



Grande Ronde Hospital

A CENTURY OF CARING

Visit us online at [www.grh.org](http://www.grh.org).

Nonprofit Org.  
U.S. Postage  
PAID  
Portland, OR  
Permit No. 2901

Grande Ronde Hospital  
900 Sunset Drive  
La Grande, OR 97850

# HEALTH SCIENCES®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SUMMER 2008

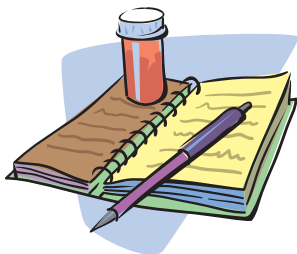
## Health Link

**EXERCISE ONE DAY AT A TIME** If you don't exercise during the week, you can't make up for it by doing double duty on the weekend. Aim for 30 minutes of moderate physical activity every day.

American Academy of Orthopaedic Surgeons

**SMOKING LINKED TO BLINDNESS** Here is another reason not to smoke: You could lose your vision. A study showed that smoking increases the risk for age-related macular degeneration, a leading cause of blindness.

University of Sydney, Australia



**JOURNAL YOUR HEALTH** You might want to record all of your conditions, symptoms, medications and surgeries in a health journal. This is a good way to keep track of your health, and it will help provide your doctor with exact information about your health.

American Academy of Family Physicians

## MEET YOUR GROWING TEAM



Gurmant Singh, MD



Anda Yangson, MD



Ronald Reynoso, MD



Inski Yu, MD

*New physicians bring you improved access to health care in eastern Oregon*

Have you had trouble finding a doctor for you or your family? If so, you're not alone. One of the top health concerns in eastern Oregon is access to health care. ♦ The good news is that the situation is about to greatly improve with the addition of several new physicians who will be joining Grande Ronde Hospital in the next few months. ♦ These highly motivated and well-educated doctors bring talent, skill,

compassion and experience to eastern Oregon, and they are looking forward to helping you with your health concerns.

**Looking for a physician in eastern Oregon? Find more local doctors when you visit us at [www.grh.org](http://www.grh.org) or call 541-963-8421.**

**GURMANT SINGH, MD, GENERAL SURGEON** From the start, surgery has always fascinated Dr. Singh. As a surgeon, he appreciates the ability to help patients through acute sickness. "I admire and respect the bond of trust between a physician and patient," he says. Dr. Singh joins us from the Detroit Medical Center.

**ANDA YANGSON, MD, FAMILY PRACTICE** Using her medical skills to help those less fortunate is tremendously fulfilling, Dr. Yangson says. She has partnered with numerous organizations, including the Kiwanis Club of Muntinlupa, the International Charismatic Service and the National Children's Hospital on a variety of health projects. Dr. Yangson joins us from Heritage Valley Health Systems in Beaver, Pa.

**RONALD REYNOSO, MD, INTERNAL MEDICINE** When Dr. Reynoso is not working in New York City—completing his internal medicine residency at Lincoln

Medical and Mental Health Center, which is affiliated with Cornell University—you'll find him enjoying a game of baseball, soccer or tennis. His clinical interests include infectious disease and cardiology.

**INSKI YU, MD, INTERNAL MEDICINE** Because of Dr. Yu's skills in biochemistry and organic chemistry, he once thought he'd be a pharmacist. But as he gained exposure to patients, he says, "A light bulb just clicked. I loved patients and the interaction." He is inspired by the problem-solving nature of medicine and enjoys being part of a process that aims to help—whether to cure, alleviate pain or prevent complications. Dr. Yu joins us from St. Elizabeth Health Center in Youngstown, Ohio.

**CALL FOR AN APPOINTMENT** These physicians will practice at GRH Regional Medical Clinic, 506 Fourth St., La Grande (formerly known as the Internal Medicine Clinic), where they will join a team of five established practitioners: Steve Bump, MD; Lien Dretke, FNP; Keith Graham, MD; Betsy Neeley, MD; and Susan Rice, MD.

You can schedule appointments with the new doctors up to a month in advance of their arrivals by calling 541-663-3138.

- **Dr. Singh** starts in mid-July. Call after July 1 to schedule an appointment.
- **Dr. Yangson** starts in August. Call after July 1 to schedule an appointment.
- **Dr. Reynoso** starts in September. Call after Aug. 1 to schedule an appointment.
- **Dr. Yu** starts in September. Call after Aug. 1 to schedule an appointment. ♦

InSide

2 SAFETY TIPS PROTECTING YOUR KIDS  
3 ARTHRITIS YOU CAN STILL EXERCISE

3 DEMENTIA HOW TO COMMUNICATE  
4 MORE FOR YOU HOW WE'RE EXPANDING



## BACKPACKS

## A heavy load for many kids

One thing you don't want your children carrying in their backpacks is too much weight.

