

WINTER 2008

PREMIERE ISSUE!

# PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER



**A better kind  
of surgery**

**Don't miss our  
upcoming events**

**Protect your lungs:  
Signs you shouldn't ignore**

**Women: Is a heart  
attack in your future?**

**Boost your  
bone health**



**McKenzie-Willamette**

MEDICAL CENTER

*extraordinary care*

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

# Minimally invasive surgery

Less pain, faster recovery

**M**inimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

## HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient’s surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn’t suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

## MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn’t exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you’ll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

## Other minimally invasive procedures

**E**ndoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It’s also been used to correct benign heart arrhythmias.

## WAITING TO INHALE

# Breathing problems you shouldn't ignore

**T**ake a deep breath.” The command sounds easy, but for some people it’s not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States. It takes on many forms, including:

- **Asthma**, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- **Chronic obstructive pulmonary disease (COPD)**, which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- **Pneumonia**, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- **Lung cancer**, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

### When cough drops don't do the trick

**A** chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors



Maurine Cate  
Chief Executive Officer

## Innovative technologies and compassionate care

In partnership with local physicians, McKenzie-Willamette Medical Center (MW) has introduced a number of technologically advanced services this past year while maintaining patient-focused care. At MW's quality one-stop Heart Center, physicians and hospital staff perform procedures that encompass all aspects of cardiology, including diagnostic procedures, treatments, interventions and surgeries.

Another benefit of choosing our Heart Center is that all heart surgery and cardiology services are located in the heart unit, keeping patients in the same room from admission to discharge.



### SMART SURGERY

Local surgeons continue to increase their use of the da Vinci S Surgical System™. Last spring, David DiMarco, M.D., urologist, performed the first partial nephrectomy (kidney removal) using the da Vinci system. Later in the fall, urologists Doug Hoff, M.D., and Jeffrey Woolsey, M.D., performed the first two cystectomies (bladder removals) also using the system. Zena Monji, M.D., and Connie DiMarco, M.D., continue to use it for women's urinary and gynecologic surgeries. (See page 5 for details.)

When the da Vinci system is compared with

conventional surgical methods, patients typically experience shorter hospital stays and less bleeding and pain.



### INVESTING FOR YOU

Our Women's Health and Birth Center has recently invested in a centralized fetal monitoring system that includes electronic documentation. With this system, physicians can access the fetal monitoring of any patient remotely via a secure Internet connection. Physicians have better patient clinical data and optimal use of their time.

In addition, we'll soon implement a new comprehensive Electronic Patient Record that will include electronic bedside charting and patient records. The system gives physicians secure access to patient information from their office, home or hospital.

MW is proud to be a part of the dynamic future of healthcare and medicine in the Eugene-Springfield area. We'll continue working with local physicians and other medical professionals to build technological advances and bring patient-centered quality care to our community.

Best,

MAURINE CATE  
Chief Executive Officer  
McKenzie-Willamette Medical Center

# A better kind of surgery

Robotic-assisted surgery can get you  
back on your feet sooner

In the past, women undergoing gynecologic surgery faced a multiday hospital stay and six weeks of recovery time. Now, thanks to McKenzie-Willamette Medical Center's (MW) da Vinci S Surgical System™, today's gynecologic surgeries warrant only an overnight stay and offer a much quicker return to routine activities.

## AN ADVANCED APPROACH

Powered by robotic technology, the da Vinci system allows the surgeon's hand actions to be translated into precise movements of microinstruments within the operative site. Unlike standard laparoscopic instruments, which are straight and don't bend, da Vinci instruments articulate and rotate 360 degrees, allowing the surgeon greater precision and flexibility.

