



Grande Ronde Hospital

A CENTURY OF CARING

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900 Sunset Drive
La Grande, OR 97850

HEALTH SCENES®

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Health Link



HOUSEPLANTS MAY TRIGGER ALLERGIES

If you have hay fever, your houseplants could be making your symptoms worse. Certain plants, such as ficus and ivy, can aggravate allergies.

Allergy

SOOTHE A STING

When treating an insect sting, remove the stinger by gently scraping the skin with a fingernail. Avoid squeezing the stinger with tweezers, which can push venom into the body.

American Medical Association



SALAD DAYS Eating just one green salad a day helps boost levels of vitamins C, E, B₆ and folic acid, essential nutrients that help reduce the risk of cancer, heart disease and other health conditions.

Journal of the American Dietetic Association



GREAT EXPECTATIONS: Rapid advancements in technology are changing surgical procedures and the look of the operating room. The Grande Ronde Hospital Foundation's operating room project will improve patient outcomes, ensure quality and increase efficiency.

JUST WHAT THE DOCTOR ORDERED

GRANDE RONDE HOSPITAL CREATES OPERATING ROOM OF THE FUTURE

Grande Ronde Hospital is committed to staying on the forefront of patient care technology. ♦ One project currently in the works is the “operating room of the future,” which, thanks to fundraising efforts by the Grande Ronde Hospital Foundation, should become a reality by late fall. ♦ Called a minimally invasive

surgical suite, the look of the futuristic operating room is clean and efficient. Equipment is mounted from the ceiling, eliminating the maze of electrical cords and cables that once snaked across the floor. Two modular, high-definition, flat-screen monitors provide doctors and nurses with a closer view of the surgery. And state-of-the-art surgical lights offer ideal lighting for procedures.

BETTER FOR PATIENTS TOO As part of the project, the ceiling will be strengthened and the ventilation system will be remodeled to supply better airflow to patients.

“All necessary, specialized surgical equipment will be close at hand, connected and ready to function,” says Doug Romer, executive director of patient care services at Grande Ronde Hospital.

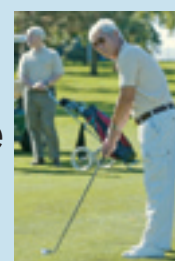
“This will reduce the time patients are under anesthesia and provide quicker recovery.”

A WIN-WIN “This project will help our community hospital continue to provide the highest-quality patient care to individuals throughout the area,” says Todd Gorham, chairman of the foundation.

Jim Mattes, president and CEO of the hospital, expects that the project will also have a positive impact on recruiting physicians and nurses. The futuristic operating room at Grande Ronde Hospital will be one of the first of its kind in the region.

To learn more or to contribute to the project, please call Meredith Lair, foundation development specialist, at 541-963-1431. Your contributions are tax-deductible. ✦

Have fun and support a good cause



Grande Ronde Hospital is creating a minimally invasive surgical suite, which will be used for surgeries ranging from knee replacements to kidney stone removals.

You can help support the project—which has an anticipated cost of \$210,000—and have fun doing it! To participate in the following events or to make a contribution, call Meredith Lair, foundation development specialist, at 541-963-1431. Contributions are tax-deductible.

Hoop Fest, July 7. Hit the streets of downtown La Grande for the Fourth Annual Hoop Fest three-on-three basketball tournament. Test your skills against players from Union County and throughout the region. Register today!

Amateur Golf Tournament, Sept. 14 to 16. If you love to golf and you have an established USGA handicap, register now for the 13th Annual Grande Ronde Amateur Golf Tournament. The event includes a Saturday evening dinner and benefit auction—nongolfers are welcome too.



At Grande Ronde Hospital, operating rooms are wired in a high-tech way, with physicians using new techniques that allow patients to recover faster.

www.timhallphoto.com

InSide

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- 3 **GRILL HAPPY?** HOW TO STAY SAFE
- 4 **HOME CARE** SERVICE COMES TO YOUR DOOR



WHEN BUGS DO MORE THAN bug YOU

Some bugs are just plain annoying. ♦ Ants that form a conga line around spilled sugar at a picnic or gnats that swarm about your face on balmy summer nights—these are tiny irritations, and relief is just a smack away.

But other insects can do more than bug you: They can literally make you sick.

In the U.S., many such bug-borne diseases are spread by mosquitoes and ticks. Luckily, the number of people who become seriously ill from such infections is relatively small, and sometimes antibiotics are the only treatment needed.

But that's not always the case. And since diagnosing these infections can depend upon recognizing symptoms, it's good to know the signs so that you can call your doctor when you see them.

