneumonia, ear infections, dehydration and worsening of chronic medical conditions. In the United States, about 36,000 associated influenza deaths occur annually.

**The best prevention for influenza — bar none — is to get vaccinated.**

**Bacterial Infections** Significant respiratory infections caused by bacteria include meningitis, whooping cough,

pneumonia and strep throat. Antibiotics are a reliable treatment. *Remember: it is important to complete your entire prescription to prevent bacteria from developing antibiotic resistance.*

**You can prevent many viral and bacterial infections by taking care of yourself during this season of respiratory illnesses:**

- get enough sleep and rest
- drink lots of water and orange juice
- reduce stress in your life
- eat healthy foods

**If you do become ill, help prevent the spread of disease and possible re-infection of yourself and your family:**

- Stay home from work and keep children home from school.
- Wash your hands frequently.
- Cover your sneeze or cough by coughing or sneezing into your arm ("catch your cough" is a helpful phrase for younger children).
- Clean commonly used items in your home to prevent contact transmission.

# Navigating Holiday Buffets

By Kathy Gates, RD



For many people, the holidays are a time for enjoying favorite foods. Unfortunately, the result can be a few extra pounds by the New Year. With all the temptations of rich, favorite foods while at a party or family meal, what are some sensible choices you can make to stay on a healthy eating plan?

First of all, instead of focusing on what you shouldn't eat, focus on all the healthy, delicious foods you can eat. The good news is winter produce is at its peak — sweet potatoes, cranberries, oranges, apples and squash contain plentiful amounts of Vitamin A, Vitamin C, fiber and antioxidants. Nuts and lean meats make great choices too. Try the following tips:

- Dip your vegetables in salsa and hummus instead of rich cream sauces.

- Talk to friends and family well away from snack trays and tables.

- Watch your portion sizes; use small plates.

- If your moods drive you to eat, find something other than food to make you happy.

- To avoid overeating at a party, avoid going starved. Drink a cup of warm, fat-free broth just before the party to help give you the feeling of fullness. If you are bringing a tray to the party, bring fresh fruit or vegetables.

There are lots of little tricks to help lighten up holiday foods and keep them tasty. Here are some ideas for good tasting/nutritious meals and appetizers:

- Thicken chowders and soups with pureed vegetables, rather than cream. Pureed potatoes, rice, and squash are good thickeners.

- Make low-fat dips with fat-free sour cream or yogurt. Hummus and other bean dips are good choices because they can be made low-fat and are very flavorful.

- Use chopped vegetables, fruits and nuts in stuffing. They add great flavor, texture and nutrients.

- For appetizers, snack on fat-free alternatives. Fruits and vegetables dress up a table with their natural beauty and color, while providing vitamins and fiber at the same time.

- Put some fiber and protein into your casseroles. Add chopped peanuts, walnuts, pecans or almonds.

- Add flavor to rice, pasta, stuffing and vegetables by using chicken broth, herbs, lemon juice or hot pepper sauce during food preparation.

Additional eating strategies include planning your eating for the day. If you know you are going to a party or going out for dinner, eat lighter earlier in the day. This leaves calorie room to try a small dessert. Watch the amount and number of portions you have. Enjoy your second helping later in the day as another meal instead of overeating at one meal.

## HAND THERAPY CENTER

McKenzie-Willamette Hand Therapy Center provides services by two Certified Hand Therapists with advanced training in maximizing hand and arm function. Carrie Meadowcroft, OTR/L, CHT and Jude Emmanere, OTR/L, CHT staff the center.

For more information about hand therapy and Rehabilitation Services at McKenzie-Willamette, call 726-4457 or visit

[www.mckweb.com/HospitalServices](http://www.mckweb.com/HospitalServices).

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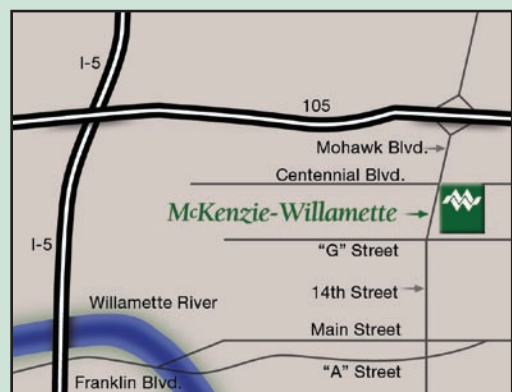
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<b>Client:</b> MW Med Ctr	F&A Job# MWH-152	Media: RG
<b>Proof #:</b> 3	Job Name: PulseBeat	Media Deadline:
<b>Proof Date:</b> 11.06.06	File Name: MWH-195 PulseBeat	Size: 2sided dbl truck % of Original: 100
<b>Due to Printer/Pub:</b>	<b>Client Approval:</b>	
<b>Delivery Date:</b>	<b>Date:</b> <input type="checkbox"/> Okay as is. <input type="checkbox"/> Okay with Changes as indicated on proof.	

## ADVERTISING

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