

# CMH HEALTH COMPASS

A JOURNAL DEVOTED TO HEALTHFUL LIVING



FALL 2013

## CMH awarded Planetree Patient-Centered Care Designation

**WELCOME** to the fall edition of *CMH Health Compass*!

On Dec. 20, 2000, the Columbia Memorial Hospital (CMH) Board of Trustees partnered with an organization called Planetree to help CMH deliver care in a more patient-centered manner. At that time, Planetree did not have a designation process and even the term “patient-centered care” was not very well-known. The Board, however, felt this patient-centered philosophy would provide a unique experience for patients and differentiate CMH from other health care institutions.

Since it was founded by a patient in 1978, Planetree has defined what it means to be patient-centered.

### How Planetree began

Thirty-some years ago, Angelica Thieriot was being treated in a California hospital. Medical care was good, but other things—what hospitals now call the “patient experience”—were lacking. Nurses bustled in and out of her bare-walled

Planetree’s philosophy is based on a simple premise: Care should be organized first and foremost around the needs of patients.

In 2000, there were only 36 other Planetree hospitals in the nation; today, there are more than 230, including several VA hospitals. CMH strongly believes the community deserves a health care organization that is truly focused on an individual’s body, mind and spirit.

### We focus on the whole person

In 2010, the Board made achieving the Planetree Patient-Centered Care Designation a vital organizational goal. From the Board’s view, moving toward designation was necessary

room, telling her nothing. Waiting areas were dismal, and loved ones were kept in the dark about her treatment.

Thieriot came to the conclusion that there must be a better way.

Read the whole Planetree story. Go to [www.columbiamemorial.org/about-planetree.aspx](http://www.columbiamemorial.org/about-planetree.aspx).

to validate, through specific measurement criteria, CMH as an organization truly “walking the talk” in patient-centered care.

Now I am proud to say that CMH has achieved the Planetree Patient-Centered Care Designation. This designation is something only 19 other hospitals in the United States have achieved.

I am extremely proud of the more than 500 CMH caregivers who helped us achieve this important milestone. CMH stands ready to meet all your health care needs.



Erik Thorsen, CEO

Erik Thorsen, CEO



INSIDE

4 Visit our ENT and Cosmetic Clinic—and celebrate your beautiful self.



**It's officially open:** With some help from the clinic staff and Astoria-Warrenton chamber ambassadors, Cosmetic Surgeon Christopher Nyte, DO, cuts the ribbon at the grand opening of the new CMH Primary Care and Urgent Care Clinic in Warrenton.

# Primary care now available in Warrenton

**MORE** than 100 local business owners, community members and CMH staff members gathered on July 20 to celebrate the grand opening of the CMH Primary Care Clinic in the Warrenton Highlands Business Park.

CMH hopes to ease the difficulty area residents have in finding a local primary care provider (PCP). People in the Lower Columbia Region who are on Medicare and Medicaid have a particularly difficult time establishing care.

"The clinic has gotten off to a great start thus far and continues to get busier each week," says Ken Boucher, CMH's Chief Operating Officer and Medical Group Director.

## The need is there

In its first two months, the clinic has seen more than 200 patients, 50 percent of whom were on Medicare or Medicaid.

According to Erik Thorsen, CMH Chief Executive Officer, CMH opened the clinic as part of its mission to provide high-quality, local care to the residents of the Lower Columbia Region. In the past, it wasn't unusual to wait several weeks for a new patient appointment, leading many people

to turn to walk-in urgent care and emergency services.

The majority of the Primary Care Clinic's patients have been from the Astoria-Warrenton area, with about 20 percent traveling from Washington. Seventy percent of patients were self-referred, and 15 percent were referred by CMH Urgent Care in Astoria.

"We know that the more access to primary care people have, the better the health of the community overall," says Boucher.

Seeing a PCP regularly is important for everyone, even those people who seem to be in great health. "Primary care providers catch silent conditions like high blood pressure, high cholesterol and thyroid disease before they become bigger health problems," Boucher says.

The new clinic offers primary care services for patients 16 and older and a walk-in urgent care for all ages, as well as on-site lab and x-ray services.

Internal Medicine Physician Brian Cox, MD, currently sees patients Monday through Friday, 9 a.m. to 5 p.m. Boucher anticipates that the clinic will log 5,000 to 6,000 primary care patient visits per year.

"The response from the community has been very positive.

Dr. Cox has been a great addition and a perfect choice to begin a new clinic. He has been a great role model for staff, a teacher and an excellent physician," Boucher says.

During the grand opening party, 10 new patients made appointments.

