



HEALTH SCENES®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE ● FALL 2009

PLEASED TO MEET YOU

GRH welcomes four new physicians

Grande Ronde Hospital (GRH) is honored to welcome these new physicians to our community. Each is looking forward to meeting you and working with you for your good health. All four will see new patients at the Regional Medical Clinic (RMC) at 506 Fourth St. in La Grande. Call the RMC at 541-663-3138 for more information. Rodrigo Lim, MD, and Christopher Woodworth, MD, are available by physician referral only.



RODRIGO LIM, MD, NEUROLOGY, is married to Meldy Lim, MD, a pediatrician at GRH's Children's Clinic. They have three children. Although Dr. Lim admits his nature often makes relaxing a challenge, he knows the move from the East Coast bustle to the slower pace of a rural community is good thing for him and his family.

Upon receiving his medical degree from St. Louis University College of Medicine in the Philippines in 1986, Dr. Lim moved to New Jersey. There he finished a three-year residency in internal medicine at Jersey City Medical Center, affiliated with Seton Hall University. Following that, Dr. Lim completed a residency



program in neurology at St. Vincent's Hospital in New York City and served as chief resident in his final year there. In 1995, Dr. Lim completed a prestigious neuromuscular fellowship at Montefiore Medical Center, the university hospital for the Albert Einstein College of Medicine in New York City. Dr. Lim has spent the past 14 years in private practice at Hudson Neurosciences in New Jersey.



HEIDI ABREU, MD, INTERNAL MEDICINE, has a professional interest in endocrinology, particularly diabetes and metabolism. That makes volunteering

her time as a diabetes educator a perfect fit. Her focus is empowering patients who have diabetes and their relatives by teaching them better self-management skills. Dr. Abreu's hobbies include hiking, biking, reading, music, arts and crafts, interior decorating, and travel. In addition to English, she speaks both Spanish and French. She is married to Jose Gutierrez, MD.

Dr. Abreu received her medical degree from Pedro Henriquez Urena National University in the Dominican Republic. She recently completed her internal medicine residency at Lincoln Medical and Mental Health Center in New York City.



JOSE GUTIERREZ, MD, INTERNAL MEDICINE, and his wife, Heidi Abreu, MD, grew up in the Caribbean, where they enjoyed outdoor activities such as biking

and hiking. They have purposely chosen the western United States, La Grande in particular, as a permanent place to settle partly because of the wonderful outdoor activities that abound here. They believe the quality of life offered in this small community makes it a great place to raise a family. Besides English, Dr. Gutierrez speaks both Spanish and French.

Dr. Gutierrez earned his medical degree, magna cum laude, from the Ibero-American University in Santo Domingo, Dominican Republic. He completed his internal medicine residency at Lincoln Medical and Mental Health Center in New York City.



CHRISTOPHER WOODWORTH, MD, GENERAL SURGERY, and his wife, Joli, have seven children. They are so excited about becoming part

of the La Grande community next year that they are already

Growing to serve you

Grande Ronde Hospital's mission to the region is to provide access to superior-quality health care. That mission drives a successful physician recruitment program that garnered five new physicians for our community last year.

The four newest physicians, featured on this page, were hired after an extensive search for the best possible fit from the most highly qualified candidates. Please join us in welcoming these outstanding physicians to our community.

We are still actively seeking two more obstetrician/gynecologists for our Women's Clinic, an otolaryngologist (ear, nose and throat specialist) and—something new to our community—a hospitalist, a physician who works strictly in the hospital providing additional care for our patients.

in the process of purchasing a home. Since Dr. Woodworth is skilled in a wide variety of surgical procedures, he has found that working in a smaller community allows him to enjoy a richer diversity in his work. He and his family are currently living in Hobbs, N.M., a university town of approximately 28,000 people. Dr. Woodworth's personal interests include hiking, running, biking, racquet sports, golf, fly fishing and music.

After earning a bachelor of arts degree in from Williams College in Williamstown, Mass., Dr. Woodworth received his medical degree in 1990 from New York Medical College. He completed his general surgery residency in 1995 at Berkshire Medical Center in Massachusetts. He is certified by the American Board of Surgery. He has spent the past 13 years in private practice, including serving one year on a medical mission in Tashkent, Uzbekistan.

