

PulseBeat extraordinary care



McKenzie-Willamette
MEDICAL CENTER
extraordinary care



PROVIDING HEALTH CARE INFORMATION SINCE 1971

OCTOBER 2004

Is it Hot in Here....
...or is it just me?

“Menopause is inevitable, but it doesn’t have to be miserable. Your best recourse is to use the wide range of available resources and chart the course that is right for you” – Dr. Monji

Menopause

A woman does not menstruate for at least 12 consecutive months. She may experience some of the same physical symptoms as during peri-menopause. Although unlikely, it is still possible for a woman to become pregnant during this stage.

Post-menopause

Oftentimes, many, if not all, of her physical symptoms have abated. A woman no longer menstruates and cannot become pregnant.


The good news is that for most women the reactions listed above are short-lived, and if they go on too long, a woman today has a wide array of treatment options. Midlife women are urged to consult regularly with their health care providers and encouraged to educate themselves about what changes they may expect and what treatment options are available.

Some other health concerns that may come up during menopause include osteoporosis, weight gain, heart disease, thyroid disorders and cancer. The North American Menopause Society (NAMS) reports that “recent studies do not indicate a correlation between menopause and cancer.” Instead, it seems cancer risks increase in both sexes as they age.

“Many studies have shown that a regular program of physical activity can help manage some of the uncomfortable reactions of menopause, as well as the related health concerns,” states Dr. Zena Monji of the Center for Women’s Health. The mood-elevating, tension-relieving effects of aerobic exercise help reduce the depression and anxiety that some women feel. Aerobic exercise also promotes the loss of abdominal fat – the place most women more readily gain weight during menopause.

Bear in mind, however, that good nutrition works hand-in-hand with a physically active lifestyle. A low-fat, high-fiber diet, along with multivitamin and calcium supplements are important as well.

“No matter what their concerns,” continues Dr. Monji, “all women can benefit from examining and – where possible – improving dietary, exercise, and other lifestyle factors.”

“Menopause is inevitable, but it doesn’t have to be miserable. Your best recourse is to use the wide range of available resources and chart the course that is right for you,” concludes Dr. Monji. 

Menopause is the cessation of menses, which usually occurs between ages 45-55 (but may occur as early as 35 or as late as 60). Although experts cannot pinpoint exactly when an individual will go through menopause, and each woman’s response to this life passage is unique, generally menopause can be divided into three stages:

Peri- or pre-menopause

(Also called the transitional years.) The years leading up to menopause. Fluctuations in the level of hormones (estrogen and progesterone) produced by aging ovaries can lead to physical changes that are not only uncomfortable, but frustrating too. A woman may have erratic menstrual cycles (changes in regularity of her cycles, as well as in the amount of menstrual flow and length of flow), along with a variety of other physiological changes, such as:

- hot flashes (or flushes, as they’re sometimes called)
- insomnia – sleeplessness, sometimes, but not always aggravated by hot flashes
- urinary tract infections/incontinence
- mood swings
- vaginal dryness and/or fluctuations in sexual desire or response
- forgetfulness and/or lack of concentration

Women can and do become pregnant during peri-menopause.

To ease a woman’s navigation through this unique life phase, in 2005 McKenzie-Willamette Medical Center is launching a new program called Red Hot Mamas. The program will feature monthly discussions with local medical professionals and other women experiencing the life transition of menopause. Also, women attending the monthly meetings will receive an abundance of medically researched information, as well as a monthly newsletter, The Menopause Minute.

Calling all Red Hot Mamas

If you would like to be informed as soon as McKenzie-Willamette Medical Center’s Red Hot Mamas program begins, give us your contact information one of three ways: 1) clip and mail this form, 2) send an email to lotdue@mckweb.com, or 3) call 744-8505.

