

CMH

Health

COMPASS™

DEVOTED TO HEALTHFUL LIVING

SPRING 2017



WOMEN'S CARE ALL-STARS

*Meet our dedicated caregivers
at the CMH Women's Center.*

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Meet our newest
obstetrician Pg 4


COLUMBIA
MEMORIAL
HOSPITAL

**DON'T MISS
OUT! JOIN
OUR HEALTH
CLASSES**

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Women's health at all stages of life

Women's healthcare needs are different from men's. While chronic diseases like heart disease, stroke and cancer are the top causes of death in both women and men, the way these diseases look and act differs between the sexes.

The CMH Women's Center is an all-inclusive center for women's health. Our care team is committed to addressing women's unique medical issues and risk factors in a friendly, warm and welcoming environment.

From a young woman's first gynecologic exam through the menopausal years, the CMH Women's Center provides personalized, comprehensive medical care of the highest quality. As a hub for women's healthcare needs, the Women's Center care team works closely with patients and other medical specialists to manage and treat conditions throughout a woman's lifespan.

Our team of OB-GYNs and certified nurse midwives have diverse backgrounds, training and approaches to patient care. I'm confident that most women will find a care provider at the CMH Women's Center who meets their needs for quality and cooperative healthcare.

Specialized women's healthcare goes beyond pregnancy and birth. I invite you to explore more in this issue of the *CMH Health Compass* and online at columbiamemorial.org.



Katrina McPherson, MD
Vice President of Operations for the Medical Group

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Wireless heart monitoring enhances patient safety at CMH

One of the truly special things about Columbia Memorial Hospital (CMH) is its ongoing commitment to ensuring that we can meet our community's future healthcare needs.

Although not as visible as new buildings and clinics, CMH's new telemetry system is a prime example of how CMH is investing in our healthcare future. *Telemetry* comes from Greek words that mean "remote" and "measure."

Telemetry is commonly used in scientific research to monitor the movements of animals or to track weather. In medicine, we can use telemetry to monitor a patient's vital signs without tethering them to a machine.

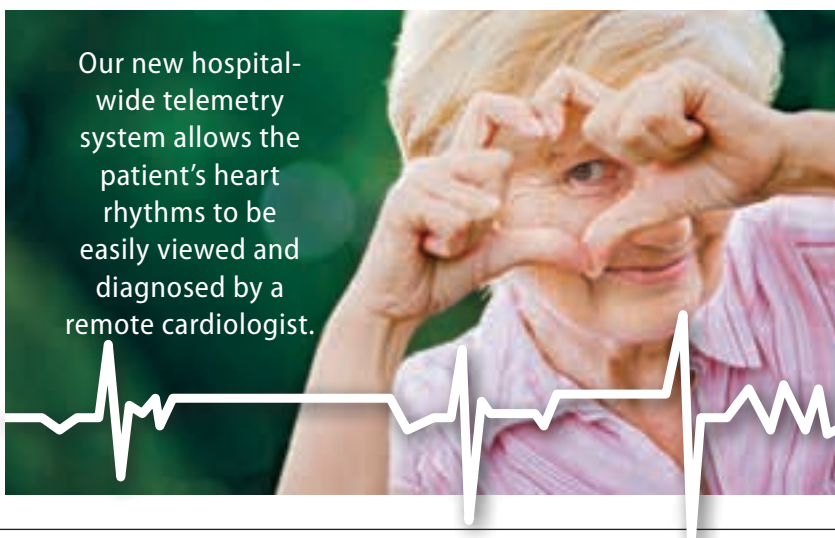
After months of coordination and planning, CMH put into operation a new hospital-wide telemetry system this February.

When a patient comes to CMH with chest pain; difficulty breathing; or a history of heart attack, heart failure, stroke or another heart related condition, electrodes are placed on their chest. These electrodes measure the patient's heart rhythms and wirelessly send them to a central monitoring station.

A cardiologist at a remote location can easily view the patient's heart rhythms and diagnose any issues. If the patient's heart rhythms change in a way that suggests cardiac distress, alarms will sound and the nursing team can respond quickly.

This technology also protects our youngest patients. Newborns in the CMH Family Birthing Center are also tracked remotely.

