

CMH HEALTH COMPASS

A JOURNAL DEVOTED TO HEALTHFUL LIVING



SPRING 2014



Lower Columbia Hospice
A COLUMBIA MEMORIAL HOSPITAL AFFILIATE

Lower Columbia Hospice provides support and compassionate care

HISTORICALLY, the idea of hospice meant offering shelter to a weary or sick traveler on a long journey. Today, most of us associate hospice with compassionate care given to someone nearing the end of his or her life.

Even with the best treatment available, a serious illness can become terminal. But people still have choices. Hospice care can be one of them.

The goal of hospice care is to make people as comfortable as possible. This way, they can live the remainder of their lives with dignity

and spend time with their family and friends. Treatment includes pain and symptom management, emotional support, and spiritual counseling. A hospice care team may include:

- ▶ Doctors and nurses.
- ▶ Home health aides.
- ▶ A mental health therapist.
- ▶ A spiritual counselor.

Choosing hospice. The patient and his or her family can decide what kind of hospice services will be most helpful. Care can be provided in the person's home or at a hospital,



nursing home or private hospice facility. Call 503-338-6230.

CEO LINK

Making sense of medicine

Welcome to the spring 2014 edition of *CMH Health Compass*.

In this issue, our expert doctors answer your questions on whooping cough, colorectal cancer and endometriosis.

We also discuss why you might need to see an endocrinologist—a doctor who treats conditions related to hormones, including diabetes.

We explain what conditions different types of specialists treat—so you can learn how to find the right specialist for you.



Erik Thorsen,
CEO

We are proud to be your health care provider on the coast. Have a great spring!

Erik Thorsen, CEO

The team at Lower Columbia Hospice provides outstanding end-of-life care. Visit www.lowercolumbiahospice.org.



Pullout poster:
Doctors decoded

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Classes and
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Q&A



Q What is endometriosis, and how is it treated?

A. This is one of the most common health problems for women. In fact, it's estimated that more than 5 million women have endometriosis—or as many as 10 percent of those of reproductive age.

It occurs when the tissue that lines the inside of the uterus—called the endometrium—migrates elsewhere. In most cases, it starts growing on other organs in the pelvis or abdomen, such as the ovaries, fallopian tubes or bladder. Symptoms include pain in the abdomen and back (especially during menstrual periods), infertility, and gastrointestinal problems.

There is no cure for endometriosis, but a number of treatments exist. For example, medications can sometimes relieve pain—as can hormone treatment. Another option is surgery to remove or destroy the errant tissue—or even remove the uterus in a hysterectomy.

The best treatment for any individual may depend on the severity of the symptoms and any plans for future pregnancies.

Q My dad has colorectal cancer. Should I get tested?

A. If you're between the ages of 50 and 75, you should be screened for colorectal cancer regardless of family history. And if you have a close relative with the disease, your doctor may recommend earlier or more frequent screening.

People with an average risk have about a 5 percent chance of developing colorectal cancer. (Men's risk is slightly higher than women's.)

Your risk can be nearly double that, however, if you have a parent, sibling or child with the disease. And if your relative was diagnosed before age 45, your risk may be even higher.

A family history of cancer in further-removed relatives, such as aunts, uncles and grandparents, is also relevant and should be shared with your doctor.

Talk with your doctor to decide on an appropriate screening schedule.

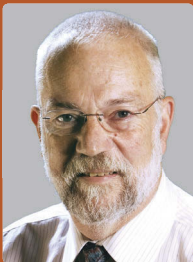
Q I've heard a lot about whooping cough recently. What can I do to avoid it?

A. Get vaccinated. Whooping cough, also known as pertussis, is a serious respiratory infection that can be deadly for babies. The DTaP vaccine protects young children from whooping cough. Kids should receive five doses of DTaP as part of their regular childhood immunizations.

Find a doctor who is right for you. Visit www.columbiamemorial.org and click on "Find a Physician."

Children ages 11 or 12 and adults need a one-time booster shot, known as Tdap, to continue to be safe from whooping cough. These shots are especially important if you are going to be around babies.

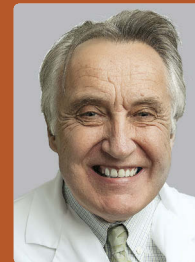
If you have a newborn, keep your baby away from anyone with cold symptoms. Ask everyone coming into contact with your child on a regular basis to get vaccinated. If you have concerns, talk with your doctor.



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What is an endocrinologist?