Name & contact information _____

Comment/Question regarding Red Hot Mamas:

If mailing, send to Marketing Department, McKenzie-Willamette Medical Center, 1460 G Street, Springfield, OR 97477

Birthing & More at McKenzie-Willamette's Women's Health & Birth Center



Marie Michel, RN, and infant Gus Burrell

Not a Red Hot Mama yet? Not to worry, McKenzie-Willamette's Women's Health and Birth Center offers a premier health care experience, whether you're having a biopsy or hysterectomy, or bringing a child into the world. WHBC provides high quality, customized care for you and your loved ones.

As a WHBC patient, you will enjoy thoughtfully appointed accommodations and knowledgeable staff on this patient-centered, family-friendly unit. Each private room offers a restful view of the surrounding hills and all the comforts of home, including TV, video tape player, CD player, microwave, refrigerator and Jacuzzi tub.

There are no prescribed visiting hours at the hospital. We ask only that visitors be respectful of a patient's need for rest and the privacy and comfort of others.

Women's Health

If a surgical procedure is necessary for your health, the Women's Health and Birth Center is the place to be. Patient safety and comfort are our ultimate concerns.

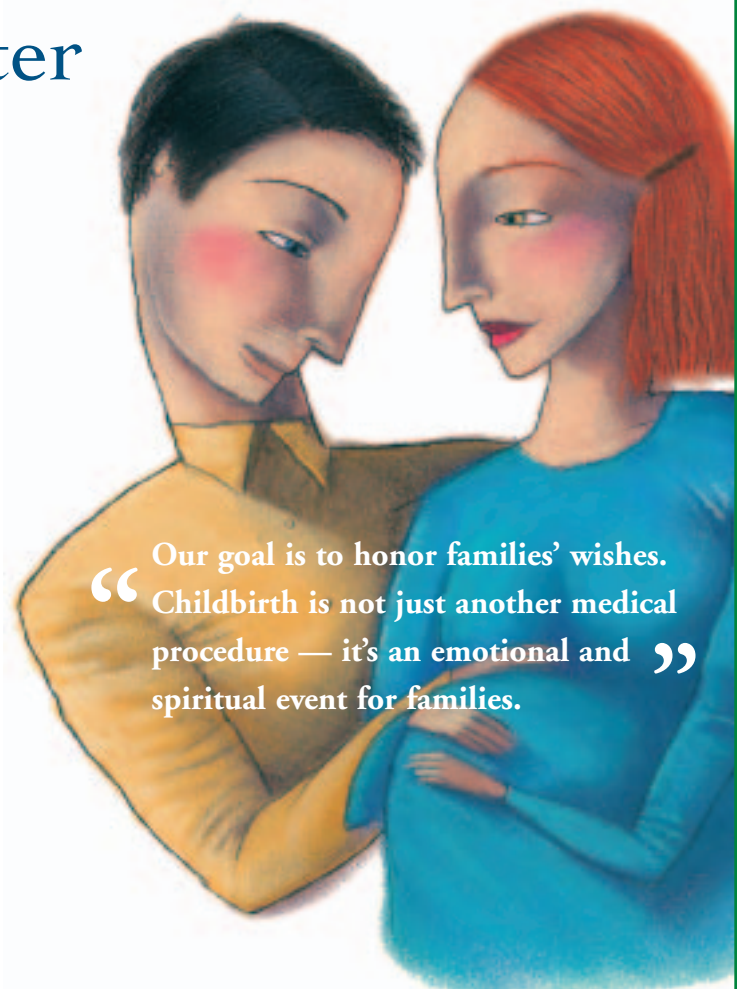
There are many options available to assist in post-operative pain control and related symptom management. Patients are encouraged to discuss these with their physician and to let their nurse know when they are uncomfortable.

Birthing Center

For many women and their families, bringing a child into the world is the most important, profound event of their lives. With this in mind, the Center works with birthing mothers to help them evaluate their options.

"We provide a family-centered approach to childbirth," says Vivian Hoppe, WHBC nurse manager. "Our goal is to honor families' wishes. Childbirth is not just another medical procedure — it's an emotional and spiritual event for families."

