

# Life & Health

EXCELLENCE IN COMMUNITY HEALTH • SUMMER 2011

## Health Link

**HOT? HYDRATE!** Kids having fun outside might not feel thirsty. But during hot weather, they need about 8 ounces of water or sports drink every 20 minutes to replace the liquids they lose during exercise or play.

National Institutes of Health



**GRATE ADDITION** One way to slip more nutrition into a meal: Add grated, shredded or chopped vegetables—such as zucchini, spinach and carrots—to lasagna, meatloaf, mashed potatoes, pasta sauce and rice dishes.

American Dietetic Association



**BAN THE BURN** If you've used antacids steadily for more than two weeks, it's time to see your health care provider. Chronic heartburn or indigestion can signal a serious, but often treatable, health condition.

National Institutes of Health

## SO HEALTHY TOGETHER

Habits can be contagious



You share dinner with your kids, TV time with your spouse and lunches out with co-workers. And, without realizing it, you may be sharing your health (or lack thereof) with those close to you. ♦ Research suggests that the habits—whether healthy or unhealthy—of those around

us can influence our own habits. And our choices, including the foods we eat and the way we spend our leisure time, are likely to have a subconscious but significant impact on our friends and loved ones as well.

So, in the spirit of spreading good health, why not make sure the habits you're sharing will benefit everyone in your circle of health? To get started, try these ideas from the Centers for Disease Control and Prevention.

**Band together to shed unwanted pounds.** You might arrange a friendly weight-loss competition at work. Or you and a friend may decide to keep food journals. Sharing that information can help you both stay accountable for your food choices.

**Create a healthy food contest.** For family meals and friendly get-togethers, make it a challenge to plan a menu that is both healthy and satisfying. Share meal and recipe ideas with friends.

**Make exercise a team effort.** Let's face it—we're all much less likely to blow off a workout if someone is waiting on us. So make exercise dates with a friend, your spouse or kids. You'll be able to enjoy each other's company and improve your health at the same time. If a little healthy competition is what motivates you to stay active, set up a video game fitness tournament. Soon you'll be boxing and bowling your way to a fit physique—and having a lot of fun together along the way.

**Kick the habit collectively.** It can be extremely difficult to quit smoking if those around you are still lighting up. Recruit your smoking buddies to set a group quit date. You can visit each other's homes to be sure all lighters, ashtrays and cigarettes are tossed out. Your fellow quitters will be an invaluable source of support. You can call each other when cravings kick in, and you can share the coping strategies that keep you from lighting up.

## Choosing a doctor for your child

One part of being a good parent is making sure that your child has regular health checkups.

According to the American Academy of Pediatrics, regular checkups are important so that a doctor can:

- Make sure your child's growth and development are on track.
- Check that your child has all needed immunizations.
- Keep an eye on your child's overall health.

If you need to find a doctor for your child, you can start by asking friends and co-workers for recommendations. Once you have a list of possibilities, make appointments to meet with those doctors.

At these visits you can:

- Check out the waiting room and meet the office staff.
- Find out pertinent information, such as office hours, the availability of evening or weekend appointments, and what to do if your child needs a doctor outside of regular office hours.
- Verify that the doctor accepts your health insurance.
- Talk to the doctor to see if you think he or she will be a good fit for your family's needs.

**Talk to your doctor about your health habits. For an appointment at Tillamook Medical Group, call 503-842-5546.**

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**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.** According to the American College of Obstetricians and Gynecologists (ACOG), most women should have their first Pap test at age 21. 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 two years; others should be examined every three years.

Women 65 and older with a history of normal tests may be able to stop getting Pap tests, according to ACOG.

**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.

According to the U.S. Preventive Services Task Force, people ages 50 to 75 should be screened with fecal occult blood testing, sigmoidoscopy or colonoscopy. When choosing which test to use, people should discuss the advantages, disadvantages and frequency of the different tests with their doctor.

**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](http://www.cancer.org).

## Cancer treatment options in Tillamook



Gerald Gibbs, MD

**Cancer patients in Tillamook now have an array of treatment options available through Outpatient Therapy Services, located on the hospital's third floor. Experienced, certified, registered nurses work with Gerald Gibbs, MD, Oncologist, as well as physicians from other areas, to provide:**

- Various types of chemotherapy, including oral, intravenous and injected.
- Two take-home infusion units for FOLFOX chemotherapy.
- Related cancer care, such as port flushes and blood draws.

**Dr. Gibbs provides oncology services in Tillamook on Thursdays and Fridays each week.**

 For more information, call 503-815-7510 or visit [www.tcgh.com/outpatient-therapy](http://www.tcgh.com/outpatient-therapy).

# SPIRITUALITY AND HEALTH

*Finding meaning in life may enhance your physical well-being*

**HOW'S YOUR HEALTH?**

Chances are, you'll think about your physical health when answering that question. But your spiritual health is important too. In fact, increasingly, experts are coming to believe that body, mind and spirit are all connected.

