



2 DAYS OF PLAY!

Register for the new Grande Ronde Amateur golf tournament!

SEE PAGE 3 ►

HEALTH SCENE®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SUMMER 2012

Everyone has the occasional sleepless night. But if poor sleep has turned into a routine thing, then you may have a sleep disorder.

Telltale signs of a sleep disorder include:

- You regularly have trouble getting to sleep or staying asleep.
- People say you snore or that you gasp for breath or stop breathing for short periods when you sleep.
- You have a strong urge to move your legs at night, or your legs tingle, itch or ache at night.
- You wake up tired and can't function normally during the day.
- Your fatigue lasts two weeks or more.

If you have any of these signs, talk to your doctor. After an initial exam, he or she may suggest you have a diagnostic sleep study and refer you to a sleep specialist for evaluation.

It's important to get to the bottom of the problem because when you aren't sleeping well, it can have a big impact on



Brian Affleck, MD, Otorhinolaryngologist (ENT) and sleep specialist

your life. Not only does it affect your work and relationships; it can literally make you sick. High blood pressure, heart disease, stroke and other medical conditions have all been linked to sleep disorders.

At the Sleep Clinic located here in La Grande, our sleep specialists are highly trained and dedicated to the diagnosis and treatment of sleep disorders. All aspects of patient care are conducted in accordance with established guidelines as set forth by the American Academy of Sleep Medicine (AASM).

Otorhinolaryngologist Brian Affleck,

MD, is the clinic's sleep specialist and has more than 20 years of clinical practice experience.

TYPES OF TESTS According to the National Heart, Lung, and Blood Institute, three tests are commonly given at sleep centers. All are painless and noninvasive, though each requires at least several hours to complete.

● **Polysomnogram (PSG).** This overnight exam is often used to detect obstructive sleep apnea (OSA), a common sleep disorder characterized by pauses in breathing, shallow breaths and snoring.

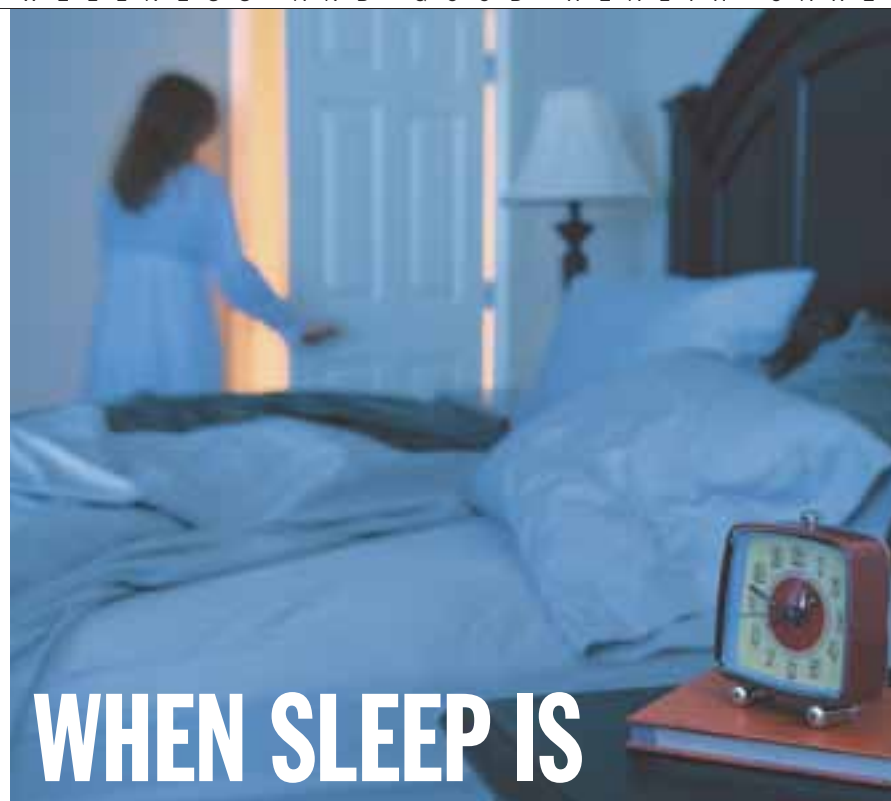
Sensors are placed on your head, face, chest, legs and a finger. As you sleep, the sensors record brain waves, eye movements, heart rhythm, blood pressure,

airflow, blood-oxygen levels and other functions.

