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# Stay well this winter

**YOU** take steps to protect your home and car during the winter. It makes sense to do the same for your health. To help, here are five ways to stay healthy and safe when temperatures drop:

**1** Get a flu shot. You need a flu

vaccination every year because the predominant viruses change annually. Vaccination is recommended for

everyone age 6 months and older.
Wash your hands. Frequent handwashing helps remove germs that cause colds and flu. Use warm water and soap. Scrub your hands thoroughly for at least 20 seconds.
Dress warmly. Wear several thin layers of clothing. Air trapped



Health care for kids

between layers helps keep you warm—inside or outside your home.

When outside, wear mittens, which are warmer than gloves, and a hat. If breathing cold air bothers you, wear a scarf to cover your nose and mouth. Protect your skin. To help

Learn how long the flu is contagious and how long symptoms last at www.columbiamemorial.org/ flufacts. prevent dry, itchy skin, use a moisturizer. Before going outside, apply broad-

spectrum sunscreen with a sun protection factor (SPF) of at least 30. (Yes, you still need to wear sunscreen even in the winter.)

**5 Prevent falls.** If you have the bone-thinning disease osteoporosis, falls are especially dangerous. To reduce your risk,



Mammogram Q&A

# Looking ahead

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

As the seasons change, Columbia Memorial Hospital encourages you to prepare for cold and flu season. Our new foot and ankle surgeon tells us how to put our best foot forward.

Allison K. Martin, MD, joins the CMH Pediatrics team, and breast cancer is something everyone should be aware of.

Enjoy the change of seasons. May your holidays be filled with good health—and relax.



Erik Thorsen, CEO

knowing that CMH is proud to be your health care provider.

Erik Thorsen, CEO

make sure your footwear has good traction. Use handrails on stairs, and don't try to walk on snow or ice. Ask your doctor whether any medication you take might affect your balance.

Source: Centers for Disease Control and Prevention



Our delicious and nutritious menu!



### Why you shouldn't ignore painful feet

Diabetes is a disease that can affect you from head to toe—literally. That's why taking good care of yourself—especially your feet—is important when you have the disease.

Over time, high blood sugar levels can damage nerves in your feet, causing you to lose sensation in them. That can make it hard to feel cuts, blisters and other sores that may develop.

What starts as a minor problem can become an open wound, known as a diabetic ulcer. Because people with diabetes often have poor blood flow to their feet, wounds there may be slow to heal. As a result, infection becomes a danger. In some cases, removing an infected foot or lower leg may be necessary.

#### Make the right call

To lower the risk of amputation, it's important to see your doctor at the first signs of a foot ulcer. Signs of infection may include pain, redness, warmth or swelling. Pus or blood coming from the sore is also cause for concern.

Prompt treatment may help a sore heal. And the sooner a sore heals, the less likely you are to develop an infection. So don't delay making an appointment with your doctor.

How your doctor treats your ulcer will depend on its severity.

The doctor will likely remove dead skin and tissue and then bandage the wound. He or she will also teach you how to care for the ulcer by keeping it clean, applying needed medicines and changing your dressings. If you develop an infection, you'll be given antibiotics, possibly by IV.

#### Take the pressure off

According to the American Medical Association, it's important to avoid putting pressure on the wound. Try to stay off your feet as much as possible and keep your feet elevated. Using crutches or a special cast that keeps weight off your ulcer while you're standing or walking may be suggested.

As always, keeping your blood sugar level in check remains important. So does managing your overall health.

It may take several weeks—or months—for the ulcer to heal.

### Get on the good foot!

CMH is proud to introduce Foot and Ankle Surgeon Michael Murdock, DPM. Dr. Murdock earned his medical degree at the Dr. William M. Scholl College of Podiatric Medicine in Chicago, Illinois,

and completed a podiatry residency at Covenant Medical Center in Waterloo, lowa. During his residency, he performed more than 3,000 surgical procedures.

Dr. Murdock is experienced in the latest surgical and nonsurgical techniques, including diabetic foot exams, bunion surgery,



Michael Murdock, DPM, CMH Foot and Ankle Clinic

hammertoe surgery, ankle arthroscopy, flat foot reconstruction and ankle fusion.

To make an appointment, please call the CMH Foot and Ankle Clinic at **503-338-4075**.

To lower the risk of amputation, it's important to see your doctor at the first signs of a foot ulcer.

#### 7 steps to take for healthy feet

To lessen your chances of developing a foot ulcer, follow these tips:

- **1.** Stay in control of your blood sugar.
- 2. Be active, and don't smoke. Smoking affects circulation.

**3.** Check your feet every day for problems, such as red spots, blisters, cuts, swelling and ingrown toenails. Report anything suspicious to your doctor right away.

**4.** Wear comfortable shoes and socks at all times, and make sure there's nothing inside your shoes that will irritate your feet. Avoid wearing flip-flops, sandals and socks with holes.

