



GRANDE RONDE HOSPITAL

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Grande Ronde Hospital  
900 Sunset Drive  
La Grande, OR 97850

# HEALTH SCIENCES®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE ● SPRING 2010



Dawn Knight, MD (left), and Stacy Whitaker, DO

to specialize in the care of high-risk OB patients.

Dr. Knight's most current position was as an OB hospitalist for Shawnee Mission Medical Center, a Kansas City metro hospital, where she performed and assisted with c-section deliveries in addition to performing gynecological procedures and routine deliveries.

Dr. Knight also has experience with diagnostic bladder care services, as well as a full range of laparoscopic and endoscopic procedures, such as hysterectomies and tubal ligations. Among other professional interests, Dr. Knight has a passion for teaching women about preventive OB/GYN health care.

Dr. Knight has a strong faith, plays the flute, enjoys

## Dawn Knight, MD, and Stacy Whitaker, DO, are the first female OB/GYNs in our area.

ballroom dancing and ballet, and speaks a little Spanish and French. She is learning to speak Telugu, her husband's native language from India. She enjoys travel, theater, reading, public speaking, canoeing and nature.

Dr. Knight and her husband, Ram Tanguturi, have spent many years in service to God providing medical and surgical care in Third World countries. In 2000 they established a charitable foundation to provide pure drinking water for schools, build homes for tsunami victims and support orphanages in India and Cambodia.

Dr. Knight is excited about the opportunity to pursue a more traditional OB/GYN practice in La Grande. Our area also allows the couple to be closer to their grown children and other family members living in Oregon and Washington. In addition, Dr. Knight says she has always dreamed of living in a four-season climate.

**STACY WHITAKER, DO, BOARD-CERTIFIED** After graduating from Montana State University-Northern (MSU-N), Dr. Whitaker received her doctorate of osteopathic medicine from Kirksville College of Osteopathic Medicine in Missouri. She then completed a two-year traditional internship and four years of OB/GYN residency at the Ingham Regional Medical Center in Lansing, Mich. During her residency, Dr. Whitaker provided clinical instruction for the OB/GYN Department at MSU-N.

After completing her residency, Dr. Whitaker returned to Montana in 2007 and joined a multispecialty group clinic

# WELCOME!

WE'VE BEEN EXPECTING YOU

In March Grande Ronde Hospital (GRH) welcomed two new physicians for obstetrics and gynecology services to the GRH Women's Clinic at 610 Sunset Drive in La Grande. Dawn Knight, MD, and Stacy Whitaker, DO, are the first female obstetrician-gynecologists (OB/GYN) to practice in the Union/Wallowa/Baker tri-county region.

**DAWN KNIGHT, MD, BOARD-CERTIFIED** Dr. Knight graduated from Louisiana State University (LSU) School of Medicine, where she completed an internship and residency in the OB/GYN department at LSU Medical Center.

After spending 19 years in a successful solo practice in obstetrics and gynecology, Dr. Knight worked in research and data collection with the director of the OB/GYN department at St. Luke's Hospital at the University of Missouri-Kansas City. While there, she also taught, supervised and worked as a physician for a perinatology group based in Missouri and Kansas, which allowed her

