

# CMH HEALTH COMPASS

A JOURNAL DEVOTED TO HEALTHFUL LIVING



SPRING 2013

BREAST CANCER

## Screening matters



To schedule a mammogram, call 503-338-4025.

**WHAT** keeps you from being screened for breast cancer—time? money? fear? uncertainty?

Whatever the reason, you should know that regular breast cancer screening—which usually consists of mammograms and clinical breast exams—remains the best way to find cancer early, when it is easiest to treat.

In fact, screening saves thousands of lives a year, according to the American Cancer Society (ACS).

Mammograms take only about 20 minutes. Clinical breast exams, which are breast checks done by a doctor or other health professional, also are quick. They're usually part of a routine checkup.

### Create a screening schedule

Remembering when to be screened is easy if you follow these recommendations from the ACS:

- ▶ For women in their 20s and 30s: Have a clinical breast exam at least every three years.
- ▶ For women 40 and older: Have a mammogram and a clinical breast exam every year.

If you have a higher-than-average risk for breast cancer, you may need to have additional diagnostic tests.

Talk to your doctor about breast cancer risk factors, which include age, family health history, reproductive history and lifestyle. If a suspicious spot or lump is found, your doctor may

CEO LINK

## Spring into health!

**WELCOME**

to the 2013 spring issue of *CMH Health Compass*.

In this edition, we will introduce you to three of the community's newest doctors and explain why you don't have

to live with foot pain. Also, discover whether it's a cold or the flu, and see if you know your good carbohydrates from your bad carbohydrates.

So after you finish spring-cleaning, enjoy this issue of *CMH Health Compass*.



Erik Thorsen, CEO

Erik Thorsen, CEO

order additional tests.

### Don't delay

If you haven't been screened for breast cancer—or haven't been screened in a while—ask your doctor about what tests make sense for you.

INSIDE

2 A pain in the foot

3 Cold or flu?

5 Carbohydrates: Friend or foe?

Confused about your health care options? You're not alone. Now there's a government website designed to help you make sense of it all. At [www.HealthCare.gov](http://www.HealthCare.gov) you can compare **HEALTH INSURANCE** options so that you can make a choice that's right for you.

—U.S. Department of Health and Human Services

Say what? If you have to shout to be heard over the sounds around you, it's probably loud enough to damage your hearing. Turn down the volume if you can. If that's not possible, wear **EAR PROTECTION**. And if those options aren't feasible, you should walk away from the noise.

—National Institutes of Health

What's the difference between energy drinks and **SPORTS DRINKS**? Energy drinks contain stimulants, such as caffeine, and are never OK for kids and teens. Sports drinks, which are meant to replace electrolytes lost during exercise, may be helpful for young athletes involved in vigorous sports. However, for most kids—athletes included—plain old water is best.

—American Academy of Pediatrics



## 50 or older? What to know about shingles

If you've ever had chickenpox, you know it's no fun. And it goes without saying you wouldn't want to deal with it ever again.

Thanks to the shingles vaccine, you may not have to.

Shingles is a very painful skin rash that often develops into blisters. It's caused by the same virus that causes chickenpox.

After a bout of chickenpox, the virus stays dormant in certain nerves in the body. Then, years later, it can come to life again in the form of shingles. It isn't clear why it happens, but shingles usually occurs in older people and those with weakened immune systems. The Centers for Disease Control and Prevention (CDC) reports

that at least 1 million Americans get the condition every year.

To help reduce that number, a vaccine for shingles was licensed in 2006 and recommended for most adults age 60 and older. More recently, the vaccine has been approved for people in their 50s.

If you're age 50 or older, talk with your doctor about whether the vaccine is right for you. In clinical trials, it reduced the risk of getting shingles by 70 percent in the 50- to 59-year-old age group, according to the U.S. Food and Drug Administration. And even among those who still get shingles after being vaccinated, it can reduce the associated pain.

## What are your feet telling you?

Your feet shouldn't hurt. Yet many people resign themselves to foot pain—even when it can be treated, the American Podiatric Medical Association (APMA) reports.

According to the APMA, 75 percent of Americans will experience foot pain at some point in their lives. The normal wear and tear of aging and being overweight are two common causes of foot pain—both of which can affect foot structure. In these cases, the pain might be cured simply by changing shoe size. But foot problems may also be a warning sign of more serious illness, such as diabetes or arthritis.