**5.** Trim toenails straight across, and file the edges. If you can't reach your toenails, ask a medical provider to cut them. Your medical provider should also treat problems such as corns and calluses.

**6.** Shield your feet from heat sources, such as electric blankets and fireplaces, and cold sources, such as snow.

7. Wash your feet daily—but don't soak them. Dry them carefully, especially between the toes. Apply a thin coat of lotion afterward to help keep skin soft. But don't put the lotion between your toes—extra moisture there may lead to infection.

Source: Michael Murdock, DPM, with CMH Foot and Ankle Clinic

## What is a pediatrician?

**CHILDREN** often sit on chairs designed for their height because their legs are shorter than an adult's. Toddlers drink from sipping cups because they don't yet have the skills to handle a regular glass. And kids ride on bicycles with training wheels because a youngster's sense of balance is still a work in progress.

All these items recognize that kids and grown-ups are different in a lot of ways.

Pediatricians recognize that too.

*Pediatrics* is derived from the Greek words for *child* and *treatment*. And that's the essence of a pediatrician: a physician who is trained in the treatment of children.

Why choose a pediatrician?

As your child's primary care provider, a pediatrician can: ► Treat acute illnesses (such as strep throat) and chronic ones (such as asthma). ► Give your child all the necessary immunizations that

Take our Children and Parenting Quiz at **www.columbiamemorial.org**/ **childrenandparenting**. To make an appointment with a CMH pediatrician, call **503-325-7337**. can help protect him or her from some serious diseases.

Offer you advice on how to help keep your child healthy and on common parenting issues, such as discipline and toilet training.
 Guide you in anticipating your child's needs through the years.
 Refer you to a specialist if your child requires one.

### CMH Pediatric Clinic Welcome, DOC Martin!

CMH is proud to welcome Allison K. Martin, MD, to the CMH Pediatric Clinic. Dr. Martin attended medical school and completed her residency at SUNY Upstate Medical University in Syracuse, New York, where she was the Chief Pediatric Resident. Before attending medical school, Dr. Martin worked as a therapeutic counselor and psychology researcher, with a focus on treating children who have experienced trauma.

To make an appointment with Dr. Martin for your child, call **503-325-7337**.

**Pediatrician** Allison K. Martin, MD

Pediatrician Katrina McPherson,







**Pediatrician** Jennifer File, DO

**Pediatrician** Ramchander Madavarapi, MD (Dr. Ram)



#### MAMMOGRAMS

**Every year** millions of women in the U.S. willingly bare their breasts to a stranger in the hope of learning they don't have cancer.

These women get a mammogram, a crucial tool in the fight against breast cancer.

What follows are some basic questions about mammograms with answers from national experts.

### Q. What is a mammogram, and what is it used for?

**A.** A mammogram is an x-ray picture of the breast. It is the

best screening tool for finding breast cancer, reports the Office on Women's Health (OWH).

The test is done while you stand in front of a low-dose x-ray machine, and a technician places your breasts—first one, then the other—between two plates that press the breast and flatten it. The compression, which helps the technician produce a better picture, may be uncomfortable, but it lasts only a few seconds.

A radiologist interprets the x-rays, looking for suspicious areas or lumps you may not be able to feel or that may not be causing symptoms. If needed, follow-up tests may be ordered by your doctor.

### Q. What is the difference between screening and diagnostic mammograms?

**A.** A screening mammogram is a routine test for women who don't have symptoms of breast cancer.

A mammogram can help find cancer at its earliest stages. Schedule your mammogram today. Call **503-338-4025** for an appointment.

> The disease sometimes takes many years to develop and may cause no symptoms early on. A mammogram can help find cancer in its earliest stages, when there may be more treatment options and treatment may be more successful.

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A diagnostic mammogram is a follow-up exam. It may be ordered if a screening mammogram shows an abnormality or after a woman or her doctor finds something, such as a lump, that warrants further testing.

More images of the breast are taken for a diagnostic mammogram than for a screening one.

### Q. How often should I get a mammogram? Should I also get an MRI?

**A.** According to the American Cancer Society (ACS), women 40 and older should have yearly screening mammograms.

The ACS recommends a yearly MRI in addition to a screening mammogram if you have an increased risk of breast cancer—for example, you have a BRCA1 or BRCA2 gene mutation or have a parent, sibling or child with either of these mutations.

If you're in one of these categories or wonder whether you have an increased risk of breast cancer, talk with your doctor. He or she can use risk assessment tools to determine if you are a candidate for MRI screening.

For most women at high risk of breast cancer, MRI and mammogram screening should begin at age 30, reports the ACS. **Q. What are the benefits and risks** of mammography?

**A.** As good as mammograms are at detecting breast cancer, they aren't perfect, say experts. There are risks of both false negative and false positive results.

