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OREGON HEALTH & SCIENCE UNIVERSITY

# health



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*A Natural Way to  
Treat Muscle Pain* ..... p. 3

*This Season's  
Flu Shot* ..... p. 5

The knowledge of all for the care of **one**.



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Welcome to OHSU's very first issue of a quarterly publication dedicated to keeping you and your family healthy and strong.

Each issue will spotlight research breakthroughs that matter to everyday living as well as a series of questions and answers about some of today's most compelling health topics. The questions come from you—our community—and the answers come from medical experts, here at OHSU.

At OHSU we are committed to providing exceptional care. That care isn't just about doctor visits, it's also about sharing health information and resources, and helping you get to know our extraordinary team of doctors, nurses, researchers, educators and staff—all of whom are working together for you.

That's what the knowledge of all for the care of **one** is all about.



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A quarterly publication of OHSU serving the greater Portland area. Information is intended to educate and is not a substitute for consulting with a healthcare provider.



## You can beat jet lag

Most people who routinely fly have experienced jet lag—insomnia, sleepiness, moodiness and gastrointestinal disorders. This year, the New England Journal of Medicine asked OHSU physician-scientist and medical director of the OHSU Clinical Sleep Disorders Medicine Program, Robert Sack, M.D., to provide expert advice on preventing or diminishing the effects of jet lag. His #1 tip? Speed up the realignment of your internal clock with local time. One way is to use light exposure by seeking bright light (either sunlight or artificial) in the morning after eastward travel, and in the evening after westward travel.



## Tart cherry juice reduces muscle pain and inflammation

Tart cherry juice may be a safer way to treat muscle pain and inflammation, according to OHSU researchers. In a study published in the Journal of the International Society of Sports Nutrition, athletes competing in Oregon's Hood To Coast Relay who consumed Montmorency cherry juice for a week prior to the race and on race day reported significantly less pain than runners who received a placebo.

The reason? Montmorency cherries, or sour pie cherries, have the highest anti-inflammatory content of any food, including blueberries and pomegranates. The anti-inflammatory substance found in the peel of the fruit contains the same enzyme as over-the-counter anti-inflammatory drugs like ibuprofen.



## Surgery helps chronic sinusitis sufferers get relief

Each year, roughly 30 million Americans experience rhinosinusitis—chronic congestion, drainage, fatigue, headache, pain, pressure and sneezing—and their quality of life scores are lower than patients with congestive heart failure, angina, chronic obstructive pulmonary disease or back pain.

A study led by OHSU found that up to 76 percent of adults with chronic rhinosinusitis—a debilitating inflammation of the nasal passages that lasts for months and keeps coming back—report significantly improved quality of life following minimally invasive endoscopic sinus surgery. The endoscopic sinus surgery involves removing abnormal or obstructive tissues from the nose and is often performed on an outpatient basis.

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# Q & A

## your questions, our answers

### What is a digital mammogram and should I get one?

**TODAY, MORE AND MORE** women are opting for digital mammography, which uses x-ray to produce an image of the breast. Instead of storing the image on film (as a traditional mammogram does), this method stores it on a computer, a process that allows data to be magnified more intensely. While we don't have evidence that one type of mammogram is better than another, digital mammography may enable radiologists to read mammograms better. Every woman should discuss her preferences with her healthcare provider.



**Joan Laufer,**  
WHCNP-BC, C-MC  
OHSU Center for  
Women's Health Breast Center

#### About the Expert

##### OHSU Center for Women's Health

Joan Laufer sees patients at the Breast Center at OHSU. OHSU Center for Women's Health is the only National Center of Excellence in Women's Health in the Northwest.

Accepting new patients: **YES**  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-4673  
**WEB:** ohsuhealth.com/women  
**LOCATION:** OHSU Kohler Pavilion, 7th Floor,  
808 SW Campus Drive, Portland, OR 97239

### Can exercise get rid of stretch marks and saggy skin?

**EXERCISE IS KEY** to healthy living, but it can't fix stretch marks and excess skin. Stretch marks appear when the deep layer of skin tears due to pregnancy or significant weight gain. While the weight can be lost, the skin isn't able to mend and the marks become permanent. Over time, stretch marks can improve in appearance, but no cream or laser will make them go away. Excess skin can also remain after significant weight loss. Healthy skin has some capacity to recoil and re-contour to a smaller frame, but that capacity diminishes with age, smoking or environmental elements. Surgery will never replace exercise, but it can correct some things that exercise alone cannot.



**Dr. Juliana Hansen**  
OHSU Plastic and  
Reconstructive Surgery

#### About the Expert

##### OHSU Plastic and Reconstructive Surgery

Dr. Juliana Hansen is chief of OHSU Plastic and Reconstructive Surgery, which offers a complete range of body contouring procedures to get you back to exercise as soon as possible.