The da Vinci system is setting a new standard for the surgical treatment of various gynecologic conditions, such as fibroid (noncancerous) tumors, endometriosis (a painful condition in which the uterine lining moves and attaches to other pelvic organs) and prolapsed (downward dropping) uterus. "Immediately after the surgery, I had very little pain and no bleeding," says a da Vinci gynecology patient of Zena Monji, M.D. "During my one-night hospital stay, I barely used the pain medicine IV and took only a little prescription pain medicine. Within a week of surgery, all I'm taking is some over-the-counter pain relievers. I'm thrilled with the results and look forward to getting back to hiking and being active again soon."

## A HOST OF BENEFITS

The da Vinci system offers many patient advantages, including:

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



Zena Monji, M.D., is seated at the da Vinci console.

## EXTENSIVE TRAINING AND EXPERTISE

MW's physicians have received comprehensive training to perform surgeries with the da Vinci system. In fall 2006, Dr. Monji participated in an intensive da Vinci training program, which included a two-day seminar in California, along with several days of training with a physician who has six years of da Vinci robotics experience in women's urinary and reproductive systems at MW.

A gynecologist for 11 years, Dr. Monji has extensive experience in traditional and laparoscopic surgery techniques. Since her initial da Vinci training, she has performed more than 100 surgeries using the system at MW.

## ! Learn more!

For more information about robotic-assisted da Vinci surgery at MW, call (541) 741-4602 or visit [www.mckweb.com/HospitalServices](http://www.mckweb.com/HospitalServices) and click on "da Vinci."

## HEALTHWISE QUIZ

### How much do you know about **sleep disorders**?

Take this quiz to find out.

1

**Lack of sleep may put you at a higher risk for:**

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

**Which of the following changes in your sleep routine may be a result of an underlying heart problem?**

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

**Restoring your body with sleep has been shown to:**

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

**Women diagnosed with obstructive sleep apnea often experience these symptoms:**

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

**The most common treatment for sleep apnea is:**

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

ANSWERS: 1. A; 2. D; 3. D; 4. D; 5. C

## WOMEN: Is a heart attack in your future?

**A** heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

### LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

### GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.

# Bone-afide steps to a strong family framework

**B**ones are vital to protecting our organs, anchoring our muscles and supporting our bodies. The best ways to build strong bones in ourselves and our children—while reducing the risk of brittle bones later in life—is through adequate calcium consumption and regular physical activity.

Getting adequate amounts of calcium and vitamin D (necessary for calcium absorption) is essential throughout life, particularly during the peak bone-building years from ages 9 to 18. The amount of calcium\* you need is largely determined by age:

- Birth to 6 months: 210 milligrams (mg)
- 6 months to 1 year: 270 mg
- 1 to 3 years: 500 mg
- 4 to 8 years: 800 mg
- 9 to 18 years: 1,300 mg
- 19 to 50 years: 1,000 mg
- 50+ years: 1,200 mg
- Pregnant or lactating women: 1,000–1,300 mg

Good sources of calcium for the entire family include

dairy products (low-fat or non-fat milk, cheese and yogurt), dark green leafy vegetables (broccoli and bok choy), nuts (almonds) and calcium-fortified foods (orange juice, cereal, bread, soy beverages and tofu products). If you can't get enough calcium from your diet, consider taking a calcium supplement.

Physical activity is a must for all ages to build and maintain sturdy bones. The best exercises for bones are weight bearing: jumping rope, walking, jogging, climbing stairs, aerobic dancing, skateboarding and playing soccer. How much exercise do you need for maximum bone strength? Kids should get at least 60 minutes of moderate physical activity daily, and adults at least 30 minutes.

*\*Source: National Academy of Sciences*



## Eat smart for energy

**T**he busy lifestyles many of us lead would slow to a crawl without a dependable source of energy. We get much of that energy from the foods and beverages we consume. That's why it's more important than ever to eat healthy foods that not only keep our bodies charged but our weight and cholesterol down.

