



Take Heart: New Heart Center Opens in Springfield



McKenzie-Willamette Heart Center

McKenzie-Willamette Medical Center is proud to announce the December 4, 2006 opening of the McKenzie-Willamette Heart Center, a state-of-the-art, one-stop care facility for open heart surgery and comprehensive cardiac care.



The Heart Center enables enhanced interaction between staff and patients.

Some seven million Americans suffer from coronary heart disease, the number one killer of both men and women in the United States. “By opening this Heart Center,” says Dr. Phoebe Ashley, “McKenzie-Willamette is providing our community with an additional option for complete cardiac care.”

Featured in the Heart Center is a 600-square-foot Cardiovascular Operating Room (CVOR) with the latest technology and equipment. The CVOR is in addition to the hospital’s existing six operating rooms. Patients will recover in the new cardiovascular intensive care unit directly adjacent to the CVOR. Whether here

for surgery or other cardiac treatments, patients of the Heart Center will be able to stay in one room from admission through discharge.

“Staff comes to the patient, rather than moving the patient around from floor-to-floor to various units,” says CVOR/CVU manager Becky Bellingham. “You have more consistent communication among medical staff, less stress for the patient, and enhanced, ongoing interaction between staff, patient and family.”

McKenzie-Willamette Heart Center is one of a growing number of programs across the nation offering the One-Stop Care approach for cardiac treatments and surgeries, which greatly enhances the continuity of patient care.

Local cardiologists, cardiac surgeons, anesthesiologists, and intensivists (physicians who specialize in critical care) will provide both scheduled and emergency care 24/7 in the new Heart Center, located inside the hospital’s current facility at 1460 G Street.

The Heart Center provides a wide range of cardiac treatments, including:

- 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)
- 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)



McKenzie-Willamette offers open heart surgeries, including:

- 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.)

A full range of noninvasive procedures and tests, such as EKGs, echocardiograms and stress tests will continue to be offered at McKenzie-Willamette.

HEART CENTER

The McKenzie-Willamette Heart Center is now open 24-hours daily, 7 days a week.

An Affair of the Heart is All About You!

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



Mark your calendars and call your girlfriends. February 7, 2007 is an evening of fun, friends and facts that you won’t want to miss.

Enjoy a night of health information and pampering. You’ll be able to check out health-related presentations and discussions, blood-pressure checks, massage and spa samples, prize drawings, and plenty of food and beverages — all specially tailored for women!

So bring your friends and even your shopping lists. You’ll have the chance to indulge in a little shopping, as there will be plenty of clothing and jewelry vendors too.

Entrance to the event and most of the activities are free. However, there is a \$25 fee for the bone-density screenings, which will be offered in the Red Hot Mamas Room (details page 3).

Here’s Who’s Coming to Affair of the Heart

5:30 p.m.

Dr. Connie DiMarco, urogynecologist, “Women & Surgery in the 21st Century (fibroids, hysterectomy, heavy bleeding, incontinence).”

6:30 p.m.

Dr. Phoebe Ashley, cardiologist, “Are You at Risk for Cardiovascular Disease?”

7:30 p.m.

Dr. Karthik Mahadevan, pulmonologist and director of the McKenzie-Willamette Sleep Solutions Center, “Now You Don’t Have to Wait to Sleep.”

Real time captioning sponsored by Les Schwab Tire Centers.

Come and join the thousands of women who for the past four years have participated in this special evening for women.



Local Cardiologist Dr. Phoebe Ashley will discuss the topic of women and heart disease at An Affair of the Heart.

WHAT’S INSIDE

- Heart Center Staff Leadership in Good Hands
- Heart Health
- Stroke Prevention
- Heart Attack Symptoms and Warning Signs
- Schedule of Classes
- A Breakthrough Approach to Female Surgeries
- You Can Quit Smoking

McKenzie-Willamette Medical Center, KMTR NewsSource 16, KOOL 99.1, 1120 KPNW News Radio, 104.7 KDUK, LA Weight Loss, Oakway Fitness and American Laser present this evening of entertainment, education, food and fun for women.

