

# CMH HEALTH COMPASS

A JOURNAL DEVOTED TO HEALTHFUL LIVING



SPRING 2011



**Happy anniversary!** This year marks the 60th anniversary of the CMH Auxiliary. The Auxiliary Board, from left: Marie Schultz, Co-Member at Large; Mary Schwary, Secretary; John Veenendaal, Vice President; Margaret Wills, President; Lavonne Carnera, Treasurer; and Stephanie Brenden, Volunteer Coordinator. Not pictured: Bonnie Barnett, Co-Member at Large.

## Give the gift of time

**GOOD** things may come in small packages, but sometimes the best things require no package at all.

Often the perfect gift is the gift of your time.

By becoming a volunteer, you can donate your energy and talents to help people in all kinds of ways.

CMH volunteers are a vital part of our team. Volunteer

duties in the hospital might include answering phones, showing visitors around or helping in the gift shop.

Other local organizations and facilities rely on volunteers as well, including schools, social service agencies and charitable groups. Perhaps you'd like to work with children, or maybe you'd rather be outdoors

helping to build affordable homes or landscaping a neighborhood park.

Of course, volunteering doesn't have to be done through a formal agency or group. You may choose to help friends and neighbors by lending a hand with errands, shopping, housework or child care.

**Positive rewards in return.** There are added bonuses to volunteering, ones

that benefit you, the giver.

According to research, older adults who volunteer can improve their physical and mental health and their overall life satisfaction. Volunteering can help you build self-confidence, make new friends, learn new skills and forge a closer bond with your community.

Call **503-338-7573** to learn more about volunteering.

### CEO LINK

## Spring has sprung!

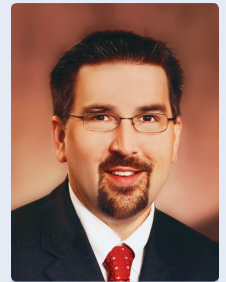
**WELCOME** to the spring

issue of the *CMH Health Compass*!

In this issue you can read about our wonderful, caring and compassionate volunteers, the Pink Ladies, celebrating 60 years of service to CMH. You'll

also meet Bill Armington, MD, and Hugh Sabahi, MD, and learn about the major technology and equipment upgrades occurring within CMH's Imaging Department. On page 2, Truman Sasaki, MD, a local general surgeon, discusses the benefits and necessities of colonoscopy. And on page 3, Diana Rinkevich, MD, of the CMH-OHSU Cardiology Clinic, shares heart-smart tips for women.

Have an enjoyable and healthy spring!



Erik Thorsen, CEO

Erik Thorsen, CEO

**INSIDE**

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# Saving a life

## The importance of colon cancer detection

By Truman M. Sasaki, MD

**COLORECTAL** cancer is the second leading cause of death when both women and men are considered. And Clatsop County has one of the highest rates of advanced colon cancer in the state of Oregon.


Usually, colon cancer can be prevented or detected at an early, curable stage. Screening examination may save a life.

Here's what you need to know:

▶ Screening for precancerous polyps or cancer should start at age 50 (45 for African Americans).

▶ The fecal occult blood test is a chemical stool blood test. You can get test cards from your doctor, and the cards are completed in the privacy of your own home. The test is done once a year.

▶ The fecal immunochemical test is a more accurate test and is also a home card test done on a yearly basis. These cards are available at your doctor's office, or you can call Nancy Magathan at

 **503-325-4321, ext. 5759.**

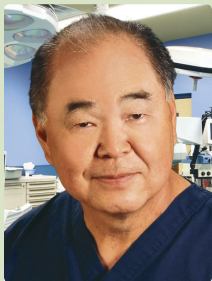
▶ Flexible sigmoidoscopy examines the rectum and lower colon and is done in the doctor's office every five years.

▶ Colonoscopy examines the entire colon and is done every 10 years. Sedation is given for this procedure for the patient's comfort.

Detecting and removing small cancerous polyps have been shown to prevent colon cancer in some patients. Removal of early cancerous polyps can prevent the need for surgery and save a life.

The most effective way to share this message is for those who have had these experiences to spread the word to friends and neighbors. You may be the one to save a life.

