



GRANDE RONDE HOSPITAL

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Grande Ronde Hospital
900 Sunset Drive
La Grande, OR 97850

HEALTH SCIENCES®

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Health Link



HAVE A NICE YARD, AND WORK OUT

Weight-bearing, repetitive motions—such as digging, mowing and pulling weeds—make working in the yard an ideal moderate-intensity exercise for older adults.

American Society for Horticultural Science

CALLING ALL MEN After age 20, all men should get cancer-related checkups as part of their regular doctor visits. Depending on age, the tests might include looking for cancers of the skin, thyroid, mouth, lymph nodes and testes.

American Cancer Society



WEIGHTED BREATH

Don't hold your breath during strength exercises; doing so can affect blood pressure. It may seem strange at first, but practice the correct technique: Breathe out as you lift something, and breathe in as you relax.

National Institute on Aging

Women's HEALTH CARE

TREAT YOURSELVES TO GOOD HEALTH

Studies show that many women tend to neglect their own health to focus instead on the health of their family and friends, which makes it especially important for women to prioritize regular checkups, mammograms and other appropriate health screenings. ♦ Women have many of the same major health problems men do, but some of these problems have a greater effect on women. Add to that a woman's complex reproductive system, and it's no wonder clinics, care centers and hospitals that cater specifically to women are a growing trend.

HERE FOR YOU Grande Ronde Hospital and our women's clinic are at the forefront of providing access to the best in affordable women's health care.

Our radiology department was the first in the area to implement digital mammography for earlier and more accurate diagnoses. We also recently added a second digital machine to handle patient demand. In addition, we are the first in the region to offer stereotactic breast biopsy.

Stereotactic breast biopsy is a minimally invasive alternative to surgical biopsy. This outpatient procedure, performed in our radiology department under local anesthesia, was needed to remove small tissue samples for the pathologist to examine. The process takes about an hour.

COMPLETE CARE AT EVERY AGE In our women's clinic, Dale Robinson, MD; Dawn Knight, MD; Stacy Whitaker, DO; and Jill Parsons, WHCNP, offer a wide array of women's services, from adolescence to menopause and beyond. In addition to traditional obstetric and gynecological services, they provide treatment options for a variety of women's health care concerns, such as heavy periods, family planning and incontinence.



TREATMENTS FOR A VARIETY OF CONDITIONS Thermachoice is a non-hormonal, minimally invasive option for treating menorrhagia, or heavy menstrual bleeding. Thermachoice is a proven and effective procedure that can be done in the clinic in less than an hour without hormones or hysterectomy.

Our providers also offer a permanent birth-control alternative to tubal ligation for women who know their family is complete. Essure is a 30-minute procedure that will leave no scarring, as incisions are not made in the skin. It can be completed in the clinic without general anesthesia.

Urodynamic testing is a tool our providers use to determine how well a woman's urinary tract is working. This testing will help explain problems with urine leakage or blocked flow. The muscles in and around the bladder and urethra can become weakened by aging, illness or injury. Weak bladder muscles may result in incontinence or an inability to empty the bladder completely, increasing the risk for urinary tract infections.

These tools can help keep a woman's health in tip-top order for an improved quality of life. But first, you have to establish a relationship with a primary care provider who specializes in women's health. Your women's health care provider will be able to order diagnostic screenings and make referrals to internists, surgeons and more for any additional health care needs.

Make your health a priority by treating yourself to the best in women's health care. Your family and friends will love you for it.



To find a women's health care provider, visit www.grh.org and click on "Physician Directory." ♦

InSide

See page 3 to read about the ways the Foundation supports Grande Ronde Hospital.



TICKS AND FLEAS

Protect your pets—and yourself

As much as you like your dog or cat, remember this: Fleas and ticks like it too. And if your furry friend has become an unwilling host to these tiny pests, your health may be at risk.

The threat can range from the merely uncomfortable to the truly life-threatening.

For instance, ticks can transmit a number of dangerous diseases to humans. Lyme disease and Rocky Mountain spotted fever are just two examples.

Fleas can also spread infections to people, though the risk isn't as high as it is with ticks. Still, flea bites can lead to uncomfortable itching and raised, red-dened skin.