Our caregivers are committed to providing care that is patient-centered, quality-focused and service-driven. The new telemetry system enables CMH caregivers to do just that.



Our new hospital-wide telemetry system allows the patient's heart rhythms to be easily viewed and diagnosed by a remote cardiologist.

CMH HEALTH COMPASS is published as a community service by COLUMBIA MEMORIAL HOSPITAL, a Lutheran-affiliated healthcare facility. 2111 Exchange St., Astoria, OR 97103, telephone 503-325-4321, website: columbiamemorial.org

For information about CMH HEALTH COMPASS: **Felicia Struve**

Erik Thorsen
Katrina McPherson, MD

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Information in CMH HEALTH COMPASS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos and illustrations.

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SPRING **FWD** ▶

A GREAT TIME TO MAKE HEALTHY CHANGES

MANY of us launch the new year with resolutions to improve ourselves. Those resolutions often fizzle in a few weeks or months. But that doesn't mean you have to wait until next January to get a fresh start.

The beginning of a new season, with brighter, warmer days, is a great time to make a fresh start. Spring into better health with one of these bright ideas.

Give your kitchen a makeover.

Take time to say *out* with the old and unhealthy and *in* with fresh, new food options. You can get some spring cleaning in at the same time.

First, go through the fridge and pantry. Start by discarding anything that's spoiled or expired. Next, take stock of sugary or salty foods, and toss most of them. You might keep one or two of your favorite snacks, though, for an occasional indulgence.

Finally, do a little menu planning. What does your family enjoy? What types of colorful produce are in season? Plan simple, nutritious

meals, and then go shopping to stock your newly cleared kitchen.

Optimize those ZZZs. When it comes to sleep, both quality and quantity count. If you're dragging through your days, take a look at your sleep habits. It might help to:

- ▶ Create a cozy, relaxing sleep environment. Think quiet, dark and cool.
- ▶ Put electronics to sleep early. The type of light emitted from laptops and other screens can stimulate the brain, making it difficult to fall asleep.
- ▶ Find a soothing bedtime ritual, like reading a book, taking a bath or listening to quiet music.

If you have ongoing sleep problems, talk to your doctor.

Commit to fit. Let longer days and the improving weather beckon you to get out and moving. It's time to enjoy long walks on balmy spring days, for example, or dig into yardwork and gardening.


Being active can boost mood and ease anxiety. It can also lower blood

pressure, improve cholesterol levels and help you sleep better. The list goes on and on.

And exercise doesn't have to be a chore—you're more likely to stick with it when it's fun. Check your local recreation center for a sports league to join. Head to a local park that has basketball hoops or horseshoe pits set up. Or train for a 5K walk or run.

Sun-proof your skin. While it's not summer yet, protecting skin is a year-round endeavor. Let the brighter days of spring be a reminder to step up your game. Cover up with long sleeves, long pants, sunglasses and a brimmed hat. And use sunscreen when you'll be outside. Remember, damaging UV rays can reach you even on gray, overcast days.

Need a primary care provider?

 Click "Find a Provider" at columbiamemorial.org.

Sources: American College of Allergy, Asthma and Immunology; American Heart Association; American Institute for Cancer Research; Centers for Disease Control and Prevention; National Heart, Lung and Blood Institute; National Sleep Foundation

All-star caregivers



We'd like to introduce you to the medical providers at the CMH Women's Center. They have dedicated their lives to providing women with quality, collaborative healthcare through all of life's stages, with the goal of helping women live healthier, richer lives.

Call today!

Call 503-338-7595 to schedule a consultation with one of the CMH Women's Center providers. The center is located on the second floor of the CMH Health & Wellness PAVILION at 2265 Exchange St. in Astoria.



'It's an honor'

Robert Holland, MD, PhD Obstetrician-Gynecologist

Dr. Holland brings more than 30 years of experience to his practice. He was drawn to specialize in women's health because it combined general healthcare with surgery and "the honor of being part of new families by helping with births."

