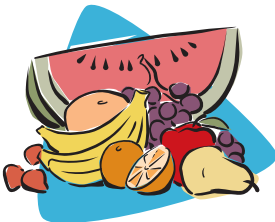




HEALTH SCIENCES®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SPRING 2012

Health Link



KIDS' CHOICE Set up a buffet of healthy breakfast fare—maybe raisins, dry cereals, cottage cheese, chopped nuts, nonfat milk, yogurt, waffles and peanut butter—and watch kids create their own morning masterpieces.

Academy of Nutrition and Dietetics



THUMBS DOWN TO TEXTING Got some sore thumbs? Perhaps an achy wrist? The culprit may be your smart-phone. Heavy use can cause hand problems such as carpal tunnel syndrome and tendonitis. To reduce your risk, keep your wrists straight in a neutral grip when holding the device and take a break every hour.

American Society of Hand Therapists



Walk-In Clinic

Where: Inside the Regional Medical Clinic, 506 Fourth St., La Grande.

Hours: Monday through Saturday, 8 a.m. to 7 p.m. No appointment needed.

- Animal and bug bites and stings.
- Rashes and other allergic reactions that aren't life-threatening.

Additional services such as sports and school physicals are also available at the Walk-In Clinic. And should you need tests, the on-site lab at the clinic is open Monday through Friday for added convenience.

Patients are seen on a first-come, first-served basis. Usually you will not need to wait long to be seen at the Walk-In Clinic.

According to the Urgent Care Association of America, about 67 percent of visits have a wait time of between 15 and 45 minutes. That's much shorter than going to a typical emergency department with a problem that isn't an emergency, because people with more serious conditions are seen first, even if you arrived before them.

Another plus to choosing urgent care when you don't really need the emergency department: Your visit will cost less.

IS IT AN EMERGENCY? Of course, when you have a medical emergency, you need to be seen in the emergency department immediately. Here are some signs and symptoms of medical emergencies:

- Chest pain or pressure.
- Bleeding that doesn't stop.
- Trouble breathing or shortness of breath.
- Losing consciousness.
- Coughing or vomiting blood.
- Sudden or severe pain.
- Sudden vision changes.
- Confusion or changes in mental status.
- Head injuries or broken bones.
- Suicidal thoughts.

If you think someone's condition is or could become life-threatening, call 911 and wait for an ambulance. 🚑

WALK-IN CLINIC

We've made it simple

From minor mishaps around the home to worrisome fevers and sore throats, almost everyone has urgent medical needs at times. And they usually happen at the worst possible time—either on a weekend or after your doctor's office is closed, just when you want to see someone right away.

Fortunately, there's a convenient solution that just might save you the time and cost of a trip to the emergency department.

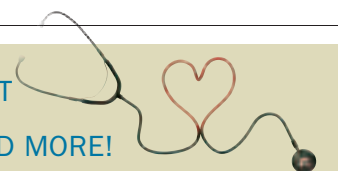
The new Walk-In Clinic at 506 Fourth St. in La Grande is set up to handle a wide range of minor illnesses and injuries for adults and

children, such as:

- Fevers, coughs and sore throats.
- Earaches.
- Strains and sprains.
- Cuts that might need stitches.
- Some burns.

InSide

- 2 **CANCER YOU CAN PREVENT**
- 3 **GRH FOUNDATION NEWS THANKS FOR YOUR SUPPORT**
- 4 **COMMUNITY HEALTH FAIR, APRIL 28 JOIN US FOR SCREENINGS, DEMONSTRATIONS AND MORE!**



COLORECTAL CANCER DEBUNKING 5 COMMON MYTHS

A COLONOSCOPY IS ONE OF the best tests for the early detection of colorectal cancer, which kills more than 50,000 people in the U.S. each year.

But myths about the test and the cancer abound, keeping people from getting screened on time.

Here are the facts about five common colorectal cancer misconceptions:

Myth Colorectal cancer can't be prevented.

Fact In many cases, it can be prevented. Colorectal cancer almost always starts with a small, pre-cancerous growth called a polyp. Polyps can be found only with certain tests, such as a colonoscopy or a flexible sigmoidoscopy. If the polyp is found early, doctors can remove it before it develops into cancer.

Researchers also have found that a healthy lifestyle lowers the risk of colorectal cancer. These precautions include: ● Getting to and staying at a healthy weight. ● Being physically active. ● Avoiding alcohol. ● Eating a diet with lots of fruits, vegetables and whole grains. ● Eating only small amounts of red or processed meat.

Myth Colorectal cancer is always deadly.

Fact More than 90 percent of people whose colorectal cancers are found early can be treated and cured, reports the American Society for Gastrointestinal Endoscopy. But many people wait to see a doctor until they have symptoms of the disease. Often, that means the cancer has already spread. Survival rates are lower if colorectal cancer isn't found early.

Myth Colorectal cancer affects mostly white men.

