

CMH HEALTH COMPASS

A JOURNAL DEVOTED TO HEALTHFUL LIVING



FALL 2011

Your heart and the holidays

Don't ignore heart attack symptoms

FROM watching *It's a Wonderful Life* to enjoying time with family and friends, it's easy for the holidays to tug at your heartstrings.

Unfortunately, it's also easy for the holidays to have a far less pleasant

effect on your heart.

Research shows that the risk of having a heart attack goes up during the winter holidays and that heart-related deaths are highest around Christmas and New Year's Day.

According to the American College of Emergency Physicians, possible causes for this dangerous seasonal surge in heart problems include:

- Eating too many rich and salty foods.
- Forgetting to take daily medications.
- Waiting too long to seek medical help for potential heart trouble out of concern that it may disrupt holiday plans.

Act fast. If you suspect a heart attack, call 911 quickly. Most attacks cause pain or discomfort in the center of the chest that lasts for more than a few minutes and may come and go. The pain may even be mild.

Other symptoms include:

- Discomfort in one or both arms, the neck, back, jaw, or stomach.
- Sweating, nausea or dizziness.

Research shows that the risk of having a heart attack goes up during the winter holidays.

CEO LINK

It's feeling like fall!

WELCOME

to the fall edition of *CMH Health Compass*. In this issue, you will learn about heart-smart eating this holiday season, see why back-to-school should mean a visit to your pediatrician, and find out how prevention goes a long way in men's health. You will also discover how art and collaboration create a healing environment in the new CMH/OHSU Cancer Care Center. From all of us at CMH, have a healthy holiday season.



Erik Thorsen,
CEO

Erik Thorsen, CEO

► Shortness of breath.

If there's a chance you or someone else might be having a heart attack, find out for sure. That way, you're more likely to be around to enjoy next year's holiday season.

Additional source: American Heart Association

School days are here!

But it's not too late for a back-to-school visit to the doctor

THERE may have been a lot of things on your child's back-to-school to-do list, but if you weren't able to schedule a visit to the doctor's office before school started, it's not too late to take care of an important part of your child's health.

A back-to-school checkup is a great way to make sure your child is healthy and ready for another year of learning.

The American Academy of Pediatrics and other experts recommend annual doctor visits for all

To schedule an appointment with a CMH pediatrician, call **503-325-7337**.

school-age children and teens. These appointments are important for a number of reasons:

Vaccinations. The doctor can make sure your child is protected against a host of serious diseases, including measles, mumps, rubella, chickenpox, meningitis, tetanus, diphtheria, whooping cough and cervical cancer. It's important for children of all ages to get their vaccinations at the recommended times.

Milestones and signs. Regular exams help the doctor become familiar with your child's development and growth. That can make it easier

to spot emerging health problems or even a learning disability.

Guidance. As your child gets older, routine checkups provide time for your doctor to discuss important health issues, such as smoking, drinking, drugs, nutrition, sexual activity and depression.

And don't forget about dental health. Tooth decay is the most common chronic disease among kids, according to the American Dental Association. An annual dental exam should be part of your child's back-to-school routine.

To schedule an appointment with a Columbia Memorial Hospital pediatrician, call **503-325-7337**.



Make your kid's lunch the best in the class

FOR many moms and dads, the real morning rush hour has nothing to do with cars or commutes. It's getting kids out of bed and off to school with a packed lunch in their hands.

Because time is short, it may be tempting to resort to prepackaged lunches, even if they're high in salt or fat. But there are healthier options available that are also no-fuss—including the sample lunch ideas featured here.

Turkey on whole wheat.

Sandwiches are a lunchbox staple. Skip salami and other fatty luncheon meats and instead pack a turkey sandwich topped with lettuce on whole-grain bread. Skinless poultry is a lean source of protein, and

whole-grain foods add fiber. A peanut butter and jelly sandwich on multigrain bread is fine too.

Low-fat string cheese. A calcium-rich diet in childhood and adolescence helps prevent fractures from osteoporosis later in life. So be sure to pack a low-fat dairy product for your child. Try kid-friendly string cheese or plain yogurt flavored with your child's favorite fruit.

