



Sleep Solutions Center

Introducing the McKenzie-Willamette Sleep Solutions Center, where there is no waiting for treatment for sleep disorders. The new Sleep Solutions Center helps people who snore or wake up gasping for breath (sleep apnea), along with those who suffer from other sleep disorders, such as restless legs syndrome (RLS), narcolepsy, etc.

Why a sleep center in Springfield? Approximately one out of every three people in the United States has one or another type of sleep disorder. Over 80% of those have obstructive sleep apnea. Technology is available to diagnose sleep disorders, and Springfield now has two physicians qualified to evaluate sleep disorders. The current sleep diagnostic centers in Eugene have up to three-month waits for patients to be seen for testing. No one should have to wait that long for medical treatment.

To find out if you — or the person who sleeps beside you — may be a candidate for McKenzie-Willamette’s new Sleep Solutions Center, take our Six-Question Sleep Quiz at www.mckweb.com/sleepquiz. Or call us at 744-8525 to find out how our sleep therapy experts can help you or your loved one — without a long wait. Soon, you could be waking up feeling refreshed and rested — instead of rest-less.

McKenzie-Willamette Sleep Solutions Center • Fuller House, 1600 H Street Springfield, OR 97477 • 744-8525 • wecare@mckweb.com

SLEEP TIPS

Want a better night's sleep? Try the following:

- ☐ Consume less or no caffeine and avoid alcohol.
- ☐ Drink less fluids before going to sleep.
- ☐ Avoid heavy meals close to bedtime.
- ☐ Avoid nicotine.
- ☐ Exercise regularly, but do so in the daytime, preferably before noon.
- ☐ Try a relaxing routine, like soaking in hot water (a hot tub or bath) before bedtime.
- ☐ Establish a regular bedtime and waketime schedule.
- ☐ Keep a sleep diary before and after you try these tips. If the quality of your sleep does not improve, share this diary with your doctor.



NEW MEDICAL DIRECTOR FOR SLEEP SOLUTIONS CENTER: DR. KARTHIK MAHADEVAN

Born and raised in Trichy, India, Dr. Karthik Mahadevan graduated from India’s Kilpauk Medical College and completed his residency in internal medicine at Wayne State University, Detroit, Michigan. Subsequently, he completed a fellowship in pulmonology, critical care medicine and sleep medicine at Baylor College of Medicine, Houston, Texas.

For the past three years, he has been in private medical practice in Missouri. During the past decade, Mahadevan has been medical director at these Missouri sleep centers: Missouri Southern Healthcare, Twin Rivers Regional Medical Center and Sleep Analysts Inc. At McKenzie-Willamette, Mahadevan will provide pulmonary/internal medicine relief coverage in the Intensive Cardiac Care Unit, along with directing the activities of the Sleep Solutions Center.



More Than Annoying

If the person who sleeps beside you keeps you awake with loud snoring, he or she may be suffering from sleep apnea, one of the most common sleep disruptors. Sleep apnea is more common in men, with one out of 25 middle-aged men having this sleep disorder.

Only one out of 50 middle-aged women suffer from apnea. In sleep apnea, breathing stops or gets very shallow during sleep. Each pause in breathing typically lasts 10 to 20 seconds or more. These pauses can occur 20 to 30 times or more an hour.

WHAT'S INSIDE

2 Chart Notes:
Get Screened for Prostate Cancer
Prostate Health

Support Groups

3 Women's Health Schedule

Senior Wellness

4 Fall Into A Great Routine This Autumn

- Halloween Safety
- Sports Physicals
- School Transportation Safety
- Vaccinations

MWMC Certificate of Need Approved

The Department of Human Services issued a proposed order to approve our application to build a new 148-bed acute care hospital in Eugene. In the proposed decision, DHS staff said, "...Approval of this project will result in an improvement in patients' reasonable access to services...

It appears that a new hospital is the most cost effective solution, given the current shortfalls of the current facility and the cost of rehabilitating it while simultaneously trying to serve patients.... Need for the requested beds has been established...Patients will retain the ability to choose between hospital providers."

McKenzie-Willamette must obtain all zoning and land use approvals necessary to operate the hospital at Delta Ridge and must agree not to offer inpatient hospital services at the Springfield site once the new hospital is licensed.

McKenzie-Willamette began the process of seeking state approval to relocate and expand almost two years ago. We are grateful for the scrutiny and the ability to interact with state staff in a manner that meets the needs of Lane County residents.



