



## **CMH: First in the state**

COLUMBIA Memorial Hospital (CMH) is on the leading edge of health care in Oregon.

CMH is the first hospital in the state to earn accreditation from the Healthcare Facilities Accreditation Program (HFAP), an independent, recognized authority. HFAP accredited CMH after an extensive and objective review of the hospital's standards of quality and safety.

"Columbia Memorial Hospital clearly demonstrates a commitment to quality patient care," says Michael Zarski, CEO of HFAP. "We base our decision on federal standards, patient safety and treatment, quality improvement, and environmental

safety. CMH met or exceeded standards in every case."

"We're proud to achieve this prestigious distinction," says Erik Thorsen, CEO of CMH. "By awarding us accreditation, HFAP has recognized our commitment to providing outstanding care to our patients and our community."

"HFAP was chosen by the Board of Trustees for its educational and collegial approach to accreditation," Thorsen says. "The HFAP process aligns well with our patient-centered philosophy."

HFAP is one of only three national voluntary accreditation programs authorized by the Centers

CEO LINK

## Welcome to a new year

HAPPY new year, and welcome to the Winter 2012 edition of the CMH Health Compass. In this issue, you will read about CMH's exciting new health care accreditation. In



Erik Thorsen, CEO

addition, we'll keep you focused on healthy New Year's resolutions, look at the differences between urgent care and emergency care, discuss the highs and lows of blood pressure, and explain why equality between women and men doesn't extend to heart issues.

All of us at CMH wish you a safe and healthy 2012.

Erik Thorsen, CEO

for Medicare and Medicaid Services to survey hospitals and other medical facilities for compliance with the Medicare Conditions of Participation. FOR A HEALTHY NEW YEAR

## Six resolutions worth keeping

**YOU** don't have to wait for the new year to make positive changes in your life. But a lot of us do anyway.

Whether you're one of the January 1st crowd or not, here's a list of resolutions that can help you have a healthier new year.

1 If you smoke, pick a quit date. Ideally, try to quit within the next

two weeks. That's enough time to ready yourself but not so far in the future that you'll

To learn more, call our **Education Department** at 503-338-7564.

lose your drive to quit. Don't be discouraged if you've failed at quitting before. It often takes several tries to quit for good.

**2 Move more.** If you're sedentary, try to fit a few minutes of exercise into your daily routine—and then gradually work your way up to at least 150 minutes a week.

3 Downsize when you're eating out. Portion sizes at restaurants tend to be generous to a fault. To avoid overeating, split a dish and ask for

> two plates. Or order an appetizer and a green salad tossed with low-calorie dressing.

4 Play detective. Learn all you can about your family's health history. Discover what diseases affected your parents, grandparents and other

blood relatives, and share this information with your doctor.

**5** Look for ways to eat more fruits and veggies. Sprinkle fruit on breakfast cereal or yogurt. Add chopped or shredded vegetables to your pasta sauce. Savor fruit as a sweet ending to your meals. And keep raw vegetables in your fridge as healthy snacks.

**6 Set limits.** Don't set yourself up for unnecessary stress by taking on too many responsibilities. Say no (it's not as hard as you think) to requests that are more than you can reasonably manage.

Sources: American Dietetic Association; U.S. Department of Health and Human Services

## New year, healthier future

Making significant lifestyle

changes takes time

and patience.

Three strategies for getting real with your resolutions

**DOES** your checklist of New Year's resolutions need a reality check?

If you're like many people, you may be aiming too high with your annual aspirations.

That means you might give up before you really get started.

Making significant lifestyle changes takes time and patience. With realistic resolutions, you put yourself in a position to succeed.

To get started on changes you can stick with for decades rather than

days, the American Psychological Association suggests that you:

1 Take small steps. Don't try to reinvent your whole life in one fell swoop. Break down big goals into small stages. Maybe

you want to get your house organized. Start with one room and one task in that room. Once you've accomplished the first project, it will motivate you to move on to the next.

2 Set a realistic timetable. You've probably picked up your current habits over time, so don't necessarily expect to get rid of them overnight. If you want to wean yourself off nicotine or lose 20 pounds, recognize that it will take some time. Set up a calendar with weekly targets. You'll feel less overwhelmed as you try to accomplish these major goals.

**3 Seek support.** Everyone knows it's difficult to make lifestyle changes. Reach out to family and friends. Join a support group. Look for an exercise buddy. You'll likely find that sharing your journey makes the trip easier.