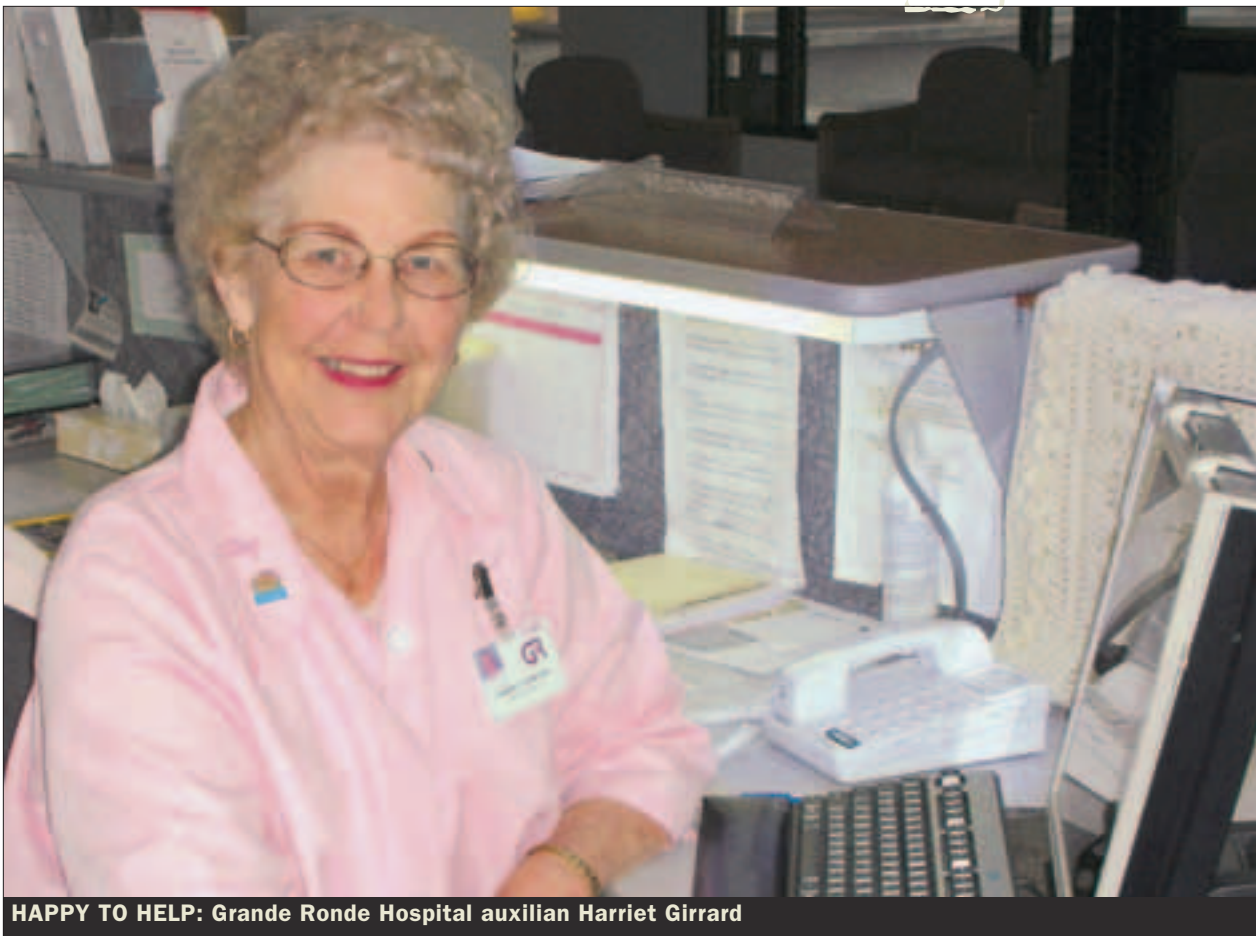
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HAPPY TO HELP: Grande Ronde Hospital auxiliary Harriet Girrard

## VOLUNTEERING IT'S GOOD FOR YOUR HEALTH

**WANT TO IMPROVE** your health and maybe even live longer? Become a volunteer.

Research shows that people who volunteer are physically and mentally healthier than people who don't, reports the Corporation for National and Community Service (CNCS).

The corporation put together a report based on results from several studies linking volunteering with good health.

According to the CNCS, over the past two decades it has seen a growing body of research indicate that volunteering provides health benefits in addition to social benefits.

Volunteering at least two hours a week—or about 100 hours a year—offers the greatest health benefits, research shows.

And those who seem to benefit most from volunteering are adults 60 and older. Compared with nonvolunteers of the same age, they have less heart disease and depression and better overall physical health, according to the CNCS.

"The word is out—it's good to be good. Science increasingly says so," says Stephen Post, PhD, a professor of bioethics at Case Western Reserve University School of Medicine.

But the rewards go beyond better health. Other benefits that volunteers report include:

- Being happier.
- Having higher self-esteem.

- Having a sense of control over their life.

**MOTIVATED TO SERVE** More than 61 million Americans volunteer every year, reports the CNCS. Volunteers help solve problems, change lives and strengthen communities by donating their time and energy.

People volunteer for different reasons. But experts say that some of the most common reasons people donate their time are because:

- It helps them feel good about themselves.
- It lets them gain a better understanding of other people, cultures or places.
- It helps them meet new people, make new friends or further their careers.
- It allows them to give back to their community or to support humanitarian concerns.