Grape tomatoes. Rather than salty chips, pack some red grape tomatoes. Tomatoes are a super source of vitamins A and C and potassium. Lycopene, the pigment that gives red tomatoes their color, may protect against heart disease. If your child isn't fond of tomatoes, try baby carrots.

Sliced apples. Make a habit of including fruit in your child's lunch. Even fussy eaters are likely to gobble up tasty sliced apples. But you might also pack plums, tangerines, grapes or dried fruit.

100 percent fruit juice. Can the soda—one 12-ounce serving can contain up to 12 teaspoons of sugar—and include 100 percent fruit juice instead. Pack this and everything else in an insulated lunchbox or bag. Perishable foods shouldn't be left out of a refrigerator for more than two hours.

For more helpful tips on healthy eating, visit www.eatright.org/public.



Sources: American Academy of Pediatrics; American Dietetic Association



CHECK UP ON YOUR HEALTH

A little prevention goes a long way

DON'T let illness sneak up on you. Paying attention to your health, even when you feel fine, can make staying well easier in the long term.

Regular screening tests and checkups with a doctor are good ways to take control of your health. These exams can make it easier to spot problems early, when treatment is often more effective. They might even prevent a problem from developing in the first place.

Before your checkup, you should review

your family medical history. Your doctor will want to know if close relatives had health conditions such as heart trouble, stroke, diabetes or cancer.

Also, tell your doctor about any changes in your own health. That includes new lumps, skin changes, pain, dizziness, sleep problems, or changes in eating, bowel or urinary habits.

Your doctor can then recommend which preventive health services and screenings you should have and when you should have them.

Which screenings are for you?

Some of the screenings that your doctor might recommend could include tests for:

► **Cholesterol.** This is a blood test recommended for most men starting at age 35 and most women starting at age 45. High cholesterol is a major risk factor for heart disease.

► **Blood pressure.** Have this checked at least once every

two years. High blood pressure increases risks of heart and kidney disease and stroke.

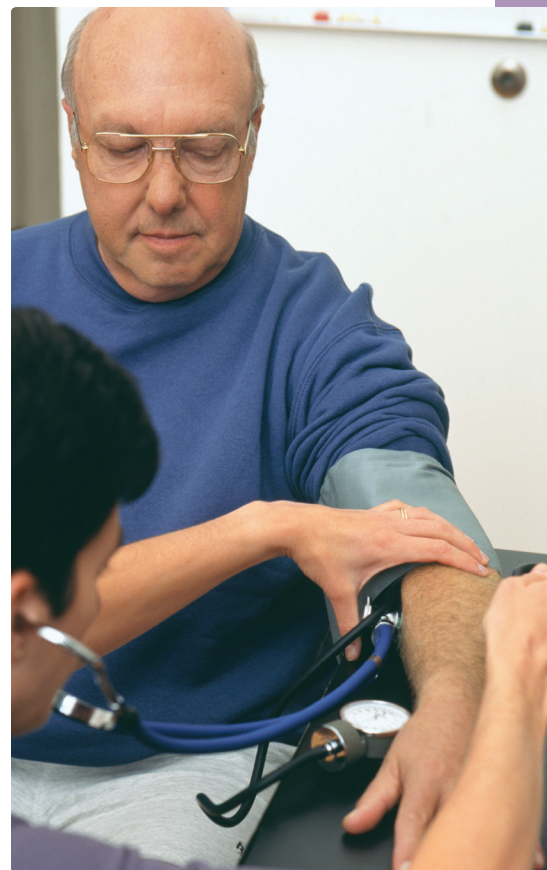
► **Diabetes.** If you have high blood pressure or high cholesterol, you should get screened for diabetes.

► **Colorectal cancer.** Most adults should have their first exam at age 50. Ask your doctor which of several available tests are right for you.

Women should also consider screening tests for breast cancer, cervical cancer and osteoporosis. Mammograms

are usually recommended every one or two years starting at age 40. Pap smears are often done every one to three years after becoming sexually active or upon reaching age 21. A bone density scan should be done at least once beginning at age 65.

Men should talk to their doctor



about the risks and benefits of prostate cancer screening. Also, it's recommended that men who have smoked 100 or more cigarettes during their lifetime have an abdominal aortic aneurysm test between ages 65 and 75.