Spirituality is different for everyone. For some people, it's centered around their religious beliefs. But others find it in things such as music, art, nature, their relationships or even their personal values.

According to the American Academy of Family Physicians (AAFP), spirituality can be anything that brings meaning, peace or hope to your life.

**THE POWER OF POSITIVITY** Exactly how spirituality affects physical health isn't clear. But the National Cancer Institute (NCI) reports that some research suggests it contributes to a positive mental attitude.

That can lead to less anxiety, depression and

discomfort. And, at the same time, it can promote greater optimism and satisfaction with life—even in the face of serious illness.

Spirituality alone may not cure illness, but it's possible that it will help you feel better, prevent certain problems and improve your ability to cope. Overall, spiritual well-being may lead to a better quality of life, according to the NCI.

**GIVE YOUR SPIRITS A LIFT** If you're looking to boost your spiritual health, the AAFP recommends that you think about those things that bring you comfort, joy or strength. Then make some time for them in your everyday life.

Perhaps it will be time to pray or to walk on your favorite nature trail or to volunteer in your community for a cause that's close to your heart. For some people, it might be time to read things they find inspiring or to take a short break every now and then and spend a few moments in quiet reflection.

Just as everyone's spirituality is different, so too may be the way you take care of your spiritual health.



Danny Parada, Hospital Chaplain

## Threefold healing

**At Adventist Health, as part of our Christian health care heritage, we believe that God created humankind with three vital components: physical, mental and spiritual.**

**The Bible says that God created heaven and earth with just a word. When creating man, however, God's special touch and breath of life made the first human being complete.**

**Even today, wholeness is found only when our lives are filled with good physical and mental health as well as with a positive relationship with our Creator God.**

**It's our privilege at Adventist Health to share God's love by providing physical, mental and spiritual healing.**

Don't hesitate to discuss your spiritual needs with your health care team. Doctors and other caregivers should respect your beliefs and support the role that spirituality has in your life.



## Providence Telestroke Network: 68 miles away and still by your side at Tillamook Hospital

Besides having excellent emergency care available, you now have access to some of Oregon's top stroke specialists, 24 hours a day.

Through an advanced video system, Providence Telestroke Network allows Portland-based stroke neurologists from Providence Brain Institute to be "in the room" with you, your family and Tillamook County General Hospital emergency physicians, helping to determine the best and fastest treatment for you.

# A GOOD HOSPITAL VISIT AGAINST ALL ODDS

BY KORI DWYER

My mother was hospitalized recently with a stroke, and I left the hospital feeling well cared for. The employees at the hospital not only took care of my mother, they also took care of us, the family. ♦ While I sat in the chair next to my mother's bed, I thought about the traits of the hospital staff that I wanted to emulate as a future employee. How could I be having the worst day of my life and still be feeling loved? ♦ Earlier, as I walked through the hospital trying to find my mother's room, I peered into rooms as I passed. I did not see any evidence of heartache, gut-wrenching fear or imminent death. I made a pact with myself not to fall

apart, no matter what.

After walking for what felt like forever, I found my mother's room. Seeing the door and fearing what lay behind it, I couldn't stop the shaking that took over my body. As I eased the door open, I saw all my siblings lined up around our mother's bed. We all just stared at the crumpled body in the bed and shook our heads in disbelief. One of my sisters whispered, "We are waiting on tests."

I had been in the hospital room for about 10 minutes when I wondered how long it would be before we transferred my mother to the city. I had grown up hearing how incompetent this hospital was and wasn't going to let my mother be a statistic of "bad medicine." I was on guard for any sign of incompetence as the doctor and nurse entered the room, but it never showed up—only efficiency.

**COMPETENCE AND CARING** The doctor quickly informed us of our mother's condition, answered all of our 200 questions, told us the plan for the next few hours and then left the room. I had a satisfied feeling. Had this doctor of Tillamook County General Hospital (TCGH) really done a good job? The hospital was running like a well-oiled machine, and I was impressed.

Over the next couple of hours, however, my mother was going to be in the hands of the nurses. I thought to

myself, "I am going to really have to stay alert now." I had heard how rude and pushy the nurses at Tillamook were.

I sat through at least six shift changes, and not one of the nurses was anything but kind, generous and thoughtful. Where do these rumors get started, and why was I so gullible as to believe it was all true?

**A TASTY SURPRISE** Just before lunch, the hospital dietitian visited my mother and gave her a meal request form. She could pick one of three entrees, side dishes, desserts and an endless choice of beverages.

All of my brothers and sisters decided that the food sounded so good, we should sample some of the items. Entering the cafeteria, the first thing we noticed was all the varieties of foods carefully displayed. This hospital cafeteria staff put a lot of effort into ending the stereotype of bad hospital food, and I very much enjoyed my meals during the stay.