Dr. Holland is a Northwest native who grew up in Walla Walla, Washington. He attended medical school at Texas A&M University in College Station, Texas, and completed an internship and residency with the University of South Dakota. He also earned a PhD in biophysics and physiology from the University of Texas Health Sciences. He has practiced at CMH since 2002.

In his free time, Dr. Holland enjoys building and flying airplanes and sailplanes. He also enjoys boating and shooting.

Professional interests: High-risk pregnancies and ultrasound.



'Sharing the joy'

Nathan Amrine, MD Obstetrician-Gynecologist

Dr. Amrine says that the most rewarding aspect of his profession is "seeing the excitement and joy of patients and their families after delivery." He also enjoys the opportunity to greatly impact a woman's life in a positive way by treating a condition that has made daily life painful or difficult.

Dr. Amrine grew up in Longview, Washington, and graduated from Central Washington University before earning his medical degree from Ross University School of Medicine in Dominica, West Indies. He completed a residency and internship at Louisiana State University Health-Shreveport.

He enjoys playing golf, attending sporting events, taking walks with his wife and their two golden retrievers, and spending time with family.

Professional interests: Hypertension and diabetes in pregnancy and minimally invasive gynecologic surgery (e.g. laparoscopic hysterectomy).



'Cultivating health'

Corinne Almquist, CNM Certified Nurse Midwife/ Women's Health Nurse Practitioner

Almquist is deeply committed to improving the health of women and their families through holistic approaches to well-being. As a nurse midwife and women's health nurse practitioner, she is passionate about working with women throughout their lifespans.

Almquist earned her master's degree in nurse midwifery and a women's health nurse practitioner specialty from Yale University in Connecticut. Before and during her training as a nurse, she spent several years as an organic farmer, doula and birth assistant.

She is also an outdoor enthusiast and enjoys gardening, hiking, biking and paddling.

Professional interests: Nutrition, integrative medicine and breastfeeding.



'A life of service'

Patricia Boullie, CNM Certified Nurse Midwife

Boullie began her career as a nurse in the U.S. Army. She earned her master's degree in nurse midwifery from the University of Utah in Salt Lake City, and has been caring for women at CMH for more than 20 years.

"I find caring for women and families fascinating. You are involved with their life changes—often joyful and sometimes not. Either way, I am blessed to take part in their life," she says. Boullie finds it particularly rewarding to care for women in transition and to see personal growth. She always tries to encourage women to "honor themselves and the normalcy of birth and breastfeeding."

As a former company commander in the U.S. Army, Boullie is committed to helping combat veterans heal and find support from others who have served in the war. In her personal time, she loves being with her kids and grandkids.

Professional interests: Holistic health, depression and anxiety.



'Continuity of care'

Fatima Van Dusen, MD Obstetrician-Gynecologist

Dr. Van Dusen (formerly Abdulai) was drawn to specialize in women's health because she saw the opportunity to make an instant and lasting impact in the lives of her patients. Plus, she says, "Women usually make better patients." She enjoys the relationships that she's able to build with patients and, of course, the babies.

Dr. Van Dusen was born and raised in Ghana, West Africa. She attended college at the University of Buffalo in New York and earned her medical degree at Ross University School of Medicine in Dominica, West Indies. She completed an internship and residency at Temple University Hospital in Philadelphia.

She is an avid reader and movie buff. She also enjoys hiking, fishing and spending time with her family in Portland.

Professional interests: General and high-risk pregnancies, vulvar and vaginal disease, abnormal bleeding, cervical dysplasia.

We thank our supporters

Major contributors include:

- ▶ Karen and Steve Allen
- ▶ Dr. William and Deborah Armington
- ▶ The Autio Family
- ▶ The City of Astoria
- ▶ The CMH Auxiliary
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- ▶ The Samuel S. Johnson Foundation
- ▶ Paula and Shawn Teevin
- ▶ The Van Dusen Family
- ▶ Constance Waisanen

We hope our supporters feel great pride in what they have partnered with us to achieve," says Penny Cowden, Executive Director of the CMH Foundation. "We are so grateful to everyone whose generosity and investment is helping bring such excellent cancer care to those who need it."