MALADIES FROM MOSQUITOES In this country, mosquito bites primarily cause itching. But they can sometimes transmit viruses that attack the nervous system, causing inflammation in the brain (encephalitis), the spinal cord (poliomyelitis) or the membranes of the brain or spinal cord (meningitis).

Since antibiotics are no help against these viruses—the virus simply has to run its course—only the symptoms can be treated, usually in a hospital.

West Nile virus. A fairly recent arrival in this country, West Nile virus is spread by mosquitoes that have bitten infected birds.

Most people have no reaction to this

infection. However, about 20 percent of those infected develop West Nile fever, with its accompanying headache, fatigue and body aches.

Less than 1 percent of people infected develop the more severe meningitis or encephalitis, characterized by headache, high fever, stiff neck, coma and tremors.

Arboviral encephalitis. There are four major arthropod-borne viruses, or arboviruses, in the United States, all of which are spread by mosquitoes.

Again, most infections cause no symptoms in humans. Some who are infected might feel as if they have the flu.

Sudden fever or headache can signal a more serious infection.

TROUBLE WITH TICKS The United States is host to 82 species of ticks that together can transmit nine major diseases, according to the American College of Emergency Physicians. Two common tick-borne infections are Lyme disease and Rocky Mountain spotted fever.

Lyme disease. Spread by the bite of an infected deer tick or western black-legged tick, Lyme disease has been reported in nearly every state. It can be difficult to diagnose and to treat, especially if not caught in its early phases.

Deer ticks are very tiny, so they're not easy to spot on the skin. You may not know that you've been bitten by an infected tick until you develop symptoms of Lyme disease. Those can include a red rash at the site of the bite, sometimes enlarging to a bull's-eye shape, as well as flulike symptoms of fever, headache, stiff neck, body aches and fatigue.

Without antibiotic treatment for Lyme disease, you're at risk of developing arthritis, meningitis and even heart problems.

Rocky Mountain spotted fever. Like Lyme disease, Rocky Mountain spotted fever can also be treated with antibiotics. But its symptoms are more severe, usually requiring hospitalization, and it can be fatal.

Rocky Mountain spotted fever is spread primarily by American dog and Rocky Mountain wood ticks. Early signs of the disease include fever, nausea, vomiting, muscle pain and severe headache. In later stages it can cause abdominal pain, joint pain, diarrhea and a rash.

LEARN MORE If you would like more information on ticks, mosquitoes and the diseases they carry, go to the U.S. Centers for Disease Control and Prevention Web site, www.cdc.gov.

Tips for kids with chronic illnesses

If your child has a chronic illness, such as asthma or diabetes, you'll need to plan ahead for any medical care your child may require at school.

It's important to work with your child's health care team and school personnel to ensure your child's safety. The American Academy of Pediatrics (AAP) recommends that before school starts you:

Meet with school staff. Talk with your child's teacher and the school nurse about your child's condition. It's best to provide written instructions from both you and your child's doctor.

These should include:

- A brief medical history.
- Your child's special needs, such as dietary requirements to avoid triggering a food allergy.
- Medication or procedures required during school hours.
- Emergency plans and procedures, including contact numbers for you and your child's doctor.

Having this information on hand can help school personnel know what steps to take if your child develops symptoms at school.

Gather necessary forms and supplies. You may need to provide the school with:

- Medication and any other supplies (such as an inhaler) needed to manage your child's condition.
- Consent-to-treat form. This authorizes medication administration and emergency treatment.
- Release of information form. This form gives permission for the school nurse to call your child's doctor.

BACK TO SCHOOL

Help for kids with no health insurance

The doctors and staff at the Grande Ronde Hospital Children's Clinic want your kids to be healthy and happy. And if you don't have health insurance, we can help.

The Children's Clinic offers free checkups, immunizations, sick visits and physicals for infants, children and adolescents without health insurance.

The free clinic is every Thursday afternoon from 3 p.m. to 5 p.m. Appointments are requested.

The Grande Ronde Hospital Children's Clinic is located at 612 Sunset Drive in La Grande. For more information, call the clinic today at 541-663-3150.

Kids get free checkups, immunizations, sick visits and more at the Grande Ronde Hospital Children's Clinic. Call 541-663-3150.

HAPPY GRILLING

Make your barbecue outing a safe one

You're hungry, and it's hot inside the kitchen. The last thing you want to do is turn on the stove or oven. What better time to step outside and fire up the grill?

But wait. Before you do, be sure you understand food-handling and grilling techniques that will help make your outdoor cooking experience a safe one.

Pre-grilling checklist When you break out the grill, it's important to follow safe food-handling and preparation techniques. If you do, you can protect yourself and family



and friends from food contamination and serious illness.