The clinic accepts most insurance, including Medicare and Medicaid. "For folks that are not insured, our services are offered on a sliding scale," Boucher says.

The CMH Primary Care and Urgent Care Clinic is located off U.S. Highway 101, in the Warrenton Highlands Business Park, near Staples and Petco, at 1639 SE Ensign Lane, Suite B101, Warrenton, Ore.

**Primary Care Clinic hours:** Monday through Friday, 9 a.m. to 5 p.m.  
**Urgent Care hours:** Seven days a week, 9 a.m. to 7 p.m.



**Patients' advocate:** CEO Erik Thorsen says the need for better access to primary health care in the Lower Columbia Region was made clear through community surveys, calls and comments.





**Open wide:** Pediatrician Katrina McPherson, MD, examines a young patient.

## Here's looking at you, kid!

Checkups can help keep little ones healthy

**FOR** a new arrival in the world, your baby sure has a busy social calendar.

Granted, many of those engagements are doctor's appointments, but there sure are a lot of them!

In fact, a baby may see the doctor 10 or more times during his or her first two years. That's because your child's doctor wants to make sure your child is healthy and growing well.

### Seeing the doctor

Your baby's first checkup will likely take place in the hospital soon

after delivery. Doctors and nurses will give your baby a thorough

physical, just to make sure everything is OK. The doctor can tell you when he or she needs

to see your newborn in the days to come.

After these earliest visits, the American Academy of Pediatrics recommends checkups:

- ▶ During the first year at 1, 2, 4, 6, 9 and 12 months.
- ▶ During the second year at 15, 18 and 24 months.
- ▶ At 30 months and annually starting at age 3.

Your child deserves the best care. To find a CMH pediatrician, call **503-325-7337**.

At these visits, the doctor will likely:

- ▶ Measure growth by checking your baby's weight, length and head circumference.
- ▶ Check your baby's heart, lungs, eyes, ears and mouth.
- ▶ Ask about your baby's routine, such as eating, digestion and sleep patterns.

At each appointment, you'll also have a chance to ask questions—new parents generally have many of these. Don't be afraid to speak up. Doctors realize this is all new for you.

### A word about shots

Nobody likes to hear a baby cry.

But immunizations are vital to helping your child stay safe from some serious diseases.

During baby's first two years, vaccines that are given include those for: ▶ Diphtheria, tetanus, pertussis (DTaP). ▶ *Haemophilus influenzae* type b (Hib). ▶ Hepatitis A. ▶ Hepatitis B. ▶ Influenza (flu). ▶ Measles, mumps and rubella (MMR). ▶ Pneumococcal diseases. ▶ Polio. ▶ Rotavirus. ▶ Varicella (chickenpox).

### We'll be there!

Be sure your baby sees the doctor as needed. Keeping your checkup appointments is one of the most important things you can do as a parent.

Our experts are here for the needs of your family. For a physician

referral, call **503-325-4321**, ext. 7500.



## Choosing a doctor for your baby

Along with names, a crib and paint for the nursery, one of the things expectant parents think about is choosing their baby's doctor.

The choice is important. You want someone you can depend on to help your child stay healthy in the years to come.

To find a doctor, you may want to get references from your obstetrician, friends and family. And you may want to visit candidates.

Here are some things to think about in making your choice:

- ▶ Does the doctor seem friendly and knowledgeable?

- ▶ Is the office staff helpful?
- ▶ How does the office handle emergencies and after-hours care?
- ▶ Can you call or email the doctor with questions?
- ▶ Does your insurance plan cover seeing this physician?

For information about our physicians, visit [www.columbiamemorial.org](http://www.columbiamemorial.org).



Source: American Academy of Pediatrics



# Look as good as you

UNVEIL YOUR  
BEST SELF WITH  
COSMETIC  
SURGERY

**SOMETIMES**, no matter how healthy our lifestyle choices are, we can't overcome the effects of age or the physical traits we've inherited from our families. That's one reason why cosmetic surgical procedures have become so popular.

"Cosmetic surgery can help people feel more comfortable in their bodies," says Richard Baxter, MD, FACS, spokesman for the American Society of Plastic Surgeons (ASPS). People may want to feel less self-conscious when going out, or they may simply want their clothes to fit them better. Whatever the reason, cosmetic procedures can help you make the conscious decision to look—and feel—good.

Here are three of the most common categories of cosmetic surgery:

## **BODY CONTOURING**

Liposuction, tummy tucks and thigh lifts are all examples of procedures that create a smoother body contour by targeting areas of excess fat or sagging skin.