Dr. Woodworth will begin seeing new patients by referral only in 2010. ✦



Why you need a primary care provider

You're sniffing and sneezing. This cold—or whatever it is—has been hanging on far too long. It's time to call...hmm...let's see....

If you have a primary care provider whom you see regularly, you won't need to stop and wonder whom to call. And that is just one advantage of having a health care provider whom you know—and who knows you.

There are plenty of other reasons to have a primary care provider. Here's another: A health care provider you see regularly will know more about you, including your personal health history, your family health history and personal situations that affect your health. And that means he or

she can provide better, more personalized care for you.

Plus, seeing your own provider on a regular basis for checkups—rather than waiting until you are already sick—can help you focus on preventing health problems and staying in optimum health. Your primary care provider can also refer you to a specialist if the need arises. If you don't already have a doctor, now is the time to get one.

Grande Ronde Hospital has nine primary care providers currently taking new patients. You might choose, for example, a family practice physician or nurse practitioner who cares for children and adults of all ages. Or you might prefer an internal medicine physician who focuses on caring for adults. A pediatrician is a primary care provider just for kids.

Need help finding a primary care provider? Go to our website, www.grh.org, and search our physicians directory. Or give us a call. We'll be happy to help. ✨

Look for signs of strep throat

Oh, the sting of a sore throat! Many things can cause that ache, from allergies to the common cold. One particularly painful culprit is a bacterial infection called strep throat.

Strep throat takes its name from the *Streptococcus* bacteria that causes it. Common symptoms of strep throat include: ● A red, inflamed, painful throat. ● White patches on the tonsils or back of the throat. ● Swollen neck glands. ● Fever. ● Headaches.

Some people can also experience nausea, vomiting and abdominal pain, although these symptoms are more common in children than in adults.

Children with strep throat may also have a red rash with small spots that is most pronounced in the underarms and skin creases, notes the American Academy of Family Physicians.

If you suspect you have strep, it's important to have it diagnosed and treated by a doctor so that it doesn't become worse or lead to serious complications, such as kidney problems or rheumatic fever.

To diagnose strep throat, your doctor simply wipes the back of your throat with a cotton swab. The sample is tested, and your doctor will have the results within 15–20 minutes.

If you do have a strep infection, you will need treatment with antibiotics. It is important to take the antibiotics as prescribed and finish them completely, even if you feel better before you are done with the medicine.

In the meantime, you can help ease the pain of strep throat by:

- Taking over-the-counter pain relievers, such as ibuprofen or acetaminophen.
- Gargling with a mixture of one-fourth teaspoon of salt in one cup of warm water.
- Drinking cool or warm drinks or sucking on a Popsicle. ✨

SHINGLES

A good shot at prevention

If you're an older adult, a vaccine to lower your risk for shingles could save you a whole lot of misery.

The vaccine, called Zostavax, is given only once in a lifetime. It may prevent or reduce the severity of shingles—a painful disease that affects the nerves, usually in later life. With some exceptions, vaccination is recommended for people 60 or older who have had chickenpox.

Shingles is caused by the same virus, varicella-zoster, that causes chickenpox. When chickenpox runs its course, the virus remains in the body's nerve cells. Later, the virus can re-emerge as shingles. This recurrence can cause extreme pain and severe complications if not treated promptly.

Most cases of shingles last from three to five weeks. Symptoms include:

- An itchy rash or blisters, usually on one side of the body or face.
- Burning, tingling or numbness of the skin.
- Skin sensitivity ranging from mild to severe. Sometimes it is so severe that wearing clothing causes pain.
- Chills, fever, upset stomach or headache.

If you suspect shingles, see a doctor within three days after the rash starts. A doctor needs to confirm that you have shingles because early treatment with drugs can help.

Most people are treated with medicines to lessen pain, shorten the length of the illness and lower the risk of complications, such as postherpetic neuralgia (PHN). PHN can cause pain for weeks, months—even years—after you have shingles.