Accepting new patients: **YES**  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-6687  
**WEB:** ohsuhealth.com/plasticsurgery  
**LOCATION:** OHSU Center for Health & Healing,  
5th Floor. At the base of the Portland Aerial Tram  
3303 SW Bond Ave., Portland, OR 97239

### At what age should my child get a seasonal flu vaccine? And is there a separate vaccine for the H1N1 virus?

**CHILDREN OLDER THAN** six months should get the 2010–2011 seasonal flu vaccine—even if they received the H1N1 flu vaccine last year. This year's vaccine provides protection against the 2009 pandemic strain (A/H1N1) plus two other strains—influenza A/H3N2 and influenza B. Children ages 6 months to 8 years should receive two doses of 2010–2011 flu vaccine unless they received the following:

- At least one dose of 2009 H1N1 vaccine last flu season.
- At least one dose of seasonal vaccine prior to the 2009–2010 flu season or two doses of seasonal flu vaccine last flu season.

Your child may be able to receive the intranasal flu vaccine instead of the shot. The vaccine will not prevent respiratory illness caused by other viruses and it can take up to two weeks for protection to develop after vaccination.



**Dr. Judith Guzman-Cottrill**  
OHSU Doernbecher  
Children's Hospital

#### About the Expert

##### OHSU Doernbecher Children's Hospital

Dr. Guzman-Cottrill is a pediatric infectious disease physician and the Pediatric Medical Director of OHSU's Department of Infection Prevention & Control. She sees patients at Doernbecher Children's Hospital.

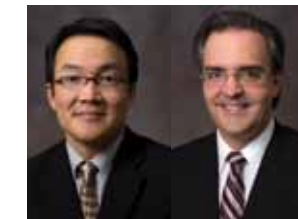
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 346-0640  
**WEB:** ohsudoernbecher.com  
**LOCATION:** OHSU Doernbecher Children's Hospital,  
7th Floor. 700 SW Campus Drive, Portland, OR 97239

### Is there something I can do about varicose veins? I've heard insurance doesn't cover treatment.

**THAT'S A COMMON MYTH.** Varicose veins can be more than just unsightly bulges in your legs. They can be very painful and indicators of serious underlying health problems such as blood clots, skin ulcers or other cardiovascular diseases. That's why it is so important to see a physician specially trained in the diagnosis and management of venous disease.

Treatment for varicose veins can range from non-invasive to a minimally invasive procedure called catheter-radio frequency technology, which is performed under a local anesthetic.

This new technique is covered by many insurance companies and offers significantly less pain and bruising than other treatments. It can usually be performed in under an hour in a doctor's office, and has little to no down time for patients.



**Dr. Tim Liem and  
Dr. Greg Landry**  
OHSU Vein Clinic

#### About the Experts

##### OHSU Vein Clinic

Dr. Liem and Dr. Landry see patients at the OHSU Vein Clinic, specializing in treatment for varicose and spider veins. OHSU Vascular Surgeons have extensive training in venous disease and are nationally renowned clinicians, researchers, teachers and leaders of national venous organizations.

Accepting new patients: **YES**  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-7593  
**WEB:** ohsuhealth.com/veinclinic  
**LOCATION:** OHSU Center for Health & Healing,  
5th Floor. At the base of the Portland Aerial Tram  
3303 SW Bond Ave., Portland, OR 97239

My father has diabetes but is in good health. His cholesterol is a little high. Should I be worried?

**DIABETICS SUFFER FROM** heart disease and stroke at twice the rate of everyone else. Due to diabetic neuropathy (nerve damage), diabetics are less likely to feel the symptoms of heart disease, such as chest pain. That said, they can control the risk of heart disease by monitoring blood sugar and lipid levels (blood fats, including cholesterol). A cardiologist can also watch for high lipid levels and atherosclerosis, or hardening of the arteries, which are precursors to heart disease. Like all diabetics, your father can also avoid smoking, engage in regular exercise, lose excess weight, and consume a diet high in fiber, fruits, vegetables, fatty fish and whole grains, and low in processed sugars for a lower risk of heart disease and increased quality of life.



**Dr. Sanjiv Kaul and  
Dr. Andrew Ahmann**  
OHSU Heart & Diabetes Clinic

### About the Experts

#### OHSU Heart & Diabetes Clinic

Dr. Sanjiv Kaul (cardiologist) and Dr. Andrew Ahmann (endocrinologist) collaborate at the OHSU Heart & Diabetes Clinic in caring for patients with diabetes.

Accepting new patients: **YES**  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-4673  
**WEB:** [ohsuhealth.com/heart](http://ohsuhealth.com/heart)  
**LOCATION:** OHSU Kohler Pavilion, 7th Floor,  
808 SW Campus Drive, Portland, OR 97239

At what age should I start getting heart-related screening tests?