Once again, my previous poor opinion of the hospital was being proved unjustifiable.

**WHAT MATTERS MOST** The saying "It is the little things that count" really comes to mind when I think of my time spent at the hospital during my mother's stay. Each person I encountered did just a little bit of something to make our time there more tolerable. My family and my mother left the hospital feeling like we mattered, that we were important.

If my mother had not recovered from her stroke, would I be singing such a sweet tune? Is it my mother's recovery that makes life seem so serene and merry?

Either way, I have a new understanding of what it takes to be a good social service worker. Like the caring people I met at TCGH, I want to be the steady ground when people's lives are unexpectedly turned upside down. I want to be the kindness when the world seems unfair. I want to do my part in restoring lives.

## Educate yourself about stroke

As of yet, stroke has no equivalent to the pink ribbon campaign for breast cancer or the wear red campaign for heart disease.

Consequently, as a woman, you may be unaware of the very real risk of being disabled by or even dying from a stroke.

For example, you may not know that in this country:

- Every year strokes kill more than twice as many women as does breast cancer.
- More women than men have

strokes, and they are more likely to die from them. More than 60 percent of fatal strokes occur in women.

As a result, it's essential that everyone, especially women, recognize the signs of a stroke. That's because getting to a hospital quickly—so that treatment can start within an hour of the first symptoms—improves the chance of a successful recovery.

Stroke symptoms are distinct because they happen quickly. Be on the alert for sudden:

- Numbness or weakness of the face, arm or leg—especially on

one side of the body.

- Trouble seeing in one or both eyes.

- Dizziness, loss of balance or difficulty walking.

- Confusion or trouble talking or understanding speech.

- Severe headache with no known cause.

Most people in the midst of stroke have two or more of the above symptoms.

If there's any chance you—or anyone else—is having a stroke, call 911 immediately.

Sources: American Heart Association; National Institutes of Health; Office on Women's Health

# DOCTORS WHO DOES WHAT?

*A guide to common medical specialists*

**L**et's say that you feel sharp pains in your back. So you call your doctor for an appointment.

Once you're there, he or she asks about your symptoms, gives you a brief physical exam and maybe orders a test. Then your doctor says to you, "I think you should see a nephrologist."

And you say, "A who?"


That's a very good question.

Your doctor is referring you to a specialist—in this case, a kidney specialist. Nephrology is just one of the many areas of expertise that, while recognized by the American Board of Medical Specialties (ABMS), are still a mystery to most of us.

Who are these specialists, and what do they do?

This chart may help explain. It's not a complete list of every specialty and subspecialty for which a doctor can be certified. (There are more than 145.) But it includes some of the most common ones.

For a more comprehensive guide to medical specialties, visit the ABMS website at [www.certificationmatters.org](http://www.certificationmatters.org).

 [.certificationmatters.org](http://www.certificationmatters.org).

TYPE OF SPECIALIST	TYPE OF CARE
<b>Cardiologist*</b>	Focuses on diagnosing, treating and preventing diseases of the heart and blood vessels. Cardiologists often treat heart attacks, heart failure and heart rhythm disorders.
<b>Dermatologist</b>	Treats a variety of skin conditions like acne, dermatitis, scars, moles and skin cancer.
<b>Endocrinologist</b>	Often an internist who specializes in disorders involving hormones and the glands and organs that secrete them. Examples include diabetes, metabolic disorders and thyroid disease.
<b>ENT doctor*</b>	Also called an otolaryngologist. Treats disorders of the ears, nose and throat (ENT), as well as related areas of the head and neck.
<b>Family physician*</b>	Delivers a wide range of acute, chronic and preventive medical care. Offers routine checkups, immunizations and health management for people of all ages.
<b>Gastroenterologist</b>	An internist who specializes in diseases of the digestive system. May also perform procedures like colonoscopy and endoscopy.
<b>General surgeon*</b>	Performs many types of surgery, including those related to critical illness or injury. Frequently treats conditions like appendicitis, hernias and gallstones.
<b>Geriatrician</b>	Often a family doctor or internist who specializes in the care of older adults and health conditions related to aging.
<b>Hospitalist</b>	Manages care of patients in a hospital. May have residency training in internal medicine, pediatrics or family medicine.
<b>Internist*</b>	Provides long-term, comprehensive care for both common and complex illnesses for adults.
<b>Nephrologist*</b>	An internist who focuses on disorders of the kidney and urinary tract.
<b>Neurologist</b>	Evaluates and treats health issues of the brain, spinal cord and peripheral nerves. Examples include stroke, brain tumors, Parkinson's disease and multiple sclerosis.
<b>Obstetrician/gynecologist*</b>	An OB/GYN focuses on women's health—particularly their reproductive systems—before, during and after childbearing years.
<b>Oncologist*</b>	An internist who specializes in diagnosing and treating cancer. Subspecialties include surgical and radiation oncology.
<b>Orthopedic surgeon*</b>	Performs surgery on the musculoskeletal system, mostly the extremities and spine. Can fix broken bones or replace worn-out joints, such as hips or knees.
<b>Pediatrician</b>	A primary care doctor who specializes in the health and development of children.
<b>Psychiatrist</b>	Evaluates and treats mental and emotional disorders, such as schizophrenia, depression, and addiction or substance abuse.
<b>Pulmonologist</b>	An internist concerned with diseases of the lungs and bronchial tubes, such as pneumonia, emphysema and tuberculosis.
<b>Radiologist</b>	Uses imaging tools like x-rays, CT and ultrasound to diagnose and sometimes treat disease.
<b>Rheumatologist</b>	An internist who focuses on diseases of the joints, muscles, bones and tendons. Examples include arthritis, back pain, gout and lupus.
<b>Urologist*</b>	Also called a genitourinary surgeon. Diagnoses and treats disorders of the female and male urinary tract, as well as the male reproductive system.

