

PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER

**Simple,
inexpensive test
can help detect
early signs of
heart disease**

**Keeping
newborns safe**
McKenzie-Willamette
installs new
security system

**Help for
hard-to-heal
wounds**

**Join
PulseBeat
online!**

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McKenzie-Willamette

MEDICAL CENTER
extraordinary care

www.mckweb.com



Maurine Cate
Chief Executive Officer

Ahead of the curve

Whatever your thoughts regarding our nation's health care reform, one thing is certain, the topic of personal responsibility in maintaining good health will continue to be discussed. At McKenzie-Willamette Medical Center, we've managed to stay ahead of the curve by offering a number of community health resources, including two programs that can help you stay active socially, mentally and physically.

HEALTHY WOMAN

Begun in 2008, our Healthy Woman program is a free membership program open to women ages 25 to 65. Members are invited to free, interactive monthly events. At these events, local medical professionals discuss topics such as the benefit of diet and exercise, heart health, getting a good night's sleep and stress reduction.

Because studies have shown that social interaction can play an important role in your health, each event includes refreshments and time for socializing and a fun activity, such as watching a fashion show, creating your own Christmas wreaths or laughing along with local writers and comedians.

SENIOR CIRCLE

Another program, Senior Circle, began in 2009. Don't let the name fool you! Senior Circle is open to anyone ages 50 and better, with activities designed to keep members feeling young. The program provides access to free monthly educational events with physicians and other medical professionals. It also includes weekly social events, exercise and volunteer activities, in-hospital benefits, local and national vendor discounts, as well as travel opportunities—all for an annual fee of only \$15.

Loneliness has been confirmed as a risk factor for illness, especially as we reach age 50 and above. According to a 2009 study published in the journal of the *American Association for Cancer Research*, loneliness among seniors can significantly reduce healing and cause slower recovery outcomes. Those who stayed busy with a lot of social interaction were the happiest and healthiest.

At McKenzie-Willamette, we support individuals becoming invested in their own health. That's why we are committed to creating opportunities to help you maintain a healthy lifestyle. I hope you'll consider joining and benefiting from one or both of these programs.

Wishing you good health,

MAURINE CATE
Chief Executive Officer
McKenzie-Willamette Medical Center

3 steps to better health!



- If you're 50+, become a Senior Circle member by calling Kim at (541) 726-4789 or e-mail kimwil@mckweb.com.



- Join our new online platform for Healthy Woman (whether you're a current or new member) by visiting www.mckweb.com. See page 4 for details. If you need help signing up for Healthy Woman Online, call (541) 741-4602 or e-mail debfar@mckweb.com.
- Like what you see in this issue? There's even more at www.mckweb.com, where you can read more, connect to health Web sites—and can even share your opinion in our polls. Join us online today!

Medicine cabinet makeover

Taking stock can keep your family healthy

Is your medicine cabinet a disaster area, a catchall for old medications, unlabeled bottles and other hazards? If you answered yes, a good cleaning at least once a year is recommended.

So where do you start? First, move all your medicine out of the medicine cabinet, since it's not recommended that you store medicine in the bathroom. Bathrooms are humid places, and that humidity can make your medicines less effective, or, in extreme cases, toxic. Instead, find a cool, dry place to keep your medicines.

Next, get rid of any medication that's expired. However, don't throw it down the toilet, which poses an environmental risk. Instead, throw old drugs in the trash, taking care to mix them with kitty litter or coffee grounds to make them less attractive to children and pets.

Also, make sure to keep medication in its original container, which contains important information like when the drug expires, how much to take, possible drug interactions and who it was prescribed for. Don't leave that cotton plug in any bottles either, as it can draw moisture into the bottle.

Here are some things you may have in your cabinet that deserve a closer look:



Clean out your medicine cabinet at least once a year to keep your family healthy and safe.

SYRUP OF IPECAC. It used to be recommended to make a child throw up if he or she had swallowed poison. However, there's no evidence it works and it may actually cause other treatments to fail. Throw it out! Instead, call poison control in an emergency.

COUGH AND COLD MEDICINE. It's not recommended for kids younger than age 4. And never give a child an adult-strength medication, as it could cause a serious reaction.