For ideas on how to keep your home flea-free, talk to your veterinarian. A flea prevention product for your pet and thorough cleaning of floors and furniture are usually required.

Your vet can also suggest a tick repellent. And it's a good idea to keep your pet away from tall grass or wooded areas, which can be havens for ticks.

After every outing, check your pet's fur, ears and paws for ticks. And don't forget to check yourself.

If you find a tick on you or your pet, carefully remove it. Be sure to disinfect the area and wash your hands.

If you get sick within a few weeks of a tick bite, see your doctor. If you have a tick-borne infection, early treatment is the most effective. ✨

Sources: American College of Emergency Physicians; American Veterinary Medical Association

Be streetwise about sun damage

Time to hit the highway. Car keys? Check. Wallet? Check. Sunscreen? Check.

Sunscreen? Indeed.

It's easy to forget that the hours you spend behind the wheel—be it driving to work, to the store or to the beach—may add up to prolonged exposure to the sun.

Even though you're behind glass, you're not protected from the sun's ultraviolet

For a local appointment to see a dermatologist, call the Regional Medical Clinic at
Go 541-663-3138.



(UV) rays. Car windows may filter out UVB rays, but whether you're the driver or a passenger, your skin is still being exposed to UVA rays while traveling. This can result in premature aging, wrinkles and even skin cancer. And if you're not wearing UV-blocking sunglasses, your eyes—especially the cornea, lens and retina—are at risk for damage from the sun's radiation.

So when you're out on the road, the American Academy of Dermatology recommends that you:

- Wear long-sleeve shirts and pants to

protect your skin from the sun.

- Protect any exposed skin, such as your hands, neck and face, by putting on sunscreen that has a sun protection factor (SPF) of 30 or more.

- Shield your eyes from UV exposure by wearing sunglasses that block both UVA and UVB rays.

Scan your skin If you are concerned about a mole or if you find a spot on your skin that changes shape, itches or bleeds, see a dermatologist. ✨



When it's warm outside, never leave elderly adults, children or pets alone in a car, even with open windows.

Dehydrated? How to know

Every cell, tissue and organ in the human body contains water. Without water, your body can't maintain its temperature, get rid of waste or perform a host of other essential functions.

At the same time, you are constantly losing water—through urine, sweat and even your breath. And you lose more fluids than usual in hot weather, when exercising, if you're running a fever, or if you have diarrhea or are throwing up.

All that means that you need to take in water every day—and plenty of it. When your body doesn't get the water it needs and there isn't enough fluid for proper circulation, you become dehydrated. And that can mean big problems. Severe dehydration can damage internal organs, such as the liver, kidney and brain, and can even cause death.

Who's at risk? Older people are at high risk of dehydration, because they may not easily sense when they are thirsty or they may have a physical condition that makes it difficult to drink. In addition, some medications can increase the risk of dehydration.

Children can also easily get dehydrated if they are not drinking enough and have diarrhea or are feverish or vomiting.

Symptoms of mild or moderate dehydration in adults include: ● Thirst. ● Reduced sweating. ● Dry or sticky mouth. ● Small amounts of concentrated, dark yellow urine or no urine at all.

Adults who are severely dehydrated may feel light-headed or confused or may faint.

Babies and toddlers who are mildly or moderately dehydrated may: ● Urinate less frequently (infants will have fewer than six wet diapers a day). ● Have a dry mouth. ● Not produce many tears when they cry. ● Have a sunken soft spot on their head.

Severely dehydrated infants and toddlers also may be very fussy and excessively sleepy, and they may have sunken eyes; wrinkled skin; and cool, discolored hands and feet. They may also only urinate once or twice a day.

What to do Drinking lots of water may be all that is needed to treat mild dehydration.

The American Academy of Pediatrics recommends that you call your child's doctor right away if you suspect your child is dehydrated. Over-the-counter electrolyte drinks (such as Pedialyte) can help restore needed fluids in kids.

More severe cases of dehydration require treatment with intravenous solutions that contain sodium chloride.

