



## The Wonders of the Women's Health & Birth Center

By Jessica Polley, Publications Intern



*"GIVING BIRTH IS NOT JUST A MEDICAL PROCEDURE," CONCLUDES NURSE MANAGER VIVIAN HOPPE. "IT IS A PROFOUND EMOTIONAL EXPERIENCE THAT BRINGS TOGETHER AN ENTIRE FAMILY."*

McKenzie-Willamette's Women's Health & Birth Center offers a premier, family-focused birth experience, using innovative technology and birthing methods for comfort and safety during labor and delivery. Throughout pregnancy and after delivery, the center provides education, support and personalized care so that you and your loved ones have an excellent birthing experience.

"The staff was great," said Emma Higley, a recent Birth Center patient. "They took the time to show me how to breast feed, burp and bathe the baby. It was absolutely wonderful."

Eleven obstetricians and more than 40 nurses are on staff to ensure patients experience a positive stay. As a Level 2 facility, the Birth Center is equipped to take care of babies who need a little extra help. Babies who need extra oxygen (but not continuous ventilator support), antibiotics for an infection, or special help with feeding can be cared for here. The center also has its own operating room for caesarean surgery, so most patients don't need to be taken to another floor for this procedure.

Featured in the Birth Center are comfortable rooms, each with a Jacuzzi bathtub, CD/DVD player, TV, sofa and other amenities. Patients and families can rest easy knowing their room is a one-stop birthing unit, from initial check-in to post-delivery rest.



*Our Women's Health and Birth Center offers a family-oriented birth facility.*



*The Birth Center is equipped to take care of babies who need a little extra help.*

### PAIN MANAGEMENT

In addition to the use of conventional medications to ease labor pain, McKenzie-Willamette's Women's Health & Birth Center offers the following complementary therapies:

- Jacuzzi bathtubs: water and jets help ease labor pain.
- Birthing balls: sitting on these in various postures helps change the baby's position.
- Stools: help alleviate back pain and change baby's position.

This past June, a patient had a particularly difficult delivery and ended up staying three days in the Women's Health & Birth Center. "Words cannot describe the kindness and support our family received from all of the McKenzie-Willamette staff." Of his family's experience, the new father said, "Everyone was wonderful from the minute we walked through the door. They took such good care of us. Even after we got home, when some questions came up, we called (the WHBC) and were given the information we needed by phone." The baby, now 16 weeks old, is healthy and doing well.

### PREPARATION FOR YOUR NEW BABY

The Birth Center offers a variety of educational classes for new parents and their growing families:

- Breastfeeding education and preparation.
- Sibling preparation helps children adapt to family size adjustments.
- Childbirth preparation teaches breathing and relaxation skills.

### PRESENTING YOUR INFANT ONLINE

The Birth Center now offers patients their own website to show off their new babies. A staff member takes a digital photograph of the baby; the photo is placed on an online site. Then families can personalize and share the page with loved ones around the world.

McKenzie-Willamette's Women's Health & Birth Center is located on the fourth floor of the hospital. Call 726.4471 (24/7) for further information.

### WHAT PATIENTS HAVE TO SAY ABOUT MCKENZIE-WILLAMETTE MEDICAL CENTER

The slogan at McKenzie-Willamette Medical Center is 'We love taking care of you.' My experience is that this is far more than a slogan, it is a way of life for the women who work in the Women's Health and Birth Center."

– Women's Health & Birth Center patient

"I believe that my brother is alive today and making remarkable progress because of that extra mile you all go at McKenzie-Willamette."

– Family member of ICU patient

"Immediately after surgery, I had very little pain and no bleeding.... A hysterectomy is major surgery, but the short recovery time, amount of pain and no bleeding were equivalent to a minor surgical procedure."

– da Vinci surgery patient

### HAND THERAPY CENTER

McKenzie-Willamette's 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. Both are Graston™ soft tissue mobilization Certified Hand Therapists.

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).

## Inside McKenzie-Willamette Medical Center

### WHAT'S INSIDE

- Effective Ways to Manage Diabetes
- The Importance of Immunizations for Children
- Schedule of Classes and Events
- Breakthroughs in Minimally Invasive Surgery
- Think FAST with Stroke



Maurine Cate, CEO

In today's rapidly changing healthcare environment, McKenzie-Willamette's commitment—to improve our community's

health and quality of life, and to provide extraordinary patient care—remains steadfast. We continue to bring the latest advances in medicine and medical technology to our community, along with highly trained, competent staff, and patient-centered partnerships with excellent physicians.