Backpacks that are too heavy or worn improperly can injure muscles and joints and cause back, neck and shoulder pain, according to the American Academy of Pediatrics (AAP).

Your children may be experiencing backpack overload if they:

- Struggle to put the backpack on or take it off.
- Change their posture while wearing the backpack.
- Have red marks on their shoulders.
- Feel tingling or numbness in their arms or legs.

A backpack should never weigh more than 20 percent of a child's body weight, says the AAP.

You can help monitor the selection, packing and handling of your children's backpacks:

- Look for a backpack with two wide, adjustable and padded straps. Dense materials and padding can protect kids from sharp, protruding objects.
- Make sure your kids wear both straps of the backpack.
- Put heavy items close to the center of the back.
- Teach your kids to bend at the knees, place one strap on at a time, and use their legs to lift the backpack.
- Consider buying a backpack with wheels and a handle.
- Try to limit the amount of time your children wear their backpacks. ✨



## When the heat is really on

The next time the temperature outside is hot, hot, hot, remember this:

Historically, more people in the United States die from extreme heat than from hurricanes, lightning, tornadoes, floods and earthquakes combined, the U.S. Centers for Disease Control and Prevention (CDC) reports.

Extreme heat occurs when the mercury remains 10 degrees or more above an area's average high temperature for several weeks, the CDC says. High humidity coupled with high heat can make things even worse.

During such times, it's wise to know the signs of overheating and how to deal with it.

Common heat-related disorders include:

**Heat exhaustion.** This can develop over several days of being in hot weather and not getting enough fluids.

Signs of heat exhaustion may include heavy sweating, paleness, muscle cramps,

weakness, dizziness and fainting.

Remedies include taking a cool shower, resting in an air-conditioned place and drinking cool, nonalcoholic beverages.

**Heatstroke.** This condition is similar to heat exhaustion but is a much more serious problem.

Signs may include a high fever, passing out, frequent vomiting and hot, dry skin.

Call 911 right away if someone has heatstroke.

Until medical help arrives, cool the person as quickly as possible. Use cool water from a garden hose or shower. Do not give the person anything to drink. ✨

## Protect against major causes of brain injury

Almost anything you do in life poses a risk of injury. But you can control that risk substantially when it comes to traumatic brain injury (TBI).

TBI is caused by a blow or jolt to the head or when an object pierces the skull and enters the brain.

While most mild brain injuries don't cause harm, millions of adults and children are severely disabled and thousands die from TBI every year.

Because TBI often occurs during ev-

eryday activities—while cleaning house, driving a car or playing sports, for example—you can take steps to prevent injury:

- Make sure both you and your children wear safety belts every time you ride in a vehicle.
- Never drink and drive.
- Keep firearms unloaded and in a locked cabinet or safe; store ammunition in a separate, secure location.
- Remove home hazards that can cause falls. Secure rugs and loose cords, and put toys away. Use safety gates and window guards to protect young children. Install grab bars and handrails if you are frail or elderly.
- Perform safety checks on a regular basis of sports fields, playgrounds and equipment your children use. Playgrounds shouldn't have hard surfaces.
- Supervise younger children at all times. Don't let them use equipment or play sports unsuitable for their age.
- Purchase helmets and other safety apparel recommended for any sport your family participates in.
- Be sure to always wear safety gear for activities such as baseball and softball (batting and running), cycling, skiing, or wrestling, and while riding horses, skateboards, scooters or powered recreational vehicles.
- Replace damaged sporting equipment or safety gear.
- Follow rules at water parks, pools and beaches. ✨

Source: American Association of Neurological Surgeons





## GETTING THROUGH

*Tips for communicating with someone who has dementia*

**YEARS AGO YOU** shared long, heartfelt talks. But now it seems your loved one rarely understands what you say.

A breakdown in communication is one of the most heartbreaking and frustrating aspects of dementia.

But there are steps you can take to make things less stressful and to help improve communication, says Donna Schempp, LCSW, program director for the Family Caregiver Alliance.

**EDUCATE YOURSELF** “Learning as much as you can about your loved one’s condition is the best way to reduce stress,” Schempp says.