"I enjoy interacting with all the people," says Harriet Girrard, a 16-year volunteer at Grande Ronde Hospital's information desk. "I'm a people person, and helping others is important to me. I feel honored to have the friendships I've gained through my volunteer work."

Younger people are more likely to volunteer for their own personal development.

Older adults give broader reasons for volunteering. They might volunteer to be a good citizen or help their community, for example.

You can help yourself to better health by helping others—be a volunteer. ✨

Additional source: *Monitor on Psychology*, Vol. 37, No. 11

# DON'T BE SHY: GET HELP FOR HEMORRHOIDS

**WHAT STARTS WITH H** and is experienced by millions of Americans who would rather not talk about it?

Hemorrhoids, of course—an unpleasant, but not uncommon, problem.

According to the American Society of Colon and Rectal Surgeons, more than half of Americans develop hemorrhoids by age 50. And, even though they shouldn't be, many of these people are reluctant to seek help.

Don't hesitate to tell your doctor if you think you have hemorrhoids. A physician can provide relief as well as make sure that symptoms aren't the result of a more serious problem.

**WHY ME?** Hemorrhoids occur when blood vessels in or around the anus become swollen and inflamed.

This can happen as a result of straining during bowel movements or from having chronic constipation or diarrhea. Pressure in the abdomen during pregnancy and childbirth also can cause hemorrhoids. Factors such as age, obesity and family history may put you at greater risk too.

Signs of hemorrhoids may include:

- Bleeding during bowel movements. You may notice bright red blood on stools, on toilet paper or in the toilet bowl.
- Itching.
- Pain.
- Sensitive lumps in the area of the anus.

**GET CHECKED** Hemorrhoid symptoms usually go away after a few days. But tell your doctor if pain persists or is severe or if there's bleeding, advises the National Institutes of Health. A doctor can do an exam to make sure bleeding isn't caused by a potentially more dangerous problem, such as colorectal cancer.

If hemorrhoids cause severe pain, a physician may advise removing them either with surgery or ligation. In ligation, a rubber band is placed around the base of a hemorrhoid to cut off circulation until the hemorrhoid withers away.

Less serious pain can be relieved by taking warm baths and by applying a hemorrhoid cream.

**PREVENTION** You can reduce your risk of getting hemorrhoids by adding more fluids and fiber to your diet, suggests the American Gastroenterological Association. Good sources of fiber include fresh fruits, leafy vegetables, and whole-grain breads and cereals.

Remember, hemorrhoids are a common problem. Don't be shy about talking to your doctor about them. ✨



### We want your help

You can play a vital role in the health of our hospital and our patients.

How? By becoming one of our volunteers.

We depend on people just like

you to do things such as:

- Direct visitors to patient rooms.
- Deliver flowers.
- Answer phones.
- Read to patients.
- Play with children.
- Work in our gift shop.
- Provide clerical help.

Our volunteers are a much-appreciated part of our team.

If you have a few hours to spare and would like to join us, please give the Grande Ronde Hospital auxiliary liaison a call at 541-963-1454. We'd love to hear from you.





# ALL ABOUT BONE HEALTH

**KEEPING THE STRUCTURE STRONG**—it's important for buildings and bodies. Like a good house frame, good bones will stand soundly for years to come.

Unfortunately, more than 10 million adults in the U.S. have osteoporosis—a disease that causes porous and fragile bones and increases the risk for falls and fractures. In fact, it's estimated that osteoporosis contributes to 1.5 million broken bones each year, reports the American Academy of Orthopaedic Surgeons.

So what can you do to help keep your bones strong? The following information can help.

**FEED YOUR FEMUR** Calcium and vitamin D are essential building blocks for bone health.

If the body is getting enough calcium, it will use it to help build bone. If it's not getting enough, it will actually take calcium away from the bones and use it for other functions that need the mineral, such as blood clotting.

**Bone density testing, also called DXA, is an easy, noninvasive way to assess bone strength and fracture probability in people at risk for osteoporosis.**

Recommendations for daily calcium intake vary from 1,000 to 1,300 milligrams a day, depending on your age and sex. Dairy products, some green vegetables and calcium-fortified foods are the best sources for getting enough of this essential mineral.