## Your neighbor, your surgeon



Truman M.  
Sasaki, MD

Truman M. Sasaki, MD, joined the Columbia Memorial Hospital (CMH) team as a general surgeon in 2004. After completing his undergraduate work at Dartmouth University, Dr. Sasaki graduated from the

Oregon Health Sciences University (OHSU) Medical School. Dr. Sasaki specializes in general and vascular surgery and has completed two research fellowships: one in transplantation at the University of Wisconsin in Madison and the other in cancer and oncology at OHSU.

Dr. Sasaki and his wife, Norma, live in Astoria. She is the office manager for Dr. Sasaki's office. The Sasaki's have four

grown sons and two grandchildren. The couple enjoys fishing, clamming and mushrooming. They are also book and antique collectors.

Dr. Sasaki's other specialties include laparoscopic surgery; trauma surgery; minimally invasive surgery; abdominal, colorectal, breast and thyroid surgery; ultrasound-guided breast and thyroid biopsy; and sentinel node biopsy.

To complement Dr. Sasaki's practice and aid in his care of patients with breast and other issues, he offers an in-office ultrasound, which enables him to provide ultrasound-guided biopsies of the breast, thyroid, lymph nodes and other areas.

For more information about Dr. Sasaki, call his office at **503-338-5353**. Or make an appointment at 2055 Exchange St., Suite 290, in Astoria.



CARDIAC REHAB

# Help for a healing heart

**YOU** know that falling back into bad old habits after a heart attack isn't an option. Now more than ever, it's crucial to find the right exercise and diet plan and, if you smoke, to figure out how to finally stop.

But how? Where can you turn for the best advice and training so that you can get healthy and stay that way?

For many, the answer is cardiac rehabilitation.

Our cardiac rehab program is designed to help people with heart trouble change their unhealthy habits, speed their recovery and

reduce their chances of future heart problems. The program involves help and guidance from our doctors, nurses and other health care professionals.

A key component of the CMH rehab program is a safe and

supervised exercise plan. Plans are individually designed to help people slowly build strength and endurance using a variety of exercise equipment.

CMH medical professionals

Don't fall back to bad habits.  
Call CMH's cardiac rehab program  
at **503-338-4052**.

carefully monitor your heart rate, blood pressure and other vital signs while you exercise.

There's more to rehab than exercise. Depending on your needs, our rehab program might also help you:  
▶ Quit smoking. ▶ Create and adopt a healthy diet. ▶ Lose weight. ▶ Learn to better cope with stress.

**Benefits of rehab.** For many people with heart trouble, rehab is a literal lifesaver.

Research shows that people who take part in rehab programs have fewer second heart attacks and fewer heart surgeries than people who don't take advantage of them.

To decide whether our cardiac rehabilitation program is a good choice for you, talk to your doctor.

Source: American Heart Association

## Heart-smart steps for women

**IT'S** a sobering fact that gets to the heart of the matter: One in 4 U.S. women will die from heart disease.

Heart disease remains the leading cause of death and disability for American women.

Some risk factors for heart disease, such as getting older or having a family history of heart problems, can't be changed.



Diana Rinkevich,  
MD, FACC

But you can control many factors that put you at risk by making small changes in your daily life, according to Diana Rinkevich, MD, FACC, Associate

Professor of Medicine, Director of the Heart Disease in Women Program at Oregon Health and Science University and Medical Director of the CMH-OHSU Cardiology Clinic. Women should start by knowing their numbers, including their cholesterol, blood sugar and blood pressure, and be proactive in controlling them.

Aim for these levels:

- ▶ Low-density lipoprotein (bad) cholesterol below 100 mg/dL.
- ▶ High-density lipoprotein (good) cholesterol above 50 mg/dL.
- ▶ Triglycerides below 150 mg/dL.
- ▶ Blood pressure below 120/80.
- ▶ Fasting glucose below 100 mg/dL.