In the last three years, McKenzie-Willamette Medical Center has added MRI, CT scan, a Heart Center (including an eight-bed cardiovascular unit and operating room), da Vinci Robotic-Assisted surgery system, and a Sleep Solutions Center. We have accomplished significant equipment upgrades in the operating rooms and the laboratory. In all, 40 remodeling projects have been completed.

The Women's Health & Birth Center continues to provide a premier, family-oriented birth experience, using innovative technology and birthing methods.

We are pioneering a new and comprehensive clinical automation system, including bedside charting and state-of-the-art electronic patient record, that will help us improve patient safety and quality of care. This new system will give physicians secure access to patient information from their office or home, as well as from the hospital.

Rather than regard change as a singular, one-time event, at McKenzie-Willamette we know we must continually adapt as a means to ongoing renewal and success, to build an organization that will provide extraordinary care in our community for decades to come.

## Effective Ways to Manage Diabetes



Diabetes is on the rise, and some consider it to be an epidemic with more than 21 million Americans being affected. In Oregon it is estimated to affect 6.5 percent of the population, with a startling rise of 50 percent in the past 10 years. It is estimated that 14 percent of Oregonians age 65 and older have been diagnosed with the disease compared to 5 percent of Oregonians under the age of 65. Another statistic for concern is the estimation that one in three children born today will have diabetes.

Diabetes is a disease in which the body does not produce or properly use the hormone insulin. Insulin is needed to convert sugar, starches and other food into energy for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors, such as obesity and lack of exercise, appear to play a role.

**Although diabetes currently has no cure**, with appropriate lifestyle changes, most diabetics can enjoy active, fulfilling lives.

Over time people with diabetes may become less diligent about monitoring their diet, exercise and medication. This lessened diligence can cause an increase in the progression of the disease and worsen other illnesses, such as heart disease. Also, many who have the disease find their diabetes changes over the years, creating the need for modifications in their regimen.

**For 15 years, the Center for Healthy Living, a clinic within Cascade Health Solutions, has been offering outpatient diabetes education. The mission is to raise awareness and promote effective, contemporary self-management skills for people with diabetes.**

Diabetes education is offered to children and adults with Type 1, Type 2 and gestational (occurring during pregnancy) diabetes. The center's team of diabetes educators is comprised of two registered nurses and three registered dietitians. Clerical support and two dedicated volunteers help with program logistics (appointment scheduling, insurance benefit verification and reception, etc.).

21 MILLION AMERICANS ARE BEING AFFECTED BY DIABETES AND IT IS ESTIMATED THAT ONE IN THREE CHILDREN BORN TODAY WILL HAVE THE DISEASE.

Participants may enter the program through referral from their primary care provider or by self-referral. The educator and participant meet initially to discuss areas of need and collaborate to develop their individual education plan based on identified priorities and concerns. Participants may choose individual consultations, a classroom setting, or a combination of both individual appointments and classes. The program is geared to those who are newly diagnosed as well as to those needing a tune up or refresher to their current plan.

**American Diabetes Association Accredited**, the center's program, provides comprehensive diabetes services to approximately 700-800 outpatients and their support persons each year.

### UNIQUE SERVICES / PROGRAMS

1. Insulin pump training and support by Certified Pump Trainers (CPT)
2. The center also offers a free Diabetes Wellness Fair in the spring and a free Diabetes Workshop in the fall, which allows people to come and learn about new advancements in management of diabetes, refresh their current plan and receive support and encouragement.
3. Assistance to school districts in their efforts to support children with diabetes.
4. Resource to local companies by offering "Diabetes in the Workplace," a program to help raise awareness of diabetes and how to support those who are managing their diabetes in the work environment.
5. In a collaborative relationship with Oregon Research Institute, the center has participated in three National Institute of Health funded studies: "Choosing Well," "Mediterranean Lifestyles," and "D-Net."