WHBC staff help parents create an individualized birth plan which explores major options, such as preferred methods of pain management or the choice of a water birth. "We are the only hospital provider in Lane County that offers the option of water births," Hoppe says. (WHBC has two water birth tubs — one purchased by Dr. Jan Staff and Licensed Nurse Midwife Michele Bouche. The other purchased with grant funds.)



“Our goal is to honor families' wishes. Childbirth is not just another medical procedure — it's an emotional and spiritual event for families.”

One of the Center's biggest projects this year — at Portland's Oregon Health Sciences University, McKenzie-Willamette Level II Nursery and Respiratory Therapy staff members trained to intubate newborns. In this case, intubate means to place an endotracheal tube for an infant who needs help breathing.

Also this year, WHBC RNs are involved in a stringent, nationally standardized fetal monitoring training, as part of a study program with the Association of Women's Health, Obstetrics and Neonatal Nurses. Hoppe concludes, "Both these trainings mean we have a more standardized practice of our skills, and can continue to provide outstanding care for mothers and babies." ❖

Latest Incontinence Treatment for Women is Less Invasive, More Effective

Women account for nearly 85% of the thirteen million Americans who suffer from urinary incontinence. Understandably, this unpredictable loss of bladder control is extremely distressing, and can cause some women to avoid an active lifestyle and even to become socially isolated.

While there are several types of urinary incontinence, women with stress urinary incontinence (SUI) can now be treated successfully with a new procedure called TVT. (Stress incontinence refers to the physical stress placed on the bladder by laughing, coughing, sneezing and physical activity. Causes of SUI are varied, but may include childbirth, pelvic muscle tone loss, and estrogen loss/menopause.)

Developed by the GyneCare Company, TVT stands for tension-free vaginal tape and is the latest surgical treatment for female urinary stress incontinence. Since its introduction in 1994, long-term patient follow-up studies have shown the procedure to be successful in 90% of women. Several studies have shown that TVT's effectiveness lasts five years, and sometimes more, whereas results from other surgical procedures may last only two or three years.

Since 2001, local physician Olof Sohlberg, of Urology Healthcare PC, has performed 120 TVTs (most of them at McKenzie-Willamette Medical Center) on women of all ages. One of the few physicians in the area using TVT, Sohlberg says, "It works better than any previous surgical procedure I've tried, with fewer side effects."

Typically, with TVT there is no post-operative catheterization required (which other procedures do necessitate). Patients have a local anesthetic and are able to go home the day of their

operation, making TVT less expensive than other surgeries for incontinence.

Urology Healthcare PC registered nurse Belinda Broussard conducted a survey of 70 of Dr. Sohlberg's patients who had the TVT sling bladder repair done. Ninety percent of respondents reported they were completely dry or significantly improved after the surgery.

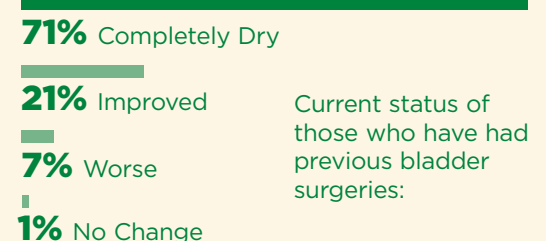
"Unfortunately, no procedures, at this time, result in a cure-all for every patient," Sohlberg notes. "However, with other incontinence surgeries, after five years patients are often suffering as much, if not more, than they did prior to the operation.

"TVT is different; according to several national studies, 90-95% of patients who had the procedure remained cured, or significantly improved, for five years, and sometimes longer."

Before he recommends surgery, Sohlberg encourages patients to try such things as lifestyle and behavioral changes (e.g., reducing alcohol/caffeine intake, bladder retraining), physical therapy, and medication. If surgery is necessary, however, "Then I believe TVT is the best procedure for women with SUI," concludes Dr. Sohlberg. "The bottom line is — it's an outpatient procedure, without catheterization, with minimal complications — and the patient gets better, longer lasting results."



