



HEALTH SCIENCE®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • FALL 2011



3 MORE REASONS

TO KEEP YOUR HEALTH CARE CLOSE TO HOME

Meet your newest physicians Grande Ronde Hospital (GRH) works hard to improve your access to great health care by expanding choices for local services and providers. The breadth and depth of health care options we secure for this county is atypical and unprecedented for a small rural hospital. ♦ This fall, we proudly welcome three more exceptional physicians to our medical staff. Please join us in welcoming them and their families to our community. ♦ With all of our 49 active health care providers, GRH continues to give you the most options for the world-class health care you need, with the hometown touch you want.

BRIAN AFFLECK, MD OTOLARYNGOLOGY



- Otolaryngology (ears, nose and throat).
- Ear surgery and hearing preservation.
- Micro-laryngeal surgery.
- Sinus surgery.
- Thyroid and parathyroid surgery.
- Facial reconstructive surgery.
- Neck cancer surgery.
- Sleep medicine.

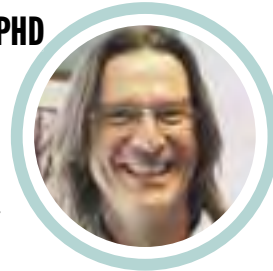
After 24 years of service as an Air Force officer in various places across the country and the globe, Dr. Affleck feels like this move with his family to Union County is like coming home. Dr. Affleck was raised in a rural community in Idaho and still has family in Idaho.

In 1991, Dr. Affleck received his medical degree from the F. Edward Hebert School of Medicine at the Uniformed Services University of the Health Sciences in Bethesda, Md. He completed a general surgery internship at the David Grant Medical Center at Travis Air Force Base, Calif., in 1992. For the next six years, Dr. Affleck completed a primary course in aerospace medicine and then served with the 42nd Medical Group as a flight surgeon and as chief of aeromedical services, flight medicine, and physical examinations and standards.

In 1998, he entered the residency program in

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MAYNARD BRONSTEIN, MD, PHD ONCOLOGY



- Oncology services.
- Cancer diagnosis.
- Cancer management and treatment.
- Hematology (blood disorders).

Many folks in our community are already familiar with Dr. Bronstein's quiet dedication to patients and comforting bedside manner. For three years, he has provided oncology services via an outreach clinic at Grande Ronde Hospital (GRH). This summer, Dr. Bronstein joined the medical staff at GRH and moved to La Grande.

After completing his undergraduate degree at Duke University in Durham, N.C., Dr. Bronstein went on to attend Duke University School of Medicine, receiving his combined medical degree and doctorate of philosophy in 1992. He also completed his internship and residency there. He then earned a prestigious fellowship in hematology and oncology from Duke in 1999.

After nearly two decades at Duke University, Dr. Bronstein was encouraged to consider joining the faculty, but was eager to work in a hands-on clinical setting. He worked as an emergency room physician at the Fayetteville (N.C.) Veterans Administration Medical Center until 2000. For the next three years, he worked for the

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CHAD BURGOYNE, MD ORTHOPEDICS

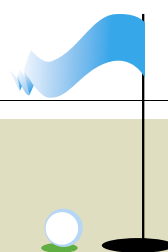


- General orthopedic care.
- Pediatric fractures.
- Trauma.
- Shoulder injuries (fracture/rotator cuff repairs and reconstruction).
- Knee injuries (ACL and meniscus injury repairs, replacement and reconstruction).
- Hip injuries (replacements and fracture repair).
- Wrist and ankle injuries (repair).

While competing in triathlons and college athletics as a swimmer, Dr. Burgoyne decided he wanted to become an orthopedic surgeon to work with athletes. Graduating cum laude in 2002 from the Medical University of South Carolina in Charleston, Dr. Burgoyne spent the next five years working in orthopedics at Mount Sinai Hospital in New York. In 2007, he entered a one-year fellowship program for orthopedic sports medicine at the West Coast Sports Medicine Foundation in Manhattan Beach, Calif.

For the past three years, Dr. Burgoyne has worked at Lowcountry Orthopaedics & Sports Medicine near Charleston, S.C., as an orthopedic surgeon. Dr. Burgoyne has also worked nationally and internationally as an event

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THE FLU: HOW YOU CAN PROTECT YOURSELF

PERHAPS IT SHOULD be called the boomerang bug. Year after year, the flu returns to wreak havoc on the young, the old and everyone in between.

Yet there is a way to fight back against this seasonal menace: Get the annual flu vaccine.

WHY GET IT? Along with protecting yourself against the flu, getting vaccinated also helps you avoid spreading the virus to others. Both are important, because the flu can make people seriously ill.