GROWTH spurts. Pregnancy. Hunger. What do they have in common? They're all normal—and they're all controlled by hormones. But if something goes awry in one of the many body systems that rely on normal hormone function, it may be time to see an endocrinologist.

Endocrinologists are trained to diagnose and treat problems related to the endocrine system, which is made up of numerous glands and organs that produce hormones.

Years of training

Acquiring the knowledge and expertise needed to practice endocrinology requires many years of education, including:

- ▶ Four years of medical school followed by three or four years in internship and residency.
- ▶ Two or three more years learning how to diagnose and treat hormone conditions.

Areas of expertise

Even if you've never been to an endocrinologist's office, you might know someone who has. That's because endocrinologists often treat an increasingly common endocrine system disease: diabetes. They may also be consulted on:

- ▶ Bone diseases.
- ▶ Infertility problems.
- ▶ Obesity.
- ▶ Metabolic disorders.
- ▶ Ovarian, breast, pancreatic or adrenal cancers.
- ▶ Thyroid conditions.

If you have a condition that requires an endocrinologist's expertise, your follow-up care will probably come from your primary care physician. If you have ongoing endocrine issues, the two doctors will confer to decide who will handle your care.

Sources: American College of Physicians; American Diabetes Association; Hormone Health Network

Welcome, endocrinologist Anna Marina, MD



Anna Marina, MD, is currently accepting new patients.

Anna Marina, MD, sees patients in CMH's new Endocrinology Clinic, located in the Park Medical Building at 2158 Exchange St.

Dr. Marina is particularly interested in working with patients who have thyroid disease; osteoporosis; diabetes; or an adrenal, pituitary or gonadal disorder. Before coming to CMH she was a staff endocrinologist at Virginia Mason Medical Center in Seattle.

She completed medical school and an internship at Voronezh State Medical Academy in Voronezh, Russia. She did another internship and residency at the University of Pittsburgh Medical Center Mercy and completed a fellowship in endocrinology at the University of Washington.

She and her husband, who is a classical guitarist, live in Astoria. She enjoys hiking, reading and spending time with family.

To schedule an appointment with endocrinologist Anna Marina, MD, call 503-338-4531.

DIABETES

2 great classes, 1 very informative speaker.

Join clinical pharmacist Nate Nerenberg ▶ for two upcoming workshops on diabetes and medication.



June 19

Diet, Drugs & Diabetes

Learn about how to more effectively manage your medications for diabetes, clear up some misconceptions about common drugs and diabetes risk, and get your questions answered.