Talk to your doctor about how much calcium you need on a daily basis.

Vitamin D is necessary in order for the body to absorb and use calcium.

You can get vitamin D from your diet or from briefly exposing your skin (without sunscreen) to the sun. Few foods naturally contain vitamin D. However, milk, orange juice and some cereals are often fortified with vitamin D.

The current recommendations from the National Osteoporosis Foundation for daily vitamin D intake are:

- For those under age 50, 400 to 800 international units (IU).
- For people 50 and over, 800 to 1,000 IU.

Taking a supplement is also an option if you find it difficult to get enough calcium and vitamin D. But there are some precautions. For instance, it's possible to take too much vitamin D. It's best to check with your doctor before starting supplements.

**STRENGTHEN YOUR SPINE** Bones get stronger and denser when you make them work. Weight-bearing exercises, like jogging and jumping rope, are good for bones. So are walking and climbing stairs. Try doing one of these weight-bearing activities for at least 30 minutes on most days of the week. Always check with your doctor before starting a new exercise program.

By getting the right nutrition and exercise, you are taking steps to strengthen your bones, which will help keep your structure strong. ✨

## KIDS AND SPORTS

# A PARENT'S GAME PLAN

**ORGANIZED SPORTS ARE** often a good thing for children.

Participating in sports can help improve motor skills as well as overall fitness. And being part of a team can help teach young people social skills too.

While organized sports are generally safe for kids, injuries do happen. Young bodies are still growing, which makes them more vulnerable to injuries than adult bodies.

Kids under the age of 15 in the U.S. have more than 3.5 million sports-related injuries each year. About 95 percent of sports injuries are minor bruises, muscle pulls, sprains, strains or cuts. The other 5 percent include serious injuries, such as broken bones.

**WHAT YOU CAN DO** To help prevent sports injuries from sidelining your child:

- Help your child get in shape before he or she starts playing a sport. When you sign up your child for a team, ask the coach or league officials about conditioning programs.
- Seek out qualified coaches. A good coach will create a positive, safe learning environment for your child.
- Learn the rules of the sport and the proper techniques for playing. Many rules are specifically in place for safety reasons.

- Make sure your child has—and uses—all the protective gear necessary for the sport. Check that everything fits properly—especially helmets.

- Always have your child warm up before playing. Stretching exercises increase flexibility and protect muscles from injury.

- Don't make your child play if he or she is tired or in pain. Playing through pain can result in long-term injury.

**Make sure your child has—and uses—all the protective gear necessary for the sport. Check that everything fits properly.**

Finally, perhaps the most important thing you can do as a parent to keep your child safe is to emphasize fun. Too much pressure to win or to excel at a sport can lead to injuries.

Pay attention to the aches and pains of your young athlete. Seek medical help if your child has persistent pain or cannot play because of an injury.

Once you've taken some precautions, you can sit back and enjoy the game. ✨

Sources: American Academy of Orthopaedic Surgeons; American Academy of Pediatrics



STROKE

# STROKE: CAN YOU GIVE ME 5?

*Here's an easy way to remember the warning signs of stroke*

**IF YOU THINK** you know the warning signs of a stroke, raise your hand—and give me five. The five warning signs, that is.

Give Me 5 for Stroke is an educational campaign to help people recognize the symptoms of stroke—in themselves or others—and get help fast.

According to the American Heart Association (AHA), about every 40 seconds, someone in this country has a stroke. A clot-busting medication can help treat the most common type of stroke—but only if it's given shortly after symptoms appear.

That's why it's so important to learn the symptoms of stroke and why organizations like the American Academy of Neurology, the American College of Emergency Physicians and the AHA are hoping Give Me 5 for Stroke will help.

You might say they're counting on it.

**About every 40 seconds, someone in this country has a stroke. That's why you need to know the signs of stroke.**

**WHAT IS STROKE?** A stroke is like a heart attack to the brain. When a blood vessel to the brain bursts or is blocked by a clot, the blood and oxygen feeding that part of the brain are shut off. Starved for nutrients, the affected brain cells begin dying.

Most strokes are due to clots, and that's actually a good thing. A medication called tissue plasminogen activator, or TPA, can destroy the clot and restore blood flow. But it must be given within three hours of the stroke's start.