Talk to your loved one’s physician to learn more about the dementia. Is it due to Alzheimer’s disease or another condition? Will the dementia get worse over time? Are there medications that can help control symptoms? It’s good to know what to expect.

Often, people with dementia: ● Use the same word repeatedly. ● Easily lose their train of thought. ● Use curse words. ● Speak less often. ● Rely more on gestures than words. ● Invent new words to describe familiar things. ● Have trouble finding the right words.

**BETTER COMMUNICATION** When talking with your loved one, try these tips:

**Get the person’s attention.** Turn off the radio or television so there are no distracting noises when you’re speaking to your loved one. Call the person by name, and maintain eye contact to help retain his or her focus.

**Use a positive approach.** “If we address people in a calm, reassuring way, we’re more likely to get a good response,” Schempp says.

“Try to use a relaxed and friendly tone,” she adds. “And pay attention to your body language. People pick up on that—they respond to your body posture and facial expressions.”

**Use clear, direct language.** Speak slowly, and use simple words.

“Don’t phrase things as a question if you’re making a statement,” suggests Schempp. “If the person says no, then you’re stuck. Don’t say ‘Are you ready for your doctor’s appointment?’ if you mean ‘It’s time to see the doctor.’”

Also, it’s best to provide clear choices to people with dementia, Schempp says. “If you ask them what they want for dinner, they may get confused. But if you say ‘Would you like chicken or hamburger?’ they have a clear choice.”

[Learn more about our Home Care Services Program at 541-963-1453.](#)

**Be respectful.** Don’t talk to the person in a condescending way, as if he or she were a child or baby. And don’t act as if the person weren’t in the room.

**Be patient.** Give your loved one plenty of time to respond to you. Don’t interrupt. If he or she is struggling to remember a word, gently make suggestions.

**Distract and redirect.** If your loved one gets upset, change the subject or your environment. You might suggest going for a walk or moving to another room.

**Recall the good old days.** People with dementia may have poor short-term memory, but they often have clear memories of the distant past. Talking about some of these old experiences may make for a pleasant conversation.

**LEARN MORE** Visit the Family Caregiver Alliance at [www.caregiver.org](http://www.caregiver.org) or the Alzheimer’s Association at [www.alz.org](http://www.alz.org) for more communication tips. ✨

## ARTHRITIS

# YES, YOU CAN EXERCISE

**IF YOU HAVE** arthritis, you might think that exercise is something that’s best avoided. Maybe you think it’s just too painful and hard on your joints.

But the truth is that exercise can actually help reduce the pain of arthritis, and it can be done safely.

“Exercise has benefits for people with arthritis, and you can do a range of activities,” says Leigh Callahan, PhD, associate professor of medicine, orthopedics and social medicine at the Thurston Arthritis Research Center, University of North Carolina, and member of the American College of Rheumatology.

**BENEFITS ABOUND** Gone are the days when exercise was considered to be hard on people with arthritis. Research shows that there are lots of good things in store for those who stay active.

According to the Arthritis Foundation, in addition to easing pain and stiffness, regular, moderate activity can help: ● Increase flexibility and endurance. ● Build strong muscles around the joints. ● Promote overall health and fitness by boosting energy.

Exercise also helps with weight control, which can take pressure off knee and hip joints riddled with arthritis.

Arthritis experts recommend a goal of at least 30 minutes of activity on three or more days a week, but you don’t have to do it all at once.

“The best thing is for people to start moving,” says Dr. Callahan. “You don’t have to move 30 minutes straight. You can move in increments, such as 10 minutes three times a day.”

In general, experts recommend three main types of exercise—aerobics, strengthening exercises, and flexibility and range-of-motion activities (such as stretches).

Some specific examples of activities people with arthritis often choose are:

● **Walking.** “Walking has been shown to be very good for people with arthritis,” Dr. Callahan says. Best of all, you don’t need any fancy equipment. “You just have to have a good pair of shoes that are suitable for walking,” she says. Quality shoes don’t need to be expensive, she emphasizes.

● **Bicycling.** You can pedal outside on a regular bike or in your home on a stationary one.

● **Swimming.** Swimming and aquatic exercises done in warm, soothing water can be helpful if you’re dealing with joint pain. The buoyancy that water provides eases stress on joints.

It’s important to remember that you can choose from a menu of different activities that can be beneficial for people with arthritis, Dr. Callahan says. Inviting friends or family to get moving with you can increase your enjoyment of exercise and can help you stick with an exercise plan.