### MEDICAL NUTRITIONAL THERAPY

Dietitians at the center also offer nutrition education to those referred by their physician as well as those self-referred for preventative and therapeutic nutrition counseling. Common consults are for pre-diabetes, high cholesterol, obesity, high blood pressure, celiac disease and irritable bowel. Patients are generally seen individually and the number of appointments is based on initial assessment and progress toward goal achievement. The center does offer group sessions for pre-diabetes and will offer other workshops as the needs arise.

Learn more about the Center for Healthy Living at [www.cascadehealth.org](http://www.cascadehealth.org). Visit [www.diabetes.org](http://www.diabetes.org) to check risk factors, learn more about diabetes, and find out about America's Walk for Diabetes (annual fundraiser for the American Diabetes Association).

## 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](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.

## The Importance of Immunizations for Children

By Todd Huffman, MD, Pediatrics



When it comes to child health, prevention is always better than treatment. Nowhere is this more evident than with immunizations.

For instance, because many parents today have never seen a child with measles or whooping cough, they mistakenly believe these are simply mild childhood diseases. In the case of measles, the truth is that before the vaccine became available in 1963, measles killed 3,000 children in the United States, and caused nearly 50,000 hospitalizations annually.

The number of measles cases decreased by more than 98 percent in the following decades, until the late 1980s, when a drop in measles immunization rates caused a deadly outbreak that resulted in 11,000 hospitalizations and 123 child deaths. Since then, with improved vaccination rates, these numbers have fallen; and measles is once again rare in the United States.

However, at times unvaccinated individuals still put others at risk. Witness the recent small outbreak of measles here in Lane County. While in Japan, one unvaccinated individual became infected by the germ that causes measles and returned to spread the disease to another unvaccinated individual, putting many others at risk.

**Whooping cough can be life threatening to unvaccinated young children.** In fact, roughly one in twenty unvaccinated infants and young

children who become infected with whooping cough will die if the disease is not recognized and treated very early. And it is a horrible death—infants can literally cough themselves to death over a period of a few weeks. Would it surprise you to know that as many as forty percent of adults carry the germ that causes whooping cough?

This is why we have to continue diligently vaccinating our children against illnesses. **The fact that we don't see certain diseases anymore does not mean they do not exist. It simply means that the vaccines are working.** And they will continue to work, and protect children and society, only so long as we continue to immunize our children.

Unfortunately, there is an awful lot of misinformation out there, especially on the Internet. But contrary to this misinformation, the United States currently has the safest, most effective vaccine supply in history. Many years of testing are required by law before a vaccine can be licensed. Once in use, vaccines are continually monitored for safety and efficacy. The Centers for Disease Control (CDC) and the Food and Drug Administration (FDA) continually work to make already safe vaccines even safer.

That is not to say that vaccines come without risks. Immunizations, like any medication or herbal remedy, can and do cause side effects. However, a decision not to immunize also involves risk. It is a decision to put the child and others who come in contact with him or her at risk of contracting a disease that could be dangerous or deadly.



In most cases, vaccines are effective and cause no side effects, or only mild soreness at the injection site. Uncommon side effects include fever and local allergic reactions. But when weighed against the risks of complications from the diseases themselves, such side effects seem pretty minor.

Some people should not get certain vaccines or should wait to get them. If you or your child has an underlying disease, discuss with your doctor whether to proceed with vaccinations. However, a person with a mild, common illness, such as a cold with a low-grade fever, does not have to wait to be vaccinated.

For school requirements regarding vaccinations, contact your district's main office or health division, or go online to [www.oregon.dhs.gov](http://www.oregon.dhs.gov). As with most anything pertaining to your child's health, talk to your child's pediatrician, family physician, or nurse for more information. And don't wait to vaccinate!

*Dr. Todd Huffman has practiced pediatric medicine in the community for the past 11 years and has written extensively on topics relating to health, science and politics for publications throughout the Northwest.*

### VACCINATIONS: QUICK REFERENCE BY AGE/GRADE SCHOOL YEAR 2006-2007

#### Children under 18 months:

See your physician/healthcare provider

#### Pre-kindergarten, ages 18 months to 5 years

4 D/T, 3 polio, 1 varicella, 1 MMR, 3 hepatitis B, 4 Hib Up-to-date

#### School age, grades K through 12

5 D/T, 4 polio, 1 varicella, 2 MMR, 3 hepatitis B Complete

If a child's record doesn't match the above criteria, talk to your healthcare provider or school to assess further vaccinations needed. Remember that a child can start school, preschool or childcare if the record shows at least one dose of each required vaccine.