Here are some tips to get to these numbers:

- ▶ Exercise regularly. Try for at least



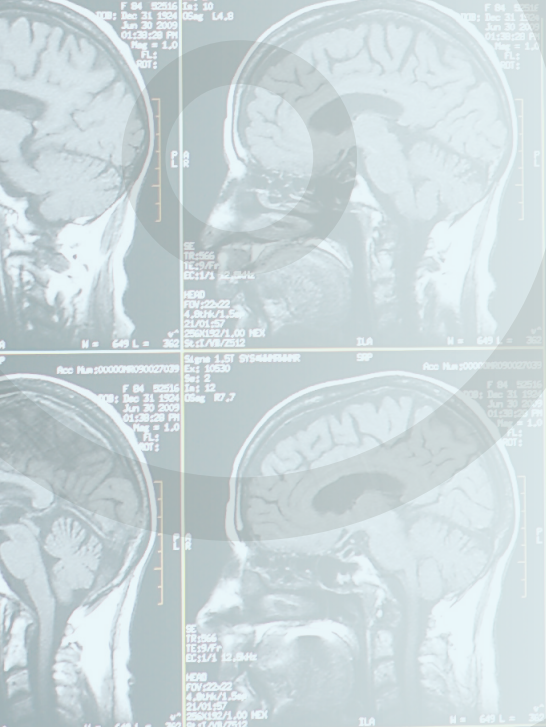
30 minutes of brisk walking or more vigorous exercise every day.

- ▶ Eat a healthful diet that is built around whole grains, fruits, vegetables and low-fat dairy products.
- ▶ If you smoke, quit. During the year after you quit, your risk of heart disease will drop by more than half.
- ▶ Maintain a healthy weight. If you are overweight, even a modest weight loss can reduce your risk for developing heart disease.

**Be in the know.** Bring up heart health with your doctor. Discuss your risk factors and what you can do.



To learn more about staying heart-healthy, visit our Health Information Library at [www.columbiamemorial.org](http://www.columbiamemorial.org).



## CMH RADIOLOGY SERVICES

# Looking ahead

By Bill Armington, MD  
*Radiologist*

**AS** recently as three years ago, the Imaging Services Department at Columbia Memorial Hospital (CMH) had only the basic equipment for radiology in a small hospital: computed tomography (CT), fluoroscopy, plain radiography, film mammography, nuclear medicine and ultrasound.

But as the needs of our community have grown, so have our capabilities, and we have now grown to be a full-service imaging department. We began by adding

digital radiography to increase the speed and accuracy of radiologic diagnoses. Next we added digital mammography to help detect breast cancer earlier for women at risk in our community. The trauma patients we so frequently serve often can't wait for their injuries to be assessed, so we added a multi-slice CT scanner to meet their urgent needs. Next we added a 1.5T MRI adjacent to the Emergency Department, so we can give quick, accurate diagnosis right where it's needed most.

To meet women's imaging needs—specifically screening for osteoporosis—we added bone

## Dedicated to our community



Hugh Sabahi, MD

Radiologist Hugh Sabahi, MD, has been serving the people of the Lower Columbia area with skill and compassion at Columbia Memorial Hospital since 1996.

Dr. Sabahi is board-certified in

diagnostic radiology. His areas of specialty include interpretation of all diagnostic radiologic modalities, including more than 20 years of experience with ultrasound, computed tomography and magnetic resonance imaging. He also performs

fluoroscopic procedures ranging from gastrointestinal studies to myelography, many types of biopsies and image-guided therapeutic procedures.

After completing a surgery internship that was leading to plastic surgery, Dr. Sabahi was intrigued by the rapid expansion of technology in the field of radiology. He switched to radiology for residency training at that point.

Dr. Sabahi worked part-time as an emergency physician for four years during his residency and began his first practice in Missouri in 1988. During that time he performed a variety of procedures that relied heavily on interventional techniques, including

balloon angioplasty of blood vessels and intravascular stent placement, for which Dr. Sabahi is certified.

After receiving his medical degree from Oregon Health and Sciences University in Portland, Dr. Sabahi completed a surgery internship at Northeastern Ohio College of Medicine and his diagnostic imaging residency at Oral Roberts University.

"We're dedicated to providing competent, comprehensive radiology services with compassion," Dr. Sabahi says. "We are excited about the future and the things coming that will benefit our community."

He hopes to use these skills again for our community as the hospital expands and becomes capable of supporting more services.

densitometry. We expanded our ultrasound capability to include 3-D and 4-D to serve our growing obstetrics practice.