Finally, there may be times that your resolve begins to dissolve. Just remember-60 percent of those who make good on their New Year's resolutions fall short one or more times before succeeding, so stick with it.

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For women, back or neck pain

or extreme fatigue can be

symptoms of a heart attack

MAYBE you're into Roller Derby or rock climbing—nearly every woman enjoys a little risk now and then. An exotic trip, a fashion makeover, a new romance—risks can be thrilling and fun.

But if you're taking risks that increase your chance of heart disease, you're risking too much.

Heart disease is the No. 1 killer of women in the U.S., according to the National Heart, Lung,

and Blood Institute (NHLBI).

The most common type of heart disease is coronary heart disease (CHD). It can lead to heart attack, heart failure, arrhythmias and sudden cardiac arrest.

CHD occurs when blood vessels that feed the heart become lined with plaque, a fatty substance that forms when there is too much cholesterol in the blood. As plaque slowly builds over time, it narrows the arteries and reduces blood flow to the heart.

Plaque can also rupture. When that happens, blood clots form inside the artery. If clots get large enough, they can block blood flow to the heart. This is the most common cause of a heart attack.

#### Not your father's heart disease

CHD can develop without symptoms, particularly in women. When symptoms are present, angina—or chest pain—is the most common.

Men and women can experience angina differently. For example, men often report pressure or squeezing in the chest and arms. Women can have the same symptoms but might also feel a sharp, burning pain in their chest. Women are also more likely to notice pain in their neck, jaw, throat, abdomen or back.

Men and women can also have different heart attack symptoms. Chest pain is the most

common symptom overall, but only half of the women who have heart attacks have chest pain, notes the NHLBI.

During a heart attack, women are more likely than men to report back or neck pain, indigestion, nausea, vomiting, extreme fatigue, trouble breathing and light-headedness. Compared to men, women are less likely to have pain in their left arm or break out in a cold sweat.

Regardless of the specific symptoms, if you think you're having a heart attack, get help right away. Early treatment can limit heart damage.

#### Try these things

Of course, it's far better to take care of yourself so that a heart-related emergency never occurs. There are a number of things you can do:

If you smoke, work hard to quit. Tobacco smoke damages and narrows blood vessels and makes it more likely that blood clots will form inside arteries. By quitting, you cut your heart disease risk in half after one year, according to the NHLBI.

Choose heart-healthy foods. A diet low in saturated fat, trans fat, salt and sugar and high in fiber, whole grains, and fruits and vegetables can help protect your heart.

**Stay active.** Like a good diet, regular physical activity makes cholesterol, blood pressure and weight easier to manage. Start out slowly, and try to exercise for 30 minutes a day on most—if not all—days of the week.

Manage stress. Stress can narrow arteries and raise blood pressure. Some ways of reducing stress include: ▶ Sharing your feelings with supportive people. ▶ Staying active. ▶ Taking part in a stress management or relaxation program.

Finally, remember this: Taking a risk can be exciting and can sometimes change life in a good way. But when it comes to your heart's health, it's best to play it safe.



Diana Rinkevich, MD

### Your expert on heart disease

Diana Rinkevich, MD, is Medical Director of the CMH/OHSU Cardiology Clinic and Director of the Heart Disease in Women program at Oregon Health & Science University (OHSU).

An associate professor at OHSU, Dr. Rinkevich's clinical and research interests are heart disease in women, microvascular dysfunction as a cause of chest pain in women with no angiographic evidence of coronary artery disease, and the use of noninvasive tools for the diagnosis and treatment of heart

disease.

To schedule an appointment, call 503-338-4087.



Ready when you are: Paula King, FNP (left), examines Rob Meadows in the CMH Urgent Care Center.

## Urgent medical needs? We're ready to help

FROM minor mishaps to fevers and sore throats, almost every family has pressing medical needs. Though they may not be emergencies, they need attention now. And they can happen when your doctor's office is closed.

Fortunately, there's an answer. It's called urgent care. And it just might save you a lot of time and money.

Urgent care centers are set up to handle a wide range of minor problems. They include:

- ▶ Fevers, coughs and sore throats.
- ▶ Earaches.
- ▶ Strains and sprains.
- ► Cuts that might need stitches.
- ▶ Some burns and broken bones.
- ▶ Animal bites.
- ► Minor allergic reactions.

#### Walk right in

Most centers are open weekends and evenings. You usually don't need

an appointment. Plus, you may not spend a lot of time waiting to be seen. About 67 percent of visits have a wait time between 15 and 45 minutes. To compare, when you go to the emergency department with a problem that isn't an

emergency, you are likely to wait a long time. People with more serious problems are seen first, even if you got there ahead of them.