The American Orthopaedic Foot and Ankle Society recommends that you see your doctor if you have any of the following symptoms:

- ▶ Foot pain that persists for more than three days.
- ▶ Swelling of one leg or foot that persists for more than one day.
- ▶ Pain that increases with exercise.
- ▶ Pain that occurs at rest or with elevation of your legs.



- ▶ Numbness or loss of sensation in a foot.
- ▶ A blister or ulcer on the foot that doesn't heal.

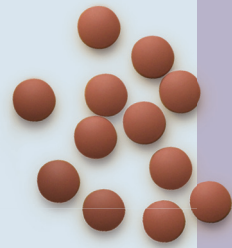
To make an appointment, call Mark Ellis, DPM, at **503-325-0045**.



# Achoo! Is it a cold or the flu?

**SNIFFLE**, sneeze, cough. Something seasonal is bugging you. But what exactly is it that's got you under the weather?

Those vile viruses that cause colds and the flu can cause remarkably similar symptoms. It can be hard to tell them apart based only on how you're feeling. One general clue is how bad your symptoms are—flu symptoms tend to be more severe. But that's not the only difference. Here are some more clues to help you uncover what's causing your ills.



## Aches and pains

When everything hurts, chalk it up to a likely case of the flu. Headaches and body aches abound when the flu virus invades, and those pains can be quite severe. Acetaminophen or ibuprofen can help provide relief. Colds are only rarely accompanied by aches and pains, and even then they tend to be much more mild.



## Sneezing

Cover your sneeze, please! Sneezing is a common cold symptom, although it can sometimes accompany the flu. A stuffy or runny nose is also more common to a cold.

## Complications

The flu is more likely than a cold to lead to complications such as pneumonia, ear infections and sinus infections. If you think you have the flu, check in with your doctor. Prescription flu drugs may shorten the time you are ill.

## Temperature

Feeling overheated? You've probably caught the flu. Fevers occur only rarely with a cold. Running a temp is common, however, with the flu. Temperatures often reach 100 to 102 degrees and last three to four days.

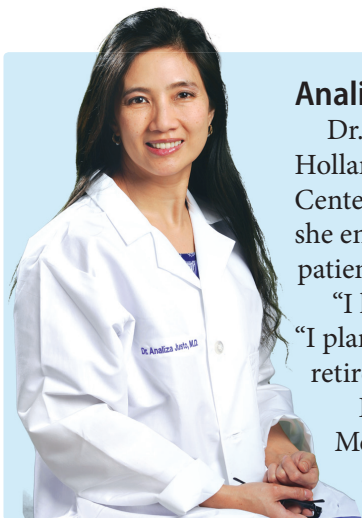
## Exhaustion

If you're dealing with extreme fatigue, it's often a result of the flu. Exhaustion is common with the flu but rarely results from a cold. Flu-induced fatigue can affect you for an extended time, sometimes as long as two or three weeks.

Whether it's a cold or the flu, CMH Urgent Care is here for you. For more information, call **503-338-4050**.

Source: U.S. Department of Health and Human Services

# Welcome, doctors!



## **Analiza Justo, MD**

Dr. Justo joined Robert Holland, MD, in the Women's Center in October 2012. She says she enjoys the region and her patients.

"I love it here," Dr. Justo says. "I plan to stay in the area and retire in the area."

Dr. Justo came to Columbia Memorial Hospital from Good Shepherd Medical Center

in Hermiston, Ore., and Harrison County Hospital in Corydon, Ind., before that. She attended medical school at Far Eastern University in the Philippines.

She completed a residency in obstetrics and gynecology at the Paulino J. Garcia Research and Medical Center in the Philippines and residencies in family medicine and obstetrics and gynecology at the Charleston Area Medical Center in Charleston, W.Va.

Dr. Justo and her husband have a grown daughter and two sons, ages 12 and 13. She enjoys cooking, eating seafood, reading, attending her sons' basketball games and spending time with her family.

## **Jacqueline Young Cooper, MD**

After a successful career as a certified public accountant, Dr. Cooper decided to pursue her lifelong dream of being a doctor.