It can cause high fever and pneumonia and make existing medical conditions worse. It can also cause diarrhea and seizures in kids. Every year, thousands of people die from the flu and many more require hospitalization, reports the Centers for Disease Control and Prevention (CDC).

The CDC recommends that nearly everyone older than 6 months get the flu vaccine. It's particularly important that people who are at high risk for getting severely ill with the flu be vaccinated. That group includes:

- People 50 and older.
- Children younger than 5 years.
- Pregnant women.
- Anyone with certain medical conditions, such as diabetes or asthma.
- People living in nursing homes or other long-term care facilities.
- Health care workers.

The best time to get the flu vaccine is in the fall. But it's OK to get it in the winter, as flu season often lasts through spring.

WHAT ELSE TO KNOW Other things to keep in mind about the flu vaccine:

- You should not get the flu vaccine without talking to

a physician if you have a severe allergy to chicken eggs, have had a severe reaction to the vaccine in the past, have developed Guillain-Barré syndrome within six weeks of getting a flu vaccination, or you have a fever. Also, children younger than 6 months should not get the vaccine.

- Two types of flu vaccine are readily available: one is given by injection (a shot) and one is sprayed into the

If you have not yet been immunized against the flu, call the Regional Medical Clinic at 541-663-3138 today to get your vaccine.

nostrils. The nasal spray is only an option for healthy people from 2 to 49 years old. It's not approved for pregnant women. A new method of delivery—approved this spring by the U.S. Food and Drug Administration—is an injection applied just under the skin. Approved for ages 18 through 64, the system uses a microinjection needle to deliver the vaccine into the dermis. Drawbacks include higher cost and a chance for a stronger reaction at the injection site. This is an option for those who fear needles or suffer discomfort from traditional intramuscular injections.

- Unlike in the past, you don't need to get two different vaccinations for seasonal flu and the H1N1 virus—there's now one vaccine that protects against both. ✨



THREE MORE REASONS

TO KEEP YOUR HEALTH CARE CLOSE TO HOME

BRIAN AFFLECK, MD
OTOLARYNGOLOGY

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otolaryngology—head and neck surgery at the Wilford Hall Medical Center and Brooks Army Medical Center in Texas. He completed his residency in 2002. Dr. Affleck has since served in various medical, surgical and command capacities for the U.S. Air Force in England, South Korea and Alaska. He retired this year with the rank of colonel. His final assignment was chief of the medical staff at Elmendorf Air Force Base in Alaska.

Dr. Affleck is available at the new Regional ENT Clinic by calling 541-663-3190. ✨

MAYNARD BRONSTEIN, MD, PHD
ONCOLOGY

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Department of Medicine at Durham Regional Hospital in Durham, N.C. In 2003, Dr. Bronstein went to work in the Hematology/Oncology Department for the Medcenter One Health System in Bismarck, N.D.

In 2007, Dr. Bronstein moved to the Pacific Northwest, fulfilling a long-held dream to live and work in the western United States. He has spent the past four years on the medical staff of Providence St. Mary Medical Center in Walla Walla, Wash., as an oncologist in the Regional Cancer Center, while consulting at St. Anthony Hospital in Pendleton and, for the past three years, for the Oncology Clinic at GRH.

In addition to his two children, Dr. Bronstein is most proud of his membership in the prestigious Alpha Omega Alpha Medical Honor Society and the peer nomination that garnered him a place on the Best Doctors list. Founded in 1989 by physicians affiliated with the Harvard Medical School, Best Doctors provides expert medical consultation services, representing 400 subspecialties of medicine and the top 5 percent of physicians. It is affiliated with top medical institutions across the country.

Dr. Bronstein is available at GRH's new Regional Hematology and Oncology Clinic by calling 541-963-2828. ✨

CHAD BURGOYNE, MD
ORTHOPEDICS

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physician for WMI Corp., an event medicine and rescue provider for top athletes; on the Mountain Dew Action Sports Tour; and as a course physician for the International Cycling Federation's BMX Supercross Tour.

Moving here with his young family, Dr. Burgoyne is excited to settle into a family-friendly, sports-minded community and bring his world-class expertise and care to local university and high school athletes.