Another plus? Your visit to urgent care will likely cost less.

And here's something else you might not know: Urgent care centers sometimes offer sports and school physicals and vaccines. And with on-site x-rays and lab tests, you won't have to go to another office should you need them.

#### Is it an emergency?

Of course, when you have a true emergency, you need to be seen in the emergency department right away. Here are some signs of medical emergencies:

- ► Chest pain or pressure.
- ▶ Bleeding that doesn't stop.
- ► Trouble breathing or shortness of breath.
- ▶ Passing out.
- ▶ Coughing or vomiting blood.
- ► Sudden or severe pain.
- ► Sudden vision changes.
- ► Confusion or changes in mental status.
- ► Head injuries.
- ► Thoughts of hurting yourself.

  If you think it's an emergency, call
  911 and wait for an ambulance.

Sources: American College of Emergency Physicians; National Association for Ambulatory Care; Urgent Care Association of America

### **CMH Urgent Care:** Here to help

If you need to see a doctor right away but your doctor's office is closed, CMH Urgent Care is here to help. We offer fast, convenient service for nonemergency conditions. You don't need an appointment, and a visit to Urgent Care is usually less expensive than going to the emergency room.

#### **CMH Urgent Care can treat:**

- Cuts and lacerations.
- ► Sprains and strains.
- Colds, fevers and the flu.
- ► Earaches.
- ► Rashes.
- Stomachaches, vomiting and diarrhea.
- ► Back pain.

CMH Urgent Care is on the first floor of the CMH Health & Wellness Pavilion, at 2265 Exchange St. It's open weekdays from 9 a.m. to 7 p.m. and Saturdays from 9 a.m. to 5:30 p.m. To learn more, call **503-338-4050**.

## High blood pressure: Be on the alert

**USUALLY** when you're sick, your body sends you signals—you're weak, nauseated or in pain. Somehow you just know something's not right.

But there's at least one potentially serious condition that usually has no symptoms at all: high blood pressure. Also called hypertension, high blood pressure increases your risk for heart disease, heart failure, stroke, kidney disease and blindness.

#### Spotting a problem

The best way to know if your blood pressure is high is to have it tested by a medical professional.

The American Academy of Family Physicians recommends a blood pressure check at least once every two years. Your doctor may suggest more frequent checks if you've had high blood pressure in the past or if the condition runs in your family.

#### What the numbers mean

When you get your blood pressure checked, you'll be presented with two numbers. The systolic pressure,

measured when the heart beats, is listed first. The second number is the diastolic pressure, measured when the heart rests. Blood pressure is measured in millimeters of mercury, or mm Hg.

The American Heart Association places blood pressure levels in these categories:

- ► Normal: Less than 120 mm Hg systolic and less than 80 mm Hg diastolic.
- ► Prehypertension: 120 to 139 systolic or 80 to 89
- diastolic.
- ► High, stage 1: 140 to 159 systolic or 90 to 99 diastolic.
- ► High, stage 2: 160 or higher systolic or 100 or higher diastolic.

If you have high blood pressure, you may be able to get it under control by making changes in your lifestyle, such as:

- ▶ Not smoking.
- Losing weight if you're overweight.
- Exercising regularly.

- ► Eating a healthy, low-fat diet that includes lots of fruits and vegetables.
- Limiting your intake of sodium and caffeine.
- ▶ Avoiding alcohol.

If you don't have a primary

care provider, go to www

.columbiamemorial.org and

click on "Find a Physician."

▶ Learning to relax.

If lifestyle adjustments alone don't bring down your blood pressure, medication may be needed.

#### **BLOOD PRESSURE**

# The benefits of home monitoring

**HERE'S** a healthy do-it-yourself project: Buy a blood pressure monitor, and keep track of your measurements at home.

There are good reasons for owning your own monitor, according to the American Heart Association (AHA). The first is accuracy: Regular readings will give you a much better idea of your numbers than checkups at your



doctor's office, simply because you can take your blood pressure more often.

Measuring your blood pressure in the comfort of your own home also removes the likelihood of anxiety-induced spikes—called white-coat hypertension—that can sometimes occur in a doctor's office.

Home monitoring is a particularly good idea if you've

recently been diagnosed with high blood pressure. It can help you and your doctor assess how treatment is—or is not—working.

Others who may benefit from home monitoring include pregnant women, seniors, and people with diabetes or other chronic health issues.