ASPIRIN. It's safe for most adults, but if you have kids, be extra careful. Aspirin's been linked to a rare

condition called Reye's syndrome, which can cause brain damage and liver function problems in children and teens, especially those taking the drug to treat chickenpox or the flu. Instead, keep other pain relievers and fever reducers, like acetaminophen and ibuprofen, on hand.

UNUSED ANTIBIOTICS. Don't save them for later or give them to another person. Get rid of them.

THERMOMETERS. If they break, old mercury thermometers can expose you to toxic mercury. Use an oral thermometer for older kids; choose an axillary (under the armpit) or rectal one for younger children.

Women's Health and Birth Center update

KEEPING NEWBORNS SAFE AND SECURE

Infant security and safety are paramount at McKenzie-Willamette Medical Center. In May 2010, our Women's Health and Birth Center (WHBC) installed a new electronic infant security system that features updated technology. This new system enhances McKenzie-Willamette's protection of infants and their families, with such innovations as unique identification for mother-baby match. Since the Birth Center opened in 1997, diligent staff training and infant protection protocols have been in place, as well as electronic security, which has now been replaced by more advanced technology.

Nursing, security and facility operations staff have trained extensively on the new system. "We're excited to have an advanced security system in place at our facility," says Syndee Lytle, WHBC nurse manager. "This new technology provides even greater protection for our patients."

POTENTIALLY LIFESAVING

Our obstetricians now have the ability to monitor laboring moms from their offices, homes and any other off-site locations where their handheld mobile devices work.

"Quick access to critical information about a patient's labor process before arriving at the hospital can enhance



the safety of both mother and baby," says Martha Reilly, M.D., chief of obstetrics at McKenzie-Willamette. McKenzie-Willamette is the first hospital south of Portland to offer the AirStrip OB™ patient-monitoring system. This new technology provides crucial, up-to-the-minute information about a laboring mother and her baby to obstetricians on their handheld mobile device, allowing the patient-monitoring tools of the hospital room to be viewable by the physician, regardless of his or her location. Sending the information via confidential, secure conduits to the obstetrician's mobile device, Airstrip OB relays fetal heart rate, maternal contraction patterns and other critical information in a clear and concise format. This technology could potentially save lives by more immediately providing vital patient data directly to the physician.



A good beginning

In addition to enhanced safety, WHBC provides spacious birthing suites—where you stay from admission to discharge. Ask your physician about having this most profound life experience at McKenzie-Willamette, where extraordinary care meets advanced technology. For more information, visit www.mckweb.com or call (541) 741-4649.



Visit Healthy Woman Online!

Healthy Woman Online is a free resource to empower women ages 25–65 to make informed health and well-being decisions. Join today to:

- be the first to learn about and sign up for events
- connect with other Healthy Woman members
- receive information about your health, relationships and life issues

To confirm that you want to remain or to become a member of the Healthy Woman program, you must sign up at www.mckweb.com

FOR QUESTIONS, E-MAIL US AT HEALTHY_WOMAN@CHS.NET

Are you a candidate for McKenzie-Willamette's Advanced Wound Healing Center?

Currently 8 million people in the United States—an estimated 7,000 here in Lane County—suffer from chronic and nonhealing wounds.

Due to epidemic rates of diabetes and our rapidly aging population, health care studies indicate that the incidence of chronic and nonhealing wounds will continue to grow dramatically in the future. These debilitating wounds can cause severe health risks, such as life-threatening infections and even amputation.

We offer outpatient treatment for:

- arterial leg ulcers
- diabetic foot ulcers
- pressure ulcers
- radiation injuries to the skin, bone and some organs
- soft tissue and bone infections
- venous leg wounds

Our comprehensive approach can heal nearly 90 percent of wounds that have resisted other treatments. Fortunately, many insurance plans pay for the wound treatments listed above, so you don't need to suffer any longer or risk having your condition worsen.

WHY ARE WE SO SUCCESSFUL?

One reason is our four board-certified, rigorously trained physicians on-site directing care: Medical Director John Mackey, M.D.; Desmond Crooks, M.D.; John Ford, M.D.; and Justin Montoya, M.D. Another reason is that in conjunction with the more conventional wound treatments, we use the sophisticated technology of our two hyperbaric oxygen chambers, the only two in the southern Willamette Valley.