For more information call 726.4789 or go online to www.mckweb.com

Women Need to be Heart Aware



If you're a woman, you are more likely to die of heart disease than from any other cause. If that fact surprises you, it usually comes as a big surprise to the more than 500,000 American women who are diagnosed with heart disease each year, too.

Women's symptoms — including chest discomfort, indigestion and general fatigue — aren't as obvious as men's. Women wait longer to seek medical help.

And sometimes their complaints aren't fully appreciated.

REDUCE, RECOGNIZE, & RESPOND

Attempt to REDUCE coronary disease risk factors such as high blood pressure, high cholesterol and smoking.

- Regular aerobic exercise is an effective weapon on many fronts. Half an hour of exercise daily (and it can be as simple as taking a walk) can help get rid of abdominal fat, lower cholesterol levels and strengthen the cardiovascular system.
- A diet that emphasizes fruits, vegetables, whole grains, legumes, beans, olive oil, fish, nuts, low-fat dairy and small amounts of meat is associated with

lower rates of heart disease in both women and men.

- For women who are overweight, cutting back on take-out foods, eliminating saturated fats and limiting intake of sugar from soft drinks will help control both weight and cholesterol levels.

RECOGNIZE the symptoms for heart attacks (see below).

RESPOND to these symptoms by having them evaluated by your physician. And, even if you feel great, don't neglect your regular check-ups.

For more information about symptoms and helpful tips to reduce your risk factors, visit www.mckweb.com.

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 restless.



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.

744.8525

www.mckweb.com



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

Heart Center Staff Leadership in Good Hands



Right, Becky Bellingham, RN, BSN.

Becky Bellingham, RN, BSN.

For over a year, Becky Bellingham has been coordinating the McKenzie-Willamette Heart Center project, and now she is managing the newly opened Heart Center.

After earning her Bachelor of Science degree in nursing, Bellingham specialized in the areas of critical care, medical-surgical, school nursing and cardiology. For the last 14 years, she has worked in the Eugene/Springfield area, specializing in critical care and cardiology.

"With the increased prevalence of heart disease," Bellingham says, "I think it is important to be able to offer this additional choice for cardiac treatment in our community."

Paul Rotondo, RNFA. This past fall Paul Rotondo was hired to manage the hospital's new Cardiovascular Operating Room (CVOR). In 1983, Rotondo began his lengthy medical education and work experience, obtaining his RN from USC Medical Center in Los Angeles. Since then he has acquired specialties in adult critical care, operating room and cardiovascular



Paul Rotondo, RNFA

operating room care, along with surgical first assistant (FA) status. Prior to coming to McKenzie-Willamette, Rotondo had managed the start-up of three heart programs, two in California and one in Boise, Idaho.

Take Your Pulse – A Step toward Stroke Prevention

By Michelle Murphy, RN, Critical Care Clinical Nurse Specialist



Stroke is a devastating disease that occurs when a clotted or ruptured blood vessel stops blood flow to the brain. To function properly, the brain must be fed constantly with oxygen and sugar. Without blood flow, the brain doesn't get enough of these two critical ingredients and begins to die. The result is weakness or paralysis, typically on one side of the body, that can affect the ability

to walk, move the arm or talk. A leading cause of long-term disability, stroke is also a killer. In fact, it is the third leading cause of death in the United States.

What does stroke, sometimes called a "brain attack," have to do with your heart? One in five strokes occur in people who have a common heart rhythm disturbance called atrial fibrillation. Normally, the heart's two upper chambers (atria) contract and push blood down into the lower chambers (ventricles). In atrial fibrillation, the atria quiver, like a bowl full of Jell-O, instead of contracting. Blood becomes stagnant and pools in these upper heart chambers. Stagnant blood begins to clot. These blood clots can then leave the heart and float to the brain, where the

clots lodge in a blood vessel. Blood flow stops and stroke symptoms begin.