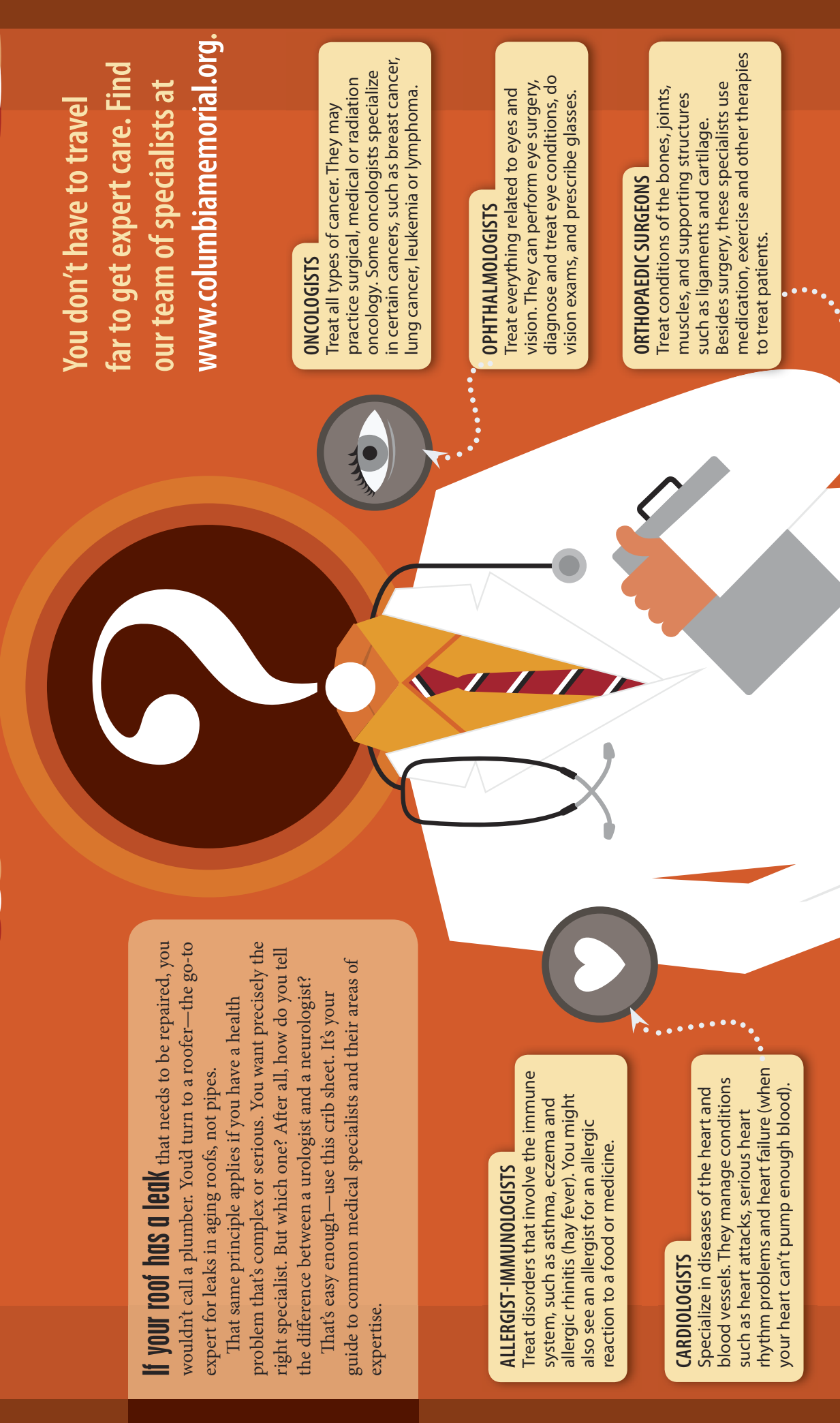
Aug. 21

Managing Diabetes With Other Conditions

Learn the best ways to manage your diabetes medications while also managing other health conditions.

Mark your calendar. Both classes will be held at Columbia Center, located at 2021 Marine Drive in Astoria. For more information, call Jan Anderson, RN, at 503-338-4012.

BRING



If your roof has a leak that needs to be repaired, you wouldn't call a plumber. You'd turn to a roofer—the go-to expert for leaks in aging roofs, not pipes.

That same principle applies if you have a health problem that's complex or serious. You want precisely the right specialist. But which one? After all, how do you tell the difference between a urologist and a neurologist?

That's easy enough—use this crib sheet. It's your guide to common medical specialists and their areas of expertise.

You don't have to travel far to get expert care. Find our team of specialists at www.columbiamemorial.org.

ONCOLOGISTS

Treat all types of cancer. They may practice surgical, medical or radiation oncology. Some oncologists specialize in certain cancers, such as breast cancer, lung cancer, leukemia or lymphoma.

OPHTHALMOLOGISTS

Treat everything related to eyes and vision. They can perform eye surgery, diagnose and treat eye conditions, do vision exams, and prescribe glasses.

ORTHOPAEDIC SURGEONS

Treat conditions of the bones, joints, muscles, and supporting structures such as ligaments and cartilage. Besides surgery, these specialists use medication, exercise and other therapies to treat patients.

ALLERGIST-IMMUNOLOGISTS

Treat disorders that involve the immune system, such as asthma, eczema and allergic rhinitis (hay fever). You might also see an allergist for an allergic reaction to a food or medicine.

CARDIOLOGISTS

Specialize in diseases of the heart and blood vessels. They manage conditions such as heart attacks, serious heart rhythm problems and heart failure (when your heart can't pump enough blood).

GENERAL SURGEONS

Care for patients who need operations on their abdomens, digestive tracts, endocrine systems, breasts, skin or blood vessels. They treat conditions such as hernias, colon cancer, breast cancer and appendicitis.

NEUROLOGISTS

Specialize in diseases and injuries involving the brain, spinal cord and peripheral nerves. That can include stroke, brain tumors, epilepsy, Parkinson's disease, headache, meningitis and multiple sclerosis.

OBSTETRICIAN-GYNECOLOGISTS

Commonly known as OB-GYNs, these specialists care for women before and during pregnancy, including labor and delivery. Some gynecologists also treat women with conditions such as infertility or cancer of the reproductive organs.