Penny Cowden,
Executive Director
of the Columbia
Memorial Hospital
Foundation



Community giving: A gift from Lum's Auto Center helps push the CMH-OHSU Knight Cancer Center to completion. Pictured from left to right are CMH President and CEO Erik Thorsen, Pam Lum, Julie Lum, Lori Lum Toyooka, CMH Foundation Board Chairman Michael Autio and CMH Board of Trustees President Heather Seppa.

Donors support shared vision for local cancer care

COLUMBIA Memorial Hospital Foundation's biggest ever fundraising campaign has reached a \$3 million goal to support the CMH-OHSU Knight Cancer Center.

"Campaigns like this strengthen communities by bringing focus and unity to a shared vision," says CMH President and CEO Erik Thorsen. "We are building a stronger hospital system that will serve patients for the next century."

The campaign was launched in May 2015 with an announcement of a collaboration by CMH with the Knight Cancer Institute at Oregon Health & Science University (OHSU) to build a new comprehensive cancer treatment center and specialty clinic in Astoria.

The campaign leadership included Erik Thorsen; Mike Autio; Jeffrey Leinassar, DMD; and Chair Willis Van Dusen. Over 700 donors (including CMH Board members, leadership, physicians and caregivers) contributed to the

effort, with many giving five- and six-figure gifts to lead the way toward providing world-class cancer care in the Lower Columbia Region.

Making an impact

Presently, cancer patients who require radiation therapy must travel at least an hour to receive treatment. Since radiation therapy is generally administered for five consecutive days and can continue for eight weeks, this grueling regimen of travel and treatment is very difficult for patients and their families. Because of this, some patients choose to opt out of radiation treatment—a life-threatening choice.

It's amazing what can happen when community members come together to achieve a goal. We have a lot yet to do to secure the future of the cancer center—namely, building an endowment to make sure the program is viable well into the future!

"We are so fortunate for the leadership, vision and services that CMH provides to our wonderful community."

—Lori Lum Toyooka

LOOK WHAT'S HAPPENING



Call 503-338-7564, email cheryl_ham@columbiamemorial.org or visit columbiamemorial.org/events to learn more about the exciting opportunities at CMH.

SIGN UP TODAY!

CHILDBIRTH/FAMILY PREPARATION

CMH offers a full line of labor preparation courses with weekly and weekend options.

Six-Week Course

► Wednesdays, April 26 to May 31,
6:30 to 8:30 p.m.

CMH

Free if delivering at CMH; otherwise \$75

Weekend Fast-Track Course

► Friday June 23, 6 to 8:30 p.m., and
Saturday June 24, 10 a.m. to 4:30 p.m.

CMH

Free if delivering at CMH; otherwise \$75

CMH HEALTH AND WELLNESS

Healthy Eating for Successful Living

► Thursdays, April 13 to May 18,
10 a.m. to noon

CMH Columbia Center

FREE

This class is designed to increase your understanding of healthy nutritional choices. Classes will include understanding dietary guidelines, grocery shopping, meal prep, cooking, and more!

Living Well With Diabetes

► Tuesdays, June 6 to July 18 (no class on
July 4th), 10 a.m. to 12:30 p.m.

CMH Columbia Center

FREE

This six-week workshop was developed by Stanford University to help participants learn how to help manage their diabetes. Topics include feedback and problem solving, dealing with difficult emotions, foot care, healthy eating, preventing low blood sugar, dealing with stress, and many more. Anyone with diabetes is encouraged to attend.

A Matter of Balance: Managing Concerns about Falls

► Tuesdays, April 11 to May 30,
10 a.m. to noon

CMH Columbia Center

FREE

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This class is for you if you are concerned about falls, or interested in improving balance, flexibility and strength, or if you have fallen in the past, or you have restricted activities because of falling concerns.

Strong Women Strong Bones

► Mondays and Wednesdays, April 17 to
June 21, 10 a.m. to 11 a.m.

CMH Columbia Center

\$50.00

► Mondays and Wednesdays, April 10 to
June 14, 5:30 p.m. to 6:30 p.m.

CMH Columbia Center

\$50.00

This program is a national evidence-based community exercise and nutrition program targeted to midlife and older women. The program assists women in maintaining muscle mass, strength and function.