Source: Agency for Healthcare Research and Quality

Prostatitis—painful, yes, but treatable

If you are younger than 50, the most common prostate problem you may face is prostatitis, a swelling or inflammation of the prostate often caused by an infection.

Among the ways the condition can take hold:

► **Chronic prostatitis, or chronic pelvic pain syndrome,** is the most prevalent but least understood form of the disease. It can affect adult men of any age. Symptoms include discomfort or pain in the genital area and urination problems. These symptoms can come and go without warning. Your doctor may give you a

medication to relax muscle tissue in your prostate. You may also be told to change your diet or take warm baths.

► **Acute bacterial prostatitis** is the least common but easiest-to-diagnose form of prostatitis. Symptoms include chills, fever, pain in the lower back and genital area, body aches, and painful and frequent urination. It can be treated with antibiotics.

For more information on this and other urinary conditions, call David Leibel, DO, in the CMH Specialty Clinic at **503-338-4075**.



Source: National Kidney and Urologic Diseases Information Clearinghouse

Building A BETTER Cancer Center

❧ TWO PERSPECTIVES ❧

THE joined vision of Columbia Memorial Hospital (CMH) and Oregon Health & Science University (OHSU) to expand cancer care services locally with the new CMH/OHSU Cancer Care Center has inspired many other partnerships and contributions to help fulfill this long-term community need.

The City of Astoria supported the vision through its urban renewal project, and CMH hired local contractors to build the Cancer Care Center inside the Park Medical Building. The CMH Foundation contributed furnishings, while the CMH Auxiliary Volunteers provided new infusion chairs.

In addition, the CMH Planetree initiative to integrate art and complementary therapies into healing environments led to a new collaboration with the Clatsop Community College (CCC) Art Department, local potters and the Astoria Dragon Kiln.

Nancy Magathan, RN, and Richard Rowland, an artist and CCC art instructor, are both involved in partnerships to support the Cancer Care Center. Here are their perspectives.



PLANETREE

Relationships support healing

By Nancy Magathan, RN
*Nurse, educator
and cancer screening advocate*

Just as it takes a village to raise a child, it takes a community to support loved ones on the cancer journey.

Cancer not only disrupts a patient's life but relationships with friends and family. Compassionate communication and touch are needed to address the emotional, mental, spiritual, social and physical journey. Diverse gifts from many

Shared values:

By Richard Rowland
*Artist and 3-D art instructor,
Clatsop Community College*

Columbia Memorial Hospital's visionary commitment to the Planetree holistic approach to health care is inspiring.

The Planetree philosophy was started in San Francisco by Angelica Thieriot in 1978 as a response to the impersonal, institutionalized treatment that she received as a patient. So Planetree reveals a personal evolution of change in health care at its roots that will make a difference in the experience of each patient.

It is interesting to me that



combine to build a support system of hope and strength.

In a recent cancer support group, we discussed what is helpful to healing. I asked, "What would you like to see in a cancer center where you receive your treatments?"

Responses included:

- ▶ Something that connects us with nature.
- ▶ Waterfalls.
- ▶ A birdhouse outside the window.
- ▶ Snacks whenever we may feel well enough to have them.

Art and medicine

Hippocrates, the father of Western medicine and the attributed author of the Hippocratic oath, lectured to his students under a plane tree that he planted in the fifth century B.C. in Kos, Greece. Maybe that mixing of science and art under a plane tree encouraged a natural approach to medicine.

As an artist and a country potter, I grew up in a healthy, natural environment that included sitting as a wondering child observer under, but mainly in, many species of trees that also demanded a certain understanding of the world

circling around me.

I feel connected to the Planetree model because I have spent the last 30 years exploring similar themes in my art. I most often want to create work that conveys a sense of intimacy, an emotional resonance and a deeper spiritual human experience. I want these relationships revealed in a fresh and honest way.

When Randy McClelland approached me with the idea to make clay cups for the new CMH/OHSU Cancer Care Center, it made sense. For many years my students, other professional artists and I have

made clay soup bowls fired with wood in the Astoria Dragon Kiln for the Women's Resource Centers in Astoria and Tillamook as fundraisers for both groups. It's been a valuable journey that has expanded the focus of my work from the heart of my experiences to a broader community and has shown me that it is something I was born to do.