Olof Sohlberg, MD, Urology Healthcare PC



HEALTH & WELLNESS

**MEDITATION FOR HEALTHY LIVING
FREE SIX-WEEK CLASS**

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 6 weekly sessions, with emphasis on healing of the body and psyche. "Lotus position not required—we sit in chairs." (Class limited to 20 people) Began Sept. 13 • 5:45 - 7 p.m. Led by John Mackey, MD MWMC Willamette Room. Registration required. Call Kathy McDowell, RN, COHN, 744-8470. Please leave a message with your name and phone number.

SIGN LANGUAGE FOR HEARING BABIES

Babies can express their wants and needs with sign language as early as 10 months of age. It's a wonderful way to enhance communication and reduce stress and frustration for everyone. This class is for parents and their baby. Preregistration is required. October 9, Noon • Nov. 14, 11 a.m. 1457 G St. • Call 954-9086 • \$50 www.speakinghands.com



MASSAGE THERAPY SERVICES

Give yourself the gift of a relaxing and therapeutic massage. Call for an appointment. Gift certificates are available. Find out about our licensed massage therapists, Martha and Tracy, by visiting our web site at www.mckweb.com. Monday-Friday, 9:30 a.m. - 8 p.m. 60-minute massage \$50 • 744-6000

DIABETES EDUCATION

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. Our program is accredited by the American Diabetes Association and offers the services of certified diabetes educators. Our services include:

- Personalized nutrition counseling
- Insulin administration and self-adjustment training
- Insulin pump training

 Call 726-4544 to begin a program just for you.

FREE BLOOD PRESSURE SCREENING

Offered 24 hours a day; wait depends upon ER activity. Emergency Department, MWMC

FESTIVAL OF TREES

"DECK THE HALLS" 12TH ANNUAL FESTIVAL OF TREES

McKenzie-Willamette Community Health Foundation (Presented by Orthopedic Spine Associates) Nov. 23 - 28, 2004 Valley River Inn



Once again this November the Festival of Trees will transform the Valley River Inn into Lane County's premier holiday extravaganza. The Festival features 50 elaborately decorated trees, a Candy Cane Forest, a beautiful display of wreaths, Dickens Village, and so much more.

A special Preview Party is on Nov. 23, 8 p.m., \$25 per person. The Gala Event is the evening of Saturday, Nov. 27, \$150 per person.

This holiday wonderland is open to the public November 24-28. Tickets can be purchased at Reed & Cross, Umpqua Bank, Jack V. Fuller House, Valley River Inn (at the door).

Call 726-4622 for general viewing hours and more event details. \$5-Adults \$3-Children (under 12) \$3-Seniors (over 55)

TAKE YOUR PLACE AMONG THE STARS

Be a Festival Volunteer The Festival of Trees could not happen without the help of hundreds of volunteers. Opportunities include acting as greeters, assisting people finding their way to all the wondrous settings, providing security for trees and wreaths, running cash registers, event set-up and take down, raffle ticket seller, and lots of other fun choices. Orientation Training Sessions are November 11, 6-7 p.m., November 13 and 17, 10-11 a.m. Visit the hospital's Volunteer Office to pick up a volunteer application or call 741-4606 for more information.

SENIOR 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. Preregistration is required. October 11 & 14 • 9 a.m. - 1 p.m. Umpqua Room 726-4789 • \$10

LIFELINE RENTALS

Home Care has emergency response systems available for rent for short-term recovery, or on a long-term basis. 726-4581

CHILDBIRTH PREPARATION

For information or to register for the following programs and services call 741-4649.

WOMEN'S HEALTH & BIRTH CENTER

tours at McKenzie-Willamette Medical Center are offered monthly and are free.

MATERNITY CARE COORDINATORS

When you choose to deliver at our Birth Center, you'll team up with our Maternity Care Coordinators who will make sure your preferences are known prior to your arrival. We offer orientation classes as well as opportunities to speak individually with one of these specially trained nurses.