So how do you know if you have atrial fibrillation? Take your pulse! Atrial fibrillation causes your heart to beat irregularly. As you feel your pulse, the beat will be erratic, not steady and consistent. Not all irregular heartbeats are atrial fibrillation. If your pulse is irregular, make an appointment with your health care provider, who will diagnose your heart rhythm abnormalities.

All too often, for many people the first sign of their abnormal heart rhythm is a stroke.

Begin your stroke prevention program today — take your pulse.

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 at 741-4606.

Heart Attack Symptoms and Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes

back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in other areas of the upper body: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath: May occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

Resource: www.americanheart.org

If you think you're having a heart attack, call 9-1-1 or your emergency medical system immediately.





Schedule of Classes

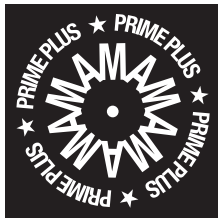
An Affair of the Heart



**Wednesday,
February 7, 2007
Free at the Hilton Eugene
4 - 9 p.m.**

McKenzie-Willamette Medical Center, KMTR NewsSource 16, KOOL 99.1, 1120 KPNW News Radio, 104.7 KDUK, LA Weight Loss, Oakway Fitness and American Laser present an 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 (see page 1 for more information).

Red Hot Mamas



Aging Skin, Hair and Eyes (Mirror, Mirror on the Wall)

Wednesday, February 7, 2007
Hilton Eugene, 4 - 9 p.m.

From 7:30 to 9 p.m., **Dr. Jan Staffl, OB-GYN**, will be in the Red Hot Mamas Room at An Affair of the Heart. You also will find prizes and gifts, as well as FREE:

- Skin care evaluations with skin care specialists from the Aesthetic Surgical Arts & Skin Enhancement Center.
- Information about aging skin, hair, and eyes.
- Dietitian consultations.

In addition, the RHM room features bone density screenings with **Dr. Catherine York** for a \$25 fee. For more information, call 726.4789 or go online to www.mckweb.com.

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.

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.

HAVING A BABY?

Maternity Care Coordinator

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.
February 26, April 16,
June 4, September 10
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.
March 3, April 7, May 19, June 23
Umpqua Room
Fee: \$65/couple. Bring pillows.

Successful Breastfeeding

Find out how breastfeeding 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.
February 20, April 17, June 12
Umpqua Room, Fee: \$15

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.
February 24, April 28, June 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



AARP Driver Safety/55 Alive

A two-day classroom refresher course for drivers 50 years of age or over. Attendees may be eligible for a reduction on their automobile insurance. Call 726.4789 for required preregistration.
9 a.m. - 1 p.m.
February 15 & 16
May 30 & 31
August 14 & 15
November 15 & 16
Umpqua Room
Fee: \$10

Advanced Meditation

(8 sessions)
More advanced topics and deeper exploration of meditation. Recommended for those who have taken the beginning class, but not required.
Mondays 6 - 7 p.m.
April 16 - June 4

This FREE meditation class meets in the MWMC McKenzie Room and is led by John Mackey, MD. Registration required. Call Kathy McDowell, RN, COHN, 744.8470. Class size limited to 15 people.

Support Groups

Better Breathers

• First Tuesday of each month.
• MWMC, Room TBA
• 726.4616
• Free

Caregivers Support

• Meets regularly and offers families an opportunity to exchange information and share experiences.
• Cascade Adult Center
• 996 Jefferson, Eugene
• 726.4484
• Free

Caregivers Training

• Trainings are for family members or friends who are caregivers for a loved one.
• Participants may attend any one of these ONGOING, MONTHLY trainings. Each month a professional from the community presents a topic pertinent to the needs of caregivers. After the presentation, there will be plenty of time for discussion and questions. While you attend the training, care for your loved one is available in the Adult Center.

