

CMH HEALTH COMPASS

A JOURNAL DEVOTED TO HEALTHFUL LIVING

SUMMER 2013



CHOLESTEROL

It's all about the numbers

CHOLESTEROL usually gets a pretty bad rap. However, it's essential to many functions in the body. Among other things, this fatlike, waxy substance is needed to produce cell membranes and some hormones.

Yet too much cholesterol in the blood can build up in the walls of arteries, making it a major risk factor for coronary heart disease, heart attack and stroke.

So keep tabs on your cholesterol levels, and work to keep them

under control. Here are the numbers to aim for—and the ones to avoid.

LDL (low-density lipoprotein), the bad cholesterol that builds up in arteries:

- ▶ Less than 100 mg/dL of blood is optimal.
- ▶ 100 to 129 mg/dL is near or above optimal.
- ▶ 130 to 159 mg/dL is borderline high.
- ▶ 160 to 189 mg/dL is high.
- ▶ 190 mg/dL and above is very high.

HDL (high-density lipoprotein), the good cholesterol that can help lower heart disease risk:

- ▶ 60 mg/dL or higher helps protect against heart disease.
 - ▶ Less than 40 mg/dL (for men) or 50 mg/dL (for women) is too low and is a risk factor for heart disease.
- Triglycerides**, another type of fat in the blood associated with heart disease when levels are high:
- ▶ Less than 100 mg/dL is optimal.

Learn more about cholesterol in our Health Library at www.columbiamemorial.org/cholesterol.

CEO LINK

Stay cool, stay healthy

WELCOME

to the summer issue of *CMH Health Compass*. In this edition, find out why the surgeons at Columbia Memorial Hospital (CMH) are excited about



Erik Thorsen, CEO

the newest equipment in CMH's Same-Day Surgery Department. Also, get acquainted with numbers that affect your health and see why we recommend a gut check. Plus, learn why we believe a warm and soothing physical environment is vital to healing and well-being. So get a cool glass of lemonade, kick back and enjoy.

Erik Thorsen, CEO

- ▶ Less than 150 mg/dL is normal.
- ▶ 150 to 199 mg/dL is borderline high.
- ▶ 200 to 499 mg/dL is high.
- ▶ 500 mg/dL and above is very high.

Source: American Heart Association

The most advanced surgical care is at CMH

SURGEON Robert Wayne, MD, FACS, is excited about the newest equipment in the Same-Day Surgery Department at CMH.

The ERBE VIO system contains an argon plasma coagulator and electrosurgical system. The machine precisely delivers low levels of electricity and argon gas to cut and cauterize tissue during surgical procedures. Here at CMH, it is allowing surgeons like Dr. Wayne and his colleagues to give patients better and safer colonoscopies.

“It’s something to be proud of,” Dr. Wayne says. “It’s safer in many ways.”

CMH purchased the \$40,000 machine with the encouragement of the surgeons practicing at CMH.

According to Dr. Wayne, use of the VIO to remove polyps during a colonoscopy has resulted in less damage to the bowel and more complete removal of polyps, which decreases the risk of polyp recurrence by 20 percent.

The VIO has two different probes. One is a hot loop snare, which the surgeon uses to cut the polyp. The second delivers and ignites tiny amounts of argon gas to superficially cauterize the tissue.

Argon is an inert, or noble, gas, which means it’s stable and not chemically reactive. It is the third most common gas in Earth’s atmosphere and is used in a number of industrial and scientific applications, including medical procedures to destroy cancer cells, correct eye defects



Find an expert you can trust with the Physician Directory at www.columbiamemorial.org. Just click “Find a physician.”

▲ Worth showing off: Robert Wayne, MD, FACS, explains how CMH’s newest medical equipment, the ERBE VIO system, helps him perform better, safer colonoscopies. CMH surgeons can now remove more polyp tissue with less damage to surrounding healthy tissue, reducing recurrence by 20 percent.

and perform surgery.

One reason the machine is so safe for the bowel is its ability to automatically adjust power levels to suit the individual—the amount of power applied is just enough to do the job and no more.

The VIO helps CMH and our

surgeons deliver better care and better results for our patients. It is just one more example of our commitment to your health.

To schedule an appointment with one of CMH’s general surgeons, please call the CMH Specialty Clinic at 503-338-4075.