"These procedures help people get the full benefit of their diet and exercise program by taking care of parts of the body that diet and exercise can't affect,"

Dr. Baxter says. For example, if you have a body type that stores fat in the abdomen (apple-shaped) or in the thighs (pear-shaped), these procedures can help bring your body back into proportion. Liposuction can also be performed on the

## You can give your look a lift without surgery

There are options other than surgery that can help you look your best. These three common nonsurgical cosmetic procedures can help your skin look younger and smoother:

**Botulinum rejuvenation** involves a series of injections of botulinum toxin (commonly known as Botox) to block nerves and relax targeted muscles.

# Feel

arms, neck, hips, back, cheeks, chin, calves and ankles.

## BREAST SURGERY

Breast augmentation involves using silicone- or saline-filled implants to help achieve fuller breasts.

“One misconception is that everyone who has breast implants wants to look unnaturally big,” Dr. Baxter says. “But most women don’t want that. They just want to look more proportional. They want

Learn about the services we offer here at CMH. Go to [www.columbiamemorial.org](http://www.columbiamemorial.org). Search for “cosmetic surgery.”

to feel better about how their dress or swimsuit fits.”

Other breast surgeries, such as a breast lift or breast reduction, can also help bring breasts into proportion with the body’s overall shape.

Within a week of treatment, wrinkles such as frown lines and crow’s feet are less apparent. The results usually last three to four months, and treatment can be repeated as needed.

**Fillers** reduce lines in the face and hands. A variety of fillers can be used, including hyaluronic acid gel and self-donated fat. The filler is injected to help fill out areas that may be gaunt or drooping.

## REJUVENATION PROCEDURES

Face lifts, brow lifts and eyelid surgeries are commonly done to help reduce signs of aging in the face and neck. These procedures can help remove wrinkles and loose skin or reduce the appearance of a double chin or jowls to help your face look more youthful and rested.

## THINGS TO CONSIDER

Choosing cosmetic surgery is a very personal decision. When you’re ready to talk with a surgeon, he or she will want to discuss your needs and expectations, including:

- ▶ Your reasons for having surgery.
- ▶ What you expect to get out of the surgery.
- ▶ Your medical history and your current health.

The doctor will also talk with you about the risks associated with surgery, which may include scarring, infection or numbness.

The success and safety of many cosmetic procedures depend upon your being completely candid in conversations with your surgeon.

“Be comfortable with your understanding of what you’re going to get out of the surgery, and choose a surgeon that you’re comfortable with,” Dr. Baxter advises.

Most produce immediate results, and the effects may last anywhere from a few months to the rest of your life, depending on the type of filler.

**Laser hair removal** and other procedures can help remove unwanted hair—often on the face, back or chest.

After complete treatment, which typically takes a few sessions over the course of a few months, targeted hair

## The doctor will see you now

Christopher Nyte, DO, recently joined CMH and sees patients at CMH’s new ENT & Cosmetics Clinic. His services include general ear, nose and throat (ENT) care—



Christopher Nyte, DO

such as ear tubes, tonsils, sleep issues, and nasal and sinus surgery—and cosmetic surgery.

Dr. Nyte has operated a successful practice in Maple Valley, Wash., since 2005 and was voted by King 5 viewers as one of the top five plastic surgeons in the Seattle area three years in a row.

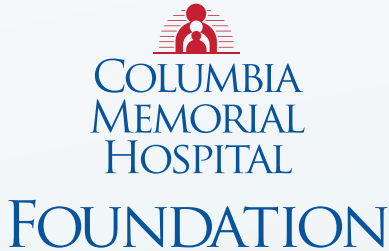
Dr. Nyte attended medical school at A.T. Still University in Missouri. He did his residency at Northeast Regional Medical Center in Missouri and fellowships at Graduate Hospital in Philadelphia.

He and his wife have a particular affinity for the Columbia coast region. They were married in Cannon Beach 26 years ago and have owned a second home here since 2006.

follicles go dormant for a period of time of up to several years.

**Check with your doctor.** Though these procedures are generally safe, there are risks associated with each of them. Talk with a dermatologist if you want to learn more—or if you’re considering an at-home cosmetic treatment.

Source: American Academy of Dermatology



503-325-3208

Email [foundation@columbiamemorial.org](mailto:foundation@columbiamemorial.org)

## A look at our regional economy

The Business Relations Committee presents a panel discussion with:

- ▶ Paul Benoit, City of Astoria Manager.
- ▶ Brett Estes, Community Development, City of Astoria.
- ▶ Scott Somers, Clatsop County Manager.
- ▶ Kevin Leahy, Clatsop Economic Development Resources Executive Director.