OTOLARYNGOLOGISTS

These doctors are also known as ear, nose and throat (ENT) specialists. Alongside treating ENT conditions, they also specialize in managing disorders of the jaw, sinuses, mouth and face. That can include balance and sleep problems.

PULMONOLOGISTS

Specialize in serious diseases or conditions of the lungs and airways. That can include cancer, pneumonia, asthma and emphysema. Pulmonologists do not perform surgery, but they may take tissue samples of the lung or chest wall for examination.

RADIOLOGISTS

Use medical imaging techniques to diagnose and treat illnesses and injuries. That can include imaging tests such as x-rays and CT (computed tomography) scans. Radiation treatments may be used to treat malignant tumors and other abnormal tissue.

UROLOGISTS

Specialize in treating urinary tract disorders in both males and females. They also treat reproductive system disorders in males. They may use medicine or surgery for conditions such as infections, cancers, incontinence or benign prostatic hyperplasia.



If you think one of these experts can help you, visit us at www.columbiamemorial.org or call our physician referral line at 503-325-4321. We can connect you with the specialist that best fits your needs.

Foundation launches “Provide & Protect” wills campaign

CMH Foundation will hold seminars throughout the year about planning your will. The “Provide & Protect” seminars will be led by estate attorney Mike Autio, and attendees will be presented with information about:

- ▶ **You and your family.** You will learn how to pass benefits to children, grandchildren, nephews, nieces and other family members in ways that are truly helpful.
- ▶ **Health care and your advisers.** You need to be sure your advisers are prepared to make crucial decisions for your care if you become incapacitated.
- ▶ **Your finances.** Understanding property ownership methods and listing all of your assets are essential for good planning.
- ▶ **Your estate plan.** Enjoy a new understanding of the different estate strategies that can provide many benefits to your family.

Plus, you will receive a complimentary *Wills Guide*, or you may use a free Internet Wills Planner account. You may sign up for a seminar or get your *Wills Guide* now by emailing us at foundation@columbiamemorial.org or by visiting www.cmhgift.org.



Fred Meyer employees present CMH Foundation with their donation.

Fred Meyer employees issue challenge match for cancer care

Fred Meyer North Coast employees are challenging the community to match the \$4,470.13 in donations they raised together with customers at the store in Warrenton. They are offering this amount as a match for donations to the CMH Foundation’s Cancer Care Phase 2 project, which will bring expanded cancer treatments to the Columbia coast region. During an employee huddle, Colleen Henderson, Foundation Event and Communication Coordinator, accepted the check. Fred Meyer has a program that lets employees donate from their paychecks and then choose a cause for the donation as a group. The Foundation is deeply grateful to Fred Meyer North Coast employees and encourages the community to step up to match their donations.

Donate now to CMH Foundation’s Cancer Care Phase 2 project to bring expanded cancer treatments to the Lower Columbia! Call 503-325-3208 or visit www.cmh-foundation.org.

JUNE 7

3rd annual Denim & Diamonds

The CMH Foundation’s signature event, Denim & Diamonds, will be held Saturday, June 7, at the Clatsop County Fairgrounds. Silent, art and live auctions will be held, and streamlined food service will again provide sumptuous Northwest fare. Rollicking and sophisticated country music by Chance McKinney will rock the house. The event will benefit the Foundation’s Cancer Care Phase 2 project, which will expand cancer treatments available locally.



Chance McKinney will perform at Denim & Diamonds on June 7.

For early reservations, call **503-325-3208** or email foundation@columbiamemorial.org.

15th annual Columbia Invitational Golf Tournament

CMH Foundation will host its 15th annual fundraising golf tournament on Friday, May 9, at the Astoria Golf & Country Club. Last year’s tournament was won by CMH’s own 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 Foundation’s business giving club.



The Columbia Invitational Golf Tournament will be held Friday, May 9, at the Astoria Golf & Country Club.

For information on sponsorships or individual entries, call **503-325-3208** or email foundation@columbiamemorial.org. The tournament will benefit the Foundation’s Cancer Care Phase 2 project.



TAKE TIME for your health!

Call 503-338-7564, email cheryl_ham@columbiamemorial.org or visit 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 and weekend options.

Six-Week Courses

- Wednesdays, May 14 to June 18
 - Wednesdays, June 25 to July 30
- 6:30 to 8:30 p.m.
CMH

Free if delivering at CMH.
\$75 if delivering elsewhere.