CHILDBIRTH PREPARATION

Designed especially for women who hope to deliver with minimal pain intervention. 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. Monday, 7-9 p.m. • Umpqua Room Wednesday, 6:30 - 8:30 p.m. Call for specific dates. • \$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. Saturdays, October 12 and December 7 6 - 8 p.m. • Umpqua Room • \$25

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, October 23 and December 11 9 a.m. - 5:30 p.m. • Umpqua Room • \$60

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. Individual consultations are also available. Tuesdays • Oct. 19, Nov. 16, Dec. 14 7:30 - 9 p.m. • Umpqua Room • \$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 • October 25 and December 6 7 - 9 p.m. • 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 of baby's crib and take a tour of our Birth Center. Saturdays • Nov. 6 and Dec. 18 10:30 - 11:30 a.m. Umpqua Room Fee: \$10 (1 child) or \$15 (2 or more children)



SUPPORT GROUPS

BETTER BREATHERS

First Tuesday, 2-3:30 p.m. Room to be announced. 726-4616 • Free

CAREGIVERS SUPPORT

Tuesdays or Wednesdays, 1-3 p.m. Adult Day Health Center 1621 Centennial Blvd. 726-4484 • Free

GRIEF SUPPORT

Tuesdays, 10:30 a.m. - 12 p.m. Hospice Conference Room 1457 G St. 726-4581 • Free Thursdays, 7-8:30 p.m. Willamette Room, MWMC 726-4478 Free

WHAT DO YOU THINK?

COMMENTS/QUESTIONS ABOUT EWEB OFFER

If you have any comments or questions about McKenzie-Willamette Medical Center's offer to purchase the EWEB property as a replacement site for a new hospital, please call the hospital's information line, 744-8505 or email lotdue@mckweb.com.

FREE Prostate Screening

This free prostate screening will be performed by physicians from Urology Healthcare, PC. You must register for an appointment by calling 744-6000.

Nov. 16, 17 & 18 • 3 - 5 p.m. MWMC • 3W, Occupational Health Office



Hot Topics for Red Hot Mamas

On page one you read about menopause, what it is, what some of the symptoms are, and how each woman's experience is different.

The following information derives from *The Menopause Minute*, a newsletter that is only one of the many benefits women will receive when they participate in the Red Hot Mamas program.

(See page one for sign-up and other information about this exciting and informative new program that McKenzie-Willamette Medical Center will offer in 2005.)



October is Breast Cancer Awareness Month

Early Detection of Breast Cancer Saves Lives

"Among American women, breast cancer, a malignant tumor that develops from cells of the breast, accounts for one out of every three cancer diagnoses," says the American Cancer Society.

By the end of 2004, over 182,000 women will have developed the disease, and nearly 41,000 women will have died from it. (Only lung cancer causes more cancer deaths among women.) Although rare, men can get breast cancer too. However, for every man that is diagnosed, over 100 women are found to have breast cancer.

The most common sign of breast cancer is a lump or thickening, especially a lump that does not go away and does not change. Typically, four out of five lumps are benign.

A few simple steps can help discover any developing cancer in the earliest, most curable stages:

Ages 20-39

- Have clinical breast exams done by a health care provider every three years.
- Practice breast self-examination each month.

Ages 40+

- Get a mammogram, as often as recommended by your physician.
- Have a yearly breast exam.
- Practice monthly breast self-examination.

For additional breast cancer information, there are several helpful web sites: www.cancer.org, www.webmd.com, or www.nci.nih.gov. You can also call the American Cancer Society at 1-800-227-2345.



Mirror, Mirror on the Wall — Skin Woes at Menopause

Are your girlish looks suddenly changing? As a result of declining estrogen levels, many skin changes occur at menopause. Along with wrinkles and liver spots, skin can become more susceptible to minor cuts and abrasions, because it is less pliant.

