

PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE
MEDICAL CENTER

Summer safety tips!

Meditate for
healthy living

Enjoy our
community
programs

Watch your
back!

Options to
ease pain

5 ways to
keep your
kids healthy



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MEDICAL CENTER

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Keep the fun in your summer!



**By Todd Huffman, M.D.
Board-Certified Pediatrician**

For children, summer means hot days with easy risk of sunburns, insect bites and injuries. Make your summer a season of fun and happy memories by following these tips to keep your family safe.

SUN SMARTS

Protect your child's skin by applying a water-resistant, PABA-free, SPF 15 or higher sunscreen at least 30 minutes before going outside. Reapply every two hours, or after swimming or sweating.

Babies under six months should be kept out of direct sunlight. For older children, limit sun exposure from 10 a.m. to 4 p.m., when the sun's rays are strongest. Children should wear tightly woven clothing that's light in weight and color. Cotton clothing is both cool and protective; wide-brimmed hats and sunglasses are a plus. And don't count on clouds for protection; up to 80 percent of ultra-violet rays can penetrate through cloud cover.

BUGS AND BUSHES

Insect repellents are safe for children if they contain 10 percent or less DEET (the product's active ingredient). Reapply repellent every two hours that your child is outdoors. Avoid applying to the skin of an infant under age two months. And don't dress your youngster in flowery prints or use insect-attracting scented soaps, lotions or hairsprays on your child.

Poison plant rashes can't be spread from person to person, but it's possible to catch one from the plant oil that sticks to clothing, tools, balls and pets. Handle these items with disposable gloves, and wash clothing immediately in hot water. A variety of over-the-counter products can treat poison oak rashes.

WATER WISDOM

The best way to stay safe in and around water is to learn how to swim. Contact your local Red Cross chapter or



parks and recreation committee for swim lessons. Don't leave children under age 10 in any water unsupervised, and always be within arm's reach of any child under age 4. Teach your child to always enter the water feet-first and never allow your child to push another under the water in fun. Older children should always swim with a buddy and life vests should be worn when boating or fishing.

! Stay healthy!

Don't let an emergency ruin your summer fun. Visit www.mckweb.com and click on "Health Resources" to get more tips. If you have an emergency, McKenzie-Willamette's Emergency Department at 1460 G St. in Springfield is open 24/7 to treat allergic reactions to insect bites and stings, extreme sunburn and other ailments.

Caring for your summer health emergencies



Maurine Cate
Chief Executive Officer

Although we typically think of summer as a time of fun and relaxation, the fact is that during the summer, we're even more likely to experience an emergency because we spend more recreational time in the sun and around water. This edition of *PulseBeat* contains health and safety information that we hope will help you protect yourself and your loved ones from illnesses, accidents and injuries this summer.

If you do need emergency medical care, the dedicated team of medical professionals at McKenzie-Willamette Medical Center is on hand to help. Our Emergency Department (ED) includes Cascade Medical Association's board-certified emergency care physicians, who have cared for our emergency patients since 1979.

These veterans of emergency medicine are experts at coordinating your care. They'll listen to you and treat you as an individual, not only with advanced technology, but with compassion, courtesy and respect as well.

ADVANCED TECHNOLOGY

Our medical staff's attention to detail and dedication to patients make our ED a special place to receive treatment. Armed with a broad range of advanced medical technology—such as magnetic resonance imaging (MRI), computed tomography (CT) scanning and our comprehensive heart center—our staff knows that whether you bring in your 3-year-old with an earache or your grandma with chest pain, every second counts.

We hope you have a healthy, safe summer. But if an accident or other emergency occurs, be assured that 24/7 our Emergency Department is here, as we have been for more than 50 years, at 1460 G St. in Springfield, ready to care for you and your family.

Best,

MAURINE CATE
Chief Executive Officer
McKenzie-Willamette Medical Center

Congrats to our Patient Choice Award winner!



Laurie Everts, R.N.

McKenzie-Willamette Medical Center is proud to honor a dedicated member of our nursing staff, Laurie Everts, R.N., our 2008 Patient Choice Award winner. As part of National Nurses Week from May 6 to 12, patients and their family members nominated a nurse they felt

deserved recognition for exemplifying the exceptional care, comfort and compassion our patients expect.

Patients made glowing comments about Everts:

- "She's extremely knowledgeable in her medical field."
- "She's loving, caring, gentle, kind, compassionate and always professional."
- "She thoroughly explains what she's doing and why."
- "She's always on time for our appointments!"
- "She's a conscientious nurse; she makes sure everything is done correctly every time."
- "I'd recommend her to anyone who needs help with wound care."
- "I trust her decisions about my care."