Dr. Burgoyne is available at the new Regional Orthopedic Clinic by calling 541-663-3100. ✨





Foundation

GRANDE RONDE HOSPITAL

Contact the Foundation

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900 Sunset Drive
La Grande, OR 97850
Phone:
541-963-1431
Email:
foundation@grh.org



*Tournament champions
Stephanie Williams and Mavric Goss*



*Craig Braseth and
Peter Wordelman*



*Sole Survivor winners
Taryn Braseth and
Brent Wylam*



Sole Survivor golfers



Garret Adair

PATIENT CARE WINS BIG AT GOLF TOURNAMENT

MAINTAINING ITS REPUTATION as the gold standard for charity golf tournaments, the 17th annual Grande Ronde Amateur Golf Tournament raised more than \$13,000 in support of patient care needs at Grande Ronde Hospital.

“We had a great weekend of golf at this year’s tournament,” says Bill Rosholt, tournament chairman. “But at the end of the day, it’s the sense of community that the tournament brings and our ability to give back that makes the Grande Ronde Amateur the significant event that it is.”

New to this year’s tournament was a women’s event, sponsored by Stacey J. Clarke, DPM, which brought the largest field of women the Grande Ronde Amateur has ever seen. Stephanie Williams won, shooting a two-day total of 166.

The men’s field, generously supported by Legacy Ford of La Grande and Pepsi Cola-Seven-Up Bottling Co. of Eastern Oregon, brought golfers from all over Oregon, Washington and Idaho for the two-day competition. Mavric Goss was the overall tournament

winner with a score of 144.

Golf enthusiasts of all ages enjoyed the weekend of events that culminated in an exciting six-hole sole-survivor playoff that crowned Taryn Braseth and Brent Wylam the champions.

A good time was had by all at this annual Union County classic. The 2011 Grande Ronde Amateur’s success was due in large part to the generosity of sponsors, supporters, attendees and volunteers who made this year’s tournament a hole-in-one! ✨

ESTATE PLANNING: WHY IT’S IMPORTANT

MANY OF US spend nearly all of our lives working, saving and accumulating—yet we may spend hardly any time planning what should happen to those hard-earned assets after we die. In fact, we probably spend more time deciding what color to paint the house than who should inherit it once we’re gone.

Estate planning is important, however. And it’s not just for the rich. It’s for everybody.

Careful planning today can help you balance your personal and philanthropic goals for the remainder of the year and beyond.

WHAT IS ESTATE PLANNING? The purpose of estate planning is to determine what will happen to your important and valuable assets—bank accounts, retirement funds, proceeds from insurance policies, homes and belongings—after your death and, in some cases, even during your life.

Good estate planning can help you:

- Make your wishes known.
- Appoint trusted people to oversee your affairs after your death.
- Name people to speak for you—if you can’t do so

yourself—while you’re alive.

- Minimize taxes.
- Support favorite charities, projects or people.
- Leave your estate organized and your wishes clear.
- Provide comfort and support for family and friends.

There are many ways to make a meaningful gift to your favorite charity by carefully assessing your estate plan.

WHAT YOU’LL NEED According to AARP, every adult—regardless of income—needs an estate plan that includes at least these four documents:

- A will to let you name who will care for any minor children, manage your estate and get your belongings after you die.
- A durable power of attorney to name trusted people

The Grande Ronde Hospital Foundation can provide more information as you complete your estate plan. Call 541-963-1431 or email foundation@grh.org.

to make financial or legal decisions for you while you’re alive if you can’t make them yourself.

● Advance directives to indicate the types of care you do and don’t want if you become sick or terminally ill. You can also appoint someone you trust to make medical decisions for you if you are unable to do so.

● A letter of instructions, which can include any important information loved ones will need after your death, such as burial wishes or the location of bank accounts.

Depending on your family and financial circumstances, you may need other documents too, such as those creating a trust.

GETTING STARTED You can prepare estate documents yourself, but the help and advice of an attorney experienced in estate planning is invaluable. In many cases, it’s a relatively small fee to have the documents prepared by an attorney. And, as AARP notes, once estate planning is done, it’s done, except for periodic updates if circumstances change.

Estate planning is about you and your goals, concerns and passions. It’s about your loved ones too. All deserve your time and attention. ✨



The numbers behind cancer

Cancer affects millions of Americans each year. Listed below are the top five most common cancers and cancer killers for both men and women.

	Men	Women
Most common		
1	Prostate	Breast
2	Lung and bronchial	Lung and bronchial
3	Colon and rectal	Colon and rectal
4	Bladder	Uterine
5	Skin (melanoma)	Thyroid
Most life-threatening		
1	Lung and bronchial	Lung and bronchial
2	Prostate	Breast
3	Colon and rectal	Colon and rectal
4	Pancreatic	Pancreatic
5	Liver and intrahepatic bile duct	Ovarian

Source: American Cancer Society



CANCER GET TO KNOW THE FACTS

CANCER CAN BE such a frightening disease that it's easy to understand why there's a lot of misinformation out there, particularly on the Internet, about what causes it.