Three hours might seem like a long time. In those three hours, however, you must: ● Notice something is wrong. ● Recognize the symptoms as a possible stroke. ● Call for emergency help. ● Get to the hospital. ● Have stroke diagnosed. ● Receive TPA.

If you think someone is having a stroke, ask the person

to give you five, which means testing the following five body functions:

- 1 **Walk.** Can the person stand straight? Is his or her balance off? Is one foot dragging?
- 2 **Talk.** Is his or her face droopy or speech slurred? Can the person speak clearly and make sense?
- 3 **Reach.** Is one side weak or numb? Can he or she raise both arms together, or does one arm fall? Test each hand's grasp by asking the person to squeeze your fingers.
- 4 **See.** Is the person's vision all or partially lost? Can he or she see clearly? Is any part of the visual field blocked or blurred?
- 5 **Feel.** Does the person have a severe headache? Is that usual, or is this headache different from normal?

Any symptom—even one, and even if it goes away—may signal a stroke, so get immediate medical help. ✦

## Are you susceptible to stroke?

One way to prevent death or disability from stroke is to be familiar with its warning signs so that you can get medical help fast.

But it's even better to prevent stroke from occurring in the first place.

You can do that by finding out how many risk factors for stroke you have and then working with your doctor to lessen them.

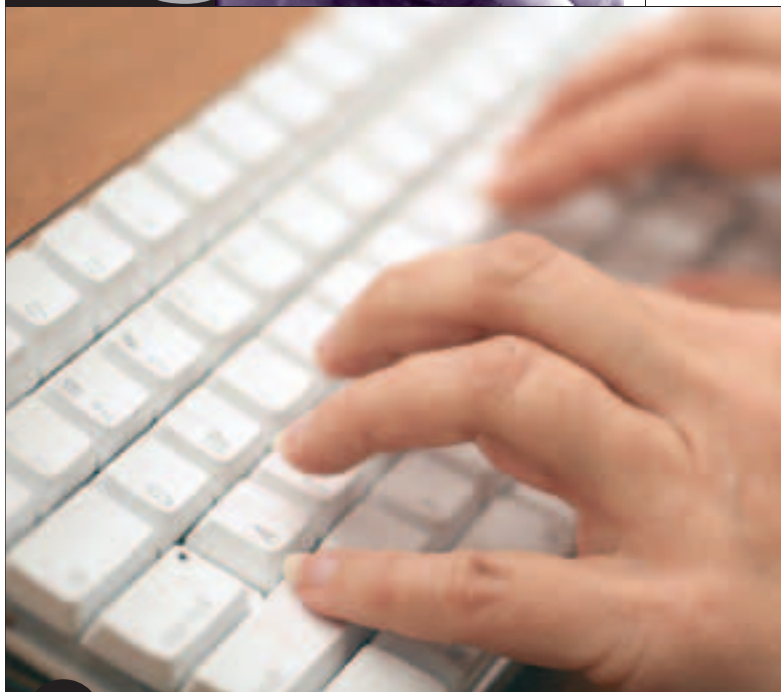
Some of the most critical risk factors include: ■ High blood pressure. ■ Smoking. ■ Diabetes. ■ Artery disease. ■ Heart disease. ■ Blood disorders, such as sickle cell anemia. ■ A history of transient ischemic attacks, or mini-strokes.

High cholesterol, obesity, and drug or alcohol abuse also add to your risk.

Not everything that raises a person's vulnerability to stroke can be altered, of course. Some factors are fixed, such as age, family medical history and ethnicity.

Still, knowing all your risk factors can help you and your doctor develop a plan to lower the likelihood that you'll have a stroke.

Source: National Institute of Neurological Disorders and Stroke



## Grande Ronde Hospital

### Our clinic locations

#### CHILDREN'S CLINIC

541-663-3150  
612 Sunset Drive  
La Grande

#### REGIONAL MEDICAL CLINIC

541-663-3138  
506 Fourth St.  
La Grande

#### REHABILITATION THERAPY SERVICES

541-963-1437 | 900 Sunset Drive  
• Occupational therapy  
• Physical therapy  
• Speech therapy

#### WOMEN'S CLINIC

541-663-3175  
610 Sunset Drive  
La Grande

#### HOME CARE SERVICES

541-963-1453 | 802 Sunset Drive  
• Home health  
• Hospice  
• Foot clinics  
• Enterostomal therapy and wound care



HEALTH SCENE is published as a community service for the friends and patrons of GRANDE RONDE HOSPITAL, 900 Sunset Drive, La Grande, OR 97850.