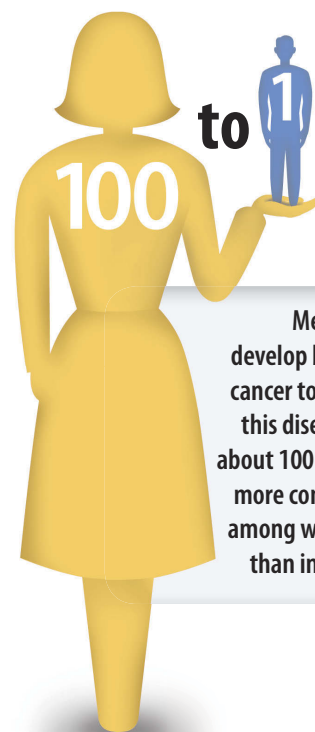
BREAST CANCER

Numbers to know

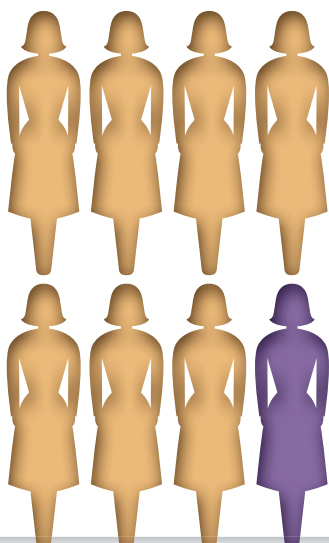
EVERY two minutes a woman in the United States finds out she has breast cancer.

And every 13 minutes a woman will die from the disease, according to the American Cancer Society. Many of these lives could be saved if women were to have regular mammograms, or breast x-rays.

The goal of these screening exams is to find cancer before it starts to cause symptoms. Breast cancers found during screening exams are more likely to be smaller and easier to treat.



Men can develop breast cancer too, but this disease is about 100 times more common among women than in men.



About 1 out of every 8 women born today will be diagnosed with breast cancer at some time during her life.

1969

The year the first modern mammogram was delivered.

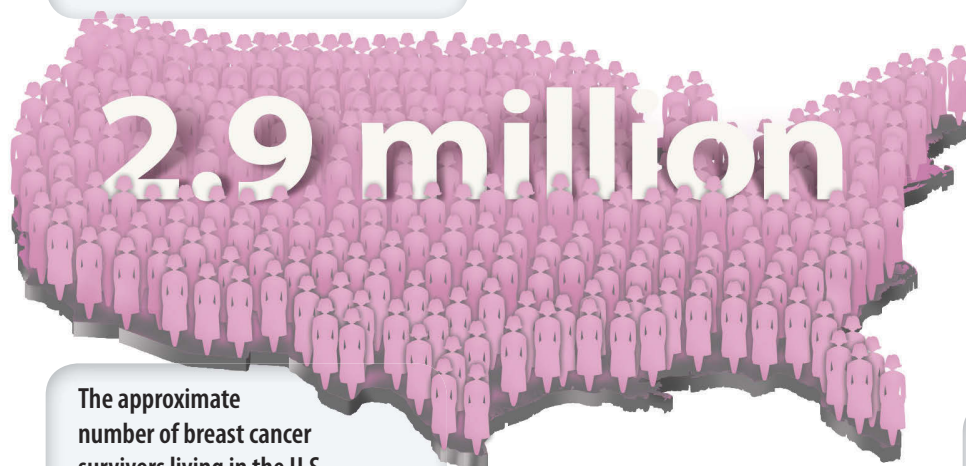


Mammograms aren't time intensive. The whole procedure takes about 20 minutes. The actual breast compression only lasts a few seconds.

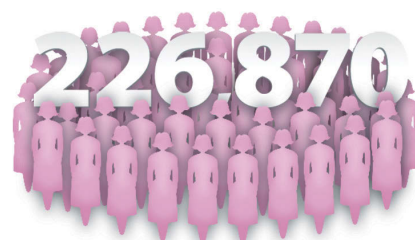
Have you had your mammogram this year?
Call the CMH Breast Imaging Center at
503-338-4520 to schedule yours now.

1,000

Of every 1,000 mammograms, only 2 to 4 lead to a diagnosis of cancer.



The approximate number of breast cancer survivors living in the U.S.



The estimated number of people diagnosed with invasive breast cancer in 2012.



Learn more at www.columbiamemorial.org/breasthealth.



GUT CHECK

WHAT'S UPSETTING YOUR DIGESTIVE SYSTEM?