McKenzie-Willamette takes new hospital plans to Lane County Fair.

A scale model and mural of Delta Ridge were unveiled to the public at the Lane County Fair.

McKenzie-Willamette offered county residents a 360-degree view of our proposed new Delta Ridge hospital with a scale model and display at the Lane County Fair.

The hospital agreed to a 60-day "timeout" on review of its land use applications so the City of Eugene, Lane County and the State of Oregon could continue discussions about a long-term regional transportation

improvement project in North Eugene. The hospital expects to resume the review process in September.

Learn more about the Delta Ridge hospital project at www.mckweb.com.

CHART NOTES

Get Screened for Prostate Cancer

By Daniel E. H. Bryant



L-R: Dr. David DiMarco & Dan Bryant

There are a number of things I would love for my children to share in common with Tiger Woods— save the one thing they actually do share—a father who had prostate cancer. I say “had” because Tiger Woods lost his father to prostate cancer on May 3 this year. I had my prostate removed the week before. (Technically, I won’t be considered cured for another two years, but the preliminary signs are all promising.)

Unlike Earl Woods who received his diagnosis at the age of 66, an age more commonly associated with prostate cancer, doctors found mine at the age of 51. Thus began an odyssey I never anticipated, but oddly, has been a blessing. Though I do not wish this disease upon anyone, I do wish that every man between the age of 45 and 75 would be screened for the disease. A PSA “baseline” should be established at age 45 with annual testing beginning at age 50, earlier for African-American men and those with a family history of prostate cancer.

If a man is going to have cancer, this is the one to have. In most men, though not all, it is very slow growing. When caught early, prostate cancer is very curable. Even when a cure is not possible, treatment can be very effective. Nearly 200,000 men in the U.S. are diagnosed with prostate cancer every year, yet only 15% of those are likely to succumb to the disease.

One out of every six men can expect to be diagnosed with prostate cancer in their lifetime and if you live long enough, you will likely die with the disease though not from it. Like most cancers, early detection makes an enormous difference in survivability. Ten-year survival rates are near 100 percent for men when prostate cancer is diagnosed early, but less than 20% when caught late. Two simple and

The comparison of the two is striking. The number of new cases in the U.S. is nearly identical. Breast cancer is slightly more lethal than prostate cancer (approximately 5,000 to 10,000 more deaths each year). Yet the federal government spends nearly twice as much annually on research for breast cancer as it does on prostate cancer.

The number of women screened for breast cancer far exceeds the number of men screened for prostate cancer. Forty-nine states require insurance companies to cover screening for breast cancer, but 22 states require no such coverage for prostate screening. Women have simply done a better job of advocacy.

Oregon began requiring coverage for breast cancer screening in 1991, but did not include prostate cancer until this year. According the American Cancer Society (www.cancer.org), 57% of Oregon women get screened for breast cancer, slightly below the national average of 58%. Among Oregon men, only 43% get screened for prostate cancer compared to 52% nationally.

Clearly we have got to get the word out to Oregon men on the importance of screening. To do so, we need to follow the example of women and end the shroud of secrecy that has kept this disease out of public view. Men with the disease should not be shy of talking about it. Partners and spouses should encourage their significant others to be screened. We cannot let ignorance harm those we love.

ONE OUT OF EVERY SIX MEN CAN EXPECT TO BE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME.

Fear of the disease and treatment side effects, especially incontinence and impotency, should not stop any man from being screened. Having dealt with all of these issues, I am pleased to say that all of my fears about the disease have been unfounded. I have every expectation to live a full, healthy life. Sure, I am dealing with side effects, but I am surprised at how minor they actually have been.



Minimally invasive da Vinci® S™ robotic-assisted surgery system

inexpensive tools, a Digital Rectal Exam (DRE) and the Prostate Specific Antigen blood test (PSA), when used together are very effective at catching this disease in its early stages.

Unfortunately, far too many men are not getting these essential tests. Men need to follow the example of our female counterparts and treat prostate cancer as they have breast cancer.

What’s more, the blessings I have gained from this experience far outweigh the brief mental and physical agony. These blessings include greater intimacy with my wife, the outpouring of support from family and friends, increased focus on maintaining my health, taking time off to heal and spiritual growth. There is truly a silver lining to this gray cloud!