Prior to grilling, the American Dietetic Association (ADA) says you should:

- Wash your hands with soap before, during and after handling food.
- Scrub the grill with hot, soapy water.
- Keep uncooked food in refrigerators or coolers stocked with plenty of ice or ice packs. Perishable food items, such as fruits and vegetables, should not sit out of a refrigerator or cooler for more than one to two hours.

Also, never use the same platter, utensils or marinating brush for raw and cooked meats.

Safe grilling While grilled food is tasty, some types have been linked with certain health risks.

For example, eating grilled red meat, poultry and fish may increase your risk for breast, colon, stomach and prostate cancer, according to the American Institute for Cancer Research. Vegetables, fruits and other nonmeat foods, such as tofu, are healthier barbecue alternatives.

If you do decide to grill meat or fish, you should:

- Marinate before grilling. Vinegar, citrus juice, herbs, spices and olive oil have all been found to reduce the formation of cancer-causing compounds in meat, poultry and fish.
- Trim away fat and remove the skin from poultry. Keep portions small.
- Precook meats, fish and poultry in the oven or microwave before grilling.
- Cook at a lower temperature, and turn food frequently.
- Avoid letting juices drip onto coals. Don't pierce meat with a fork. Cover the grill with punctured aluminum foil, and keep a spray bottle handy to control flare-ups.
- Remove charred or burnt portions before eating.



For more on safe grilling, visit the ADA Web site at www.homefoodsafety.org.



Think you have a hearing problem? Help is available

It can occur so gradually that you don't know what's happening—until someone mentions the problem: You may be losing your hearing.

Hearing loss often is associated with aging. And it's true that 29 percent of people older than 65 have lost some of their ability to hear. But baby boomers shouldn't feel complacent. According to the Better Hearing Institute, 18 percent of those between the ages of 45 and 64 also have some hearing loss.

Signs that hearing is impaired can be subtle. You may have a problem hearing on the telephone or when there is background noise, such as many people talking. You might find yourself straining to understand a conversation or asking people to repeat themselves. Others may complain that you raise the volume on the television too high.

Some people notice a ringing, roaring or hissing sound in their ears or complain that certain noises are too loud.

If these problems sound familiar, see a doctor for a checkup. You may be sent to a specialist called an otolaryngologist for further examination.

A number of treatment options for hearing loss are available. If a hearing aid is recommended, an audiologist can help you find one that's most helpful to you. Some are placed inside the ear or the ear canal; others are external. You may have to try more than one to find what works best.

Some hearing aids can be plugged into devices such as televisions, stereos and other personal systems. Some work best for one-on-one conversations; others help screen out noises around you.

Cochlear implants, which require surgery to put in place, are most often used with young children born with substantial hearing loss. However, older adults with severe hearing loss may also be candidates.

Some people with hearing loss may prefer to learn lip or speech reading. This requires paying close attention to others when they talk to see how their mouths and bodies are moving.

Journal Digest



DIET MAY REDUCE PMS RISK

Abdominal cramping, tender breasts, irritability—these are the signature symptoms of premenstrual syndrome (PMS), and they're symptoms women who have them could do without.

However, there may be a simple way to reduce PMS risk, according to a study of some 3,000 women who were followed for a decade.

Study results suggest that women with the highest amount of calcium in their diets have the lowest risk of developing PMS. Likewise, a high intake of vitamin D also appears to protect against PMS.

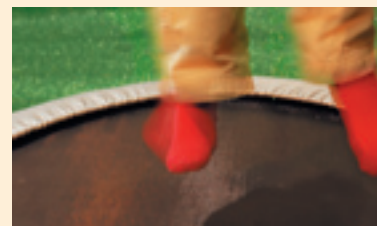
In addition to fending off PMS symptoms, a diet rich in calcium and vitamin D helps protect against dangerously brittle bones and some cancers, the researchers report.

Archives of Internal Medicine, Vol. 165, No. 11

MINI-TRAMPOLINES POSE LARGE RISK It doesn't matter what size trampoline—large or small—your child bounces on. Your youngster still risks injury, even if you supervise his or her play.

That's the conclusion of a study that looked at the potential risks of using mini-trampolines for either play or exercise.

The dangers of full-sized home trampolines—including broken bones, concussions and worse—have been



widely publicized. This is one of the first studies to investigate the hazards of smaller models.

Tracking injuries monitored by the U.S. Consumer Product Safety Commission, the researchers report that children younger than 6 are the most likely to get hurt on mini-trampolines, with cuts to the head especially common.

According to the American Academy of Pediatrics, children should use trampolines only in supervised training programs for gymnastics, diving or other competitive sports.