Creating the clay cups for the Cancer Care Center provides an opportunity to further explore community relationships while continuing my intimate conversation with the symbolic and practical use of natural raw materials in the making and discovery of the work. All these

transformed "bits of life" are embedded and melted into the surface of the clay cups.

For Cancer Care Center patients, I hope the clay cup brings you comfort and delight when touching it to your lips to drink.

I also hope you have the time to touch it with a sensitivity that notes its gravity, texture and the way each unique material reflects or absorbs light. While you are drinking from the cup, close your eyes and ask yourself how it feels holding it in your hands.



► Artwork on the walls.

Everyone seemed to be seeking relationships with something—the arts, nature or caring individuals. Within the group, there was a consistent thankfulness for life itself.

While building the CMH/OHSU Cancer Care Center, Columbia Memorial Hospital (CMH) has considered many of these needs. Its multidisciplinary staff matches services to needs, much like a comfort

quilt or hat is pieced together for a patient. CMH embraces the Planetree philosophy of patient-centered care, providing a holistic approach and encouraging healing in all dimensions of the lives of cancer patients and their families.

Part of the Planetree philosophy is working with community groups to bring art from the community into the care of our patients. A unique collaboration with Clatsop Community College combines

art, ceramics and photography with a theme-based approach to the Cancer Care Center. The artwork will enhance the center with hope, healing and strength.

In addition, local potters have created ceramic cups that will be given to each patient at the end of treatment. The cup is filled with hope for healing from the CMH staff, plus good wishes from talented community potters. Sharing these gifts and talents with patients will help support them and demonstrate the caring and concern of our community.



COLUMBIA
MEMORIAL
HOSPITAL

FOUNDATION

503-325-3208

Email foundation@columbiamemorial.org

Control your property and avoid probate



A new Oregon law allows owners of real property to designate a person to receive it upon the owner's death simply by signing a legal deed that names a beneficiary.

The new law, which went into effect

in June 2011, works much like pay-on-death or transfer-on-death accounts at banks and brokerages. It allows real property to automatically pass to the designated beneficiary without the need for a will, trust or probate—and without the disadvantages of a joint tenancy or life-estate deed.

The owner may revoke or change the beneficiary designation at any time and

retains complete control of the property.

The new law is expected to be helpful to individuals whose primary assets are in real estate.

Property owners can designate a beneficiary, such as the Columbia Memorial Hospital (CMH) Foundation, to receive property at their deaths, yet retain full ownership during their lifetime.

Find out more by calling Janet Niemi at the CMH Foundation at **503-325-3208**.



Columbia Memorial Hospital Foundation

FASHION SHOW & TEA

YOU ARE
CORDIALLY
INVITED TO ATTEND

Saturday, November 5, 2011
at the Elks Ballroom • Doors open at 1:30 p.m.
Call 503-325-3208 for reservations • \$35

THINK PINK – HEALTH BY DESIGN

Proceeds will provide mammograms for women in need and other cancer care services at Columbia Memorial Hospital.



A big donation to a big project. Columbia Memorial Hospital's (CMH) Surgery Renovation project got a big financial boost July 20 at the Open House. Max Bigby (left), Columbia Memorial Hospital Foundation Board Chair, and Janet Niemi (right), Foundation Executive Director, presented CMH CEO Erik Thorsen with a check for \$500,000, the largest single contribution the Foundation has made to CMH. The money was raised over two years and included public donations at the Columbia Invitational Golf Tournament & Auction and efforts by the Foundation's Development Council Committees' giving clubs. Since its inception, the Foundation has donated more than \$2 million to CMH.



Winners for a good cause. Erik Thorsen, Columbia Memorial Hospital CEO (left), and Guy Rivers, hospital CFO (right), congratulate Bob and Chris Laman, winners of the Columbia Invitational Golf Tournament in May. The tournament and accompanying auction raised more than \$100,000 for the CMH Foundation's "Piloting Your Journey" cancer care 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

Childbirth Classes

► Due: Dec. 14 to Feb. 8
► Classes: Oct. 26 to Dec. 13
6:30 to 8:30 p.m.

CMH Community Center,
2021 Marine Drive
Free for couples delivering at
CMH; \$75 for others

This six-week course includes information about labor, comfort measures, infant care tips, lactation education and a hospital tour.