• Sponsored by the Cascade Adult Center and Senior & Disabled Program:
• www.cascadehealth.org

• First Friday of each month,
• 2 - 4 p.m.
• Cascade Adult Center
• 996 Jefferson, Eugene
• 726.4484
• Free

Grief Support

Weekly: Tuesday Mornings & Thursday Evenings
For those who have experienced the death of a loved one, a support group can offer help to deal with the loss. Susan Isaacs, Cascade Hospice Bereavement Coordinator at Cascade Health Solutions, leads the Tuesday morning meetings. Brenda Yoder, Chaplain, leads the Thursday evening meetings at McKenzie-Willamette. There is no charge and participants may attend either or both meetings. Please call the telephone numbers below with questions.

Tuesdays, 10:30 a.m. - 12 p.m.
Cascade Health Solutions,
Willamette Room
2650 Suzanne Way, Suite 200
Eugene
228.3081
Free

Thursdays, 7 - 8:30 p.m.
MWMC, Friends & Family Room
726.4478
Free

Lane County Ostomy Association

First Sunday of each month
(except on Holiday weekends)
2 p.m.
MWMC, Umpqua Room
NEW PHONE: 741.5103
Free

DIABETES EDUCATION

This program focuses on learning self-management skills involving healthy food choices, physical activity, stress reduction and diabetes medications. Group classes and individual sessions are available. Also offered is a refresher course for those who have already been through the program and need some additional support and guidance. Our program is accredited by the American Diabetes Association and offers the services of certified diabetes educators.

Call 228.3020 to begin a program just for you.

Cascade Health Solutions
2650 Suzanne Way, Eugene

A Breakthrough Approach to Female Surgeries



Dr. Zena Monji, OB-Gyn

Thanks to McKenzie-Willamette's new da Vinci robotic-assisted surgery system, what used to be a multi-day stay in the hospital and six weeks of recovery can now be an overnight in the hospital and just two weeks of downtime for women facing surgery for some gynecological conditions.

The da Vinci robotic surgery system is setting a new standard for the surgical treatment of a broad range of gynecologic conditions, such as:

- fibroid (noncancerous) tumors
- endometriosis (a painful condition in which the uterine lining moves and attaches to other pelvic organs)
- prolapsed (downward dropping) uterus

Powered by state-of-the-art robotic technology, the da Vinci surgical system allows the surgeon's hand movements to be translated into precise movements of micro-instruments within the operative site. Unlike standard laparoscopic instruments, which are straight and do not bend, da Vinci instruments articulate and rotate 360 degrees, allowing the surgeon unparalleled precision and flexibility.

Patient Theresa Schaecher could not be happier with the results of her da Vinci surgery, done by Dr. Monji. "Prior to the surgery, I was in a lot of pain and unable to do many of the things I enjoy," says Schaecher. "Immediately after the surgery, I had very little pain — and no bleeding. During my one-night hospital stay, I barely used the pain medicine IV. On day two and three, I took a little prescription pain medicine. Within a week of surgery, all I am taking is some over-the-counter pain relievers."

"A hysterectomy is major surgery, but the short recovery time, amount of pain and no bleeding were equivalent to what happened after a minor surgical procedure I had last July (which did not take care of the problems I was having). I am thrilled with the results, and I am really looking forward to getting back to hiking and being active again."

This past fall Dr. Zena Monji, OB-Gyn, participated in an intensive da Vinci robotic surgery training program. The program included a two-day seminar in California, along with several days of training in Springfield at McKenzie-Willamette. The Springfield training was led by a physician with six years of da Vinci robotics experience in urogynecologic (urinary and reproductive systems) surgeries.



A gynecologist for 11 years, Monji has extensive experience in traditional and laparoscopic surgery techniques. Since the fall of 2006, she has completed more than 20 surgeries using the da Vinci equipment at McKenzie-Willamette Medical Center. The advantages to patients are many and may include:

- shorter hospital stay
- less pain
- faster recovery
- quicker return to normal activities
- less risk of wound infection
- less blood loss
- less scarring

For more information about robotic-assisted da Vinci surgery at McKenzie-Willamette Medical Center, call 741.4602 or visit www.mckweb.com/HospitalServices.