Weekend “Fast-Track” Courses

Friday, April 18, 6 to 8:30 p.m.,
and Saturday, April 19, 10 a.m.
to 4:30 p.m.
CMH

HEALTH AND WELLNESS

AARP Drivers Safety Class

Friday, April 18, 9 a.m. to 4 p.m.
CMH Columbia Center
\$15 for AARP members/\$20 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.

A Matter of Balance

Wednesdays, April 23 to
June 11, 10 a.m. to noon
CMH Columbia Center
\$50 (Free to anyone age 60 and
over)

During this eight-week class, participants learn more about fall-prevention strategies and make or maintain changes in their daily lives that help prevent falls and reduce the fear of falling. Exercises begin in session 3.

Get a Grasp on Medicare

Tuesday, April 22, 4 to 5:30 p.m.
CMH Columbia Center

This course offers objective, unbiased Medicare information. It will review benefits, options for additional coverage and how to avoid Medicare fraud. You will also learn where to go to get assistance and how to enroll in Part D Prescription Drug Plans and Medicare Advantage Plans online.

Healthy Eating for Successful Living

Tuesdays, April 8 to May 13,
10 a.m. to noon
\$50 (Free to anyone age 60 and
over)

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

Living Well With Chronic Conditions

Thursdays, April 17 to May 22,
1 to 3:30 p.m.

CMH Columbia Center

This six-week course provides individuals with the tools for living a healthy life with a chronic condition such as arthritis, asthma, cancer, diabetes, COPD, heart disease and many more. Topics include relaxation techniques, managing emotions, fitness, nutrition, communication, working with your health care team and more.

free

balance their lives, increase their ability to make tough decisions and locate helpful resources.

DIABETES EDUCATION

CMH offers a Certified Diabetes Education Program for your individual needs. Group classes and individual appointments are available with our trained diabetes nurses and clinical dietitians. Support group and foot clinics are available. Please call 503-338-4012 for 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 Health & Wellness
Pavilion, Third-Floor Conference
Room, 2265 Exchange St.,
Astoria

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

Cancer Support Group

Second Wednesday of the month,
2 to 3:30 p.m.

Calvary Assembly Church of
God, 1365 S. Main St., Warrenton
Contact Brigid Koeppen at
503-338-4085.

free

“I would highly recommend that class [Living Well], and we are even going for a once-a-month follow-up meeting of attendees and facilitators.”
—Emma

Powerful Tools for Caregivers

Tuesdays, May 6 to
June 10, 1 to 3 p.m.

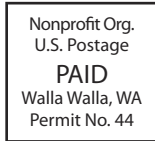
CMH Columbia Center

This class is designed to provide you with the tools you need to take care of yourself and thrive as a caregiver. This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better,

free



Call 503-338-7564, visit www.columbiamemorial.org or email cheryl_ham@columbiamemorial.org to register or to learn more.



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activities, therapeutic distractions (which could include bringing a pet in from home), discharge planning, acting as a spokesperson to family and friends about the patient's progress, and participating in bedside shift report and meetings with our health care team.

A care partner is encouraged to stay with the patient as much as he or she would like, including, if desired, sleeping at the patient's bedside and having a meal with him or her. A family area is provided for care partners and families to relax and use the computer for personal needs.

Caregivers need care too

Our team also recognizes that for some family members, a patient's hospitalization can provide a respite from care responsibilities they have assumed. We encourage caregivers to take time for self-care. Each situation is different, and we are supportive of varying degrees of involvement. Our goal is to have patients and families work with our health care team to develop the right amount of support for our patients to have a healing experience in the hospital and a safe, supported transition of care when they are discharged.

Are you a caregiver? Take our quiz at www.columbiamemorial.org/caregiving and get tips!

Healing partnerships

The role of family in patient-centered care

AT CMH we define *family* as those the patient considers to be his or her support system. We understand how comforting and helpful the presence of family can be. We also know that many of our patients with chronic illnesses rely heavily on their families to manage—or provide—their care. We value the expertise family members possess about their loved one's health, medical history, and capacity to manage his or her care.

For this reason, we encourage families to be actively involved in decision making (to the extent desired by the patient). We believe that

developing a collaborative relationship among health professionals, patients and family members optimizes the patient's health and well-being.

Partners in care

While patients are in the hospital, they are encouraged to select a care partner. The care partner is a member of the patient's family and care team who accepts mutually agreed-upon responsibilities for participating in care during the patient's stay at CMH. The role of the care partner is specific to each patient's needs and can include personal care, assistance with