A false negative result means that a breast looks normal on a mammogram but cancer is actually present. False negatives don't occur often, according to the OWH. They are more common in younger women because their breast tissue tends to be denser than the tissue in older women.

A false positive result means that it looks like cancer is present when it's not. Women between the ages of 40 and 49 have about a 30 percent chance of getting a false positive in that decade, reports the Radiological Society of North America.



To learn more about mammograms and breast cancer, visit the American Cancer Society at **www.cancer.org**.

## What does a radiologist look for?

When a radiologist reads a mammogram, he or she looks for calcifications and masses (lumps). Calcifications appear as small, white spots on the x-rays. They are mineral deposits that may or may not be caused by cancer.

Large calcifications are often related to aging, injury or inflammation. They typically don't require a biopsy (removal of a small amount of tissue) because they are usually not cancerous. About half of all women older than 50 have macrocalcifications, reports the American Cancer Society (ACS).

Tiny specks of calcium can sometimes signal cancer if they are grouped in a certain way. A radiologist will carefully evaluate the shape and layout of the calcifications and may recommend a biopsy.

Masses (lumps) in the breast can be caused by many things. For example, a mass may be a cyst—a noncancerous, fluid-filled sac—which is diagnosed with an ultrasound or aspiration, fluid removal with a needle. If a mass is partly solid, however, it may be a tumor.

The radiologist will study the size and shape of the mass on the mammogram. Depending on the radiologist's findings, a doctor may take a wait-and-see approach or recommend a biopsy.



#### FOUNDATION

503-325-3208 Email foundation@columbiamemorial.org

### Puttin' on the Glitz

### Fashion show and champagne tea!

Saturday, Nov. 8 Astoria Golf and Country Club 2 to 4 p.m. \$25

View some absolutely fabulous holiday fashion and help bring expanded cancer care to Astoria. Sponsorships with recognition are available. Call **503-325-3208**.



#### denim & diamonds fundraiser Cancer care gets a boost!

The Columbia Memorial Hospital Foundation held its third annual Denim & Diamonds fundraiser on June 7 at the Clatsop County Fairgrounds. Approximately \$120,000 was raised by an enthusiastic crowd of 260 guests to benefit the Foundation's Cancer Care Phase 2 project, which will bring expanded cancer care to Astoria. A "boot-scootin' good time" was had by all!

Sen. Betsy Johnson raised \$45,000 of the total during the Fund-a-Need section of the event, encouraging the audience to give generously to help cancer patients get treatment locally. Fund-a-Need began with a heartfelt talk by cancer survivor Judy Coleman, who spoke of her difficulties in having to travel out of the area for treatment.

The title sponsor for the event was Oregon Health & Science University; the major sponsor was Legacy Health/Trauma Specialists LLP; and benefactor sponsors were Cerner Corp., Professional Credit Service, Pacific Coast Imaging, Pacific Family



Medicine and Rickenbach Construction.

Sen. Betsy Johnson and Auctioneer Chris Leach rouse the crowd to raise their bid cards during the Fund-a-Need section of Denim & Diamonds. Fund-a-Need raised \$45,000 to support expanded cancer treatments in Astoria.

#### Support the future of local care Name CMH in your will for only 1%!

Make a 1% or more bequest of your residual estate to CMH to become a member of our Columbia Legacy Circle and be invited to our annual recognition dinner. It's easy—just complete this simple form to let us know that you have done so. If you would like more information about how to do this, please contact us. We will send you our free "Wills Guide." Or you may go to our website to download the guide at www.cmhgift.org. All planned giving donors qualify as Columbia Legacy Circle members.

#### **BEQUEST INTENTION FORM**

I (We) desire to inform you that I (we) have included a bequest to Columbia Memorial Hospital Foundation in my (our) estate plan. I (We) will bequest \_\_\_\_\_% of our residual estate. I (We) estimate that the current value of the gift to Columbia Memorial Hospital Foundation is approximately \$\_\_\_\_\_\_.

It is my (our) pleasure to make this gift to Columbia Memorial Hospital Foundation of \_\_\_\_\_\_ [cash, life insurance, IRA or retirement plan assets, investments, other gift or unknown assets at this time] for the benefit of \_\_\_\_\_\_

(State particular purpose, if any.) I (We) understand that this gift is revocable and can be changed at any time. I (We) further understand that I (we) (and/or my [our] estate) am (are) not legally or morally obligated to fulfill this intention if I (we) choose to modify or cancel my (our) gift at a future date.

I (We) will inform you if I (we) change my (our) intent toward your organization or if the value of my (our) gift significantly increases or decreases.