WHAT CAUSES NONHEALING WOUNDS?

Chronic and nonhealing wounds can result from a number of factors, including diabetes, poor circulation, trauma,



McKenzie Willamette's Advanced Wound Healing Center uses the sophisticated technology of two hyperbaric oxygen chambers, the only two in the southern Willamette Valley.

"I'm officially a hyperbaric oxygen chamber graduate! For eight weeks, five days a week, I lay on a comfortable mat inside the chamber, watching movies and napping. The sessions resulted in an almost total cure for my cancer-treatment-caused wounds."

—Geni W., wound center patient

vascular disease and immobility (which can lead to pressure ulcers, commonly known as bed sores). People who have diabetes are particularly at risk as they may acquire small cuts or sores on their feet or lower extremities that develop into serious wounds. About 20 percent of these wounds become so severe that they result in amputation. Diabetic wounds that haven't healed at least 50 percent in one month have little chance of healing without advanced techniques.

! Start the healing

If you or a loved one suffers from any type of nonhealing wound lasting more than a month, speak with your physician about McKenzie-Willamette's Advanced Wound Healing Center. You can also call us at (541) 741-5103 or visit www.mckweb.com for more information.

HEALTHWISE QUIZ

How much do you know about **diabetes**?

Take this quiz to find out.



CURB YOUR CHOLESTEROL

Every year, more than a million Americans have heart attacks, and about 500,000 die from heart disease. One of the major risk factors for such heart trouble is high cholesterol. This fatlike substance builds up in your arteries and slows or blocks blood flow to the heart.

Some experts recommend that you start cholesterol testing by age 20; others say to start at age 35. Using a simple blood test called a lipoprotein profile, your physician can determine if your cholesterol levels are too high. Here's what's considered healthy:

>**Total cholesterol:** less than 200 mg/dL

>**LDL (bad) cholesterol:** less than 100 mg/dL is optimal; 100 to 129 mg/dL is near optimal/above optimal

>**HDL (good) cholesterol:** 60 mg/dL or higher may protect the heart; less than 40 mg/dL for men (less than 50 for women) puts you at a greater risk for heart problems

>**Triglycerides (another type of blood fat):** less than 150 mg/dL

WORK ON IT

Are your levels higher than they should be? You can often make a big impact on your cholesterol by making a few small changes:

- **Cut back on saturated fat and cholesterol.** The American Heart Association recommends that you keep your saturated fat consumption to less than 7 percent of your total daily calories. So if you consume about 2,000 calories a day, no more than 140 of them should come from saturated fat, or about 16 grams a day. Avoid trans fats and stock up on fruits, vegetables, whole grains and foods rich in omega-3 fatty acids (salmon, walnuts, almonds).

- **Get active.** Engage in physical activity for at least 30 minutes daily.

- **Lose weight.** Being active and revamping your diet can help. Dropping even 5 to 10 pounds can lower cholesterol.

- **Quit smoking.**

- **Follow your physician's advice.** That includes taking medication, if needed.

1 Which of the following is not a symptom of type 2 diabetes?

- a. fatigue
- b. increased hunger
- c. difficulty urinating
- d. slow wound healing

2 Having diabetes can increase your chances of developing:

- a. glaucoma
- b. digestive problems
- c. gingivitis
- d. all of the above

3 Your physician may diagnose you with diabetes by performing a:

- a. thyroid test
- b. glucose test
- c. complete blood count
- d. none of the above

4 According to the National Institutes of Health, what percentage of people with type 2 diabetes are overweight?

- a. 60
- b. 70
- c. 80
- d. 90

5 Which of these statements about diabetes is true?

- a. You don't have to avoid sweets and chocolate.
- b. You'll eventually develop it if you're overweight.
- c. It makes you more likely to get colds or other illnesses.
- d. Eating too much sugar can cause it.

ANSWERS: 1. (d) 2. (d) 3. (b) 4. (b) 5. (a)

Flu, flu, go away!

It's fall again, and with the changing of the seasons often comes the dreaded flu. Recently, the seasonal flu has been upstaged somewhat by H1N1. Both strains are serious, may lead to complications such as pneumonia and bronchitis and can result in hospitalization and even death.