## Schedule of Classes and Events



### Festival of Trees

#### HOLIDAY MAGIC

Valley River Inn  
November 21 – 25

Admission: \$6 for adults, \$4 for children under 12 and seniors 60 and older. Tickets on sale at Umpqua Banks and Shamrock Flowers & Gifts.

We have 58 beautiful themed trees, more than 150 wreaths of every shape and color, gift baskets, colorful stockings, “Gingerbread Village,” “Candy Cane Forest,” “Under the Tree,” storybook mimes and of course—Santa Claus.

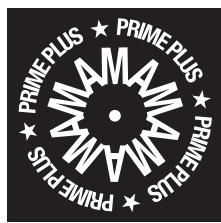
This event is to raise money for a much needed Hospice House in Lane County. For a description of daily events go online to [www.cascadehealth.org/foundation/festival](http://www.cascadehealth.org/foundation/festival).

#### 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 healthcare-related, worthwhile causes in the community. There are many jobs available, from greeting arriving participants to helping with set-up and takedown of the beautiful trees. It's not too late to donate your time.

Call 741.4606, the Volunteer Center, to sign up for a three-hour shift.

### Red Hot Mamas



McKenzie-Willamette Medical Center offers Red Hot Mamas, a program of complimentary educational seminars for women in all phases of menopause. Seminars are led by physicians and other healthcare experts affiliated with McKenzie-Willamette. All seminars are held at 6 p.m. in the Umpqua Room at McKenzie-Willamette. Call 741.4602 for more information.

#### Integrated and Natural Approaches to Easing Menopausal Symptoms

Dr. Jan Staffl, OB-Gyn  
September 18

#### Coping With Weight Gain, Improving Diet and Developing a Personalized Fitness Plan

Dr. Zena Monji, OB-Gyn  
September 25

#### The Reality of Menopausal Anxiety, Depression and Mood Disorders

LMSW Linda Blandly,  
DIRECTION EAP  
October 9

## WOMEN'S HEALTH SCHEDULE

MCKENZIE-WILLAMETTE'S WOMEN'S HEALTH & BIRTH CENTER OFFERS EDUCATIONAL PROGRAMS, AS LISTED BELOW. TOURS ARE OFFERED SEVERAL TIMES MONTHLY AND ARE FREE. ALL CHILDBIRTH EDUCATORS ARE CERTIFIED THROUGH THE INTERNATIONAL CHILDBIRTH EDUCATION ASSOCIATION. FOR MORE INFORMATION, SPECIFIC DATES AND TIMES, AND TO REGISTER FOR THE FOLLOWING PROGRAMS AND SERVICES, PLEASE CALL 741.4649.

#### HAVING A BABY?

##### Maternity Care Coordinator

Kay Yanit, RNC

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 ICCE, Suzanne Squires, RN ICCE, Dawn Marten, RN ICCE

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. Fee: \$60/couple

##### Childbirth Refresher Course

Dawn Marten, RN ICCE

Women who have delivered previously and their partners are invited to attend this workshop in preparation for childbirth. Participants will review helpful breathing methods, relaxation and labor coaching techniques. Prenatal exercises, breastfeeding and family preparation will also be discussed. Bring pillows. Fee: \$25/couple

##### Saturday Prenatal Retreat

Kim Snauer, RN ICCE, Suzanne Squires, RN ICCE, Dawn Marten, RN ICCE

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. Bring pillows. Fee: \$65/couple

## Adult Wellness



#### AARP Driver Safety

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 687.0120 for required preregistration. 9 a.m. – 1 p.m. November 15, 16 Umpqua Room Fee: \$10

#### Beginning Meditation

(6 sessions)

This is one hour a week, just for you 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.

Mondays, 6 – 7 p.m.

January 7 – February 11, 2008

April 28 – June 2, 2008

#### 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.

October 29 – December 17, 2007

February 25 – April 14, 2008

These FREE meditation classes meet in McKenzie-Willamette's McKenzie Room

and are led by John Mackey, MD. Registration required. Call Kate McDowell, RN, COHN, 744.8470. Class size limited to 15 people.

