

PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER

**Changing
the surgical
experience**

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Health happenings
in your hometown

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Our sleep center
can help

**Are you
healthwise?**
Take our quiz!



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Do you really need a primary care physician?

Sure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

Who's who in the PCP world

When picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.
- **Nurse practitioners and physician assistants.** Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.
- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

Screenings your PCP may provide

- | | | |
|--|--|--|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> cholesterol | <input type="checkbox"/> diabetes |
| <input type="checkbox"/> breast cancer | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia | | |

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.



Maurine Cate
Chief Executive Officer

Our dedicated staff

One of the greatest assets of our hospital is dedicated employees. Many of our nursing and ancillary medical staff have worked for McKenzie-Willamette Medical Center for more than 20 years, with the average length of employment being 10 years. As expressed by staff members: When you're a patient here, you benefit from the comprehensive, compassionate care of a veteran staff.

WHAT OUR STAFF IS SAYING

- "The most rewarding part about working at McKenzie-Willamette is co-workers who sincerely care about our patients and their health, who strive to treat every patient like a family member and who do their best to keep patients comfortable during their procedures," says Rene R., R.N.
- "The primary reason I'm still here after 33 years is the amazing, supportive people who work alongside me," says Kathy M., R.N. "Each person strives to be the best they can be when they perform patient care."
- "As an employee of the hospital for more than 10 years, I recognize we have a unique combination of skilled professionals who are compassionate and caring to their patients and each other," says John H., physical therapist. "Through all the changes in health-care in the last decade, McKenzie-Willamette has refused to compromise on its dedication to doing the right thing for patient care."

Should you need healthcare at McKenzie-Willamette, you'll be cared for by dedicated employees who look forward to meeting your needs.

Best,

MAURINE CATE
Chief Executive Officer
McKenzie-Willamette Medical Center



Get a good night's sleep!

Millions of Americans have chronic sleep problems that deprive them of a restful night's sleep. Sleep disorders such as restless legs syndrome and narcolepsy may cause symptoms like fatigue and irritability, reduced concentration, workplace accidents and even weight gain. One of the most serious sleep disorders, sleep apnea, occurs when a person snores and often wakes up gasping for breath. This disorder has been linked to high blood pressure, heart problems and stroke.

Since 2006, the McKenzie-Willamette Sleep Solutions Center has helped people with sleep apnea and other sleep disorders. Patients undergo a thorough sleep study conducted in a private and secure bedroom-like setting, equipped with comprehensive diagnostic equipment.

Proper diagnosis of a sleep disorder is the first step toward the development of a physician-directed medical treatment plan, which not only helps you wake up refreshed but also enables you to have more energy, enjoy better health and get more out of life.

! Rest easy!

To learn more about the services offered at the McKenzie-Willamette Sleep Solutions Center, call **744-8525**, Monday through Friday, 9 a.m. to 5 p.m.

A different kind of surgery

By David DiMarco, M.D., Urologist



Since spring 2006, McKenzie-Willamette Medical Center has been offering the da Vinci S Surgical System™ for a different kind of surgical experience. Named for Leonardo da Vinci (who invented the first robot), the da Vinci system

became the first robotic-assisted system cleared by the U.S. Food and Drug Administration for general, cardiac, urologic and gynecologic procedures in 2000. McKenzie-Willamette was one of the first hospitals in the Pacific Northwest to use the system.

Helping to perform 550 procedures since 2006, the system is being used for women's and men's surgeries, including hysterectomies, prostate removals and kidney and bladder procedures.

THE SURGEON HAS CONTROL

The system consists of a console next to the patient and a separate robotic tower with arms attached to surgical instruments. The surgeon controls instrument movement by grasping a controller device in which computer software translates the surgeon's hand movements into precise movements of micro-instruments within the patient. Unlike standard laparoscopic

instruments, which have limited maneuverability, da Vinci instruments rotate at the tip much like the human wrist, allowing for precision and flexibility.

The robotic-assisted system provides 3-D magnified vision that gives the surgeon a more realistic picture of the surgical field compared to single-lens cameras used in conventional laparoscopy.

Our patients at McKenzie-Willamette can't say enough about their successful outcomes with da Vinci surgery. Advantages typically include shorter hospital stays, less bleeding and pain, reduced scarring and a quicker return to routine activities.

McKenzie-Willamette took a bold step bringing da Vinci robotic-assisted surgery to Lane County. We've trained our professional medical staff and worked with physicians to implement this advanced technology that has and will continue to enhance the surgery and healing experience of many patients in our community.



! Surgical care with options

For more information about McKenzie-Willamette's surgical services, visit www.mckweb.com.

A patient's experience

"During my robotic prostate cancer surgery at McKenzie-Willamette Medical Center, the care I received was beyond excellent. From blood work and orientation to admission through discharge, I was impressed. All my nurses were very professional and friendly. They definitely gave the personal touch. My surgeon, Jeffrey Woolsey, M.D., was great. Postsurgery nurses were absolutely first class. I've never received care anywhere like the care I received at McKenzie-Willamette. The nurses were professional and a credit to the facility. I deeply appreciate everything done for me and my family during my stay."

—Roger C., patient

* Drs. Woolsey and DiMarco are urologists with the Oregon Urology Institute.

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe



Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.





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

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Lottie Poe Duey, Media Coordinator, 741-4602

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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 Zen meditation, led by John Mackey, M.D., are offered from fall 2009 through spring 2010. Sessions include a six-week beginners class, which concentrates on dealing with daily stress and other health issues, and an eight-week advanced class for deeper exploration of meditation techniques and Zen concepts. Visit www.mckweb.com and click on "Classes & Events" to register.

Support groups

For information about Better Breathers, Caregivers Support, the Ostomy Association and Grief Support and other support groups, visit www.mckweb.com and click on "Classes & Events."

Take your place among the stars: Volunteer at the Festival of Trees

By becoming a volunteer with the Festival of Trees, you become part of a first-class holiday event that raises funds for a variety of healthcare-related causes in the community. The festival will be held Thanksgiving week at the Valley River Inn. **Call: 741-4606** to volunteer and for more information



Senior Circle

Our Senior Circle chapter for adults ages 50 and better provides access to weekly educational and social events, exercise and volunteer activities, in-hospital benefits, local and national vendor discounts and monthly physician- or clinician-led health talks for just \$15 a year. You'll also experience fun and fellowship, enjoying a full calendar of social events and travel opportunities. To learn more, call **726-4789** or visit www.mckweb.com.

"We joined Senior Circle as an opportunity to meet new people and do fun things. Kim [Senior Circle advisor] is a delight and a joy to be around. We're looking forward to future events."

—Elenor and Tom Houston



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. Members receive detailed reminders about monthly events and a free monthly e-mail newsletter.

Call: 726-4789 or visit www.mckweb.com/CommunityPrograms/HW to join and for times, locations and registration for upcoming monthly events

Prenatal classes

McKenzie-Willamette's Women's Health and Birth Center offers a variety of educational programs for new and more experienced parents. Free facility tours