If blisters are near or in the eye, shingles can cause blindness. Brief facial paralysis and, in a small number of cases, brain swelling are also possible.

You can have shingles more than once, but it is not contagious. However, exposure to shingles can cause chickenpox in someone who hasn't already had chickenpox. ✨

Source: National Institutes of Health



Journal Digest



MIDDLE-AGED HEARTS GET A SECOND CHANCE AT HEALTH

You may be a late bloomer when it comes to making healthy lifestyle choices. But changes you make in middle age can still make a big impact on your heart.

A four-year study of 15,708 men and women ages 45 to 64 found that those who adopted heart-healthy habits in middle age were 35 percent less likely to have heart problems and 40 percent less likely to die prematurely than those who didn't adopt such habits.

Researchers at the Medical University of South Carolina looked at four specific habits: eating at least five servings of fruits and vegetables a day, exercising at least 2½ hours a week, maintaining a healthy weight, and not smoking.

Though you can't turn back the clock, it's never too late to make choices that can lower your risk for disease and help you live a longer life.

The American Journal of Medicine, Vol. 120, No. 7



TOO LITTLE SLEEP MAY MAKE KIDS OVERWEIGHT

Unhealthy eating habits and lack of exercise may not be the only reasons that American kids are increasingly overweight.

In a study of nearly 800 third-grade and sixth-grade children, researchers at the University of Michigan found that kids who got less than nine hours of sleep each night had a higher risk for weight problems than did kids who got more sleep.

The study's authors noted that sleep can have an impact on a child's behavior. For example, kids who get enough rest may be more likely to be physically active. Kids who aren't well rested may be less active, prone to moodiness and may turn to food to help regulate moods.

Researchers advise parents to help kids get the sleep they need.

Pediatrics, Vol. 120, No. 5

CANCER SCREENINGS

THESE TESTS CAN HELP SAVE YOUR LIFE

CANCER TREATMENT OFTEN works best when it is started early—sometimes even before you feel sick. But if you feel fine, how will you know that you may need treatment? It's a question that a cancer screening test is designed to answer.

Screening tests are medical exams designed to spot small, localized cancers before they cause symptoms. Treatment may be most effective at this stage of the disease.

Here are some common cancer tests for women and men.

FOR WOMEN Breast cancer. According to the Centers for Disease Control and Prevention, a mammogram is the best way to find breast cancer. Most women should get these special breast x-rays every year starting at age 40.

Some women at high risk for breast cancer may benefit from both an annual mammogram and a magnetic resonance imaging (MRI) scan, according to the American Cancer Society (ACS).

Women in their 20s and 30s should have their doctor do a clinical breast exam once every three years. Women 40 and older should have that exam every year.

Cervical cancer. About three years after a woman begins having sexual intercourse—but no later than age 21—she should have her first Pap test. For this test, some cells from the cervix are removed and examined for abnormalities.

Talk to your doctor about how often to have follow-up tests. Some women will need Pap tests about once every three years, but others should be examined annually.

Women 70 and older with a history of normal tests may be able to stop getting Pap tests, reports the ACS.

FOR MEN Prostate cancer. Two tests are used to screen for prostate cancer. A digital rectal exam involves the doctor inserting a gloved, lubricated finger into the rectum to check for abnormal growths on the prostate. There's also a test that detects prostate-specific antigen (PSA) in the blood, which may indicate cancer.



Some men may choose not to be screened for prostate cancer. But beginning at age 50, all men should ask their doctor about the pros, cons and limitations of the tests.

FOR EVERYONE Colon cancer. Beginning at age 50, most men and women should undergo one of several screening tests for colon cancer. Your doctor can help you decide which test is best for you.

Call 541-975-5130 for more information about the Grande Ronde Hospital Outpatient Oncology Clinic.

According to the U.S. Preventive Services Task Force, the most sensitive and specific test for colon cancer is colonoscopy. It needs to be repeated once every 10 years if results are normal, sooner if polyps (precancerous growths) are found.

Another option is an annual fecal occult blood test, which detects hidden blood in a stool sample. Positive results should be followed up with colonoscopy.