A Healthcare Renaissance



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

Our new da Vinci 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.

The da Vinci system 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 da Vinci system, visit our website at www.mckweb.com



McKenzie-Willamette Medical Center: Leading a Healthcare Renaissance.

McKenzie-Willamette Smoke Free by 7/4/07



This year July 4th will be a different kind of Independence Day for McKenzie-Willamette Medical Center. By then, all hospital properties will be

Tobacco Free (void of any kind of tobacco product use, e.g., smoking cigarettes, cigars, pipes, chewing tobacco, etc). For more than a decade, McKenzie-Willamette has had a no-smoking policy inside hospital facilities. After July 4th, a no-smoking and no-tobacco products policy will be in effect for all hospital properties, both inside and outside.

To ease the transition into compliance with this new policy, employees and patients who smoke, or use other tobacco products, will be offered

long-range assistance, such as education and smoking cessation programs, as well as short-term help.

"We know how addictive smoking can be and we will be sensitive to the needs of staff, patients, physicians and visitors," hospital administrator Rick Varnum says, "but as a health care facility, McKenzie-Willamette has a responsibility to our patients, employees and the community to become a tobacco-free environment."

YES, YOU CAN QUIT SMOKING



For those who have repeatedly failed at quitting in the past, it's comforting to learn that most smokers fail several times before stopping successfully. Your past failures don't mean that you are unable to quit. Rather, they are part of the normal journey toward becoming a nonsmoker.

Even if you've failed before, understand that this is normal. Encourage yourself to try again, and get help — lots of it. Get into a good program, or better yet, a combination of more than one.

The most important step to take is the first step — admitting you have an addiction.

Admitting that you're smoking more out of addiction than choice will help motivate you to go on to the next steps — take control of yourself and become a nonsmoker.

There are many groups and agencies that are available to help, as well some over the counter and prescription medicines.

The American Cancer Society, the American Lung Disease Association and the American Heart Association all have inexpensive and effective programs. Online the Foundation for a Smoke Free America, www.anti-smoking.org, offers listings of helpful websites and personal experiences from former smokers.

WHERE THERE'S SMOKE . . .

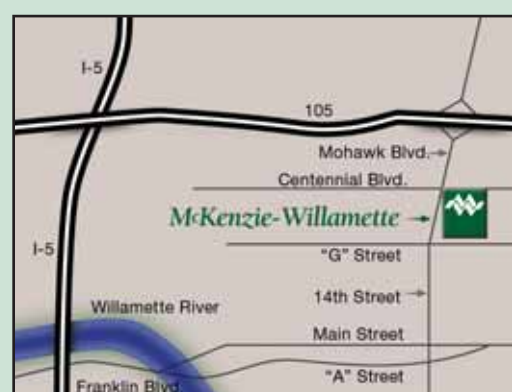
Need one more reason to quit?

How about this one: cigarettes are the leading cause of fatal fires in the United States.

"Many hundreds of lives are lost, thousands are injured and millions of dollars in damage are sustained in fires caused by cigarettes each year," said James M. Shannon, president of the National Fire Protection Association (NFPA) in a December 2006 press release.

Cigarette fires have been the top cause of U.S. fire fatalities for decades, killing tens of thousands of

people in the past 30 years. Deaths have declined with falling smoking rates, but cigarette fires still kill 700 to 900 people a year. Senior citizens suffer disproportionately. They die in cigarette fires at almost four times the rate of other Americans, NFPA research shows. Nationwide, nearly one in ten fatal building fires begins with a cigarette and ends with the death of a senior citizen.



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PulseBeat is published by McKenzie-Willamette Medical Center, 1460 G St., Springfield, OR 97477. PulseBeat is a public service and is not intended as a substitute for professional medical care. www.mckweb.com