

PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER

Taking care
of your heart

Special
beginnings at
McKenzie-Willamette

Guarding
against GERD

When time can't
heal all wounds
The Advanced
Wound Healing
Center can help

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online!

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McKenzie-Willamette

MEDICAL CENTER
extraordinary care

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**Affair of the Heart
is coming!**

SEE PAGE 4 FOR DETAILS



Heart attack patients given PCI within 90 minutes of arrival*

➤ McKenzie-Willamette: 94%

➤ State average: 90%

➤ National average: 89%

*Source: Hospital Compare, April 2009–March 2010

Take heart!

McKenzie-Willamette is here to treat you fast

Heat disease is still the leading cause of death in the United States. Approximately 1 million Americans will have a heart attack this year, and according to recent data, a growing number of Lane County residents may experience coronary artery disease or heart attack in their lifetime.

DON'T DELAY TREATMENT

If you experience chest pain or other heart attack symptoms, you need treatment immediately; call 911. The emergency team at McKenzie-Willamette Medical Center is prepared to treat you fast. Upon arrival at the emergency room (ER), an electrocardiogram (EKG) is performed to determine if you're having a cardiac event. If the EKG is positive for heart symptoms, our cath lab will be alerted and you'll receive additional tests to diagnose the cause. In many cases, a blocked artery is impeding blood flow to the heart. If a blocked artery is suspected from symptoms and the EKG, you'll be taken directly to the cath lab, where the artery can be opened and stented immediately.

"Our goal is to minimize heart damage by restoring blood flow as quickly as possible so the patient has a greater chance of continuing with a normal life," says cardiologist Jay Chappell, M.D. "We focus on providing a high standard of care, which is apparent in how quickly we take care of our patients."

According to publicly-reported data, McKenzie-Willamette exceeds state and national standards by providing heart attack care or PCI (percutaneous coronary intervention)* in less than 90 minutes. In fact, when a heart attack patient arrives by ambulance** the

standard is met in less than 60 minutes. This is important because there's a better chance of minimizing heart damage if blood flow is restored to the heart in 90 minutes or less.

If the heart damage is more extensive, open heart surgery or bypass may be necessary. These surgeries are performed in the cardiovascular operating room (CVOR) located in our Heart Center. The Center is a self-contained unit on the ground floor of the hospital. Because patient rooms are located in the same unit as the CVOR, the patient isn't moved from floor to floor before and after surgery, which is known to improve communication, reduce stress and enhance the recovery process.

Cardiothoracic surgeons from the prominent Portland Starr-Wood Cardiac Group provide both scheduled and emergency cardiothoracic surgery in the Heart Center. The Starr-Wood Cardiac Group, led by surgeons Storm Floten, M.D., and Tony Furnary, M.D., have more than 50 years of combined surgical experience, and have performed more than 12,000 open heart surgeries in Oregon.

*PCIs are procedures that are among the most effective ways to open blocked blood vessels and help prevent further heart muscle damage.

**The EKG is performed by ambulance personnel and communicated before arrival to the ER physician.



Get heart healthy!

For more information about cardiac care at McKenzie-Willamette, visit www.mckweb.com.

What's behind that belly pain?

Does your stomach ever feel like it's twisted in knots? Most stomach pain isn't serious and requires only waiting it out and home remedies. Still, you may need to get checked by your physician because the level of pain doesn't always tell you the condition's severity. For example, severe pain may be just gas, while mild discomfort could be the beginnings of appendicitis.

THE CULPRITS

Pain can be caused by a number of conditions, including:

➔ **Gas.** Gas can lead to sharp, jabbing pains.

➔ **Ulcers.** Peptic ulcers, or sores in the lining of the stomach or upper small intestine, cause intermittent burning pain that often feels worse when the stomach is empty and gets better after you eat. A condition called ulcerative colitis, which causes ulcers in the lining of the colon and rectum, can also trigger severe abdominal cramps in some people.

➔ **Irritable bowel syndrome (IBS).** IBS pain may be accompanied by bloating, constipation, diarrhea or a change in frequency and appearance of stool, and may be relieved by having a bowel movement.

➔ **Celiac disease.** Here, the immune system responds to gluten (a protein found in wheat, rye and barley) by damaging the intestine's lining, causing abdominal pain.

➔ **Gallstones.** Stones that get lodged in the passageway between your gallbladder and your intestine cause sudden, severe pain in the right upper part of your abdomen that lasts for several hours. Pain may also occur in the upper back, and your skin may become jaundiced (have a yellowish hue).

➔ **Appendicitis.** An infection or a blockage can cause the appendix to become inflamed and filled with pus. Pain usually begins around the navel before shifting to the lower right abdomen. Pain worsens over time.