Echocardiology, a type of ultrasound, has grown from a three-times-a-week offering to a full-time operation in both the hospital and the Outpatient Cardiology Clinic, with transesophageal echocardiograms now being offered in the hospital. And we added nuclear medicine spectroscopy to allow for improved cardiac imaging to diagnose myocardial infarction and ischemic (at-risk) heart tissue.

In addition, we recently added a higher-resolution 3T MRI to diagnose subtle neurological and musculoskeletal abnormalities. We have expanded our pain management abilities in order to deliver image-guided interventions for acute and chronic pain. And we now have a second multi-slice CT scanner.

We have access to 24/7 consultation coverage in all the major subspecialty areas of radiology through our partnership with Virtual Radiologic, the largest provider of subspecialty radiology services in the world.

As CMH grows in collaboration with Oregon Health and Sciences University, Imaging Services will keep pace. We'll be able to support the developing Oncology Program in direct consultation with the treating oncologists as well as important participation in regularly scheduled tumor board meetings.

As new

frontiers in imaging appear, we will assess their place in our hospital and add them as the need arises.

Our goal is to provide the best imaging support and bring the best medical care available to the people of the Pacific Northwest. And we're well on the way to achieving this goal.

We've grown! To learn more about CMH's Imaging Department, visit [www.columbiamemorial.org](http://www.columbiamemorial.org).

## Staying on the cutting edge



Bill Armington,  
MD

When asked "why radiology?" Bill Armington, MD, says, "Radiology promised to be a continuously emerging area of medicine, utilizing the latest technology and presenting new

opportunities for increasing accuracy in diagnosis and specialized treatment."

Dr. Armington has a subspecialty certification in neuroradiology; he received his medical degree from the Medical College of Wisconsin. He

completed an internship at LDS Hospital, his diagnostic radiology residency at University of Utah Hospital and a two-year Neuroradiology Fellowship at the Hospital of the University of Pennsylvania. He practiced in New Orleans for 15 years.

After Hurricane Katrina in 2005, he and his wife, Deborah, relocated to Astoria.

"We loved it here right away and have been encouraged by the warm enthusiastic welcome we have received from the community," he says.

In May 2007, Dr. Armington and Hugh Sabahi, MD, formed Pacific Coast Imaging, LLC. Their practice is in partnership with Columbia Memorial Hospital in Astoria.

## Medical x-rays: Still an efficient and safe imaging choice

When you need an imaging test, your doctor has a number of technologies to turn to, including MRI and ultrasound.

And, although it's been around the longest, doctors still rely on the x-ray.

Medical x-rays are a fast, potentially lifesaving tool for detecting injuries and illnesses. They can reveal broken bones, tumors, heart disease, kidney stones, pneumonia and many other conditions.

Other imaging methods have evolved from the x-ray as well. CT scans and mammography, for example, both use x-ray technology.

**Safety concerns.** To create images, x-rays produce radiation. While special care is taken to use the lowest amount possible, the body does absorb some radiation.

However, the benefits of an accurate diagnosis generally outweigh any risk from radiation, according to the U.S. Food and Drug Administration.

Women should inform their doctor if they are or could be pregnant. If an x-ray is still necessary, an x-ray technologist can take special precautions or take fewer x-rays than are normally required.

Always feel free to discuss your concerns about radiation with your doctor.

Additional source: Radiological Society of North America

## Mark your calendar for our two-day golf and gala event



Terry Finklein,  
former CMH CEO,  
CIGT Honoree

The CMH Foundation's 12th annual fundraiser will expand to a two-day event this year. The Columbia Invitational Golf Tournament (CIGT) will be held on Friday, May 13, and the evening gala, "An Evening at Old St. Andrews," will be Saturday, May 14, both at the Astoria

Golf and Country Club. Terry Finklein, the former CMH CEO, will be the Honoree.

To make reservations for the golf tournament and/or the evening gala, call the Foundation office at **503-325-3208** or e-mail [foundation@columbiamemorial.org](mailto:foundation@columbiamemorial.org).