Additional sources: American Academy of Otolaryngology; American College of Cardiology; American College of Physicians; Society of Hospital Medicine

\*These specialist services are available at Tillamook Medical Group. Call 503-842-5546 for more information or to make an appointment.

## Internal medicine: Head-to-toe care

The human body is a complex web of interconnected organs and systems. That's why some physicians focus on a specialty called internal medicine.

According to the American College of Physicians, these doctors have had special study and training focusing on the prevention and treatment of adult diseases. Sometimes referred to as the "doctor's doctor," they consult with other physicians to help solve puzzling diagnostic problems.

And while they are referred to as internists, general internists and doctors of internal medicine, don't confuse them with interns, who are doctors in their first year of residency training.

Internists care for their adult patients in all health situations—in the clinic, during hospitalization and intensive care, and in nursing homes. When other medical specialists are involved, internists coordinate their patients' care and manage problems associated with that care. It's not surprising that patients over the age of 50 often see an internist as their primary physician.

Tillamook Medical Group has two internists on staff: John Bohlman, MD, and Calvin Hill, MD. Both are board-certified in Internal Medicine.

For more information or to  make an appointment, call 503-842-5546.



John Bohlman, MD



Calvin Hill, MD



All about

angina

## We've got the tests you need

Tillamook County General Hospital can perform most of the tests referred to on this page, including:

- Blood tests.
- EKG.
- Stress tests, such as nuclear medicine treadmill stress tests (myocardial perfusion treadmill tests), adenosine nuclear medicine tests (myocardial perfusion pharmacological stress tests) and traditional treadmill stress tests.



Please call 503-815-2292 for more information.

**A** lot of things can cause chest pain—acid reflux, an infection and inflammation, to name just a few. But of all the possible causes, chest pain linked to underlying heart disease can be especially dangerous. ♦ That type of pain, called angina, happens when part of the

heart muscle fails to get the oxygen-rich blood that it needs. According to the National Heart, Lung, and Blood Institute, angina is usually a symptom of coronary artery disease (CAD), the most common type of heart disease.

CAD occurs when the inner walls of arteries that nourish the heart muscle become narrowed or blocked by a fatty material known as plaque. This can cause angina and can lead to a heart attack.

People at risk for CAD are also at risk for angina. Risk factors include:

- Having unhealthy cholesterol levels.
- Having high blood pressure.
- Smoking.
- Having insulin resistance or diabetes.
- Being overweight or obese.
- Not exercising.
- Being older. For men, the risk goes up after age 45, and for women, after age 55.

**WARNING SIGNS** Typically, people with angina feel pain or an uncomfortable pressure, fullness or squeezing sensation in the center of the chest. They may also have discomfort in the neck, jaw, shoulder, back or arm.

Other symptoms may include shortness of breath, nausea, fatigue, sweating, or numbness or tingling in the shoulders, arms or wrists.

The most common type of angina is called stable angina. It happens when the heart muscle is working harder than usual, like during physical exertion or emotional stress.

People with stable angina frequently learn to recognize its pattern and can predict when their pain will occur. The pain usually lasts five minutes or less and is relieved by rest or medication.

The most serious type of angina is unstable angina. It often occurs while at rest and without physical activity. The pain may last as long as

30 minutes. Usually, neither medicine nor rest relieves it.

Having unstable angina may be a sign that someone is about to have a heart attack, and it should be treated as a medical emergency.

**DOCTOR AS DETECTIVE** To learn if a person's chest pain is angina, a doctor will do a physical exam and ask about risk factors and medical history. He or she may also order additional tests, such as:

- **Blood tests.** The results can show the levels of cholesterol, sugar, proteins and certain fats in the blood. When any or all of these levels are off, it may indicate CAD.
- **Electrocardiogram (EKG).** This test measures how fast and regularly the heart beats. Certain EKG patterns can point to CAD.
- **Stress test.** This is an EKG done while the heart is working hard, such as when you walk or run on a treadmill.
- **Coronary angiography.** For this test, a long, flexible tube is threaded into the heart's arteries. Dye is released, and special x-rays are taken to expose blood vessel problems.