● **Multiple sleep latency test (MSLT).** This daytime test can help diagnose narcolepsy, a rare but potentially serious neurological sleep disorder marked by excessive daytime sleepiness and sudden episodes of muscle weakness.

With sensors attached to your head, face and chin, you try to nap. A technician checks your brain activity to see if and how quickly you fall asleep and how deeply you sleep.

● **Maintenance of wakefulness test (MWT).** This exam gauges your daytime alertness. It may be used to evaluate sleep-disorder treatments or to show if you're awake enough to drive or perform other functions safely. ✨



WHEN SLEEP IS

ELUSIVE

A SLEEP STUDY MAY LEAD TO A BETTER NIGHT'S REST AND BETTER HEALTH

Get the most out of CPAP therapy

Continuous positive airway pressure (CPAP) is the leading treatment for sleep apnea.

CPAP can help you breathe easier, sleep better and feel more energized. Treatment with it can also cut your risk of several serious illnesses, including heart disease.

The CPAP device consists of an air pump, tubing and headgear. The pump pressurizes air and gently pushes it through a tube to a mask or nosepiece, which is worn while you sleep. This pressurized air helps keep your airway open.

When you first receive a CPAP device, a technician will set the air pressure and help you adjust the headgear.

Common side effects of using a CPAP device—such as a dry or stuffy nose, irritated skin on the face, and bloating—may be lessened by fine-tuning the setting of the air pressure and the fit of the headgear. Using a saline nasal spray often helps with dryness or congestion.

To get the most out of CPAP:

- Use it whenever you sleep or nap.
- Regularly clean the mask and tubing, and replace the filters often.

If you have ongoing problems with the device, tell your doctor. A different type of CPAP device may work better for you.

Source: National Heart, Lung, and Blood Institute

For more information about sleep disorders or to inquire about a sleep study, call us at 541-963-1501.

FEATURE

We pay an estimated **\$16 BILLION** in medical costs each year for sleep disorders.



TAKE THE ALARM CLOCK TEST

If you can't wake up on time without an alarm clock, then you're probably not getting enough sleep. That's especially true if you have to hit the snooze button a couple of times before rolling out of bed.



TIME THE CAFFEINE

Caffeine acts as a stimulant, which can keep you awake. It can take as long as 8 hours for the effects of caffeine—found in things such as coffee, cola, tea, chocolate and some pain relievers—to wear off.

MIND THE TIME

Adequate sleep is needed to think clearly and react quickly. A good night's sleep can also make it easier to learn a mentally challenging task.



40% women and **30%** men are affected by insomnia.



BANK ON GOOD HEALTH

Running a sleep deficit increases your risk of developing high blood pressure, heart disease, depression and diabetes. It can also cause you to gain weight.

UNDERSTAND THE NEED

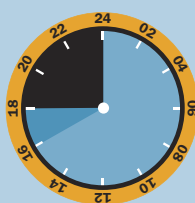
Sleep needs can vary, but most adults require between 7 and 9 hours of shut-eye per night. School-age kids and teens need at least 10 hours of slumber. Bleary-eyed parents might not believe it, but newborns sleep the most: between 16 and 18 hours a day.



ADULT



KIDS & TEENS



NEWBORNS

THE STORY on SLUMBER

In a U.S. survey of more than 74,000 drivers, the percentage of those who admitted to nodding off or falling asleep while behind the wheel:

Age	Percentage
18-24	4.5
25-34	7.2
35-44	5.7
45-54	3.9
55-64	3.1
65+	2.0



SNOOZE FOODS
The best bedtime snack to help you feel sleepy? One that contains both a protein and a carbohydrate, such as cheese and crackers or cereal with milk.



DON'T IGNORE THE SNORE

Snoring is annoying, but usually harmless. However, loud snoring can be a symptom of a life-threatening sleep disorder called sleep apnea. People with this condition awaken frequently during the night gasping for breath, and they feel sleepy during the day. A sleep study can diagnose the disorder, and medical treatment can help.