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**HEALTH  
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**SPRING  
2010**

**Go** To find out more about Grande Ronde Hospital, visit our web page at [www.grh.org](http://www.grh.org) or call 541-963-8421.

## LEFTOVER FROM PG. 1

in Great Falls as an obstetrical and gynecologic generalist, also performing OB/GYN laparoscopic surgical procedures.

In March, Dr. Whitaker had the honor of being inducted as a fellow into the American College of Osteopathic Obstetricians and Gynecologists at the organization's 77th annual conference in New Orleans. She is also a member of the American Congress of Obstetricians and Gynecologists and the American Osteopathic Association.

Dr. Whitaker chose employment with Grande Ronde Hospital because she was impressed with its financial stability and technological innovation, as well as the high value the hospital places on its physicians. Dr. Whitaker is excited to be one of the first two female OB/GYNs in the tri-county region.

Dr. Whitaker and her husband, Jeff, have owned and operated a family farm since 1995. Her interest in horses, farming and ranching comes from her extensive background in agriculture, having worked with horses, cows and hay harvesting on her own farm and as a ranch hand while in college. In fact, her associate degree from MSU-N is in agricultural technology.

The Whitakers have two young sons, Wyatt and Marshal, and believe La Grande will be a great place to raise them. They are all active outdoor enthusiasts and like to fish, hike, camp and ride horses. They love La Grande's rural setting for the quality of life and abundant outdoor opportunities. They also like the diversity in this community, which is enhanced by the presence of Eastern Oregon University. ❖

March 12, 2010

Mardi Ford  
Community Relations Manager  
Grande Ronde Hospital  
900 Sunset Drive  
La Grande, OR 97850

Dear Mardi:

I'm happy to be working with you again and very pleased to present you with your first proof. Below we've outlined the steps for you to follow as you review your proof:

**Step 1: Review our questions for you**

See the second page of this letter for a list of questions we'd like you to review.

**Step 2: Check your proof**

Pay particular attention to the accuracy of your custom information (branding, important dates, calls to action, spelling of names, etc.).

**Step 3: Send us your changes or written approval**

We need your written approval before we can proceed. Please send an e-mail to your copy editor with one of the following instructions in the subject line:

- PROCEED—Proof OK as is.
- CORRECTIONS-PROCEED—Proof OK with corrections.
- CORRECTIONS-PROOF—Send another proof with corrections. (Your next proof is scheduled to arrive **March 23.**)

**Call your copy editor:** Christy Olson, 509.525.0101, ext. 714

**E-mail your changes:** colson@coffeycomm.com

**We must receive your changes or approval by Wednesday, March 17, to stay on schedule.**



Christy Olson  
Copy editor

P.S. Remember, your proof is an approximation of the printed piece in terms of color and final trimmed size. If you received a PDF, photos may appear fuzzy because we've used low-resolution settings to decrease the file size.

**DID YOU  
REMEMBER?**

Have you double-checked  
that people's names and  
job titles are correct?

## Step 1: Questions for you

### Page 1—"Welcome! We've Been Expecting You"

- Should "Union/Wallowa/Baker" be "Union-Wallowa-Baker"?
- Did Dr. Whitaker provide online clinical instruction to MSU-N? If so, could we add that to the story? Otherwise readers may wonder how she could be in two places at once.
- In the second paragraph of Dr. Knight's info, could we change "Missouri and Kansas City" to "the Kansas City area"?
- There is some overrun. Do you have editing suggestions?

### Page 2—"We Want Your Help"

- We got Lindsay Reiner's voicemail when we called 541-963-1454. Is this the correct number to call?
- Should we include the name of the GRH auxiliary liaison?

Thanks very much!

Christy

**We must receive your changes or approval by Wednesday, March 17, to stay on schedule.**

**Please call** Christy Olson, 509.525.0101, ext. 714, **or e-mail** colson@coffeycomm.com.