If someone close to you is between the ages of 45 and 75, show him you care by asking about his PSA. (Check out “Do It for Dad” at www.fightprostatecancer.org!) If you are a man between the ages of 45 and 75, do something for your family, friends, and yourself—educate yourself about maintaining good prostate health and talk to your physician about screening for prostate cancer.

Dan Bryant is the Senior Minister of First Christian Church (Disciples of Christ), Eugene. Dr. David DiMarco removed his prostate on April 27, 2006 with the new da Vinci® S™ robotic assistant at McKenzie-Willamette Medical Center.

PROSTATE HEALTH



While the number of men diagnosed with prostate cancer remains high, survival rates are also improving. Ninety-nine percent of men with prostate cancer survive at least five years after their diagnosis, 92% survive at least 10 years, and 61% survive longer than 15 years.

To date, no evidence proves that prostate cancer can be prevented. However, some habits that may help sustain prostate health are:

- A low-fat diet that consists primarily of vegetables, fruits, and grains may help reduce your risk for prostate cancer. The American Cancer Society recommends limiting high-fat foods from animal sources. Eat five or more servings of fruits and vegetables each day. Healthy food choices also include whole grain breads, cereals, rice, pastas, and beans.
- Exercise—this simple, but not easy for most of us—remedy helps just about everything.
- Regular sexual activity.
- Managing stress levels.
- Stretch, activity, and breathing breaks during long periods of sitting.

Go to www.mckweb.com for more information.

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.

First Friday of each month, 2:00 - 4:00 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. A hospice volunteer at Cascade Health Solutions leads Tuesday morning meetings, and the hospital’s chaplain leads the Thursday evening meetings on-site at McKenzie-Willamette. Participants may attend either or both of the offered weekly meetings. Please call the telephone numbers below for further details.

Tuesdays, 10:30 a.m. - 12:00 p.m. Cascade Health Solutions 2650 Suzanne Way Eugene 228.3081 Free Thursdays, 7:00 - 8:30 p.m. MWMC, Willamette Room 726.4478 Free

Lane County Ostomy Association

First Sunday of each month (Except on holiday weekends), 2:00 p.m. MWMC, Umpqua Room NEW PHONE: 747.2453 Free

RED HOT MAMAS

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.

Studies show that approaching menopause as a new and exciting stage of life and planning for the changes helps women to feel more self-assured, healthy and energetic. Making healthy choices and learning as much as possible about the facts of menopause can empower a woman to look forward to and enjoy this new phase of life.

For additional information about Red Hot Mamas at McKenzie-Willamette, email wecare@mckweb.com or call 741-4602. Learn more about the national RHM organization at www.primeplususa.com.

October - Midlife Medical Concerns: Thyroid, Diabetes & Other Annoyances

Dr. Jane Neary
October 9
6:00 - 7:00 p.m.
Umpqua Room - FREE

November/December - Sleep & Menopause

Dr. Karthik Mahadevan
Date/Time TBA
Umpqua Room- FREE
Real time captioning provided

Women's Health Schedule



Having a Baby?

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

Designed especially for women who hope to deliver with minimal pain intervention. Our six-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.

Mondays or Wednesdays
6:30 - 8:30 p.m.
Call for specific dates.
Umpqua Room - Fee: \$60

Childbirth Refresher Course

Designed especially for women who hope to deliver with minimal pain intervention. This two-hour class 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.

Mondays, 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 & delivery, and relaxation & 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 & afternoon.

Saturdays, 9:00 a.m. - 5:30 p.m.
September 9, October 21, 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.

Tuesdays, 6:30 - 8 p.m.
October 17, 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.

Mondays, 6:30 - 8:30 p.m.
October 2, 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.

Saturdays, 10:30 - 11:30 a.m.
October 7, December 16
Umpqua Room
Fee: \$10/1 child; \$15/2 or more
Children should bring a doll to diaper with blanket and picture of self.

Senior Wellness

Free Seminar: Minimally Invasive Prostate Surgery

McKenzie-Willamette presents Dr. David DiMarco, of Oregon Urology Institute, in a Prostate Health and Surgery Options Seminar. The FREE presentation and follow-up discussion are intended to educate men and their families about da Vinci[®] S[™] prostate surgery—a new, minimally invasive surgical procedure. With this new technology, a patient often experiences less pain, less blood loss, and a

quicker recovery time. Attend to learn more about the new da Vinci robotic surgery option at McKenzie-Willamette Medical Center.