**FEEL BETTER** Angina can be treated with lifestyle changes, medicine or medical procedures.

Daily changes may include eating a healthier diet, losing weight, quitting smoking and exercising. Changes may also include learning to better cope with or avoid stress.

Medicine, such as nitroglycerin, may be needed to stop or prevent an episode of angina. Other drugs can lower blood pressure, slow the heart rate and relax blood vessels.

Medical procedures, such as angioplasty and coronary artery bypass grafting (CABG), can treat the underlying heart disease that causes angina.

With angioplasty, a thin tube with a balloon attached to its end is inserted into a blood vessel—usually in the groin—and advanced to the narrowed heart artery. The balloon is then inflated to open the blocked blood vessel. A mesh tube called a stent may also be left in the artery to hold it open.

CABG uses healthy blood vessels taken from another part of the body to bypass blocked heart arteries and improve blood flow to the heart.



Mark Hart, MD,  
Cardiologist



Ron Chelsky, MD,  
Cardiologist

Want to read more about angina? Go to [www.morehealth.org/angina](http://www.morehealth.org/angina).

## Adrienne Fisher, RN, receives exceptional nurse award



Adrienne Fisher, RN

In May, Adrienne Fisher, RN, an Emergency Department nurse at Tillamook County General Hospital, received the spring 2011 DAISY Award for Extraordinary Nurses.

Other hospital nursing staff nominated for this DAISY award include Megan Davis, Robin Becker, Catherine Hurliman, LaLonnie Hurliman, Kelli Meadows, Brenna Waxter, Larry Hamilton, Linda Keating, Doug Brill, Rose DeBlock, Sara Koberstein, Laurie Sass, Turena Williams, Gayle Stephens, Laura Fournier, Manolita Poblador, Estrella Pillar and Rich Brainerd.

Fisher, who grew up in New England, received her nursing degree from Clemson University in South Carolina. She and her husband, Seth, who grew up near Portland, Ore., enjoy the Oregon coast and are delighted to live in Tillamook with their two cats. Fisher was recently accepted by the University of Cincinnati to pursue online graduate studies leading to certification as a nurse practitioner for women's health.

### 28TH ANNUAL HUCKLEBERRY HEALTH FAIR

## Good health: Something to crow about



Now is the time to take your physical and mental health issues seriously by attending the 28th annual Huckleberry Health Fair, sponsored by Tillamook County General Hospital (TCGH) as a part of the Tillamook County Fair on Aug. 11 and 12, from 10 a.m. to 3 p.m.

Honoring Tillamook County health care pioneer Dr. E. R. Huckleberry, this annual health fair promotes the importance of living right and enjoying good health.

Come to the Tillamook Building during the Tillamook County Fair on Thursday and Friday, from 10 a.m. to 3 p.m., and experience an old-fashioned country farm and town, featuring 30 booths with local health resource information. Begin your visit at the Country Store to sign up for wellness screenings and pick up a sticker album. Collect at least 15 stamps or stickers from the various booths to have a chance to win special door prizes and the grand prize—a Pendleton blanket.

Activities include:

- Cholesterol and blood sugar screenings—cholesterol, HDL, LDL, triglycerides and fasting blood sugar: This finger-stick quick test requires a 12-hour fast for best results. Medications taken with water or coffee do not affect the results. Cost is \$15.
- Hemoglobin A1C screening: Recommended twice yearly for people with diabetes, this test does not require fasting. It is completed in eight minutes and costs \$10.

- Pulmonary function screening: Measuring lung capacity is recommended for people with asthma, emphysema and respiratory problems. No charge.

- Bone density screening for osteoporosis: This test is for women only. Cost is \$20.

- Blood pressure screening. No charge.
- Neck massages by TCGH Rehabilitation Services staff. No charge.

- Foot assessments by Podiatrist Scott Doherty, DPM.

- Meet and greet health care providers from Tillamook Medical Group.

Participating in these screenings is a first step toward good health. You are encouraged to establish a relationship with a health care provider, who can best monitor your health progress, recognize early warning signs and offer preventive education.

After completing your stroll through our country farm and town, enjoy a delicious healthy meal at the Rooster Cafe, open only during the health fair hours. Featured foods include fresh fruit, sandwiches, salads, wraps and vegetarian selections.

For more information about this event, please call 503-815-2270. We hope to see you there!



## Welcome, Dr. Filipek



Maureen Filipek, MD

Tillamook County General Hospital welcomes Radiologist Maureen Filipek, MD, who is now providing diagnostic radiology services at the hospital. Dr. Filipek has been certified by the American Board of Radiology since 2005.