GETTING RID OF THE PAIN

Treatment depends on the cause of your pain. Surgery is usually recommended for problematic gallstones and appendicitis. Medications are helpful for people who suffer from ulcers or IBS. Adjusting your diet can help relieve gas pain.

These tips, courtesy of the National Institutes of Health, can also help ease mild abdominal pain:

- Sip water or other clear fluids.
- Forgo solid food for a few hours, and then stick with mild foods such as rice, applesauce or crackers. Don't eat dairy.
- Try an antacid if pain occurs in the upper abdomen after meals. Skip citrus fruits and high-fat, fried or greasy foods, as well as tomato products, caffeine, alcohol and carbonated beverages. H2 blockers (medicines which reduce the amount of acid the stomach produces), available over the counter, may also help.
- Avoid aspirin, narcotic pain medications, ibuprofen or other anti-inflammatory medications, unless your physician tells you to take them.

If these measures don't ease the pain, if the pain becomes severe or if you're unsure what's causing your discomfort, tell your physician or seek emergency care.



Connect to our health portal

Like what you see in this issue? There's even more at www.mckweb.com, where you can read full articles, connect to health websites and search for a physician.

By signing up on our website, you'll automatically receive an e-mail notifying you that the next issue is available to read online—at the same time the issue arrives in homes. Join today!



Affair of the Heart

Mckenzie-Willamette Medical Center is pleased to invite you to the seventh annual Affair of the Heart on Thursday, Feb. 10, at Lane Events Center. Affair of the Heart is a free health fair and expo that offers something for everyone, including Pilates demonstrations, blood pressure screenings and body

mass index assessments, with giveaways, prize drawings and shopping thrown in as part of the fun. This year during Affair of the Heart, we'll celebrate the third anniversary of our Healthy Woman program, which will feature physician presentations on ways to stay healthy at any age and will include an inspirational address by Ali Vincent from television's "The Biggest Loser." See below for information about signing up for this event.

As a woman myself, I look forward to attending the Affair of the Heart. It's an enjoyable evening out with friends, and I can learn more about staying healthy and happy in the process. With nearly 100 local vendors, including McKenzie-Willamette, this is the women's health fair and expo of the year. I hope to see you there!

Wishing you good health,

Maurine Cate

Chief Executive Officer
McKenzie-Willamette Medical Center

HEALTHY WOMAN
A MCKENZIE-WILLAMETTE MEDICAL CENTER RESOURCE

Join Healthy Woman Anniversary events

Thursday, February 10, Lane Events Center

- 5:00 p.m.: Healthy Heart/Healthy Woman, Jay Chappell, M.D., and Hugh Tobin, M.D.
- 6:00 p.m.: The Most Important Girl Talk You've Ever Had
- 7:30 p.m.: Ali Vincent (for Healthy Woman members only)

To become a free Healthy Woman member and to sign up to hear Ali, visit www.mckweb.com and click on Healthy Woman.

We deliver!

Home birth sounds easy, but complications can occur without warning during childbirth," says Martha Reilly, M.D., Chief of Obstetrics at McKenzie-Willamette Medical Center. The American College of Obstetricians and Gynecologists officially opposes home delivery because of a recent study that raises safety concerns.

The Women's Health and Birth Center (WHBC) at McKenzie-Willamette offers women the comforts of home with the depth of resources available in a hospital. Birthing suites are designed to accommodate the family with home-like amenities, and medical professionals are available to provide assistance and guidance before, during and after the birth, including specially trained nurses who offer help with breastfeeding and infant care.

"We set out to make our birth center as close to a home-birth experience as possible," says Dr. Reilly. "Here, the mother gets the relaxing setting she would at home but with all the patient safety a hospital and medical staff like ours has to offer."



! Caring for our littlest patients!

To learn more about the WHBC or to schedule a tour, call (541) 741-4649.

FAST FACT

➤ A typical newborn will double its weight by 6 months and triple it by the first year.



To learn more about infant care, visit McKenzie-Willamette Medical Center at www.mckweb.com and click on the "Health Resources" link.

Eat, drink and be wary

Chronic heartburn may indicate a more serious disorder

One in five individuals—20 percent of Americans—experiences heartburn at least once a week. While it's common, don't take heartburn lightly. Frequent indigestion may indicate a serious health problem known as gastroesophageal reflux disease (GERD), a condition that can cause severe or chronic acid reflux, which can lead to sleep disorders, esophageal bleeding or ulcers and cancer.

WHAT IS GERD?