September 19
1:30 - 2:30 p.m.
Willamalane Adult Activity Center,
215 West C Street, Springfield

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 pre-registration.

August 22, 23, October 17, 18
9 a.m. - 1 p.m.
Umpqua Room - Fee: \$10

MASSAGE THERAPY SERVICES

GIVE YOURSELF THE GIFT OF A RELAXING AND THERAPEUTIC MASSAGE. A LICENSED MASSAGE THERAPIST WILL HELP YOU ASSESS AND MEET YOUR INDIVIDUAL NEEDS.

MON., THURS., 11 A.M. - 6:30 P.M.
CALL 744-6000 FOR AN APPOINTMENT.

Beginning Meditation

(6 sessions each)
This is one hour a week, just for you, just to breathe, to reflect, to be. Basic meditation techniques will be introduced and practiced through six weekly sessions, with emphasis on healing of the body and psyche. Lotus position NOT required—we sit in chairs. Based on fundamentals of Zen meditation.

Time 6 - 7 p.m.
September 11 - October 16 &
January 8 - February 12

Advanced Meditation

(8 sessions each)
More advanced topics and deeper exploration of Zen. Recommended for those who have taken the beginning class, but not required.

Both of the above, FREE meditation classes meet in the MWMC Willamette Room and are led by John Mackey, MD. Registration required. Call Kathy McDowell, RN, COHN, 744.8470. Please leave a message with your name and phone number. Classes are limited to 15 people.

Time 6 - 7 p.m.
October 30 - December 18
April 16 - June 4

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

McKenzie-Willamette Sponsors Heart Walk

To celebrate the November opening of the new McKenzie-Willamette Heart Center, the hospital is a primary financial sponsor for the American Heart Association (AHA) Heart Walk. Visit heartwalk.kintera.org to get involved.

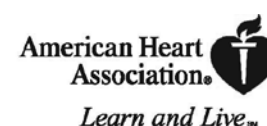
Along with its sponsorship donation, the hospital will also field a team of employees to participate in the walk. The walk raises funds for research, professional and public education, and advocacy, so people across America can live stronger, longer lives.

Heart Walk

October 21
Alton Baker Park
Registration 9 a.m.
Walk/Run at 9:30 a.m.
Family fun & food!

Since 1924 AHA has helped protect people of all ages and ethnicities from the ravages of heart disease and stroke. These diseases, the Nation's No. 1 and No. 3 killers, claim more than 949,000 American lives each year. In fiscal year 2003-04 the association invested more than \$364.3 million in the fight against heart disease.

Find out more about the Heart Walk and the new McKenzie-Willamette Heart Center at www.mckweb.com.



Fall Into A Great Routine this Autumn

MAKE SURE HALLOWEEN IS SAFE – NOT SPOOKY!



HALLOWEEN SAFETY

Halloween Is Just Around the Corner

By Dr. Todd Huffman, Pediatrician,
1442 South A Street, Springfield

The scariest part about Halloween is not the witches, goblins and monsters that come out to haunt our neighborhood. Rather, the most frightening thing is the danger of falls, burns and traffic accidents to our costumed children. There's no "trick" to making Halloween a "treat." By following some basic guidelines, parents can make Halloween a night of safety and surprise.

Costumes should be flame-retardant, loose enough to allow for warm clothing to be worn underneath, and not so lengthy that the child might trip and fall. Think twice about using simulated knives, swords, or guns. Light-colored or reflective costumes are safest in the dark. Consider reflective tape on darker costumes and treat bags. On younger children, pin a slip of paper with the child's name, address and phone number inside the costume or pocket in case the youngster gets separated from the group.

Consider using face paint rather than a mask or anything else that might cover up the child's eyes. If masks are worn, be sure that the holes for the child's nose, mouth and eyes are big enough. Face paints must be labeled as being

"Made With U.S. Approved Color Additives, NonToxic," or "Meet Federal Standards For Cosmetics."

An adult should accompany all trick-or-treaters under the age of twelve. With all the excitement, children can easily forget to be careful, so review the traffic rules before heading out. Children should lurch, slither and sneak only on sidewalks, not in the street. If there are no sidewalks, walk on the farthest edge of the left side of the road, facing traffic. Cross the street only at corners, and never between parked cars. Look both ways before crossing the street to check for cars, trucks and flying brooms!