Turning that tasty meal into fuel for your body is a complex job efficiently done every day by your digestive system.

That system—made up of long, looping tubes; hollow organs, like the stomach; and solid organs, like the liver—usually goes about its job quietly and behind the scenes.

But when there's a problem like heartburn, ulcers or diarrhea, the digestive system is hard to ignore. The following are a few common digestive system disorders and some ideas about how to handle them.

Heartburn and GERD

The digestive system is supposed to be a one-way street. Occasionally, though, something unexpectedly reverses itself and winds up back where it doesn't belong.

When this happens between the stomach and esophagus, the result is acid reflux. Digestive acids escape from the stomach and cause a burning sensation behind the breastbone and in the back of the throat. This is heartburn, the main symptom of acid reflux. Usually it's no cause for concern.

But, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), if acid reflux occurs more than twice a week, it may signal a more serious condition known as GERD—gastroesophageal reflux disease.

Untreated, GERD can cause a narrowed or obstructed esophagus or bleeding and may set the stage for esophageal cancer. GERD may also contribute to asthma, chronic cough and scarring of the lungs.

For starters, your doctor may suggest these lifestyle changes:

► Avoid problem foods and beverages, such as chocolate, coffee, peppermint, spicy foods, tomato products and alcohol.

- Don't smoke.
- Lose weight if you're overweight.
- Wait three hours after a meal before lying down.
- Take antacids or other over-the-counter medication.
- Prop up the head of your bed about 6 to 8 inches.

If these changes don't help and you're taking nonprescription medicine more than twice a week, see your doctor. He or she may prescribe medication or suggest more tests. In some cases, surgery may be an option.

Ulcers

Ulcers are pencil eraser-sized sores in the stomach or small intestine. Every year about half a million Americans develop an ulcer, according to the NIDDK.

The most common symptom is a burning or gnawing pain in the upper abdomen between meals. Other symptoms may include nausea, vomiting and weight loss.

Ulcers used to be blamed on stress or spicy food, but actually most are caused by the bacterium *Helicobacter pylori*, which can be detected with a blood, breath or stool test. Treatment usually involves taking antibiotics for a couple of weeks, as well as medicines to reduce stomach acid and protect the stomach.

If *H. pylori* isn't found, the ulcer is likely caused by regular use of nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ibuprofen. These ulcers are often addressed by switching to other medications.

Signs of serious complications—such as bleeding, perforation or obstruction—include sharp, persistent stomach pain; bloody or black stools; bloody vomit; or vomit

that looks like coffee grounds. If you have these symptoms, call your doctor right away.

Irritable bowel syndrome (IBS)

IBS—which affects 10 to 15 percent of Americans, twice as many women as men—is a different sort of digestive problem. It's not a defect, it doesn't show up on tests and its cause is unknown.

Instead, IBS is marked by a group of symptoms, including abdominal pain, bloating, constipation and diarrhea.

These unpredictable

and sometimes life-disrupting symptoms may come from a problem with how the brain and gut interact. Diet, stress and menstrual cycle hormones may make symptoms worse. There is no cure, but symptoms can often be managed by:

- Eliminating gas-producing

foods—like beans, milk products and carbonated drinks—and adding more fiber. Eating smaller meals more often may also help.

- Reducing stress.
- Taking fiber supplements, laxatives or antidepressants.

Talk to your doctor about finding what works best for your symptoms.

Getting help

In general, you should contact your doctor if your digestive symptoms include:

- Abdominal pain that is steady, severe or recurring; interferes with your routine; or wakes you up.
- Appetite loss or unexplained weight loss.
- A fever.
- Trouble swallowing.
- A change in bowel habits.

All is well

You can help keep your digestive system working smoothly by doing the following: drinking plenty of water; eating high-fiber, low-fat foods; and getting regular exercise.

Need help to eat right? Get a custom *My Health* e-newsletter with nutrition information and other health topics at www.columbiamemorial.org/myhealth.

HIT HARD: COPING WITH VOMITING AND DIARRHEA

Some digestive problems go beyond an upset stomach. When vomiting and diarrhea are involved, a little special attention may be needed.

These symptoms can be caused by viruses, bacteria or parasites. In many cases, vomiting and diarrhea go away without treatment. Either one, though, can lead to dehydration. That can be especially serious for infants, small children and the elderly.