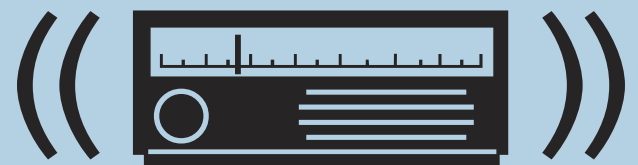
12%
The percentage of drivers between ages 19 and 45 who say they drive drowsy once or twice a week.

8%
The percentage of drivers between ages 13 and 18 who say the same thing.



FEND OFF INFECTIONS

You're more apt to stay well with a good night's sleep. A hormone that fights various types of infections increases during sleep.

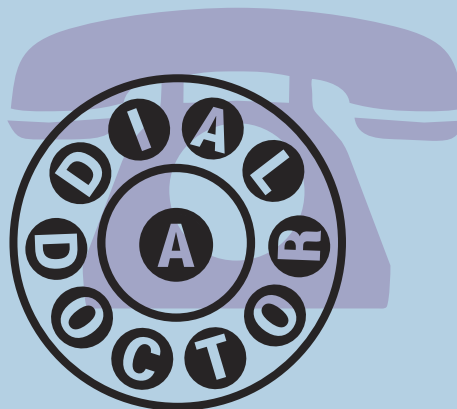


PULL OVER

Cranking up the volume on the radio, rolling down the windows or turning on the air conditioner won't help if you're feeling drowsy while driving. The best thing to do is to pull off the road (in a safe place) and take a short nap.

9%

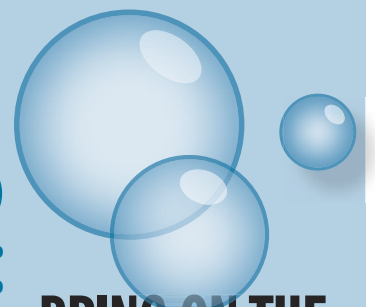
The percent of people 13 to 18 years old who are awakened after they go to bed every night or almost every night by a phone call, text message or email.



Seek medical help if you're consistently waking up sleepy or feeling tired during the day despite getting enough sleep at night. You may have a sleep disorder or an underlying medical condition that can often be treated.

KNOW THE SIGNS

You may be too sleepy to drive safely if you can't keep your eyes focused, you can't stop yawning, or you can't remember driving the last few miles.



BRING ON THE BUBBLES

A hot bath before bed will lower your body temperature, which may help you relax and feel sleepy.



Sources: American Academy of Sleep Medicine; Centers for Disease Control and Prevention; National Institutes of Health; National Sleep Foundation

Visit the Foundation at WWW.GRH.ORG.

2 DAYS OF PLAY! 2 COURSES!

THE NEW GRANDE RONDE AMATEUR

Grande Ronde Hospital Foundation has partnered with both Buffalo Peak Golf Course and the La Grande Country Club to host a tournament like no other in Northeast Oregon!

◆ This year, golfers in the Amateur will compete on both of Union County's beautiful and challenging courses, playing 18 holes on each course back-to-back on Sept. 15 and 16.

Entering its 18th year of competition, the Amateur is the longest-running individual stroke play event in the region. We are very grateful to corporate sponsors Legacy Ford-Dodge of La Grande and Pepsi-Cola Bottling Company of Eastern Oregon, as well as this year's sponsors of the Women's Tournament: Mountain Valley Therapy and Deena Reed, Independent Mary Kay Sales Director. We would also like to thank the many individuals and businesses who have generously donated to make this event possible.

This year, 100 percent of event proceeds will be dedicated toward the purchase of a colonoscope for the Surgical Services Department at Grande Ronde Hospital. This effort is in support of the GRH Community Benefit Committee's priority of raising awareness of colorectal cancer and the need for screenings in our community. Thank you for your support and generosity to ensure first-class health care right here in Union County.