## Your generosity makes it possible

The Columbia Memorial Hospital Foundation contributed \$500,000 to CMH on Dec. 31, 2010, to assist with its Surgery Center renovation, concluding a two-year fundraising effort.

"We are extremely excited and honored by this significant gift that reflects the caring and generosity of the people in Northwest Oregon," says Guy Rivers, CFO of CMH. "The Foundation and the individuals and businesses that support its work played an instrumental role in making this modern surgery center a reality for the region. Many thanks to everyone who helped CMH stay out in front in delivering high-quality surgical care for years to come, right here in our hometown."



## Financial Fitness: Take advantage of this tax-free opportunity

**By Janet Niemi, MNM, Executive Director**  
Congress has recently extended the opportunity to transfer funds directly from your IRA to a charity through Dec. 31, 2011, without triggering any tax. This provides an ideal way to help a favorite charity, such as CMH Foundation.

A charitable IRA transfer improves your tax situation. Because the charity is tax-exempt, there is no income tax on the IRA distribution, nor is the distributed portion subject to taxation in your estate. This is a significant advantage to you and your heirs.

You can transfer all or a portion of your IRA to a charity if you meet the following requirements:

- 1 You are age 70½ or older.
- 2 You make the transfer on or before Dec. 31, 2011.
- 3 You transfer funds directly from an IRA to a qualified charity.
- 4 You give \$100,000 or less (your spouse can also give up to \$100,000 from

his or her own IRA).

**One example.** Ken, age 76, is retired and has more than \$200,000 in his IRA, in addition to other assets. He takes only minimum required IRA distributions and likely will not deplete the IRA balance during his lifetime. He wants to make a \$25,000 gift to the CMH Foundation. A charitable IRA donation lets him preserve his other liquid assets and also satisfy his IRA minimum distribution requirements. Further, the transfer will create a tax savings.

**Using your IRA to give later.** If a current IRA transfer isn't right for you, consider making us a beneficiary of your IRA account. Making a charitable transfer from your IRA is simple to do. Just call your IRA administrator to make the transfer, or call the CMH Foundation office and we can assist you in making the transfer.

This column was prepared with assistance from Michael Autio, JD. This column is not intended as legal or financial advice. For legal or financial advice, please consult your attorney or accountant.



# TAKE TIME FOR YOUR HEALTH!

Call 503-338-7564, e-mail [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

### free Childbirth Classes

- Due: June 22 to Aug. 2;  
Classes: May 11 to June 15
- Due: Aug. 3 to Sept. 13;  
Classes: June 22 to July 27  
6:30 to 8:30 p.m.

CMH Community Center,  
2021 Marine Drive  
Free for couples delivering at  
CMH

This six-week course includes information about labor, comfort measures, infant care tips, lactation education and a hospital tour. You must register online or at the CMH Women's Center or by calling 503-338-7564.

### Infant Massage

Thursdays, April 28, May 26,  
June 23

9 to 11 a.m.  
CMH Community Center,  
Chinook Room  
\$5 drop-in fee

## HEALTH AND WELLNESS

### Tai Chi

Begins in April. Call CMH Community Education at 503-338-7564 for dates, times and locations.

### Healthy Cooking Classes for the Community!

- April 19: Protein Without the Meat—ideas for meatless cooking options
- May 17: Food Choices/Preparation—Does it truly affect heart disease? With Diana Rinkevich, MD. (This class will be free.)
- June 21: Portion Sizes: What's the Right Amount?
- July 19: Healthy Picnic/Barbecue Food Options  
5:30 to 7 p.m.

CMH Community Center  
\$25 per person or \$40 per couple

These courses will be presented by Chef Kurt Rummel and Melissa Morris, CMH Registered Dietitian. Come ready to learn and eat!

### free Living Well With Chronic Illness

This course teaches self-management, health care responsibilities and skills to live well with a chronic illness, such as arthritis, diabetes or heart disease. Participants are encouraged to bring a friend.

### Pharmacist-Assisted Tobacco Cessation Class

May 18 through June 22,  
10:30 a.m. to noon  
CMH Community Center  
\$400 (billable to most insurance companies)  
Register by April 25.