#### Diabetes Education

##### Center for Healthy Living

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

## Support Groups

#### Better Breathers

3rd Tuesday each month  
2 – 3:30 p.m.  
Willamalane Adult Activity Center  
215 West C Street  
726.4976 Free

#### Caregivers Support

Meets regularly and offers families an opportunity to exchange information and share experiences. Call for details.  
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. Discussion follows the presentation. 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:  
Cascade Adult Center  
996 Jefferson, Eugene  
726.4484 Free  
[www.cascadehealth.org](http://www.cascadehealth.org)  
First Friday of each month, 2 – 4 p.m.

#### Living with Memory Loss Seminar

This 10-week seminar is offered three times per year for people who are in the early to moderate stages of memory loss and their family members.

Call for times and dates.

Cascade Adult Center

996 Jefferson, Eugene

726.4484 Free

#### Grief Support

Weekly: Tuesday Mornings and 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. Any questions, please call the telephone numbers below.

Tuesdays, 10:30 a.m. – 12 p.m.

Cascade Health Solutions,  
McKenzie 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 each month  
(Except on holiday weekends), 2 p.m.  
MWMC, Umpqua Room

NEW PHONE: 741.5103 Free

MCKENZIE-WILLAMETTE  
MEDICAL CENTER  
IS LOOKING FOR DEDICATED,  
COMPASSIONATE PEOPLE

McKenzie-Willamette is a great place to practice *extraordinary care* in your healthcare profession. Exciting changes are occurring at our current Springfield site, and even more are planned for the future. Full- and part-time positions are available.

The hospital offers an outstanding work environment, competitive pay and excellent benefits. Visit our website at [www.mckweb.com/careers](http://www.mckweb.com/careers) to find out more. Or contact us at Human Resources Department McKenzie-Willamette Medical Center 1460 G Street, Springfield, OR 97477 541.744.8547

## Breakthroughs in Minimally Invasive Surgery

Thanks to McKenzie-Willamette's da Vinci robotic-assisted surgery, many procedures that previously required long hours in the operating room and a multiday stay in the hospital, are now being performed in much less time — and require a much shorter hospital stay. Typically, da Vinci patients experience less blood loss, less scarring, faster recovery time, less pain and reduced risk of infection.

For centuries the name da Vinci has been associated with an age of enlightenment and scientific discovery. This name association continues with the da Vinci surgical equipment, which in 2000 became the first robotic system cleared by the Food and Drug Administration (FDA) for general, cardiac, urologic and gynecologic operations.

**In the spring of 2006, McKenzie-Willamette Medical Center became one of the first 10 hospitals in the world to install the \$1.6 million da Vinci® S.™** With the da Vinci system, surgery is performed through several incisions no wider than a fingertip. A pencil-sized video camera inserted through one of those incisions provides magnified, 3-D images of the surgical site. Seated a few feet away at a computer console, the surgeon uses hand controls to guide four robotic “arms.” These arms translate the surgeon's hand movements 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.

In 2004 da Vinci prostatectomy (removal of the prostate gland) became the fastest-growing treatment for prostate cancer. Da Vinci robotic surgery is also setting a new standard for the surgical treatment of a broad range of gynecologic conditions, such as fibroids, endometriosis (tissue that looks and acts like the lining of the uterus grows outside of the uterus in other areas) and collapsed vaginal walls.

Urologists were the first local surgeons to use McKenzie-Willamette's new system, performing minimally invasive, radical prostate operations. This past May Dr. David DiMarco performed the first partial nephrectomy (partial kidney removal), using da Vinci, in Oregon. Dr. David DiMarco and Dr. Connie DiMarco currently perform laparoscopic treatment for vaginal vault prolapse using the da Vinci robotic system.

Dr. Zena Monji has been using the da Vinci for gynecologic surgery now for nearly a year. “I see great promise in the value this new technology brings.



Dr. Zena Monji has been using the da Vinci for gynecologic surgery for nearly a year.

The patients I have performed surgery on have done extremely well; most have stayed less than 24 hours in the hospital, and have generally needed only oral pain medication after surgery.”

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

### Amazing Results for Hysterectomy Patient

“This past year I had a complete hysterectomy done by Dr. Zena Monji, using da Vinci robotics. Prior to seeing Dr. Monji, I was told I should expect to be in the hospital for 3-4 days after my hysterectomy and to be laid up for two months or more.