LEARN MORE Talk to your doctor about which cancer screening tests and testing schedules are right for you, based on your unique cancer risk factors, such as your age, family medical history, diet and tobacco use.

 For more information about cancer screenings, go to the ACS website at www.cancer.org.

Cancer treatment: Help tame troublesome side effects

It might be hard to focus on the benefits of cancer treatment when the treatment itself makes you feel bad.

But there are things you can do to cope with some of the more difficult side effects, like appetite loss, fatigue, nausea and sensitive skin.

According to the American Cancer Society, one of the best ways to feel better is to focus on what you're eating and when.

A balanced diet that includes enough protein and calories can boost your energy and help you overcome fatigue often associated with chemotherapy and radiation treatments.

Often, small and frequent meals are better tolerated than larger and fewer ones. If you notice your appetite seems better at certain times of the day, plan to eat your largest meal then. Also, be sure to drink plenty of water and other liquids.

On days when you have chemotherapy or radiation therapy, it's often a good idea to eat a light meal or snack about 60 minutes before treatment. Options include soup, pudding, gelatin, cereal, canned fruit, and peanut butter and crackers.

Here are some additional strategies to help overcome the side effects of cancer treatment:

■ **Get plenty of rest.** Try to organize your day so that you get important tasks done when you have the most energy. Ask others for help with chores and errands so you can get the rest you need.

■ **Take care of your skin.** People undergoing radiation therapy often report skin irritation similar to a sunburn in the area being treated. Avoid putting lotions, perfumes, deodorants, heating pads or ice packs on the treated area, and stay out of the sun.

■ **Seek support.** Side effects may go beyond physical concerns. Cancer diagnosis and treatment can also lead to feelings of anxiety, depression and fear. It may help to talk with someone close to you, a mental health professional or other patients in similar circumstances.

Overall, make sure your doctor or nurse is aware of any side effects you're having. He or she can give you information and advice and, in many cases, prescribe drugs to help keep side effects under control.

Additional tests to consider

Other screening tests for cancer include those for:

■ **Skin cancer.** Of all cancers, skin cancer is the most common. To spot it early, become familiar with the moles, freckles and other features of your skin. Set aside time each month for a skin self-exam. Look for new growths, expanding growths or sores that don't heal.

Signs of melanoma—the most

serious form of skin cancer—can include changes in a mole's size, shape, color or border.

See your doctor if you notice symptoms.

■ **Oral cancer.** The lips, tongue, mouth and throat are all susceptible to cancer, especially among people who smoke, use smokeless tobacco or drink alcohol.

Your doctor or dentist may look for abnormal areas during routine exams, but you can also do a monthly self-exam.

The most common symptom is a

mouth sore that bleeds easily and doesn't heal. Other possible signs include difficulty chewing or a lump in the cheek, a white or red patch in the mouth, or a sore throat.

■ **Thyroid cancer.** The next time you have a routine physical exam, ask your doctor about checking for thyroid cancer. Symptoms may include unusual lumps, nodules or swelling in the neck.

Many thyroid cancers can be found early and successfully treated.

Source: American Cancer Society

BE AWARE AND PREPARE

WHAT YOU CAN DO BEFORE DISASTER STRIKES

Go-bags: Are you ready to go?

Experts say a well-stocked go-bag should include the following:

- **Emergency planner with vital contact information, including one designated out-of-state contact; your family's evacuation plan with designated meeting locations and maps; photos of family members and pets; lists of all food or drug allergies and medications; and copies of health insurance and ID cards for each family member.**
- **Flashlight.**
- **Radio (hand-cranked or battery-operated).**
- **Batteries.**
- **First aid kit—fully stocked.**
- **Bottled water.**
- **Nonperishable food.**
- **Emergency cash in small denominations and quarters for phone calls.**
- **Medications.**
- **Personal hygiene kit.**
- **Extra keys.**
- **Sturdy shoes, a change of clothes and a warm hat.**
- **Child care items—formula, diapers, bottles, etc.**
- **Whistle.**
- **Blanket.**
- **Rain gear.**
- **Pocket or utility knife.**
- **For pets, a leash or carrier, food, water, and medications.**

We witness the effects of earthquakes, floods and chemical spills from the safety of our living rooms

during the evening news, but none of us likes to think about being in a major disaster right here at home.