Sensible Suggestions

- Stay out of the sun and wear a sunscreen on your face and hands every day.
- Apply moisturizer daily to damp skin to help reduce the loss of water from the skin.
- Skip soap; instead wash with a mild cleanser and warm water.
- Drink plenty of water.
- Avoid dehydrators such as alcohol and tobacco smoke. Both increase wrinkles.
- Avoid caffeine and diuretics (unless your doctor prescribes them to treat high blood pressure).
- Maintain an active lifestyle incorporating exercise and good nutrition.
- Get adequate rest. Sleep deficits can cause unhealthy looking skin.
- Visit your dermatologist and discuss prescribed treatments like estrogen therapy or topical creams which have been developed to diminish fine lines, wrinkles and liver spots.
- Over-the-counter products are also available, like alpha-hydroxy acids.
- Dermabrasion, peels, laser, injectable fine line treatments (i.e., Botox, Restylane) and cosmetic surgery are also ways to treat wrinkles.
- Realize your beauty is not skin deep, and that some wrinkles are an inevitable badge of your status that you may wear proudly.

Exercise & Menopause

An active lifestyle can provide positive effects on a number of changes associated with menopause and midlife, including depression, the risk of coronary artery disease, and vasomotor symptoms like hot flushes and night sweats.

Many women report weight gain at menopause, and what appears to influence the weight gain is a loss of muscle mass and the decline in metabolic rate. Exercise increases metabolic rate and fat-free mass. Research has shown that midlife women who increase their physical activity gain the least weight.

Dr. Zena Monji, of the Center for Women's Health, notes, "While weight gain is not inevitable with menopause and aging, this trend can be modified by a reasonable exercise regimen and a healthy heart-smart diet."

Keep in mind, no single approach is right for all women, and a doctor's evaluation prior to the start of any new exercise plan is very important. Remember too, good nutrition works hand-in-hand with a physically active lifestyle. A low-fat, high-fiber diet and adequate calcium intake are vital in order to reap the full benefits of exercise.



Get a Lift

Need a pick-me-up? Grab a set of weights. When 27 perimenopausal and newly menopausal women pumped iron for 8 weeks in a strength training program at Richard Stockton College of New Jersey, 33% had boosted energy and sex drive. 40% felt less anxious and 50% said they were less achy, stiff and irritable. Hot flashes, headaches diminished. Lifting weights reduced stress and those symptoms. (To avoid injury, it is recommended that you take a weight training class before you lift weights on your own.)

Insomnia

Losing your snoozing time may be a result of menopause, and sleeplessness may cause irritability, anxiety and even mood swings.

When estrogen levels drop during menopause, this affects serotonin levels. Serotonin is responsible for regulating our sleep patterns, as well our moods.

Besides menopause, other contributing factors may be medical or psychological problems, lifestyle issues, as well as, poor sleep habits.

Certain medications, such as those used for asthma and allergies, contain amphetamines, caffeine, ephedrine, and steroids; these may also cause sleep problems. Ask your doctor if you suspect any of your medications contain stimulants.

Some tips to help you get your zzzzzs:

- Avoid caffeine (especially later in the day) and alcohol. You may fall asleep quickly after drinking alcohol, but it may also be responsible for waking you up in the middle of the night. If you smoke, quit; nicotine is a stimulant just as caffeine is.
- Exercise regularly, keeping in mind that recent studies have shown morning exercisers sleep better than those exercising in the late afternoon and evening.
- At bedtime drink warm milk; it contains tryptophan, a mild sedative. Or drink chamomile tea or herbal teas in the evening. Take a tepid bath before bedtime. Try a massage, yoga or relaxation breathing exercises. And, try counting sheep. Don't watch television just before bed or work at your computer. The light from the screen stimulates wakefulness and discourages sleep.
- If you've tried all of the above, it may be time to talk to your doctor about medical treatments for insomnia.

Best of Health to You!



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How to Get to the Medical Center