I visited McKenzie-Willamette's website, [www.mckweb.com](http://www.mckweb.com) to get a second

opinion and found out about the da Vinci option and Dr. Monji.

With da Vinci robotic-assisted surgery, I was taken to surgery early in the morning and was out of the operating room by 3 p.m. on Monday afternoon. By the following day I was home and having only minor discomfort, no nausea or side effects.

I needed to take only a little aspirin for my discomfort over the next few days. By Sunday I attended a horse show and was able to sit and watch the show with only minor discomfort. In another week, I was traveling to eastern Oregon for a horse show and feeling perfectly fine.”

— 2007 da Vinci gynecologic patient

## Strike... You're Out! Think FAST with Stroke

By Michelle Murphy, Critical Care Nurse Specialist



Baseball seems quite forgiving compared to the deadly disease of stroke. In baseball you have three chances to hit a little ball coming toward you before you're declared out. With stroke, if only one symptom “hits” you, you're out!

So what is stroke? Stroke is a sudden loss of blood flow to the brain. The brain needs a constant supply of oxygen and glucose. When the blood supply is interrupted, the brain becomes injured and begins to die within minutes. Blood flow becomes interrupted in two typical ways. First, clots can clog up a blood vessel in the brain. Second, blood vessels can weaken and rupture. Either way, blood flow halts at the point of injury and brain tissue beyond the injury is without oxygen and glucose.

What are the symptoms that “hit?” Unlike many diseases that prompt us to seek medical attention because we hurt, stroke is unusual. It doesn't often cause pain. When pain is involved, it is a severe headache. More often the symptoms are painless, occur suddenly, and include:

- Weakness, numbness, or paralysis on one side of the body
- Speech difficulties (thick speech or nonsensical talk)
- Walking difficulties
- Vision difficulties (sudden blindness to either the right or left side)

Any one of these symptoms is enough to warrant a 911 call.

### Stroke is an emergency — so think FAST

**Face:** Facial asymmetry. Ask the person to smile. Does the smile droop?

**Arm:** Arm drift. Ask the person to hold both arms out in front. Does one arm sag?

**Speech:** Difficulties speaking or understanding. Ask the person to say something like, “You can't teach an old dog new tricks.”

**Time:** Call 911 if any one of these symptoms occurs suddenly.

**Stroke is a deadly disease.** It is the third leading cause of death in the United States and the leading cause of long-term disability. There are treatments that can reverse stroke symptoms if you seek

medical attention immediately. Delays of only a few hours can make you ineligible for certain treatments.

Stroke is a brain attack. If you get “hit” — think **FAST** — before you strike out!

**The American Heart Association and American Stroke Association** strongly urge people to seek medical attention as soon as possible if they believe they're having a stroke or heart attack. The sooner appropriate treatment such as tPA is begun, the better the chances for recovery.

**What is tPA?** Tissue plasminogen activator (tPA) is a thrombolytic agent (clot-busting drug). It's approved for use in certain patients having a heart attack or stroke. The drug can dissolve blood clots, which cause most heart attacks and strokes.

**McKenzie-Willamette Medical Center's trained medical professionals** perform CT scans 24/7, as needed, to determine if a patient is a viable candidate for the life-saving stroke medicine tPA. If the patient meets all the criteria, tPA is administered immediately.

## 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.



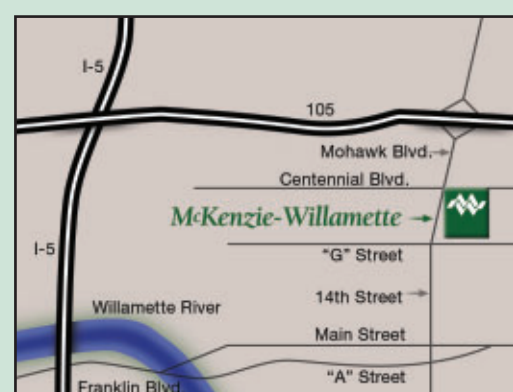
At McKenzie-Willamette, minimally invasive surgery is now even *less* invasive.

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



**McKenzie-Willamette Medical Center: Leading a Healthcare Renaissance.**



**McKenzie-Willamette CEO**  
Maurine Cate

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