

PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER

**Changing
the surgical
experience**

Save the dates
Health happenings
in your hometown

Get your zzzs
Our sleep center
can help

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



McKenzie-Willamette

MEDICAL CENTER
extraordinary care

www.mckweb.com



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.

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

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Community Events and Programs 2009

McKENZIE-WILLAMETTE MEDICAL CENTER



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

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