With so many exceptional, caring and compassionate McKenzie-Willamette nurses, we realize it was a challenge for voters to single out only one. Thank you to all our patients who took the time to vote for their special nurse. We appreciate your help in making our first annual Patient Choice Award a resounding success.

! How can we help you?

Visit www.mckweb.com for a variety of helpful health information and community resources for you and your family.

Meditate for healthy living

We can help you focus

By Andrew Leahy
Marketing Intern

John Mackey, M.D., who's worked in McKenzie-Willamette Medical Center's fast-paced Emergency Department (ED) for 29 years, has found another way to enhance his and others' lives. For the past five years, Dr. Mackey has committed his Monday evenings to teaching Zen meditation for healthy living.



John Mackey, M.D.
Board-Certified
Emergency Medicine Specialist

HEALTH BENEFITS

Although Zen meditation is traditionally associated with Mahayana Buddhism, Dr. Mackey teaches it not as a religious practice, but as a daily philosophy of mindfulness. From reducing stress to relieving chronic back pain, Dr. Mackey believes meditation offers many health benefits. By training the mind to recognize a state of awareness, he teaches students to avoid unhelpful responses to life's difficulties. "Meditation isn't

going to remove the need for a physician or medication," says Dr. Mackey. "But often our responses to suffering are the source of our suffering. So who better to change our responses than ourselves?"

It might seem contradictory for an ED physician to volunteer evenings as a Zen practitioner, but Dr. Mackey sees a logical connection. "Medicine is fact-based," he says. "Concrete decisions are based on data. When you're surrounded by sounds, voices and phones, Zen's value is to filter all that out and help you stay focused."

! De-stress with meditation

John Mackey, M.D., teaches Zen meditation classes on Mondays, from 6 p.m. to 7 p.m. in the McKenzie Room. Sessions include a six-week beginners' class, which concentrates on dealing with daily stress and other health issues, as well as an eight-week advanced class. Call [726-4789](tel:726-4789) to preregister.



Emergency care for you

Mckenzie-Willamette Medical Center's Emergency Department (ED) can care for you in an emergency.

Learn about highlights of our ED below.

- Compassion, attention to detail and dedication to patients is the hallmark of our registered nurses and Cascade Medical Association physicians who staff the ED, 24 hours a day, 7 days a week.
- Our medical staff and nurses are specially trained and certified in emergency medicine.
- Our ED cares for more than 36,000 patients annually—about 40 percent of Lane County's emergency visits.
- The ED houses a wide range of equipment and offers patients ready access to advanced diagnostic imaging technologies.
- We provide advanced patient care with minimal wait times.



Community Events and Programs 2008

McKENZIE-WILLAMETTE MEDICAL CENTER

are offered this fall. Sessions include a six-week beginners' class, which concentrates on dealing with daily stress and other health issues, and an eight-week advanced class.

When: Mondays, from 6 to 7 p.m.

Where: McKenzie Room

Call: 726-4789 or visit www.mckweb.com and click on "Classes & Events"

Support groups

For information about Better Breathers, Caregivers Support, the Ostomy Association and Grief Support, visit www.mckweb.com and click on "Classes & Events" or call 726-4789.

McKenzie-Willamette needs volunteers

Do you have a knack for caregiving and enjoy getting to know new people? You're invited to share your time and talents and be an important part of our volunteer team in the Emergency Department and other healthcare areas throughout the hospital. Volunteers cover daytime four-hour shifts, regularly scheduled or on-call.

Call: 741-4606



Healthy Woman

Healthy Woman offers free monthly events on health, communication, relationship and life balance issues designed to enhance your life and the lives of those you love.

As a member, you'll receive detailed reminders about monthly Healthy Woman events and a free monthly newsletter. Visit www.mckweb.com/CommunityPrograms/HW to register and for times and locations of upcoming monthly events.

"The Healthy Woman program is a tremendous value that really can't be measured. I find myself getting excited each month to discover who I'll see there—not just presenters but participants! At recent events, I've reunited with old friends who share my lifelong passion for health and well-being. I'm always proud when people thank me for SELCO's partnership to support these life-affirming programs."

—Jan Burch, SELCO Community Credit Union

Prenatal classes

McKenzie-Willamette Medical Center's Women's Health and Birth Center offers a variety of educational programs for new and more experienced parents. Free facility tours are offered several times a month. All childbirth educators are certified through the International Childbirth Education Association.

Call: 741-4649 or visit www.mckweb.com and click on "Classes & Events"

Meditation classes

Free classes in beginning and advanced meditation, led by John Mackey, M.D.,



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The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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