What are the healthiest, fuel-packed foods? Good

energy foods include those rich in:

- **complex carbohydrates**, such as whole-grain breads, pasta and rice; potatoes; and legumes
- **iron**, including beef, raisins, kidney beans, pumpkin seeds and spinach

- **B vitamins**, such as fortified cereal, fish, whole grains, legumes, leafy green vegetables and milk

Active people also need constant fluids to avoid dehydration, which can cause fatigue. Drink plenty of water (you can jazz it up with lemon or lime), low-fat or fat-free milk, or vegetable or tomato juice. Steer clear of caffeine and alcohol, which can dehydrate the body, and sugary drinks.

Be careful not to overeat. It can cause fatigue, especially if you eat foods high in sugar and fat. And skipping breakfast will leave you worn out by 10 or 11 a.m. Instead, start with a low-fat, high-fiber breakfast and then refuel every three to four hours.

---

Without the proper foods and fluids, your body won't have the fuel it needs for energy.

---



# Community Events and Programs 2008

McKENZIE-WILLAMETTE MEDICAL CENTER

women, MW's Healthy Woman program is a free community resource. This program is designed to empower you with the knowledge and confidence to make informed healthcare decisions for yourself and your loved ones. As an HW member, you'll be invited to monthly health seminars and events and receive regular e-mail communications about topics of interest. **Call: (541) 741-4602** or visit [www.mckweb.com/HealthyWoman](http://www.mckweb.com/HealthyWoman).



## An Affair of the Heart

Looking for a sensational ladies night out? McKenzie-Willamette Medical Center (MW), KMTR NewsSource 16, KOOL 99.1, 1120 KPNW News Radio and 104.7

KDUK present an evening of food, wine, spa samples, giveaways, prizes, entertainment, blood pressure checks and health information. Also, Catherine York, M.D., will offer bone density screenings for a \$25 fee. With more than 70 exhibitors, you won't want to miss this enjoyable evening.

## Keynote Speakers

Jan Staffl, M.D., "Complementary Treatments for Heart Health"

Zena Monji, M.D., "A Better Kind of Surgery for Women"

Phoebe Ashley, M.D., "Heart Disease & Women's Health"

Fern Carness, R.N., "Wise Woman's Guide to Health"

As a critical care nurse and breast cancer survivor, Carness's perspectives give empathy and levity to topics she knows intimately. Articulate and knowledgeable, she brings a powerful, passionate health-centered philosophy to educate and inspire us. Learn more about Fern Carness at [www.wise-woman-health.com](http://www.wise-woman-health.com).

**When:** 4–9 p.m., Wednesday, February 6

**Where:** Hilton Eugene

**Cost:** Free admission



## Healthy Woman Kickoff

At "An Affair of the Heart," MW will launch our free membership program Healthy Woman (HW). Although the program is geared toward women ages 25–54, women—and men—of all ages are welcome. Attend our seminar with speaker Fern Carness, R.N., at 8 p.m. and receive your complimentary Healthy Woman T-shirt, along with your free membership. Created by women, for

## Prenatal Classes

If you're expecting a baby, sign up for educational programs at MW Women's Health and Birth Center. All childbirth educators are certified through the International Childbirth Education Association. Free tours are offered monthly.

**Call: (541) 741-4649** for more information or to register



## Volunteers Needed

MW needs volunteers to participate in daytime four-hour shifts in the emergency department, on medical

floors (e.g., Women's Health and Birth, Adult and Children's Medicine), in the recovery room and at the surgery reception desk. Volunteers may donate their time on a regular basis or choose an on-call approach.

**Call:** MW's volunteer coordinator at **(541) 741-4606**

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

70MKW



**McKenzie-Willamette**

MEDICAL CENTER  
*extraordinary care*

McKenzie-Willamette Medical Center  
1460 G Street  
Springfield, OR 97477

PRSRT STD  
U.S. POSTAGE  
PAID  
Lebanon Junction, KY  
Permit 19

WINTER 2008

# Pulse Beat

*Pulse Beat* is published as a community service of McKenzie-Willamette Medical Center. There is no fee to subscribe.

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.

Copyright © 2008 McKenzie-Willamette Medical Center