DIABETES EDUCATION

CMH offers an American Diabetes Association-recognized Diabetes Self-Management Education Program. Group classes and individual appointments are available with our diabetes nurses and clinical dietitians. Free support groups are held throughout the year. Contact us to be put on our mailing list or email list to get information before the meetings. Call 503-338-4012 or visit our website, columbiamemorial.org/services/diabetes-education, for more information.

SUPPORT GROUPS

Bereavement and Grief Support

► First Thursday of the month, 2 to 4 p.m.

Bob Chisholm Community Center,
Room 1, 1225 Ave. A, Seaside

► Third Tuesday of the month,
4:30 to 6 p.m.

CMH Columbia Center Chinook Room,
2021 Marine Drive, Astoria

Please contact Lower Columbia Hospice at
503-338-6230 with any questions.

Ostomy Support Group

Contact Lisa Harris, RN, at 503-338-4523.

WomenHeart of North Oregon Coast

► Third Wednesday of the month,
6:30 to 8 p.m.

CMH Columbia Center-Coho Room,
2021 Marine Drive, Astoria

Contact Michele Abrahams at 503-338-8435.



Trying to Quit Tobacco? Tobacco Cessation Services

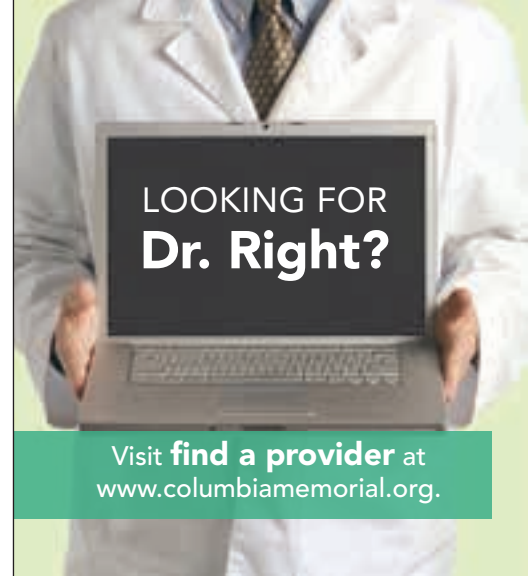
CMH Columbia Center

A certified tobacco treatment specialist is available Monday through Friday for individual tobacco-cessation appointments to help you quit tobacco. The addiction to nicotine, the habit of tobacco use and behavior change are addressed, and support is provided. Treatment plans are tailored for each individual. The program is billable to nearly all insurance plans. Call 503-325-4321, ext. 5758, for more information or to schedule an appointment.



Check out our new calendar online at columbiamemorial.org/events.

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PLANETREE

Care partners

Build a support system for your healthcare journey

AT CMH, patient-centered care looks like a bull's-eye or a spiral.

At the center is our patient, in need of care and healing. In the next ring are the family members and friends who care for them during and after their treatment. Outside of that is their medical care team. All play an important role in helping the patient along their unique path.

One way that we do that at CMH is by encouraging you to include family and friends in your care. From your clinic appointments to stays in our hospital, we include and care for your loved ones too so that they can support you.

During clinic visits, having a second set of eyes and ears helps you learn and remember new information so that you can make informed decisions about your treatment options. Our clinic caregivers are happy to provide you with the information you need to prepare for your appointments and

make sure you understand your treatment plan before you leave.

Care partners

When admitted to the hospital, patients may designate a care partner who can stay at the bedside to offer emotional support and comfort and who may act as the family spokesperson, when needed. Care partners are encouraged to ask questions and learn skills that will help them care for the patient at home.

We realize that care partners are often worried and unsure about what the future holds. That is why care partners are in that second ring of the bull's-eye. We care for our patient's loved ones too.

Care partners are invited to eat with the patient, and they receive many of the same comfort

benefits our patients do, including aromatherapy and the occasional shoulder massage.

While it's not always possible to have a friend or loved one by your side at appointments or in the hospital, having that person helps patients. Research has shown that friends and family help patients heal faster, spend less time in the hospital and make the transition from hospital to home more easily.



Explore our new website at [columbiamemorial.org](http://www.columbiamemorial.org).