"I realized I was successful professionally, but I wasn't doing what I wanted to do," she says.

Dr. Cooper attended medical school at the Saint Louis University School of Medicine and completed her residency in obstetrics and gynecology at the University of California, San Francisco-Fresno. She comes to CMH from the Southern Illinois Healthcare Foundation.

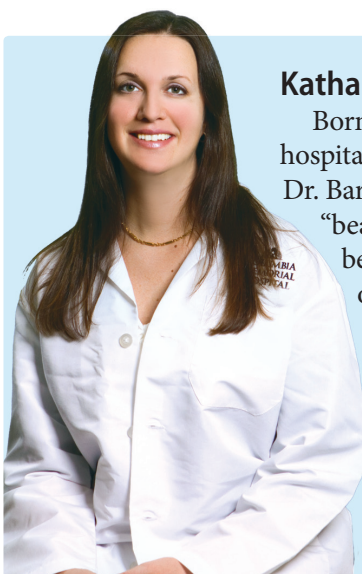
She is now accepting patients at the CMH Women's Center and is particularly interested in helping patients

with natural family planning.

Dr. Cooper lives with her husband and 8-year-old daughter in Warrenton.

"This place, to me, is like paradise; everything is so lush and green," she says.

She enjoys living on a lake and watching the elk near her family's new home. She hopes to plant a garden this spring and would like making stained glass.



## **Katharine Barford, MD**

Born in South Africa in a hospital overlooking the ocean, Dr. Barford considers herself a "beach bum" and is thrilled to be working so near to one of her favorite beaches—Cannon Beach.

During her childhood, her family moved to the United States to escape the violence of apartheid. She attended the University of Washington for

undergraduate studies and went to medical school at Wayne State University School of Medicine. She did her residency in internal medicine and a fellowship in hematology-oncology at North Shore University Hospital in New York. She comes to CMH from MultiCare Regional Cancer Center in Tacoma, Wash.

Dr. Barford has joined Robert Raish, MD, in the CMH/OHSU Cancer Care Center. She sees patients in Astoria two days a week. She is particularly interested in treating women with gynecologic and breast cancers.

In her spare time, Dr. Barford enjoys reading history, art history and historical fiction; skiing; hiking; antiquing; and traveling. She is also fluent in German.



## CARBOHYDRATES

# BAD vs. GOOD

**THERE** are good guys and bad guys, good grades and bad grades—and the same is true for carbohydrates. There are good carbs and bad carbs.

But how can you tell the difference between the good and the bad, and does it really matter anyway?

Well, yes, it does. Certain carbs have added sugars. These bad carbs are frequently high in calories and low in nutrients, which means they can pile on pounds without giving you much benefit. Conversely, other carbs (the good ones) can help protect your health.

### Cut back on these

- ▶ Sodas ▶ Cakes
- ▶ White bread ▶ Candy

For better health, go easy on carbs with added sugars, such as sugary sodas, cakes, cookies, candies, pies, etc.

At the grocery store, you can tell if a food has extra sugar by checking the label. Watch for ingredients such as high-fructose corn syrup, fruit juice concentrates, dextrose, fructose and sucrose—they're all added sugars.

Sources: Academy of Nutrition and Dietetics; U.S. Department of Health and Human Services

### Stock up on these

- ▶ Fruits ▶ Vegetables
- ▶ Whole grains

Help yourself to high-fiber:

- ▶ **Fruit.** Don't limit yourself to standbys like apples or bananas. Try a kiwi tonight or a star fruit.
- ▶ **Vegetables.** Dark-green veggies (such as broccoli and kale) are particularly good choices.
- ▶ **Whole grains.** Ideally, half of the grains you eat should be whole grains, such as brown rice, oatmeal, barley, bulgur, and whole-wheat bread or pasta.

## Carbs 101

Carbohydrates, the main source of energy for your body, come in three main types:

**Sugars.** These include sugars found naturally in fruits, vegetables, milk and milk products, plus sugars added to foods like cookies and candy.

**Starches.** You'll find starches in some vegetables (such as corn, peas and potatoes), grains and grain products (such as oats and breads), and legumes (such as dried beans and lentils).

**Fiber.** Fiber-rich foods help protect against heart disease. They include whole-grain breads and cereals, fruits and vegetables, and legumes and nuts.