Also, you don’t have to think of activity as strictly exercise, Dr. Callahan notes. From gardening to golfing, there are many creative ways to add more physical activity to your day, she says. Just pick something you enjoy.

No matter what exercise activities you choose, be sure to start slowly and to warm up and cool down, such as with gentle stretches. ✨

Additional source: U.S. Centers for Disease Control and Prevention

## MORE CHOICES RECRUITING PAYS OFF

*GRH welcomes new physicians*

**FOR PHYSICIANS WHO** love the great outdoors and small-town life, eastern Oregon can be a dream come true, especially when they discover the sophistication of Grande Ronde Hospital (GRH).


"As a small rural hospital, we stand out amongst our peers with our excellent facility and staff," says Jim Mattes, president/CEO of GRH.

Even so, recruiting doctors to the area has been a challenge. "We've been keenly aware of the physician shortage for a long time," says Paul Shorb, senior director support services. But with several new physicians joining GRH in the next few months, the community has reason to celebrate. (You can read more about several of the new physicians on page 1.)

**MORE CARE AVAILABLE LOCALLY** "Our goal has been working toward improving health care access, and it's exciting to realize that we are finally meeting our goal," Shorb says.

"I'm very excited," says Keith Graham, MD, an internist at GRH Regional Medical Clinic. "I hear about [the physician shortage] every day. There's a lot of anxiety, and often people end up going to the ER, which is not an ideal situation. You can often prevent that kind of crisis in the first place," Graham says. The new internists, family practice doctor and the general surgeon will be very welcomed and much needed, he says.

The new physicians will join Graham and four other practitioners in the newly remodeled GRH Regional Medical Clinic (formerly known as the Internal Medicine Clinic) at 506 Fourth St. in La Grande.

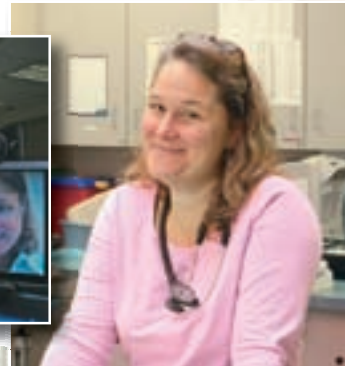
 We offer many services to help you stay healthy. Find out more about Grande Ronde Hospital and local physician clinics when you visit [www.grh.org](http://www.grh.org). You can even get door-to-door directions! ✨

## Some of the friendly faces you'll see at GRH Regional Medical Clinic

Donna Loudon, clinic manager



Susan Rice, MD



Drs. Bump and Neeley



Lien Dretke, FNP



Keith Graham, MD



Clinic staff members (from left): Raquel Sellick, Tracie Powell and Kerstin Knight



Betsy Neeley, MD

## Expanding to meet your needs

Last July the hospital proposed an expansion of the Internal Medicine Clinic (now known as the GRH Regional Medical Clinic) to help recruit new physicians to the area and retain those already here, and to accommodate more patients and offer improved privacy and aesthetics.

The new addition is expected to be completed by July, with more remodeling occurring in the existing clinic throughout the fall. The expansion increases the clinic to a total building size of 13,557 square feet, with approximately 90 new parking spots. The new facility will contain 31 exam rooms, a patient education area, four procedure rooms, and increased space for medical records, the laboratory and the patient lobby area.

# GRANDE RONDE HOSPITAL

A CENTURY OF CARING

### BOARD OF TRUSTEES

Bob Messinger, Chair  
Lynn Harris, DMD,  
Vice Chair  
Burr Betts, PhD, Secretary  
Anna Baum  
Suzanne Madden  
Betsy Neeley, MD  
Steve Weishaar  
Libby Gobon  
Jim Mattes, President/CEO  
Michael McQueen, MD,  
Medical Staff President

### GRANDE RONDE HOSPITAL SERVICES

#### CHILDREN'S CLINIC

541-663-3150  
612 Sunset Drive  
La Grande

#### REGIONAL

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

#### MEDICAL CLINIC

541-963-6070  
700 Sunset Drive,  
Suite G  
La Grande

#### 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

#### REHABILITATION THERAPY SERVICES

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

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

**Meredith Lair**  
Foundation Manager

**Lindsay Rynearson**  
Administrative Secretary

Information in HEALTH SCENE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.  
Copyright © 2008  
Coffey Communications, Inc.  
HST21984h

HEALTH  
SCENE

SUMMER  
2008

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.