How to prevent To help prevent dehydration, drink plenty of fluids when you are exercising (both during and after activity) and when the weather is hot. Choose water rather than sugary drinks. ✨

Additional sources: American Medical Association; Centers for Disease Control and Prevention



Foundation

GRANDE RONDE HOSPITAL

Contact the Foundation

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FOUNDATION FRIENDS

SUMMER SERIES KICKOFF

a great success

The Grande Ronde Hospital Foundation hosted its first in a series of summer socials on the rooftop garden at Grande Ronde Hospital (GRH) on Friday, May 20. It was a memorable evening and the first of many to come. ♦ “These monthly summer events are designed to bring together longtime friends of the Foundation and others from the community to learn about the exciting things happening at our hospital and to build relationships with each other,” says Glenn Null, Foundation board member. ♦ Some will remember the delicious food.

Some will remember the valuable information about the expansion of the chemotherapy clinic that was shared by April Brock, surgical services manager at GRH, and some will remember the enjoyment of an evening out with good friends.

Longtime Foundation supporters Gene and Gerry Palmer took pleasure in the lovely location of the event and admired the beauty of the rooftop garden’s flowers, including the snowball trees Gerry helped plant many years ago.

“We are very proud of the marvelous health care facility we have right here in our community,” says Gerry Braseth-Palmer. “I have always thought of Grande Ronde Hospital as my baby on the hill, having been involved with it for so many years. After being approached by David Baum Sr. to start the hospital auxiliary in the late ’60s, I found my passion for doing my part to soothe and comfort patients.”

A STRONG HISTORY The Foundation was incorporated in 1969 by the GRH Board of Trustees. They

acknowledged that to provide the finest care, a hospital needs the support of its community.

The results are inspiring. More than \$1.5 million for patient care equipment has been gifted to our hospital over the past 10 years. Foundation-funded projects include the construction of the regional medical clinic exam rooms and a minimally invasive surgery suite as well as the purchase of teledermatology equipment, four-wheel drive vehicles for home care and more.

LEARN HOW YOU CAN HELP If you are considering how best to contribute to the health of your community and fulfill your philanthropic wishes, learn more by contacting the Grande Ronde Hospital Foundation by phone at 541-963-1431, by email at foundation@grh.org or visit us on the web at www.grh.org. Discover how the Foundation can ignite your passion for giving. ♦



TAKE A SWING

join us for

The 17th annual
amateur golf tournament
August 27 & 28

The Grande Ronde Amateur Golf Tournament continues to set the standard for charitable tournaments in Northeast Oregon. In its 17th year, the tournament will be held Aug. 27 and 28 at the Buffalo Peak Golf Course in Union.

Since the tournament began in 1994, it has raised more than \$300,000 for patient-care equipment and programs at Grande Ronde Hospital.

Crowds of spectators, sponsors and golf enthusiasts enjoy a weekend of individual stroke-play golf for both men and women. New this year, a women’s prize fund will be

guaranteed—\$1,500 based on a 24-entry minimum. The men’s prize fund will be \$5,000 based on a 90-entry minimum.

With a \$100 entry fee for men and an \$80 fee for women, golfers get a great weekend of golf. The entry fee includes 36 holes of individual stroke-play golf, one ticket to the Saturday night dinner and auction and Sunday lunch, range balls, and a stylish tee-gift.

For more information or to register, call the Grande Ronde Hospital Foundation at 541-963-1431 or visit us at www.grh.org.



Look for this
Cheer Card
button on
our website,
www.grh.org.



Try the
Physician Directory
at www.grh.org

LIFT SOMEONE'S SPIRITS WITH A CHEER CARD

HAVE YOU TAKEN a look at www.grh.org lately?

We've updated our look and our navigation and added new features, such as easy-click buttons to our password-protected nursery, online bill pay and cheer cards.

Click on the Cheer Card button, and you'll be taken to an array of cards from which to choose to send to a patient at our hospital—all at no cost to you. Our cheer card options include not only the traditional get well and baby congratulations categories, but birthday, anniversary

and simple thinking-of-you sentiments as well. There is also a selection of Spanish-language cards.

Each card has room for personalization, is printed on cardstock in full color and is hand-delivered directly to the patient.

Grande Ronde Hospital's cheer card service is just one more way we care for our community. When someone you love is in our care, cheer cards are a great way to stay in touch. ✨



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 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



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HEALTH
SCENE

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