The AHA recommends home blood pressure devices with arm cuffs. (Be sure the cuff will fit around your upper arm.) But it's always a good idea to ask your doctor for advice before buying a device—some models may not be suitable for children or pregnant women, for example.

After your purchase, take the monitor to your doctor's office to check its accuracy and to learn how to use it correctly.



#### FOUNDATION

503-325-3208

Email foundation@columbiamemorial.org

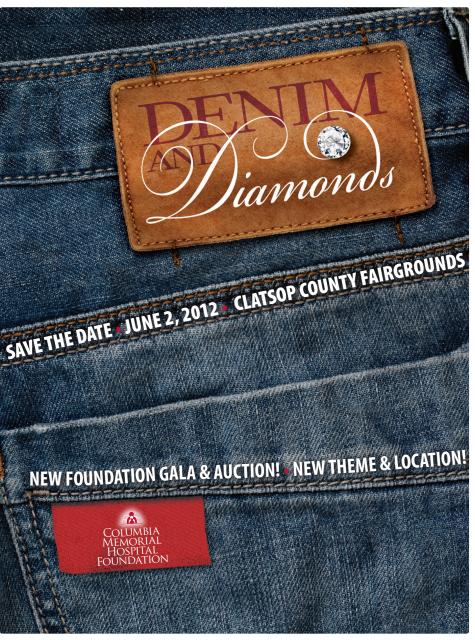
**Think pink:** A fashion show and tea was held on Nov. 5 to benefit cancer care, especially mammograms for women in need. Nearly 100 guests attended, and the event raised \$15,000 for the cause.





1 In fashion: Betty Smith (left) and Pat Roscoe, fashion show committee members, relax as the show gets under way.

Modeling gig: Douglas Abbott, MD, models a stylish, casual look at the fashion show.



## Your New Year's resolution: I will make a will

**IT'S** a new year and time to make resolutions.

Growing old without a financial plan is a scary thought. None of us wants to become a burden on our children. Planning your finances will provide peace of mind and security for you and your family in your mature years.

Most people have no will, let alone a plan to avoid probate or save on estate taxes. Everyone should have a will. It can help your family or support your beliefs. It's an essential part of any estate plan. If you don't already have one, make it your first item of business this year.

Your will's main concern should be your family. Once you have provided for them, you can then include a favorite charity, such as the Columbia Memorial Hospital Foundation.

Your will can specify a sum, a percentage of your estate or any type of property—such as real estate or securities—to be left to the charity, just as you would to an individual.

To learn more, call Janet Niemi at the CMH Foundation at 503-325-3208.

## I HKE 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**

#### Childbirth Classes

► Weekly classes: Wednesdays, Jan. 4 to Feb. 1, Feb. 15 to March 14, March 28 to May 2 6:30 to 8:30 p.m.

**▶** Weekend Fast Track Friday, Jan. 27, 6 to 8:30 p.m. Saturday, Jan. 28, 10 a.m. to 4:30 p.m.

Free for couples delivering at CMH; \$75 for others

This course is offered as a weekly series or as a weekend "fast track."

#### Newborn Care and Safety

Wednesdays, Feb. 8 or March 21, 6:30 to 8 p.m., \$5

This course includes information on newborn care and review of feeding options, including bottle and breastfeeding.



#### Basics of **Breastfeeding**

Thursdays, Jan. 19, Feb. 16, March 29, April 19, 7 to 8:30 p.m.

This course is designed for new parents and parents-to-be. Explore the benefits, how-to and problem solving related to breastfeeding. Taught by certified lactation consultants.

#### HEALTH AND WELLNESS

#### **Healthy Cooking Class: Nutrition 101**

► Wednesday, Feb. 8, 12:30 to 1:30 p.m.

▶ Thursday, Feb. 9, 5:30 to 7 p.m. \$15 per person/\$20 per couple

The course reviews the "balancedplate" approach, indentifying the nutritional aspects of food groups, portion sizes and more. Light meal included.

#### **Healthy Cooking:** Got Allergies?

► Wednesday, March 21 12:30 to 1:30 p.m.

► Thursday, March 22 5:30 to 7 p.m.

\$15 per person/\$20 per couple

Discussion of food allergies and symptoms. Learn how to manage your meals with allergy issues in mind.

#### **Healthy Cooking: Cooking for** Chronic Illness

► Monday, April 9, 12:30 to 1:30 p.m.

► Tuesday, April 10, 5:30 to 7 p.m.

\$15 per person/\$20 per couple

Learn to create fun, great-tasting meals with attention to low cholesterol, low sodium and anti-inflammatory needs.