So don't add a trampoline (large or small) to your home or yard, and find out if your children's friends have trampolines before giving them permission to play at a friend's house.

Pediatrics, Vol. 116, No. 1

LOSING WEIGHT HELPS ACHING KNEES Doctors have long known that being overweight increases the risk of osteoarthritis of the knees. What's less clear is whether losing extra pounds reduces stress on arthritic knees.

Now a study of 142 overweight and obese adults placed on an 18-month program of diet and exercise suggests that dropping pounds may indeed help aching knees.

Researchers discovered that for every pound lost, the knee has a fourfold decrease in stress placed on it during daily activities such as walking.

Less stress may actually help slow the progression of osteoarthritis, but more studies are needed to see if that is true, say the researchers.

Arthritis & Rheumatism, Vol. 52, No. 7



READY TO HELP: Our Home Care Services team can give the support you need.

HEALTH CARE COMES HOME

THERE'S NOTHING LIKE the comfort of your own home when you're sick, disabled or recovering from a stay in the hospital.

And that's part of what makes home health care so appealing. These days, home health care brings a variety of health and social services right to your door.

"Patients and families appreciate the convenience," says George Capshaw, manager of Grande Ronde Hospital Home Care Services. Capshaw manages a team of 16 who have been serving the community for more than 20 years.

There are numerous types of home health care services available from Grande Ronde Hospital Home Care Services:

- Medical or nursing assistance.
- Physical and occupational therapy.
- Pain management.
- Assistance with personal needs, such as bathing.
- Foot clinics.
- Enterostomal therapy and wound care.

To be eligible for home health care, a patient must meet homebound criteria and have a need for skilled care by a health professional as well as an order from a physician.

Services are provided during regular business hours, and a registered nurse is on call 24 hours a day, seven days a week.

WHAT IS HOSPICE? Capshaw and his team also provide hospice services. Hospice is a type of care offered to people with terminal illnesses; usually, a person's prognosis is six months or less.

Normally, health care focuses largely on extending the quantity of life. But hospice care focuses on quality of life. No attempt is made to cure the person's disease. Instead, hospice offers medical care that makes the person more comfortable, eases symptoms and treats non-life-threatening health problems.

It also offers help in dealing with the emotional, spiritual and social aspects of dying—both for the person who is ill and for his or her family. Sometimes that might mean helping people come to terms with the way they've lived their lives or working with them to mend strained relationships. Other times it involves helping people to get their financial affairs in order.

FINDING PEACE People receiving hospice care decide for themselves which services they want, Capshaw says. Usually, family members serve as the main caregivers. Doctors, nurses, aides, a social worker, a spiritual coordinator and volunteers may also be involved, he says.

Typical hospice services offered through Grande Ronde Hospital Home Care Services include medical care to make people more comfortable; help with everyday activities,

Could home care or hospice help you?

Call 541-963-1453

to find the help you need.

such as bathing and dressing; and respite care—care offered to a hospice client that allows that person's regular caregivers to take a break.

Hospice care takes place in people's homes.

Team members meet regularly to discuss how the patient and family are doing and how the team can help them. Support for the family, including bereavement counseling for a minimum of 13 months after the person dies, is provided as well.

In most cases, health plans cover expenses, Capshaw says. For those who are eligible, Medicare also offers coverage.

"It's important to talk to your doctor or your loved

one's doctor if you think hospice might be right for you or your family," he says. "Starting these conversations is good because it can help transform a difficult time into something more peaceful. Hospice can help bring quality of life and stability to a very emotional event."

To find out more about Home Care Services at Grande Ronde Hospital, call Home Care Services at 541-963-1453.

New telephone numbers!

Your calls are important to us, so we want you to know that we have some new numbers. Please update your records.

Grande Ronde Hospital Children's Clinic
541-663-3150

Grande Ronde Hospital Women's Clinic
541-663-3175

Grande Ronde Hospital Internal Medicine Clinic
541-663-3138

Get your FREE booklet—before it's history!

You can obtain a copy of the commemorative publication celebrating Grande Ronde Hospital's 100-year history at no charge, while supplies last.

The booklet provides an entertaining and informative review of the hospital's past 100 years and features historical photos from the Fred Hill collection. To request a copy, please call Kelly O'Neill, community relations manager, at 541-963-1480.



GRANDE RONDE HOSPITAL

A CENTURY OF CARING SINCE 1907

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

Jim Mattes
President/CEO

Wendy Roberts
Administrative Services Director

Kelly O'Neill
Community Relations Manager

Meredith Lair
Foundation Development Specialist

Lindsay Rynearson
Administrative Secretary

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