Walk, do not run, from house to house, and never cut across lawns. Carry a flashlight or chemical lightstick to light the way and scare off any vampires! Only visit homes that have the porch light on or that have lit Halloween decorations. Accept treats only at the doorway—and never go into a stranger's home! Be sure that children know to say "thank you" each time they receive treats.

Older children, who haunt unaccompanied by an adult, should wear a watch that can be read in the dark. They should know an agreed-upon time to return home. Help them plan the route they'll take and be sure they know the phone number where you can be reached in an emergency.

Warn your little monsters not to eat any candy until they return home. While tampering is extraordinarily rare, perhaps even urban legend, it is still wise for a grown-up to inspect all treats before any are eaten. When in doubt, throw it out — your child won't miss it!

Homeowners who are greeting trick-or-treaters can also help make Halloween a safer night by removing tripping hazards, such as hoses, ladders and leashes from their lawns, sidewalks and driveways. Keep flames away from potentially flammable costumes by using battery-powered candles for the jack-o-lanterns. Finally, don't risk a child being bitten by a frightened animal — put all pets away for the evening.

Happy Haunting!



DR. TODD HUFFMAN HAS PRACTICED PEDIATRIC MEDICINE IN THE COMMUNITY FOR THE PAST TEN YEARS, AND HAS WRITTEN EXTENSIVELY ON TOPICS RELATING TO HEALTH, SCIENCE, AND POLITICS FOR PUBLICATIONS THROUGHOUT THE NORTHWEST.

Sports Physicals

The Oregon School Athletic Association (www.osaa.org) requires that students participating in sports (middle and high schools) must have a sports physical. Sports physicals are accepted only from a licensed MD or DO (Doctor of Osteopathy), or their nurse practitioner. Physicals must be completed before students can participate in practices.

Sometimes public schools offer physicals at school health centers. If your child plans to participate in sports, check with your school's athletic department to find out what health screenings and physical exams are required and if a school health center is an option.



School Transportation Safety

Back-to-school time often means more traffic. Drivers need to remember that speed limits drop in school zones and to refrain from passing a school bus when the red lights are flashing. Children need to be reminded to follow safety rules when walking and bicycling, which includes stranger safety as well as traffic precautions.

Required Vaccines

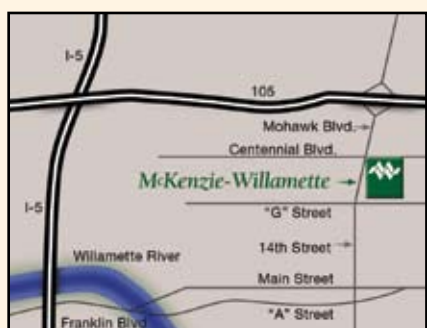
Shots are required by law for children in attendance at public and private schools, preschools, child care facilities and Head Start programs. Nearly every place that provides care for a child outside the home requires that children receive shots or a religious or medical exemption to stay enrolled.

Currently, certain additional requirements are being phased in by grade. This includes Hepatitis B, a second dose of measles-containing vaccine (like MMR) and varicella (chickenpox) vaccine. Each student entering seventh grade must have started their Hepatitis B series, must have had their second measles-containing vaccine and must provide date of immunization or date of chicken pox infection in order to begin school. For more information about immunizations required for school attendance, visit www.mckweb.com/health.

WHAT SHOTS DOES OREGON REQUIRE?

Oregon requires vaccines protecting against:

- Diphtheria
- Tetanus
- Polio
- Measles
- Mumps
- Rubella



PulseBeat Staff

Editor

Lottie Duey
741-4602

Editorial Assistance

Kristin Bailey,
Funk/Levis & Associates
Dr. Todd Huffman
Dr. Karthik Mahadevan
Rosemary Pryor
Brenda Sherwood

Design

Funk/Levis & Associates

McKenzie-Willamette Medical Center Partnership Board

Terry Carter, MD, Chair
Terry Allen
Barry Harding
Chris Holden
Becky Hurley
Ron Peery

McKenzie-Willamette Medical Center Board

Ron Peery, Chair
Dick Abraham, MD
Paul Chavin, MD,
Chief of Staff
Dennis Gory, MD
Wally Knecht

John LeBow DO
Ava Milosevich
Zena Monji, MD
Chris Walton, MD
Tom Widmer