This course will help you quit for good. You will learn behavior modification techniques and coping skills, as well as have access to social support and stress and weight-management education. This course is led by a certified tobacco cessation expert and supported by a licensed pharmacist.

## SUPPORT GROUPS

### Bereavement Support Group

Third Tuesday of each month,  
4:30 to 6 p.m.

For information, call CMH Home Health and Hospice at 503-338-6230.

### Better Breathers Club

Tuesdays, April 12, May 10,  
June 14, 2 to 3 p.m.

CMH Community Center  
Led by a respiratory therapist, this American Lung Association group is for people with chronic lung conditions, such as asthma, chronic obstructive pulmonary disease and emphysema.

### free Depression and Bipolar Support Alliance

First Monday of each month,  
7 p.m.

First floor, CMH Health & Wellness PAVILION  
For individuals and families dealing with depression or bipolar disorder.

### Diabetes Education Thursdays

Learn how to manage diabetes. A physician referral is required. Call 503-338-4012 to learn more.

### free Loss and Grief (Children)

Second and fourth Tuesdays of  
each month, 6 to 7 p.m.

Lutheran Community Services  
Northwest, Hope House,  
3107 Grand Ave.

For children and teens through 12th grade who are dealing with the loss of a loved one. Call 503-325-6754.

### Lower Columbia Stroke Support Group for Survivors and Family

Tuesdays, April 19, May 17,  
June 21, 3 to 4:30 p.m.

First floor, CMH Health & Wellness PAVILION

This group is for stroke survivors and their family members and friends. It helps people learn more about stroke, share their personal experiences and become inspired to move forward after a stroke. Guest speakers will be invited.



Call 503-338-7564, e-mail [cheryl\\_ham@columbiamemorial.org](mailto:cheryl_ham@columbiamemorial.org) or visit [www.columbiamemorial.org](http://www.columbiamemorial.org) to register or learn more.



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2111 Exchange St.  
Astoria, OR 97103

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**Erik Thorsen**  
**Leslie Blasewitz**  
**Guy Rivers**  
**Nancy Veltkamp**

Chief Executive Officer  
Chief Clinical Quality Officer  
Chief Financial Officer  
President, Board of Trustees

For information about CMH HEALTH COMPASS:

**Paul Mitchell**

Marketing Manager

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## PLANETREE

# Let your voice be heard

**HAVE** you ever wondered where the suggestions in the suggestion box go? Who reads them, and how are they routed throughout the health care system? What about the patient satisfaction surveys? After the suggestions and patient surveys are accumulated, reviewed and reported, what happens next?

At Columbia Memorial Hospital (CMH), all suggestions and patient satisfaction survey results are read and addressed, and then they serve as a roadmap for process and quality improvement efforts. As a patient-centered provider, CMH is obliged to seek out multiple and varied ways to integrate patient and family voices into hospital operations, and to do that we tap into the Planetree model of patient-centered care.

This holistic philosophy started with a patient. When Angelica Tieriot



was hospitalized in San Francisco with a rare viral infection, she realized that the impersonal care she was receiving undermined the benefits of the high-tech hospital environment. So in 1978 she founded Planetree—named for the tree Hippocrates sat under to teach some of the first medical students in ancient Greece. Today, Planetree empowers patients and caregivers in the United States, Canada, Asia and Europe.

The Planetree model of care takes the process of seeking patient and family perspectives one step further by recommending the establishment of a patient and family advisory council. At CMH, we are currently looking for patients and families who are willing to volunteer their expertise in the patient perspective and join our patient and family

## An Adventure in History

### Astoria Bicentennial Opening Event May 19 through 22

#### Astoria

Join us for four days of family fun in Astoria with the tall ships, Chinese dragons, the private art collection of Astorian Michael Foster, Chinook Nation and other Lower Columbian Native tribes cultural performances, and the official welcome and opening ceremony presentation.




Call 503-325-5889 to learn more.



▲ CMH is a proud sponsor of the Astoria Bicentennial.

advisory council. The advisory council will meet regularly to discuss opportunities for improvement at CMH. Help us help you by sharing your experiences and by getting involved in the decision-making process to improve safety, quality and the overall patient experience.

If you are interested in finding out more about the CMH patient and family advisory council, call  **503-338-7573**.