Redesign your diet with the help of a registered dietitian. Call 503-325-4321.



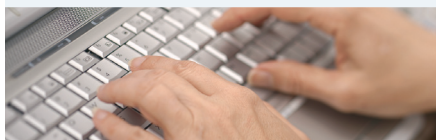
## FOUNDATION

503-325-3208

Email [foundation@columbiamemorial.org](mailto:foundation@columbiamemorial.org)

### New foundation website launched

The CMH Foundation's website has undergone a major upgrade. Visit [www.cmh-foundation.org](http://www.cmh-foundation.org) and get all the latest news and information about our events and projects.



### Swing 'fore' health

Join us for our 14th annual golf tournament

The Columbia Invitational Golf Tournament (CIGT) will be held Friday, May 10, at the Astoria Golf and Country Club. This event is always a sellout, with an atmosphere of good times and great golf. Last year's tournament was won by the Ohana Media Group team, and the competition is shaping up for this year.

Teams are generally fielded by

sponsoring businesses, including those who are members of HealthWorks, the CMH Foundation's business giving club.

For information on sponsorships or individual entries, call **503-325-3208** or email [foundation@columbiamemorial.org](mailto:foundation@columbiamemorial.org).

The CIGT will benefit the Foundation's Cancer Care Phase 2 project.



**Golf for a good cause:** From left, Steve Ferber, John Niemi, Kevin McHone and Jack Ficken.



**Dancing for cancer care:** Guests enjoy the 2012 Denim & Diamonds gala.

### 2nd Annual Denim & Diamonds set for June 1

Local cancer care will receive a boost with proceeds from the CMH Foundation's signature event, Denim & Diamonds. The first Denim & Diamonds in 2012 was a huge success, and the CMH Foundation will be hosting this year's gala dinner and auction on Saturday, June 1, at the Clatsop County Fairgrounds. Silent, art and live auctions will be held—long-standing Foundation auctioneer Chris Leach will

again do the honors—and streamlined food service will again provide sumptuous Northwest fare. Rollicking and sophisticated country music will rock the house. The event will benefit the Foundation's Cancer Care Phase 2 project, which will expand cancer treatments available locally. For early reservations,

call **503-325-3208** or email [foundation@columbiamemorial.org](mailto:foundation@columbiamemorial.org).

### Fred Meyer employees donate for cancer awareness

Fred Meyer has a program in which their employees—as a group—may donate to a cause from their paychecks. Recently, these employees selected cancer research and awareness for their donations. Each store's employees have the choice of which charity will receive these donations.

The CMH Foundation was notified that employees at the Fred Meyer North Coast store in Warrenton had chosen them as the recipient of their donations, to be used for either the breast cancer education classes or the colorectal screening program.

Janet Niemi, Executive Director of the CMH Foundation, says Zach Stratton, Assistant Community Relations Coordinator of Public Affairs from the Fred Meyer office in Portland, notified her that the CMH Foundation would receive a check for \$2,724.09, all of which came directly from the store employees. "We are grateful and honored to be the recipient of this outstanding show of community support by our local Fred Meyer employees," she says.



# TAKE TIME FOR YOUR HEALTH!

Call 503-338-7564, email [cheryl\\_ham@columbiamemorial.org](mailto:cheryl_ham@columbiamemorial.org) or visit [www.columbiamemorial.org](http://www.columbiamemorial.org) to register or to learn more about the exciting opportunities at CMH.

## CHILDBIRTH/ FAMILY PREPARATION

CMH offers a full line of labor preparation courses—weekly, weekend and online options. Please contact us for more information.

## HEALTH AND WELLNESS

### Driver Safety— An AARP Program

Tuesday, June 4, 9 a.m. to 4 p.m.  
\$12 for AARP members/\$14 for non-AARP members

This course is designed to assist individuals in understanding current rules of the road and defensive driving techniques. Individuals may be eligible for discounts upon completion.

### Get a Grasp on Medicare

Thursday, May 9,  
4 to 5:30 p.m.  
CMH Columbia Center

This course is appropriate for those new to Medicare and those who are already enrolled in Medicare with questions about benefits. Preregistration is requested.