For more information call the Grande Ronde Hospital Foundation at 541-963-1431 or email foundation@grh.org. Find online registration and payment options for the

Amateur at www.grh.org. Or use this form to complete registration now! ✨

Contact the Foundation

Grande Ronde Hospital Foundation
900 Sunset Drive
La Grande, OR 97850
Phone: 541-963-1431
Email: foundation@grh.org



Day 1

La Grande Country Club



Day 2

Buffalo Peak Golf Course



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2012 Grande Ronde Amateur Men's & Women's Tournament Entry Form

Name: _____ Address: _____ Phone: () - _____ Email: _____
 GHIN#: _____ Home Golf Course: _____ HCP Index: _____
 Pairing Request: 1) _____ 2) _____ 3) _____ Entry Fee: \$100 (Men's) \$90 (Women's)
 MEN ONLY: Regular Division _____ or Senior Division _____ (Age 60 or older - 20 player minimum or players will be flighted accordingly)
 Shirt Size: S M L XL XXL (MEN ONLY) Extra Dinner Ticket: @ \$30 each: \$ _____
 Additional Tax Deductible Contribution to the GRH Foundation: \$ _____
 Payment Type: Cash _____ Check _____ Visa/Mastercard _____ Exp. Date _____ / _____
 Signature: _____ Amount Authorized: \$ _____



Make Check Payable to Grande Ronde Hospital Foundation
Mail: PO Box 3290, La Grande, OR 97850

Drop by the Foundation Office at Grande Ronde Hospital, 900 Sunset Drive, La Grande, OR

In Support of the Grande Ronde Hospital Foundation



GET THE OK FOR KIDS TO PLAY

Sports physicals help young athletes stay safe, healthy

FOR A LOT of families, back to school means the end of summer sports and the beginning of fall sports. From one season to the next, sports are a great way for kids to have fun and stay active. Just remember to have your child checked out before they suit up.

If your child hasn't already had a sports physical for summer recreation, most schools will require a physical examination for participation in many sports. Make sure you get the green light from your doctor.

A THOROUGH CHECKUP Sports physicals should include both a medical history and a physical exam.

The medical history portion of the physical should include a review of past injuries, surgeries and illnesses. Your doctor should also be told about any medications your child takes, drug allergies he or she has, and signs or symptoms of potential health problems.

The physical exam should always include measurement of height and weight, a check of vital signs like blood pressure and pulse rate, and vision and hearing tests.

The doctor may also examine your child's head, ears, nose, throat, abdomen, joints, bones, muscles and ligaments and listen to your child's heart and lungs.

A sports physical is a good way to make sure your child is healthy and can safely play the game. It's also designed to:

- Identify medical problems that may place your child at risk for injury or illness.
- Identify problems that may impair your child's ability to perform.

Schedule a sports physical for school children through age 18. Call the Children's Clinic at 541-663-3150 or the Walk-In Clinic at 541-663-2300 today!

- Assess fitness levels for certain sports.
- Teach you and your child about injuries and other health-related sports issues.
- Meet legal and insurance requirements.

After conducting the physical, the doctor will tell you whether or not your child is in good enough health to take part in a certain sport.

If clearance is denied, the doctor will also let you know what needs to be done before your child can participate.

And remember, while you may want your child to be a top athlete, his or her health is the No. 1 priority. ✦

Sources: American Academy of Pediatrics; American College of Sports Medicine

Score with these safety precautions

All sports have a risk of injury, some more than others. In general, the more contact there is, the greater the risk. But many youth sports injuries can be prevented.

To help reduce the risk of injuries, the American Academy of Pediatrics advises that your child:

- Always wear proper protective gear. Equipment may include helmets; mouth guards; face shields; protective cups; eyewear; and neck, shoulder, knee or elbow pads.
- Stretch out muscles and tendons before and after games.
- Learn—and use—the proper techniques for different sports.

- Take rest breaks during games and practices.
- Play a variety of sports, not the same one year-round. A two-month break from a specific sport can help prevent overuse injuries.
- Play safe and follow the rules.
- Stop playing if he or she is in pain.
- Drink plenty of fluids before, during and after games and practices.



To find out more about Grande Ronde Hospital and our 52 providers, see our provider directory at www.grh.org/providers 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 541-963-1437 900 Sunset Drive La Grande	WOMEN'S CLINIC 541-663-3175 610 Sunset Drive La Grande	



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

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