Symptoms of dehydration include increased thirst, decreased urination, and feeling dizzy or light-headed. To avoid dehydration, drink the equivalent of 8 to 12 glasses of liquids per day.

Water, broth and ginger ale are good

options. Commercial rehydration solutions, such as Pedialyte, can be especially helpful for sick children.

Other remedies that may help:

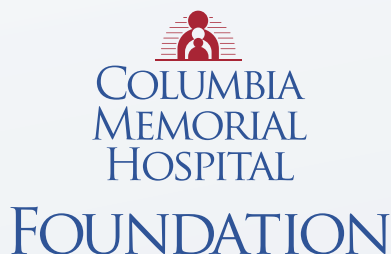
- Eating bland foods. Try crackers, rice, pasta or cooked cereal for a day.
- Avoiding fruits, vegetables, spicy foods and dairy products.
- Taking ibuprofen or acetaminophen for fever and aches.
- Getting plenty of rest.

Go to the emergency department if vomiting or diarrhea lasts longer than 24 hours—12 hours for an infant—or if there is severe stomach or rectal pain; high fever; or blood, mucus or worms in the stool.

Source: American College of Emergency Physicians



Learn to tame the pain with our healthy cooking classes. Call 503-338-7564.



503-325-3208

Email foundation@columbiamemorial.org

Charitable gift annuity: A wise choice

A charitable gift annuity is a smart decision in this economy. Once created, the rate and payments will not change. And the older you are, the higher the rate. The current rate for a person age 80 is 6.8 percent—better than CDs or other fixed income vehicles. What's more, there are significant tax savings and the minimum contribution is only \$10,000. Charitable gift annuities allow you to make a gift to local health care and receive a fixed income for life.

We can help you figure out the balance between gifting and providing for your heirs. Call the Columbia Memorial Hospital Foundation at **503-325-3208** or email Janet Niemi at jniemi@columbiamemorial.org for a no-obligation, confidential discussion and quote. Visit www.cmh-foundation.org for more information on planned giving.

Thank you, sponsors!

The Columbia Memorial Hospital (CMH) Foundation recently held two successful fundraisers—the Columbia Invitational Golf Tournament on May 10 and the Denim & Diamonds gala and auction on June 1. Golfers enjoyed a scramble-format tourney with games, prizes, buffet supper and a raffle. Guests at Denim & Diamonds feasted on Northwest gourmet cuisine, bid on silent and live auction items, and boogied to the sounds of Cloverdayle, a hot country band. Many sponsors contributed to the success of these events, and the CMH Foundation is most grateful to them.

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Reed & Hertig Packing Co.
Westerlund Log Handlers

*HealthWorks is the CMH Foundation Business Relations Committee's business giving club whose members commit to a three-year pledge to support CMH. We greatly appreciate their ongoing generosity.



Champions: The winner of the Columbia Invitational 2013 is the CMH team of Brad Junes, Randy Stemper, Erik Thorsen and Dave Heick.

McGowan leaves significant bequest to CMH

John S. McGowan, a pioneer in the Columbia River seafood industry who passed away in 2012 at the age of 93, left a very significant donation to CMH. His son, John P. McGowan, says: "Columbia Memorial was very important to him and his family during his lifetime and was instrumental in his long and healthy life. More than that, he knew how important great health care is to the community."

John S. McGowan's grandfather, Irish immigrant Patrick "P.J." McGowan, was one of about a dozen pioneers in the commercial salmon industry on the Columbia River in the latter 19th century. John S. McGowan climbed the corporate ladder to become president of Astoria-based Columbia River Packers Association (CRPA) in the 1960s. One

of his most notable decisions—with benefits far beyond the fish-packing business—was unifying the company's marketing efforts under a single name: Bumble Bee. His spent his entire career in the seafood industry, where he retired as president of Bumble Bee Seafoods, Inc., and senior vice-president of Castle & Cooke, Inc.

"He was a great figure," says Bill Garvin, of Chinook, Wash., CMH Foundation board member and McGowan's second cousin. "Everybody benefited from his life and his contributions. He was the last surviving grandchild of Patrick 'P.J.' McGowan. It's the end of an era, a great era."

The Foundation is very grateful to John S. McGowan and the McGowan family for their outstanding generosity. This donation will help us complete the CMH Cancer Center.



An industry leader: John S. McGowan in 1951, early in his career at Bumble Bee Seafoods.

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

CMH offers a full line of labor preparation courses—weekly, weekend and online options. Please contact us for more information.