**Thursday, Oct. 17, 5:30 p.m.**  
**CMH Columbia Center, Coho Room**  
**2021 Marine Drive, Astoria**

For reservations, call the Foundation office at **503-325-3208**



## Phil Vassar sang for Cancer Care at CMH

Famed country singer and songwriter Phil Vassar gave two concerts in Astoria over the Labor Day weekend. All proceeds benefited the CMH Foundation's Cancer Care Phase 2 project. Vassar appeared at a private residence on Sunday, Sept. 1, and at the Liberty Theater on Monday, Sept. 2. For more information about the Cancer Care Phase 2 project or to make a donation,

call the Foundation office or visit [www.cmh-foundation.org](http://www.cmh-foundation.org).

## What'll your legacy be?

This time of year provides an opportunity to reflect on meaningful ways that we can create a lasting legacy. The legacy that we leave could be established through memories, time or our resources. What will be your legacy? Whatever you choose, don't let this time of harvest pass without thinking about creating your lasting legacy.

One simple way to leave a legacy is to name your favorite charity in your will. This does not crimp your day-to-day budget but makes it possible for almost anyone to do more in the future to help those you love, including family, friends and charity.

The most frequent gifts made in a will or trust include:


- ▶ **A fixed bequest:** This is the gift of a fixed dollar amount to a family member, friend or charity.
- ▶ **A specified percentage:** Many people divide their estate by percentages, leaving a specific percentage, such as 10 percent or 20 percent, to be divided among listed recipients.
- ▶ **A gift of a specific asset:** Gifts of a parcel of real estate or a block of stock may be made to family, friends or charity.
- ▶ **A residuary gift:** Specific bequests are often given to family members, and the



remainder of the estate is divided equally among a variety of charitable causes.

▶ **Gift in trust:** There are a number of appropriate ways to leave a gift in trust. A trust may give an income to charity with the remainder going to family after death or vice versa.

For more information on how you can leave a lasting legacy, please

 contact the Foundation office or visit [www.cmhgift.org](http://www.cmhgift.org).

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## CMH Foundation seeks committee members

The Foundation is encouraging community members to become involved in enhancing local health care by volunteering to serve on one of its committees. The Foundation has seven standing committees that reach out to the community. The committees are: ▶ Annual Support. ▶ Business Relations. ▶ Community Relations. ▶ Finance. ▶ Major Gifts. ▶ Legacy Giving. ▶ Special Prospects.

 To find out more about serving on a Foundation committee, contact the Foundation office or visit [www.cmh-foundation.org](http://www.cmh-foundation.org).

### Annual Support

Genevieve Butenshon,  
 Chairwoman  
 Nadine Campbell-Davis  
 Nicolle Landwehr  
 Jeanne Maddox-Petersen  
 Linda Poole

### Business Relations

Jeff Parker, Chairman  
 Don Accuardi  
 Ken Boucher  
 Jarrod Karnofski  
 Pat Roscoe  
 Jared Rickenbach

### Community Relations

Jennifer Canessa,  
 Chairwoman

Nancy Autio  
 Max Bigby  
 Barbara Crass  
 Sara Hauke  
 Norma Hernandez  
 Paul Mitchell  
 Patsy Oser  
 Susan Spence

### Major Gifts

Jeff Leinassar, Chairman  
 Max Bigby  
 Cliff Fick  
 Marty Gill  
 Rick Karsten  
 Kevin LaCoste  
 Brian Radditz  
 Erik Thorsen

### Planned Giving

Mike Autio, Chairman  
 Walt Postlewait  
 Scott Seppa  
 A.J. Siegmann  
 Candi Vanderberg  
 Constance Waisanen

### Special Prospects

Patsy Oser, Chairwoman  
 Lisa Abbott  
 Kent Easom  
 Michael Foster  
 Bill Garvin  
 Sari Hartman  
 Charlene Larsen  
 Cindy Leibel  
 Jill Storey

# TAKE TIME FOR YOUR HEALTH!



Call 503-338-7564, email [cheryl\\_ham@columbiamemorial.org](mailto:cheryl_ham@columbiamemorial.org) or visit [www.columbiamemorial.org](http://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, weekend and online options. Please contact us for more information.

## HEALTH AND WELLNESS

### Living Well With Chronic Conditions

**Tuesdays, Oct. 15 to Nov. 19, 5:30 to 8 p.m.**  
**First Lutheran Church, Astoria**  
This six-week course provides individuals with the tools for living a healthy life with a chronic condition. Topics include relaxation techniques, managing emotions, fitness, nutrition, communication, working with your health care team and more.