You can't always keep flu out of your home, but you can certainly reduce the risk of getting infected. Try these tips from the Centers for Disease Control and Prevention:

- **Get vaccinated.** This year, the seasonal flu vaccine comprises three strains of flu including H1N1. It's especially important for pregnant women; young children; people older than 65; people who have chronic health conditions such as asthma, diabetes, heart disease or lung disease; and others at high risk for complications.
- **Play defense.** Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue out; wash

your hands often (use an alcohol-based hand sanitizer if soap and water aren't available); keep your hands away from your eyes, nose and mouth; avoid close contact with sick people; and stay away from crowds during a flu outbreak. Stay home for at least 24 hours after your fever is gone.

- **Take your medicine.** If you get sick, your physician may recommend an antiviral drug to make the symptoms milder, shorten the time you're sick and prevent complications.



5 must-eat foods

Despite what you might read on the Internet, there's no magic food to prevent disease or cure you of all your ills. However, certain foods are high in antioxidants, vitamins and minerals and, when combined with an overall healthy diet, may help you maintain good health. Consider adding these good, and good-for-you, foods to your diet:

1 Blueberries. Blueberries have plenty of fiber and vitamins A and C, and they may improve short-term memory. Add them to cereal or yogurt for a tart kick.



2 Sardines. Those little fish canned in oil pack a powerful nutrient punch, supplying plenty of protein, calcium and heart-healthy omega-3 fatty acids and vitamins B12 and D. Try them in sandwiches, salads or sauces.

3 Almonds. Thanks to good fats, vitamin E and fiber, almonds are exceptionally good for your heart. Grab a small handful daily or sprinkle them on a salad.



4 Red beans. They're high in potassium, iron and magnesium (not to mention low in fat and an excellent source of protein), and may play a role in preventing heart disease and some forms of cancer. Try adding them to stews instead of meat.

5 Sweet potatoes. That orange color is due to loads of beta carotene, which may help slow the aging process. Sweet potatoes also provide vitamins B6, C and E; folate; and potassium. Try them baked or sliced into wedges for another take on french fries.



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Detect early signs of heart disease

Simple, inexpensive test can help

A new diagnostic imaging service at McKenzie-Willamette Medical Center, our calcium scoring test typically takes only 20 to 30 minutes. Computed axial tomography, better known as CAT or CT scan, images of your coronary arteries are recorded as you lay inside our roomy CAT scanner. These studies are then interpreted by accredited radiologists. You don't need to limit food or liquid intake before this quick, noninvasive procedure.

"A high level of calcium deposited in the coronary arteries correlates with the presence of coronary artery disease [CAD] and an increased risk of coronary events," says local cardiologist Jay Chappell, M.D., with the Heart Associates of Oregon. "Therefore, along with assessing other risk factors for CAD such as hypertension, diabetes, elevated cholesterol levels and tobacco usage, a calcium score may help identify those patients in whom we should be more aggressive in preventing coronary events such as a heart attack."

"When I had the calcium scoring test at McKenzie-Willamette, I was surprised by the ease and comfort of the test and how little time it took—and best of all, no hospital admission or anesthetic required."

—Lee P., diagnostic imaging patient

Heart Associates of Oregon

In fall 2009, Jay Chappell, M.D., and Samuel Lau, M.D., along with Craig Peck, A.N.P., opened a new practice—Heart Associates of Oregon—at 960 N. 16th St., Suite 304, in Springfield. Both cardiologists work at the McKenzie-Willamette Heart Center, as well as their outpatient clinic. They perform a variety of diagnostic and interventional heart procedures, including pacemaker implantations, stent placements and echocardiography.

! Get your score!

Although physician orders are not required for the test, it's a good idea to consult your primary care physician. Depending on test evaluation by our radiologists, you may be referred to a cardiologist. Some insurance providers may cover the \$104 cost of this screening. Call (541) 726-4462 for more information.

Find health resources!

September is Ovarian Cancer Awareness Month. Visit www.mckweb.com to learn more. You'll also find information about our birthing classes, tours and support groups like Better Breathers and Grief Support.