Fact It's an equal-opportunity disease—it affects men and women of all races. The most important risk factor, however, is age. More than 90 percent of colorectal cancer cases are in people 50 and older, according to the American Cancer Society (ACS).



Always check out these symptoms

Many people with colorectal cancer have no symptoms at all, especially during the early stages of the disease. That's why regular screening is crucial: It can find the cancer before it spreads.

Nevertheless, if you notice any of these possible symptoms of colorectal cancer, you should see

your doctor right away:

- A change in bowel habits, such as constipation or diarrhea that lasts more than a few days.
- Rectal bleeding, dark stools or blood in the stools.
- Stools that look narrower or thinner than normal.
- Discomfort in the abdomen, including frequent gas pains, bloating, fullness and cramps.
- Weakness and fatigue.

■ Unexplained anemia.

■ Weight loss with no known reason.

Although these could be signs of colorectal cancer, many other conditions can cause these symptoms too, including hemorrhoids and inflammatory bowel disease.

In any case, it's important to see your doctor for prompt diagnosis and treatment.

Source: American Cancer Society

Myth If you eat well, exercise and feel fine, screening isn't important.

Fact Screening is for everyone. Colon cancer is a silent killer. Often it doesn't produce symptoms until the cancer has spread. And while diet and exercise lower your risk, they aren't a guarantee against the disease. Screening is recommended even for people without symptoms or risk factors. The ACS recommends that most people be screened for colorectal cancer starting at age 50. Some people who are at particularly high risk for the disease may need to start screening at an earlier age.

Myth Colonoscopy is painful and expensive.

Fact Colonoscopies aren't painful. In fact, most people don't remember them because they're given medicine to sleep through the exam, which is always done in a very private setting. Also, many insurance policies cover the cost of screening for people 50 and older. Medicare covers the test too.

So talk with your doctor about when you should be screened for colorectal cancer. This is one test that could save your life. ✨

WANTED: COMPASSIONATE CONVERSATIONS

How to talk about cancer

SOME TOPICS CAN leave us tongue-tied—like cancer, for instance.

If a loved one is diagnosed with cancer, however, it becomes important to find a way to talk about the disease. Conversations with friends and family provide crucial support for cancer patients.

To get those conversations started—or to keep them going—consider these tips from the American Cancer Society and the American Society of Clinical Oncology:

● Be a good listener. Oddly, the best way to talk about cancer may involve not talking at all. Let your loved one lead the conversation. Pay careful attention to what he or she says. This will give you clues about how to respond

and react. Don't forget: Sometimes silence provides the most comfort.

● Choose your words carefully. Avoid common phrases like "I know how you feel" or "Everything will be fine," which may sound hollow and impersonal. Instead, try asking, "How do you feel about all this?" or saying, "Let me know if you want to talk."

● Try to avoid giving advice. You may want to take control of this unsettling situation by offering advice and solutions. But do your best to keep your opinions to yourself. If the person does ask what you think, answer honestly.

● Make eye contact. Your body language can show that you care. Just looking someone in the eye, smiling, and holding his or her hand can bring great comfort.

● Bring up other topics. Cancer doesn't need to dominate the entire conversation. Talk about all the things you used to talk about before the person got sick. People want to be treated as people—not patients.

To schedule an appointment at the Regional Hematology and Oncology Clinic, call 541-963-2828.

● Maintain your composure. Try to keep your own feelings under control when talking to your loved one. You may have to keep the conversation short if you're having a hard time controlling your tears. Remember, the person with cancer should not have to console you. ✨



Foundation

GRANDE RONDE HOSPITAL

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You make the difference!

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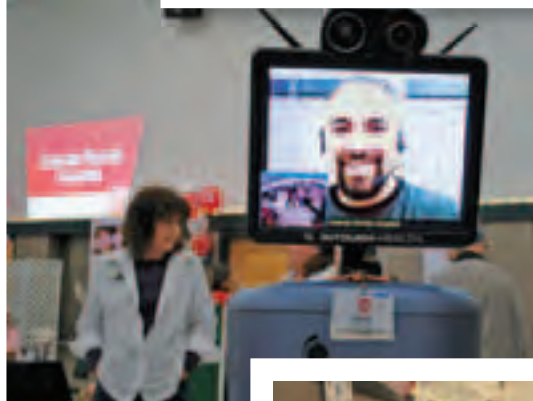
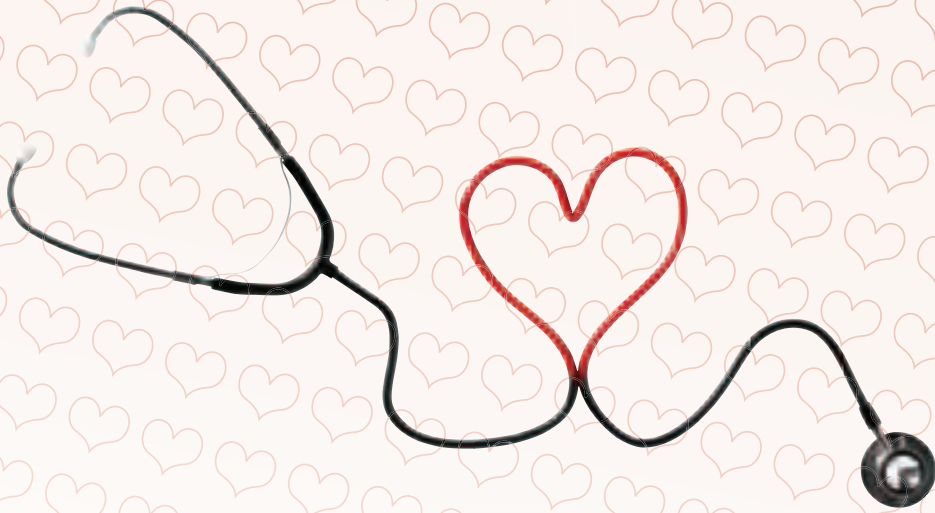
Interact with the Foundation's new Donor Wall