Dr. Filipek received a bachelor's degree with honors in chemistry from Southern Oregon State College and earned her medical degree, also *magna cum laude*, from Oregon Health & Science University (OHSU). She completed residencies at Legacy Health System in Portland and at OHSU, followed by work as a hospital-based trauma radiologist and at EPIC Imaging West in Beaverton.

In addition to skills in imaging specialties such as interventional image-guided procedures and soft-tissue biopsy, Dr. Filipek also brings to Tillamook her experience in women's imaging and a great passion for breast cancer detection and prevention. She has written a number of articles and book chapters, and she has also presented regularly at Portland-area workshops.

Dr. Filipek and her husband, Lonnie, have two grown daughters, who both live in Oregon. Her hobbies include reading, hiking, being active outdoors, and spending time with family and friends. When not in Oregon, Dr. Filipek can also be found working as a radiologist in Homer, Alaska.

"My favorite thing about working in a small-town community hospital is that the atmosphere lends itself to personal care for patients and enhanced relationships with community doctors and health care providers," Dr. Filipek says. "I love that I can give most patients their results personally and talk with them."

## New vice president for patient care adds her expertise to TCGH



Karen Kellar, RN, MSN

Karen Kellar, RN, MSN, has been named vice president for patient care services at Tillamook County General Hospital.

Kellar holds a bachelor of science in nursing from Washington State University and a master's in nursing leadership and management from the University of Southern Indiana. Her areas of clinical experience include cardiac, labor and delivery, postanesthesia recovery, medical/surgical, emergency, and home care.

Before coming to Tillamook, Kellar lived in southwest Washington for 16 years and served at hospitals in the Portland metropolitan area. At Adventist Medical Center in Portland, she served in the Clinical Decision Unit and in Recruitment. She then went on to a director role at Southwest Washington Medical Center in Vancouver, Wash., establishing the new outpatient Wound and Hyperbaric Medicine Center, which included oversight of the inpatient wound program. Most recently, she was a patient care executive resident for Adventist Health at White Memorial Medical Center in Los Angeles.

She and her husband, John, have two adult children and two grandsons. Kellar says she enjoys spending time with friends in the outdoors as well as reaching for new fitness goals, such as participating in a triathlon.



## REFRIGERATOR MAKEOVER

## Make room for better health

A home remodel or even just a trendy wardrobe update can give you a fresh outlook on life. But if you want to make a difference in your health, try a different kind of update—a refrigerator makeover.

Start by phasing out unhealthful foods, such as sugary drinks, fatty meats and whole-milk products. Consuming foods and beverages like these can lead to health problems, such as being overweight or having diabetes or a high cholesterol level.

Now that you have more room in your fridge, stock the shelves with foods that promote good health, such as:

- Colorful fresh fruits and vegetables. For healthful snacks, place cut-up fruit and veggies in the front of the refrigerator, where they're easy to grab.
- Reduced-fat versions of cheeses such as Swiss or Monterey Jack. In fact, make all your dairy products—including milk—nonfat or low-fat.
- Frozen veggies. Stack them next to some low-fat frozen yogurt or fruit sorbet.
- Fruit juice. Make sure it's 100 percent juice.
- Fish, poultry and lean cuts of meat (if you eat meat).
- Soft margarine instead of butter. Choose a brand of margarine without trans fat.
- Whole-wheat or corn tortillas.

Your updated fridge can give you a healthy edge. And it can start a family trend—kids eat more fruits and veggies if these foods have a featured place in your refrigerator.

Sources: American Academy of Family Physicians; American Institute for Cancer Research

## Keep your family safe from the sun

Sunshine on the body may feel good. But too much exposure to the sun's dangerous ultraviolet (UV) rays can prematurely age the skin and cause skin cancer—even in young people.

That's why it's important to protect your entire family from the sun. Here's how to do that:

**Safeguard your baby.** The American Academy of Pediatrics recommends keeping infants younger than 6 months old out of direct sun entirely. If that's not possible, make sure to completely cover all of a baby's skin in clothing, including the head. It's OK to apply a small amount of sunscreen to a baby's face and the back of the hands.

**Lather up.** Use a sunscreen and a lip balm with an SPF (sun protection factor) of 30 or higher, the American Cancer Society advises. For youngsters, choose a waterproof sunscreen with a label indicating that it's recommended for children.

Before applying sunscreen to a child, rub a small amount on his or her back to check for an allergic reaction. If no reaction occurs, spread sunscreen evenly over all uncovered skin, including the ears and lips, the tops of feet and hands, and



the backs of knees (if they are exposed).

Be careful applying sunscreen around the eyes, and be sure to avoid the eyelids. You can use a lip balm instead of sunscreen on the lips if you prefer.

Everyone should apply sunscreen 30 minutes before going outdoors. Reapply after swimming or excessive sweating.