Northeast Oregon may be out of the path of tornadoes and hurricanes, but natural and manmade disasters can—and do—happen anywhere.

At Grande Ronde Hospital, we take disaster preparedness very seriously by playing an active role in the Region 9 Hospital Preparedness Program, and we recently participated in a coordinated disaster training exercise with the U.S. Civil Support Team and local emergency services.

We also take an active role in a county-wide emergency task force and encourage our employees to assemble a basic emergency supply kit at home. We think everyone should do the same. When it comes to disaster preparedness, Grande Ronde Hospital wants you to be aware and prepare.

After a major disaster, it is unlikely that emergency services will be able to immediately respond to everyone's needs, so it's important to be prepared to take care of yourself and your family for at least 72 hours. The usual services we take for

granted—running water, refrigeration and telephone service—may be unavailable.

Experts recommend everyone be prepared with a household disaster kit sufficient for at least three days, including the basics of water (one gallon per person per day) and food, clothing, personal hygiene items, and medications. Store your household kit in an easily accessible location. Put contents in a large, watertight container you can easily move. A large plastic garbage can with a lid and wheels is a good choice. You may not be at home when an emergency strikes, so keep some additional supplies in your car or at work, considering what you would need for your immediate safety.

A key component of your household disaster kit is a go-bag—a backpack or duffel bag that is easy to carry in case you must evacuate quickly. Make sure it has an ID tag. You may want to consider a go-bag for each family member, as well as one for pets.

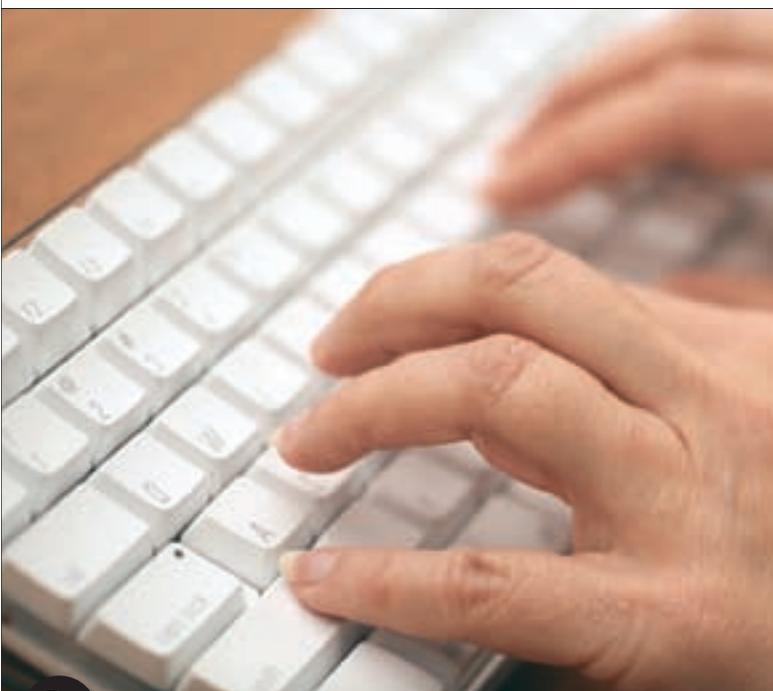
For more ideas, go online to www.oregon.gov/omd/oem/docs/library/be_aware_n_prepare.pdf.



It's important to have enough supplies to take care of yourself, your family and your pets after a major disaster.



PLANNING AHEAD: GRH Emergency Services Department Manager Rob Shanks checks La Grande Fire Department paramedic Merle Laci for radioactive contamination during a recent Region 9 disaster preparedness training session.



Go To find out more about Grande Ronde Hospital, visit our web page 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



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

Mardi Ford
Community Relations Manager
Health Scene Editor

Meredith Lair
Foundation Manager

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 © 2009
Coffey Communications, Inc.
HST24201h

**HEALTH
SCENE**

FALL
2009