### Healthy Cooking With CMH

► **Cooking for  
One or Two People,**  
Tuesday, April 16, 12:30 to  
1:30 p.m. or 5:30 to 7 p.m.  
\$15 per person/\$20 per couple

Learn how to prepare healthy food for smaller groups.

► **Intro to Sushi Making,**  
Tuesday, May 21, 12:30 to  
1:30 p.m. or 5:30 to 7 p.m.  
\$15 per person/\$20 per couple  
Sushi is fun and healthy!

► **Kitchen Fundamentals,**  
Tuesday, June 18, 12:30 to  
1:30 p.m. or 5:30 to 7 p.m.  
\$15 per person/\$20 per couple  
Learn how to use kitchen  
equipment and knives to make  
cooking easier and fun.

### Healthy Eating for Successful Living Among Older Adults

Mid March  
\$50 (Free to anyone over 60)  
Location TBD

This program is designed to increase your understanding of healthy nutritional choices. Classes will include understanding dietary guidelines, grocery shopping, meal preparation, cooking and more. Class size limited—register now!

### Stress and Health

► **Tuesdays, April 16 to May 21,**  
12:30 to 1:30 p.m.

CMH Columbia Center  
\$25 for six weeks  
This course, led by a licensed social worker, is designed to assist individuals in identifying stressors and developing coping strategies to enhance personal health and wellness.

### Living Well With Chronic Illness

► **Monday, May 20**  
1:30 to 4 p.m.

CMH, Bob Chisholm Center

This six-week course provides individuals with the tools for living a healthy life with a chronic condition. Topics include relaxation techniques, managing emotions, fitness, nutrition, communication, working with your health care team and more.

“This class is a fantastic opportunity for anyone to acquire the tools they need to manage the physical, mental, medical and emotional aspects of living with a chronic condition. I know this class helped to get me on the road to living a fuller life despite my chronic condition!”

—Christy Phillips-Matlock

### Strong Women— Healthy Heart

**Mondays and Wednesdays,**  
April 15 through June 19,  
5:30 to 6:30 p.m.  
\$50

This program is a national, evidence-based community exercise and nutrition program for older women and those in midlife. Class size is limited to 15 participants.

### Tai Chi

► **Tuesdays, April 23 to May 28,**  
10 to 11 a.m.  
► **Thursdays, May 23 to June 27,**  
5:15 to 6:15 p.m.

\$25 for six-week series  
These six-week programs provide training for beginning tai chi techniques to promote balance and strength. Programs can be repeated to enhance technique.

### Trying to Quit Tobacco? Pharmacist-Assisted Cessation Program

\$400, including nicotine  
replacement therapy or  
medications, billable to most  
insurance companies

The certified tobacco treatment specialist is available to assist you in quitting tobacco, meet you where you are in the quit process and assist in designing a program to meet your needs. Programs available include individual counseling sessions or an eight-week pharmacy-assisted cessation class (PACC). Both are billable to most insurance companies. PACC includes nicotine replacement therapy or medications to assist you in quitting.



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# Helping you engage in your health care

**SHARED** medical records—those that patients and others authorized by them are allowed to read—are an important aspect of patient-centered care. At CMH, we maintain a policy of allowing patients to read their own charts at any time and ask questions of their physician and nurse about what they read.

## Play an active role

During hospitalization, the patient's record is brought to the bedside. Lab and x-ray reports are shared and treatment plans are reviewed in the presence of health care professionals, who can help explain results, decipher unfamiliar terms and acronyms, and ensure that any questions are answered. We also encourage patients to contribute comments and additions to their chart whenever they see fit. We believe that this open exchange of information is a key component of the health care experience.

Our Planetree model of care was founded on the belief that if patients have access to information regarding their illness and hospitalization, they may become active participants in restoring their

own health. Being able to review records with caregivers provides transparency in care and gives patients and families insight into diagnoses and treatment options so that they may take a more active role in decisions about their care.

This year CMH is transitioning

to a more user-friendly electronic record that will feature a password-protected system, which allows patients to view their medical information electronically while hospitalized *and* from their home. We are encouraging community feedback as we develop this system with assistance from our Patient and Family Advisory Council. We hope to have our new system in place for an improved patient experience and more efficient hospital processes in early 2014.



 Learn more about Planetree. Visit [www.planetree.org](http://www.planetree.org).