Heartburn, or indigestion, is that pain in the chest we feel after overeating. It's caused by stomach acid backing up into the esophagus, the muscular tube that carries food from the throat to the stomach. Overeating isn't the only cause of acid reflux. It can also be triggered by medications, exercise, obesity, pregnancy, stress, chronic health conditions—such as asthma, diabetes or a hernia—and even sleeping in certain positions.

"It's possible to control heartburn with a few simple lifestyle changes or over-the-counter medications," says Sarah Brendler, M.D., a gastroenterologist. "But, if your heartburn doesn't respond to lifestyle changes or medications, then a test for GERD should be performed."

A few methods commonly used to diagnose GERD include an upper gastrointestinal exam (X-rays of the upper digestive tract), endoscopy (insertion of a flexible tube down the throat to examine the inside of the esophagus and stomach) or an ambulatory acid probe test (monitoring the timing and frequency of stomach acid flowing back into the esophagus, using a catheter or chip inserted in the esophagus).

GERD can become a chronic condition for many patients. About 10 percent of those with chronic acid reflux can develop a condition called Barrett's esophagus, which is a tissue change within the lining of the esophagus. Barrett's is associated with an increased risk for developing esophageal cancer.



RADIOFREQUENCY ABLATION

To treat some of the more advanced cases of Barrett's, Khoi Tran, M.D., a gastroenterologist, has had success with radiofrequency ablation (RFA). RFA uses a small device that attaches to the tip of an endoscope and delivers a short burst of radiofrequency energy to targeted tissue. The procedure often takes about 30 minutes and patients go home the same day. "Using RFA, I'm able to remove the diseased area while minimizing injury to normal esophageal tissue," says Dr. Tran. "I've had good results for my patients with this technique, and most patients are back to normal activities within a few days."



Banish the burn!

GERD tests and RFA are performed at McKenzie-Willamette Medical Center's outpatient endoscopy center. For more information, call (541) 744-6000.

HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
 - a. one in three
 - b. one in five
 - c. one in 10
 - d. one in 20
- 2** Most people with high blood pressure experience:
 - a. nausea
 - b. weakness
 - c. trouble concentrating
 - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
 - a. six months
 - b. year
 - c. two years
 - d. 10 years
- 4** High blood pressure can increase your risk for:
 - a. dementia
 - b. eye damage
 - c. bone loss
 - d. all of the above
- 5** Which of the following statements is true?
 - a. After age 65, more women than men have high blood pressure.
 - b. After age 65, more men than women have high blood pressure.
 - c. After age 65, an equal number of men and women have high blood pressure.
 - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

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

Show your heart a little love

Your heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

➔ Choose good-for-you foods. Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

➔ Give your heart a workout. You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

➔ Consider aspirin therapy. A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

➔ Quit smoking. Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

➔ Get checked. Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

Dust mites. In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

Combat them: Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

Mold. Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

Combat it: Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

Volatile organic compounds (VOCs): These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

Combat them: Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

Don't let the bedbugs bite!



Bedbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

DOUBTING diet soda

Diet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

Tough on teeth. Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

Wicked to waistlines. Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

Unkind to kidneys. One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

Bad to the bones. According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



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

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The Advanced Wound Healing Center: A new standard of care

Mckenzie-Willamette Medical Center's Advanced Wound Healing Center is now 1 year old! Along with celebrating our first year of operation, we also celebrated the many patients who received care from our center and had their wounds healed.

A DEDICATED TEAM

The Advanced Wound Healing Center is different from other wound centers in that a physician, who's received specialized training in wound healing, manages the care of each patient and tailors treatment to his or her individual needs. John Mackey, M.D., a certified wound specialist by the American Academy of Wound Management, serves as the Centers' medical director. Under the direction of Dr. Mackey, the physicians, nurse specialists and clinicians provide some of the most advanced healing options available, including hyperbaric oxygen (HBO) treatment, surgical debridement, bioengineered skin substitutes and advanced wound dressings proven to heal wounds quickly.

"With the many treatment options available to them, our patients have experienced a 92-percent healing rate or better within 14 weeks," says Dr. Mackey. "We've helped patients who had given up seeing their wound close and, in some cases, have avoided amputation." Now that's really something to celebrate!

An HBO patient, Dennis Foster, avoided amputation of his foot, which was considered a possibility when he



Hyperbaric oxygen therapy increases the amount of oxygen in the patient's blood, allowing wounds to heal from the inside out.

began treatment. "For me, everything has steadily gotten better," says Foster. "I didn't lose my foot, and I'm able to be more active. I'm so grateful for the folks at the Advanced Wound Healing Center."

Improve your quality of life!

If you or someone you love has a wound that hasn't healed or responded to treatment within 30 days, McKenzie-Willamette's Advanced Wound Healing Center is here to help. Treatment is covered by most insurance plans. For more information, call (541) 741-5103 or visit www.mckweb.com.