The Grande Ronde Hospital Foundation recently updated its interactive Donor Wall near the Gift Shop in the hospital lobby.

This recognition system was unveiled in November 2011 and is the first of its kind in the Pacific Northwest. The new names are those of generous annual contributors who gave to the Foundation during 2011. The display also honors a distinguished group of contributors whose cumulative giving of \$1,000 or more demonstrates an exceptional commitment to our community's hospital.



Wade and Heidi Weis preview the Foundation's new interactive donor wall.



SPRING INTO HEALTH

IF YOU'VE BEEN putting off taking the first step toward a healthier future—have we got a deal for you!

Grande Ronde Hospital is hosting a Community Health Fair on Saturday, April 28 from 8 a.m. to noon at the Blue Mountain Conference Center.

We'll have a wealth of education and information for you, whether you're a couch potato, a fitness guru or somewhere in between.

Activities include:

- Free or reduced health screenings.
- Cooking demonstrations.
- Blood pressure checks.
- Doc Talks.
- Helicopter fly-in.

- Giveaway items.
- Vendors.

Did we mention that it's free? Join us! You'll be glad you did.

A long and happy life includes good health, and that means making smart choices on a variety of things: getting enough sleep, staying active and eating right, as well as keeping up-to-date on doctor appointments, health checkups, screenings and so much more. The key to making permanent, positive health changes is unique for everyone, but taking that first step is always the beginning.

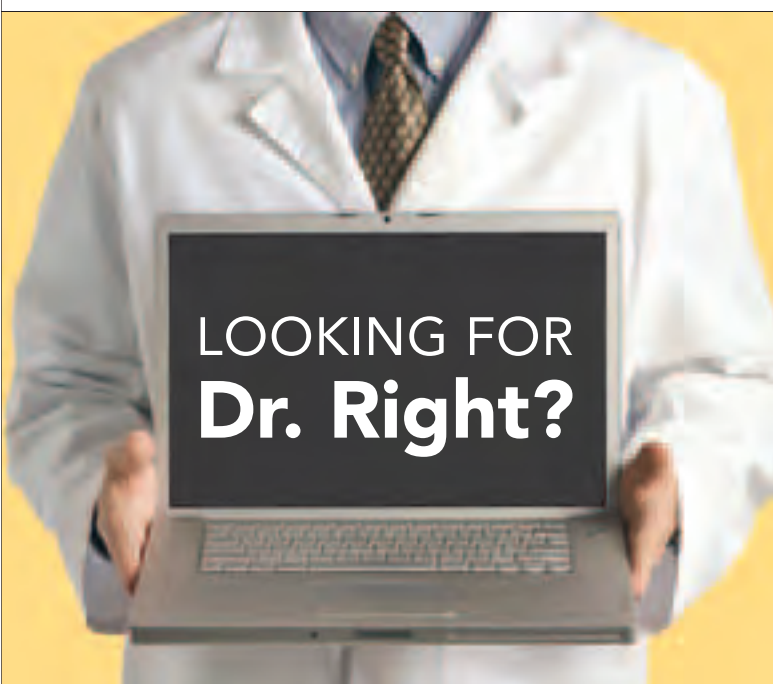
Explore healthy options at the 2012 Community Health Fair and discover what you need to make that first step easier. ✨

Community Health Fair

What: Health care providers and professionals will be on hand with practical tips and suggestions to help you have a healthy life. The fair also includes demonstrations, free activities and giveaways!

When: Saturday, April 28, from 8 a.m. to noon.

Where: Blue Mountain Conference Center, 404 12th St., La Grande



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

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

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

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

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

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

REHABILITATION THERAPY SERVICES
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900 Sunset Drive
La Grande

WOMEN'S CLINIC
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HEALTH SCENE

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