Weekend "Fast Track" Childbirth Course

► Due: Nov. 9 to Jan. 1
► Classes: Friday, Nov. 4,
6 to 8:40 p.m., and Saturday,
Nov. 5, 10 a.m. to 4:30 p.m.

CMH Community Center,
Free for couples delivering at
CMH; \$75 for others

This two-session course is designed to provide the basics on labor and comfort measures.

HEALTH AND WELLNESS

Six Silent Sounds of Quigong (Che-gong)

► Tuesday, Oct. 18
► Wednesdays, Nov. 2, 9 and 16
4 to 5 p.m.

CMH Community Center
\$15

This course uses a series of movements and sounds to stimulate and realign the organs and meridian system, providing healing and preventing illness. Instructor: David Rauch, CMH PT Assistant.

R&R Yoga

Mondays, Oct. 10 to Nov. 28
(No class Nov. 7)
6:30 to 7:30 p.m.

CMH Community Center
\$55, limited to 12 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, body awareness and improving energy.

Trying to Quit Tobacco?

Our CMH Mayo Clinic-certified Tobacco Cessation Coordinator will help you develop a plan and identify techniques to help quit tobacco use, including smokeless. Individual and group programs.

free Thanksgiving for the Heart: Healthy Cooking Class

Tuesday, Nov. 15
5:30 to 8:30 p.m.

Limited to 42 people

Learn about heart-healthy holiday cooking ideas and options. Hosted by Diana Rinkevich, MD, Medical Director of the CMH/OHSU Cardiology Clinic, the class will be taught by Grace Laman, RD, and Chef Kurt Rummell.

Get a Grasp on Medicare

Tuesday, Oct. 18
4 to 5:30 p.m.

CMH Community 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.

Parenting Teens Today

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.

SUPPORT GROUPS

free "Yes I Can" Neurological

Injury/Illness Support Group

Wednesdays, Oct. 26 and Nov. 16
3 to 4:30 p.m.

CMH Community Center

An informal gathering for people with neurological disorders such as stroke, Parkinson's disease, multiple sclerosis or other illness. Participants receive an educational session, the opportunity to share challenges and successes, and the chance to ask questions of health care professionals.



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

free Better Breathers Club

Tuesdays, Nov. 1 and Dec. 6
2 to 3:30 p.m.

Third floor, CMH Health & Wellness PAVILION

Led by a respiratory therapist, this American Lung Association group is for people with chronic lung conditions such as asthma, COPD and emphysema. Each meeting includes an educational session and an opportunity for sharing and questions.



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

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Volunteering: Feeling good by doing good

WHETHER it's bringing a smile to someone who's sick or running an errand for a busy staff member, our volunteers make such a difference in how Columbia Memorial Hospital (CMH) runs each day. In addition to their time, they give support, encouragement and compassion.

But our volunteers quickly find out that volunteering isn't just about giving. They often tell us how much they get out of their experience.

"I find it very satisfying to be helping people who walk into the hospital needing assistance," says John Veenendaal, CMH Auxiliary Volunteers Vice President. "Especially the first visit, when they are very apprehensive and on edge. If the volunteer can be a comforting presence, then we've done our job and I'm satisfied. It gives me a reason to keep going."

We want you to become a volunteer too. Volunteering at CMH is a great chance to interact with our community, to add variety to your life, and to use your skills and interests to help others. Almost anyone can volunteer; after all, there are many tasks that need doing.

Currently, volunteers: ► Greet people. ► Work in the gift shop. ► Visit patients. ► Run errands for staff. ► Deliver mail and newspapers. ► Work at the information desk. ► Help with administrative tasks. ► Offer support to patients and families.

Whether you can give minutes or hours of your

In 2010, volunteers donated more than 7,500 hours at Columbia Memorial Hospital.

VOLUNTEER **Become a Pink Lady** CMH Auxiliary



CALL
(503) 325-4321

Extension 4402
for further information.



time, we will be happy for your help.

Take the next step. At CMH, you can put your interests into action and help others at the same time. To

learn more about how you can get involved, call Laura Lemhardt at **503-325-4321, ext. 4402**, or go to www.columbiamemorial.org and click on "Careers & Volunteers."