Use sunscreen all the time—even when you think you might not need it, such as on overcast days. Radiation from the sun can pass through clouds. It can also pass through glass, which means you're still susceptible to the dangers of the sun when in a vehicle.

For extra sun protection, rub opaque creams containing zinc oxide or titanium dioxide on the nose, cheeks, tops of the ears and shoulders.

**Dress for protection.** Dress your child (and yourself) in lightweight, tightly

woven clothing that covers the arms and legs, and put on a hat with a 2- to 3-inch brim to shade the face, scalp, ears and neck. Children and adults should wear wrap-around sunglasses that provide protection from both UVA and UVB rays.

**Play safely.** Encourage children to play in the shade as much as possible, and keep them indoors when the sun's rays are strongest, between 10 a.m. and 4 p.m. When possible, adults also should avoid sun exposure during this time.

**Understand your risk.** No one is safe from the sun, including people with dark skin. However, the risk is greater if you have: ● Fair skin. ● Blue or green eyes. ● Blonde or red hair. ● A family history of skin cancer. ● Skin that burns, freckles or reddens easily.

Additional sources: American Academy of Dermatology; Centers for Disease Control and Prevention



## 'SANDWICH' CAREGIVERS

## 5 messages to focus on

If you're part of the sandwich generation, you've got a full plate. You're sandwiched in by the needs of children who are not yet independent and parents or older relatives who need your help.

As a caregiver to so many people, how can you cope? There's no easy way to do so. But here are five things to tell yourself and others that will help keep you focused on what's important.

**1 "I need to stay strong and healthy."**

Because so many people depend on you, you must take care of yourself. Regular exercise—even a 20-minute walk—

promotes better sleep, reduces tension and depression, and increases energy.

You should also make it a high priority to:

- Eat healthy, balanced meals.
- Get regular checkups and screening tests.
- Reduce stress.
- Maintain social outlets of your own, such as church or hobby clubs.

Talk with your doctor if you think you might be depressed. Studies show that up to 59 percent of caregivers are clinically depressed, according to the Family Caregiver Alliance (FCA). But there are proven strategies that help.

**2 "Tell me anything."**

Encourage your children to ask questions and to be open about how they feel about sharing you. Be honest about what's happening in the family. Most of all, be a good listener. Don't minimize or trivialize what they say or the concerns they voice.

**3 "Yes, I do need help."**

Keep a list of things that need to be done; when someone offers to help, you can suggest something specific, like an errand, yard work or a visit with your loved one.

When children want to help, give them

small tasks to do—reading or playing games with grandparents or running errands, for example. But don't force them to help, advises the FCA. They may feel sad or embarrassed by the changes in a beloved grandparent.

**4 "Let's go."**

Set aside special times for your children. Go to a movie, play a board game, visit the mall or play a round of golf together.

**5 "Thanks. I love you."**

Praise, a hug and some deeply felt, openly expressed gratitude go a long way to lift your spirits—and the feelings of those around you, no matter their age.

### Caring for the caregivers

Faith in Action can give Tillamook caregivers a much-needed respite care break. Trained volunteers will come to your home, or your loved one can go to Wellspring Adult Respite Care day centers at local churches. For more information, call 503-815-2272 and see the Respite Care listing on the back page.



# DON'T MISS THESE COMMUNITY EVENTS

All classes will be held at Tillamook County General Hospital (TCGH) unless otherwise noted. For more information, call 503-815-2270 or go to [www.tcgh.com/events](http://www.tcgh.com/events).

## Better Health

### CORONARY HEALTH IMPROVEMENT PROJECT (CHIP)

■ Registration and information sessions: Aug. 30, Sept. 1 or Sept. 7 6:30 to 7:30 p.m.

■ Heart screening: Friday, Sept. 9, 7 to 9 a.m.

■ Program: Sept. 13 through Oct. 13

Rockaway Community Church

Choose one registration session to attend. For locations, please call 503-815-2270 or 503-368-6544, ext. 2270.

### FINDING RELIEF FROM JOINT PAIN

Thursday, Sept. 8 or Oct. 27 4:30 to 6 p.m.

TCGH third-floor conference room A

Presented by Ronald Teed, MD, and Danielle Nightshade, PT. No charge. To RSVP, call 503-815-2270.

### LIVING BETTER WITH DIABETES

■ Sept. 13, 15, 20 and 22 6:30 to 9 p.m.

TCGH third-floor conference room A

■ Sept. 29 and Oct. 6, 13 and 20

6:30 to 9 p.m.

NCRD in Nehalem

Referral by a health care provider is required. To schedule a one-hour nutrition counseling session before class, call 503-815-2292. Most health insurance plans are accepted. For information, call 503-815-2443.

### NORTH COUNTY PRESENTS: ABOUT SUICIDE AND DEPRESSION

Thursday, Sept. 22, 7 p.m.