For instance, take the claims that using deodorants or talking on cell phones raises your risk of cancer. According to the American Cancer Society (ACS), there is no firm evidence to back up either of these persistent myths.

So what does—and doesn't—increase your risk? Here is the lowdown, based on scientific studies, on what is known about cancer risks.

WHAT DOES CAUSE IT The clear cause of many cancers—accounting for around 30 percent of all cancer deaths—is tobacco. Smoking cigarettes or cigars or using chewing tobacco is shown to cause cancer. If you use tobacco in any form, quitting is the best way to lower your risk.

Ultraviolet (UV) rays from sunlight and tanning beds can also cause cancer. Wearing sunscreen with a sun protection factor (SPF) of 30 or higher, covering up when you're outside and avoiding tanning beds are strategies that can help you sidestep the disease.

According to the ACS, 1 out of 20 cancer cases is determined by genetics. Genetic testing is available to detect whether you're at increased risk for certain types of the disease, such as breast cancer.

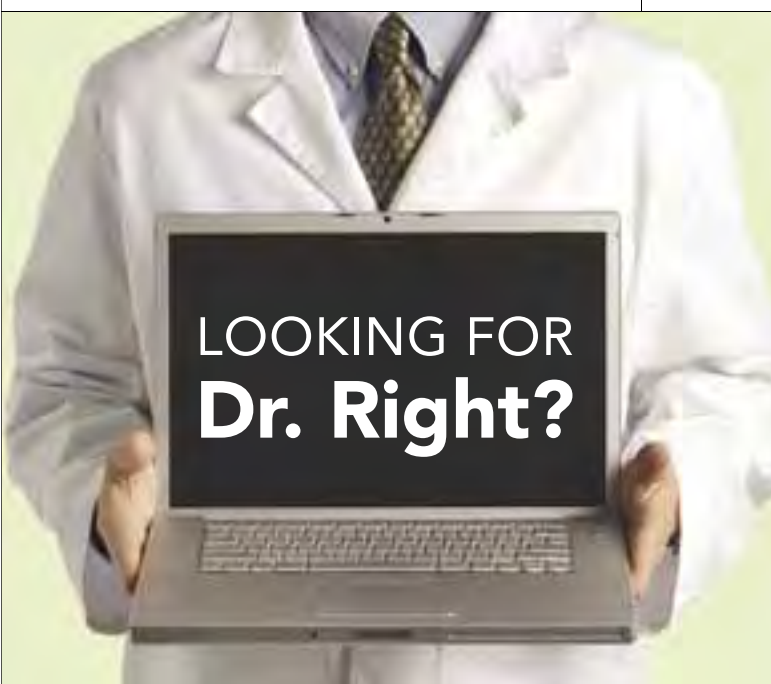
Finally, research shows that you also strongly increase your risk for cancer if you: ● Drink alcohol. ● Are overweight. ● Don't exercise. ● Eat a diet high in cured, processed or red meat.

WHAT DOESN'T CAUSE IT Many studies have been done to determine whether there is a connection between stress and cancer. But regardless of the effect of stress on the immune system, there is no scientific evidence linking a stressful life to an increased risk of cancer.

Furthermore, it's important to know that you cannot catch cancer from other people. Your risk of getting some types of cancer may be higher when you've been infected with certain viruses or bacteria, but cancer itself is not contagious.

Finally, cancer cannot be caused by an injury. Even though an examination of a bump or bruise by a doctor may unexpectedly reveal that someone has cancer, it won't be due to the injury. ✨

Our Hematology and Oncology Clinic is now open. Call 541-963-2828 or check it out at www.grh.org.



To find out more about Grande Ronde Hospital, visit our website at www.grh.org or call 541-963-8421.

Grande Ronde Hospital

Our clinic locations

CHILDREN'S CLINIC
541-663-3150
612 Sunset Drive
La Grande

REGIONAL ENT CLINIC
541-663-3190
710 Sunset Drive
La Grande

REHABILITATION THERAPY SERVICES
541-963-1437
900 Sunset Drive
La Grande

HEMATOLOGY AND ONCOLOGY CLINIC
541-963-2828
900 Sunset Drive
La Grande

REGIONAL MEDICAL CLINIC
541-663-3138
506 Fourth St.
La Grande

WOMEN'S CLINIC
541-663-3175
610 Sunset Drive
La Grande

HOME CARE SERVICES
541-963-1453
802 Sunset Drive
La Grande

REGIONAL ORTHOPEDIC CLINIC
541-663-3100
710 Sunset Drive
La Grande



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