HEALTH AND WELLNESS

A Matter of Balance: Managing Concerns About Falls

**Tuesdays, Sept. 17 to Nov. 5,
Noon to 2 p.m.**
**First Baptist Church,
Warrenton, Ore.**

During this eight-week class, participants learn fall prevention strategies and make or maintain changes in their daily lives to help reduce the fear of falling. Exercises begin in the third session.

Concussion Management and Sports Health

Tuesday, Aug. 6, 7 to 9 p.m.
**CMH Columbia Center,
Coho Room**
\$10

Concussion management, taping, bracing, and rehabilitation of the student athlete led by CMH Rehabilitation and Sports Medicine Services. Great for parents and coaches!

free Get a Grasp on Medicare

**Thursday, July 25,
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.

free Living Well With Chronic Conditions

**Wednesdays, July 24 to Aug. 28,
1 to 3:30 p.m.**
**First Baptist Church,
Warrenton, Ore.**

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.

Reiki Training

**Tuesday, July 16, 5:30 to
8:30 p.m., and Wednesday
and Thursday, July 17 and 18,
5:30 to 9 p.m.**
CMH Columbia Center
\$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.

Strong Women— Strong Bones

**Mondays and Wednesdays,
June 24 to Aug. 26 and Sept. 9
to Nov. 13, 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!

Tai Chi

► **Tuesdays and Thursdays,
July 9 to 25, 10 to 11 a.m.**
► **Wednesdays, July 24 to
Aug. 28, 9 to 10 a.m.**
► **Tuesdays and Thursdays,
Aug. 20 to Sept. 5, 10 to 11 a.m.**
► **Tuesdays, Sept. 10 to Oct. 15,
10 to 11 a.m.**
► **Tuesdays, Sept. 10 to Oct. 15,
5:30 to 6:30 p.m.**
CMH
\$25 for six-class series

These six-class programs provide training for beginning tai chi techniques to promote balance and strength. Programs can be repeated to enhance technique.

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.

Pharmacy-Assisted Cessation Class (PACC)—Quit Tobacco Group

**Mondays and Wednesdays,
Sept. 25 and Oct. 2, 7, 9, 14, 16,
21 and 28, 5:30 to 7 p.m.**
**\$400 for eight-class series,
billable to most insurance
CMH Columbia Center**
PACC includes nicotine replacement therapy or medications to assist in quitting. Stress management, identifying and dealing with triggers, and behavior change are discussed in a group with others working on quitting tobacco.



Call 503-338-7564, visit www.columbiamemorial.org or email cheryl_ham@columbiamemorial.org to register or to learn more.

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Better facilities for better care

AT CMH, we believe a soothing physical environment is vital to healing and well-being. That is why you may be noticing some positive changes throughout the facility. With each remodeled area, CMH hopes to incorporate the comforts of home in order to create a more comforting environment. Spaces are provided for both solitude and social activities, including family rooms, kitchens, lounges, chapels, gardens and kids' play areas.

One of the areas currently under construction at CMH is our Maternity Department. The renovations will be completed in early fall. The maternity staff is

looking forward to the updated décor and changes that will enhance our patients' experience.

CMH wants expecting families in the community to know there will be some challenges during the months of renovation—and we are working hard to minimize any discomfort or inconvenience to our patients. The CMH Maternity Department staff would like to thank you in advance for your understanding, and we look forward to providing you with care during this special time. If you have any questions, concerns or suggestions during your stay, please



call **503-325-4321, ext. 3430**, to let us know!



Find the support you need

Bereavement and Grief Support

► First Thursday of each month, 2 to 4 p.m.
Bob Chisholm Community Center, room 1,
1225 Ave. A, Seaside, OR 97138

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

CMH Health & Wellness PAVILION, third
floor conference room, 2265 Exchange St.,
Astoria, OR 97103

Free bereavement and grief support group
meetings twice per month. Please call Lower
Columbia Hospice at **503-338-6230** with any
questions.

Cancer Support Group

► Second Wednesday of each month,
5:30 to 7 p.m.

CMH, Chinook conference room
Please call Brigid Koeppen at **503-338-4085**.

Diabetes Education

CMH offers a certified diabetes education
program for your individual needs. Group
classes and individual appointments are
available with our clinical dietitians and
nurses trained in diabetic treatment. Support
group and Foot Clinics are available. Please
call **503-338-4012** for information.



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