Calvary Bible Church, Manzanita

Presented by Linda Ballard. No charge. For information, call 503-815-2370.

## Prenatal Care and Women's Health

### CHILDBIRTH PREPARATION CLASS

■ Wednesdays, Sept. 7 to 28

■ Wednesdays, Oct. 26 to Nov. 16 7 to 9 p.m.

TCGH third-floor conference room A

To register, call 503-815-2499.

### LOOK GOOD... FEEL BETTER

Wednesday, Sept. 21 2 to 4 p.m.

TCGH third-floor conference room D

A program for women with cancer. No charge. An RSVP is required. Call 503-815-2313.

### WOMEN'S CANCER SURVIVOR SUPPORT GROUP

First Wednesday of each month

10:30 a.m. to noon 312 Laurel Ave., Tillamook Call 503-842-4508.

## Respite Care

### POWERFUL TOOLS FOR CAREGIVING

Tuesdays, Sept. 20 to Oct. 25, 10:30 a.m. to noon

Tillamook SDA Church

No charge. To register, call 503-815-2313.

### WELLSPRING ADULT RESPITE CARE

■ Second and fourth Tuesdays of each month

Tillamook United Methodist Church

■ First and third Wednesdays of each month Tillamook SDA Church

■ First and third Thursdays of each month Covenant Community Church, Manzanita

■ Second and fourth

Thursdays of each month Beaver Community Church

10 a.m. to 4 p.m.

\$29 per day; financial assistance is available.

Call Faith in Action at 503-815-2272.

## Support Groups

### ALZHEIMER'S AND CAREGIVER SUPPORT GROUP

Third Wednesday of each month

10:30 a.m. to noon Tillamook SDA Church, lower level

For information, call 503-815-2270. For respite care, call 503-815-2272.

### DIABETES AND ALL THAT JAZZ

Second Tuesday of each month

1:30 to 3 p.m. TCGH third-floor conference rooms

For more information, call 503-815-2443.

### GRIEF SUPPORT GROUP

■ Tillamook

First and third Tuesdays of each month

3 to 4:30 p.m.

TCGH third-floor conference room A

For more information, call 503-815-2313.

■ North County

First and third Thursdays of each month

3 to 4:30 p.m.

Calvary Bible Church, Manzanita

For more information, call 503-368-6544, ext. 2313.

## NORTH COAST GLUTEN-FREE SUPPORT GROUP

First Thursday of each month

7 to 8:30 p.m., Bay City

Call 503-377-8227 for directions.

## Wellness Screenings

### BLOOD PRESSURE

Wednesdays, 2 to 3:30 p.m.

TCGH cafeteria No charge.

### CHOLESTEROL AND BLOOD SUGAR

■ Wednesday, Sept. 14 7 to 10 a.m.

YMCA

■ Thursday, Oct. 27 8 to 10 a.m.

NCRD in Nehalem

■ Thursday, Oct. 20 9 to 10:30 a.m.

North Coast Home Care, Tillamook

Cholesterol and blood sugar screening costs \$20. A 12-hour fast is required. An appointment is recommended; call 503-815-2313.

## Other Events

### WALK OF FAITH FUNDRAISING WALK

Sunday, Sept. 18 3 p.m.

Hospital entrance

Western theme, "Get Along Little Doggies." Raising awareness and funds for respite care. For information, call 503-815-2272.

## NEED A HEALTH PARTNER?

Adventist Health/Tillamook Medical Group

### Cardiology

Ronald Chelsky, MD  
Mark V. Hart, MD  
**Family Medicine**  
Shirley Arneson, ANP  
Ann Batchelder, ND, FNP  
David Bradburn, MD  
Teresa Callahan, MD  
Ben Douglas, MD  
Irene Martin, MD  
Karl Meier, MD  
Brandon Mitchell, DC, MD  
Glen Saylor, MD  
Rob Soans, PA

### General Surgery

Todd Pitts, MD  
**Internal Medicine**  
Calvin Hill, MD  
John Bohlman, MD  
**Obstetrics and Gynecology**  
Brittany Gerken, MD  
**Oncology**  
Gerald Gibbs, MD  
**Orthopedic Surgery**  
Ronald Teed, MD  
**Podiatry**  
Scott A. Doherty, DPM

### Other Specialists Available:

**Ophthalmology**  
Martin Balish, MD  
Jennifer Ballentine, MD  
**Otolaryngology (ENT)**  
Roger Miller, MD  
**Urology**  
James Pappas, MD

503-842-5546 503-815-2292

## WHERE TO FIND US



LIFE AND HEALTH is published as a community service for the friends and patrons of TILLAMOOK COUNTY GENERAL HOSPITAL, 1000 Third St., Tillamook, OR 97141, telephone 503-842-4444, [www.tcgh.com](http://www.tcgh.com).

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