Name(s)

Address \_

City, state, ZIP

Email

Thank you for your generosity in supporting our mission! Please return this form to:

Columbia Memorial Hospital Foundation 2111 Exchange St., Astoria, OR 97103 Phone: 503-325-3208 / Fax: 503-338-4820 foundation@columbiamemorial.org





Learn more about the goals of the Foundation and how you can help at **www.columbiamemorial.org/foundation**, or call us at **503-325-3208**.

# TAKE TIME for your health!

Call 503-338-7564, email cheryl\_ham@ columbiamemorial.org or visit www.columbiamemorial.org/takeaclass to register or to learn more about the exciting opportunities at CMH.



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

#### Six-Week Courses

 Wednesdays, Oct. 29 to Dec. 10 (no class Thanksgiving week), 6:30 to 8:30 p.m. CMH
 Free if delivering at CMH;
 \$75 if delivering elsewhere

#### Weekend "Fast-Track" Course

Friday, Oct. 10, 6 to 8:30 p.m., and Saturday, Oct. 11, 10 a.m. to 4:30 p.m. CMH

#### HEALTH AND WELLNESS

#### AARP Driver Safety Class

Wednesday, Oct. 29, 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: Managing Concerns About Falls

Wednesdays, Oct. 22 to Dec. 10, 10 a.m. to noon

www.columbiamemorial.org/takeaclass.

Check out our new calendar online at

CMH Columbia Center \$50 (free to anyone age 60 and over)

#### Get a Grasp on Medicare

Tuesday, Oct. 14, and Tuesday, Nov. 11, 4 to 5:30 p.m. CMH Columbia Center This course offers objective, unbiased Medicare information. It will review benefits, 2014 updates, 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.

#### Healthy Eating for Successful Living

Thursdays, Oct. 16 to Nov. 20, 10 a.m. to noon CMH Columbia Center \$50 (free to anyone age 60 and over)

This program is designed to increase your understanding dietary guidelines, grocery shopping, meal prep and more!

#### Strong Women Strong Bones

Tuesdays and Thursdays,
 Oct. 14 to Nov. 20, 11 a.m. to noon (six weeks)
 Mondays and Wednesdays,
 Oct. 13 to Dec. 17, 5:30 to 6:30 p.m. (10 weeks)
 CMH Columbia Center
 \$30 for six-week program;
 \$50 for 10-week program

Free to anyone age 60 and over This six-week program is a national evidence-based community exercise and nutrition program targeted at midlife and older women. The program assists women in maintaining muscle mass, strength and function. It is easy and fun! Class size is limited, so register now!

#### 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.

#### Living Well With Chronic Conditions

Mondays, Oct. 13 to Nov. 17, 1 to 3:30 p.m. Astoria Senior Center (formerly the Astoria Yacht Club), 1555 W. Marine, Astoria

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, fitness, nutrition, communication, working with your health care team and more.

"Out of almost 20 years of suffering from chronic conditions...this is the first time I feel hopeful. Informative, helpful, applicable...a must for anyone suffering from chronic conditions." —Darcy

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CMH HEALTH COMPASS is published as a community service by COLUMBIA MEMORIAL HOSPITAL, a Lutheranaffiliated health care facility. 2111 Exchange St., Astoria, OR 97103, telephone 503-325-4321, website www.columbiamemorial.org

	Trece Gurrad	Chief Executive Officer Vice President, CMH Medical Group Vice President, Finance ce President, Ancillary and Support Services Vice President, Patient Care Services President. Board of Trustees
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For information about CMH HEALTH COMPASS: Paul Mitchell Marketing Manager

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### **Discover What Planetree Means to You**

#### NUTRITION AT CMH



# Connecting with delicious, healthy food

**NO MATTER** our cultural background, the preparation and eating of food is something that we all have in common. If you think about life's special occasions, food is most likely at the center of each one. At CMH, we believe that nutrition is integral to healing, essential not only for good health but also as a source of pleasure, comfort and familiarity.

We take our responsibility as a role model for delicious, healthy eating very seriously. Patients are provided with tasty food choices through our room service menu so that they can choose what they want to eat when they want to eat it. Our Community Outreach Department regularly offers classes that feature healthy eating to patients and the public alike; "Living Well With Chronic Conditions" and "Healthy Eating for Successful Living" (see page 7) are two examples. Our Cardiac

Rehab patients receive biweekly nutrition education with healthy snack samples during off weeks. And in our hospital café, we are focusing more



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and more on offering healthier choices for our patrons.

But food is so much more than nutrition—it is a vehicle through which we create memories and express sentiments, such as joy or sadness. We all know that food is one of the ways we connect as people. That is why we offer a family kitchen to encourage families to bring the patient's favorite food from home. And you'll also see our auxiliary volunteers baking cookies to treat our patients, all the while providing aromatherapy and creating a nurturing environment. Using good food and nutrition to bring patients and their families a little comfort during their hospital stay is just another way we can partner with patients to enhance all of our lives!