### Healthy Eating for Successful Living

**Thursdays, Oct. 17 to Nov. 21, 10 a.m. to noon**  
**CMH Columbia Center**  
This program is designed to increase your understanding of healthy nutritional choices. Classes will include understanding dietary guidelines, grocery shopping, meal prep and cooking, and more! Class size limited. Register now!

## Stress and Health

**Tuesdays, Oct. 29 to Dec. 10 (no class Nov. 26), 12:30 to 1:30 p.m.**  
**CMH Columbia Center**  
\$25

This six-week class, led by a licensed social worker, is designed to assist individuals in identifying stressors and to develop coping strategies to enhance personal health and wellness.

## Reiki Training

**Saturday and Sunday, Nov. 2 and 3, 9 a.m. to 3 p.m.**  
**CMH Columbia Center, Chinook Room**  
\$75

Reiki is a practice of mindful, compassionate touch that utilizes life energy flow to bring about wholeness in body, mind and spirit. The training format consists of the oral tradition of reiki and the hand positions for self-treatment and for treating others. The unique components of reiki training are the four activations of the vibratory flow of life energy. Class time allows for sharing, support, giving and receiving reiki touch. Reiki is an experiential practice.

### Get a Grasp on Medicare

**Tuesday, Nov. 5, 4 to 5:30 p.m.**  
**CMH Columbia Center, Coho Room**

This course is appropriate for those new to Medicare and those who are already enrolled in Medicare with questions about benefits. Registration is requested.

## Strong Bones

**Mondays and Wednesdays, Nov. 18 to Jan. 22 (no classes on holidays), 5:30 to 6:30 p.m.**  
**CMH**  
\$50

This 10-week program is a national, evidence-based community exercise and nutrition program targeted to midlife and older women. The program assists women in maintaining muscle mass, strength and function. It is easy and fun!

## TOBACCO CESSATION

**Trying to Quit Tobacco? Individual Tobacco Cessation Consultations Available Monday to Friday**  
**Billable to most insurance**  
**CMH Columbia Center**

The certified tobacco treatment specialist is available for individual tobacco cessation consultations to assist and support you in quitting tobacco. The addiction to nicotine and the habit of tobacco use are addressed in addition to behavior change and the support needed to assist in tobacco cessation. Treatment plans are identified for each individual.



## 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, 5:30 to 7 p.m.**  
**CMH Columbia Center Chinook Conference Room**  
Contact Brigid Koeppen at 503-338-4085.



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**Kenneth Boucher**  
**Stephanie Brenden**  
**Guy Rivers**  
**Trece Gurrad**  
**Bill Lind**

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## A trio of heart-smart foods

**Spinach.** Slip some into your next sandwich or omelet, or enjoy it solo as a salad. However you use it, Popeye was right: This bright green veggie is good for you—especially your heart. Like other produce, it lowers cholesterol. Plus, it has the extra advantage of being a super source of potassium, which helps bring down blood pressure.



**Walnuts.** Some fats are good for your heart. And walnuts are rich in polyunsaturated fat, a beneficial kind that lowers cholesterol levels. They also contain omega-3 fatty acids, which reduce heart attack risk. Go a little easy, though—walnuts are high in calories. Fourteen walnut halves make up a single serving.



**Salmon.** Fatty fish like salmon are especially high in omega-3 fatty acids, which appear to lower your risk of dying from heart disease. Along with reducing heart attack risk, they protect against blood clots and high blood pressure and they lower triglyceride levels. So why not treat yourself to salmon—or another fatty fish, such as tuna or mackerel—tonight?



Source: Academy of Nutrition and Dietetics

## Love your heart

**CELEBRATE** your hard-working heart! High-five it with five heart-healthy strategies. The American Heart Association and the American College of Cardiology recommend that you:

- 1 Quit smoking if you smoke, and avoid secondhand smoke.
- 2 Control your blood pressure with weight management, exercise, and a diet that reduces sodium and includes plenty of fresh fruits, vegetables and low-fat dairy products. Take medicine if necessary.
- 3 Keep your cholesterol under control. Weight management, exercise and reducing saturated fat, trans fatty acids and cholesterol in your diet will help. You may need to make other dietary changes and take medicine as well.
- 4 Stay active. Aim for 30 to 60 minutes of moderate-intensity aerobic activity, such as brisk walking, on most—preferably all—days of the week. Add resistance training two days a week.
- 5 Manage your weight. Talk to your doctor if your waistline is 35 inches or more (women) or 40 inches or more (men).

Diabetes is a major risk factor for heart disease. The things you do to control other risk factors can help you control diabetes as well.



Need a doctor? We can help. Call Columbia Memorial Hospital at 503-325-4321.