**STARTING AT AGE 20**, normal, healthy adults should get checks of their blood pressure every two years, cholesterol every five years, body mass index (BMI) at every regular healthcare visit and waist circumference as needed, according to the American Heart Association. Starting at age 45, blood glucose also should be checked every three years. If any of your results are abnormal, you may need to have them checked more frequently. A more comprehensive screening is needed for those with certain risk factors for a heart attack, including all men over the age of 45, women over 55, people with diabetes and those with a family history of heart disease.



**Dr. Michael Shapiro**  
OHSU Cardiovascular Medicine

### About the Expert

#### OHSU Cardiovascular Medicine

Dr. Shapiro works to prevent and reverse heart disease at the OHSU Preventive Cardiology clinic, with a prevention program that includes a comprehensive cardiovascular risk assessment and state-of-the-art diagnostic testing.

Accepting new patients: **YES**  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-6687  
**WEB:** [ohsuhealth.com/heart](http://ohsuhealth.com/heart)  
**LOCATION:** OHSU Center for Health & Healing,  
5th Floor. At the base of the Portland Aerial Tram  
3303 SW Bond Ave., Portland, OR 97239

## Ask the Health Experts Seminars

Join us for informative talks about today's top health concerns and the latest developments in treatment, prevention and detection from the leading professionals in the field. Light refreshments are served.

To register, visit  
[ohsuhealth.com/seminar](http://ohsuhealth.com/seminar)  
or call 503 494-1122

OHSU Center for Health & Healing  
[ohsu.edu/health/maps](http://ohsu.edu/health/maps)

October 19 7 p.m.

### Mammograms: What's Right for Me?

Michelle Berlin, M.D., Mark Kettler, M.D., Arpana Naik, M.D., Heidi Nelson, M.D., M.P.H., & Elizabeth Steiner, M.D.

How often and at what age should women get mammograms? Our panel of experts will explain how scientific evidence is evaluated and how risk differs between women.

October 20 7 p.m.

### Scoliosis and the Adult Spine

Robert Hart, M.D.

Hear more about how adults face a uniquely different set of challenges when it comes to living with scoliosis, and learn how medical treatment can help with management of this spinal disorder.

November 3 7 p.m.

### I'm All Thumbs: Why Aging Hands Don't Work the Way We Want Them To

Joel Solomon, M.D., Ph.D.

Learn about the diagnoses and treatment of a variety of common hand problems.

November 9 7 p.m.

### Menopausal Hormone Replacement Therapy (HRT): The Latest Information

Paula Amato, M.D.

Get the most up-to-date HRT facts, including benefits, risks and alternative therapies.

November 10 7 p.m.

### Veins: Problems and Treatments

Greg Landry, M.D., & Timothy Liem, M.D.

Learn about the latest advancements in treating varicose and spider veins.

November 17 7 p.m.

### Hip and Knee Replacements: Are You a Candidate?

Darin Friess, M.D.

Learn about important advances in joint replacement—for arthritis, sports injuries and aging joints—and whether it can help you.

## Marquam Hill Lectures

Since 1980, the Marquam Hill Lectures have brought together leading members of the OHSU faculty in a public lecture series that features the research that will form the basis of tomorrow's treatments. To register, please visit [ohsu.edu/mhlectures](http://ohsu.edu/mhlectures).

Oct. 21  
7:30 p.m.

**Interventional Cardiology**  
Saurabh Gupta, M.D.

Nov. 18  
7:30 p.m.

**Rare Diseases in Adults**  
Susan Hayflick, M.D.



The knowledge of all for the care of **one**.

## Trying to have a baby?

*In your 20s, your risk of infertility is just seven percent. But between the ages of 35–39, it jumps to 22 percent. No matter what your age, there are things you can do to optimize your fertility.*

### Drink virgin beverages:

A maximum of one alcoholic drink is best.

### Go decaf:

Keep your daily intake to 100 mg of caffeine (one cup of coffee) or less.

### Avoid big fish:

Swordfish and tuna, for example, have higher mercury amounts than small fish, such as trout.

### Consider your prescriptions:

Antidepressants and blood pressure and seizure medications can affect your fertility. Discuss what's best for you with your OB/GYN.

### Clear the air:

Smoking (and secondhand smoke) can delay conception, accelerate egg decline and encourage menopause.

### Steady your weight:

If you weigh too little, your body won't produce enough hormones to trigger ovulation. If you weigh too much, you could have elevated insulin and hormone imbalances.

### Avoid stress:

Try yoga, long walks or time out of the office to help you stay relaxed and emotionally balanced.

*For more information, call the OHSU Fertility Consultants at 503 418-3700.*

**Baby Talk with OHSU  
Fertility Consultants**

Meet our staff and learn about your options for having a baby.  
Register at [ohsuhealth.com/seminar](http://ohsuhealth.com/seminar) or by calling 503 418-4506.  
Center for Health and Healing 10th floor, 3303 SW Bond Ave, Portland, OR 97239

**Nov. 11**  
6 p.m. • Thurs