#### Six Silent Sounds of Quigong (Che-gong)

▶ Thursdays, Feb. 9, 16 and 23

▶ Thursdays, March 8, 15 and 22 ▶Thursdays, April 12, 19 and 26

5:30 to 6:30 p.m.

\$15 for three-class series

Instructor: David Rauch, CMH PT Assistant

#### Tai Chi

▶ Mondays, Jan. 23 to Feb. 27, 9 to 10 a.m.

► Tuesdays, Jan. 24 to Feb. 28, 9 to 10 a.m.

▶ Wednesdays, Feb. 1 to March 7,

5 to 6 p.m.

▶ Wednesdays, March 14 to April 18, 5 to 6 p.m.

\$15 for six-week course



#### free Medicare **Basics**

Tuesday, March 13, 4 to 5:30 p.m. This course is for those who are new to Medicare or those currently enrolled in Medicare

who have questions about benefits.

#### **R&R Yoga**

Mondays, Jan. 23 to March 12 6:30 to 7:30 p.m.

\$55, limited to 16 people

This gentle, beginning yoga class is taught by a CMH certified yoga instructor and physical therapist and is designed to reboot and rejuvenate your body by focusing on alignment and body awareness.



#### **Trying to Quit** Tobacco?

Feb. 16 to March 15, 5:30 to 7 p.m.

Registration required by Feb. 1

Our CMH Mayo Cliniccertified Tobacco Cessation Coordinator will help you develop a plan and identify techniques to help quit tobacco use, including smokeless. Individual and group programs are available. Pharmacist-assisted.

#### Touch for Health

Wednesdays, Feb. 1, 8 and 15, 3:30 to 4:30 p.m., \$15

This is a three-part series focusing on the importance and use of touch and how to enhance healing with touch.



#### Living Well with **Chronic Illness**

Tuesdays, Jan. 24 to Feb. 28, 5:30 to 8:30 p.m.

This six-week course provides individuals with the tools for living a healthy life with



The CMH Community **Center.** Available for your meeting, educational and private party needs.

a chronic condition. Topics include relaxation techniques, managing emotions, fitness, nutrition, communication, working with your health care team and more.

#### **Parenting Teens Today**

► Tuesdays, March 13, April 17

► Thursday, Feb. 2, 6 to 9 p.m.

\$40 per family

Are you struggling with how to talk with your teen about alcohol and/or drug addiction? This course teaches how to start the conversation and keep it going for years to come.

#### Heartsaver First Aid/ **CPR/AED** course

Friday, Feb. 24, 8 a.m. to 4:30 p.m., \$50

This American Heart Association course provides complete health and safety training for first aid, CPR for adults and children, and AED.





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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 health care provider. Models may be used in photos and illustrations.

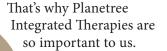
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### Our goal: Many happy endings

IF you've been a patient at a hospital or clinic, you likely have a story about your experience.

At Columbia
Memorial Hospital
(CMH), our goal
is to make sure your
story is a positive
one—for you and your
family.



Integrative
Therapies are part
of the Planetree
model of patientcentered care and
offer complementary
alternative modalities
(CAM). At CMH, we work

to offer modalities that assist the patient's overall well-being and help the healing process of body, mind and spirit.



Integrated medicine includes CAM in allopathic health care. An example of CAM integration would be a team of health care professionals—including physicians—complementary alternative modality practitioners and the patient working together to plan the patient's care and health maintenance.

Some of the CAM modalities available at CMH include:

- ► Massage. Manipulation of muscles for therapeutic results.
- ▶ Reflexology. Manipulation of specific points on the feet, hands and ears to create balance and facilitate healing.
- ► **Aromatherapy.** Use of pure essential oils to facilitate healing.

## You can get diabetic shoes—free

Did you know that if you have diabetes, Medicare will pay for one pair of diabetic shoes each calendar year?

Diabetic shoes are designed with a wider toe box to help prevent sores caused by rubbing and pressure. They have a more rigid, slip-resistant sole for better support, removable depth inserts to allow for a better fit, and heat-moldable replacement inserts to custom-fit to the contours of your feet.



Talk to your doctor about your need for diabetic shoes. To learn more, call Pacific Coast Medical Supply at **503-338-0349**.

▶ **Reiki.** A gentle, noninvasive holistic energy healing system involving touch.

These are just a few approaches we use to strengthen the mind-body connection and promote healing.

#### Get involved

To learn more about how you can help shape the future of Planetree and Integrated



Therapies at CMH, visit www.columbiamemorial.org.

