A vaccine for West Nile?  p. 3
How to keep your memory sharp  p. 6
With your help, we’re making history

Is there a higher calling than curing cancer?

Phil Knight posed this question in September 2013 when he and his wife, Penny, issued an unexpected and unprecedented fundraising challenge to OHSU: Raise $500 million for cancer research in two years, and we will match it.

More than 10,000 donors responded to the Knight Cancer Challenge. If you were one of them, you helped make history.

In all 50 states, donors looked to Oregon and saw promise and renewed hope. Contributing $100 million, Columbia Sportswear Chair Gert Boyle got tough on cancer. Her gift, the largest from an individual, was inspired like so many others by confidence in OHSU’s Dr. Brian Druker and his team to fix what is broken in cancer care today — and was given to honor a family member lost to the disease.

Together, we have raised $1 billion to take down cancer.

Because of you, the Knight Cancer Challenge is now the largest successful fundraising challenge on record. We’re celebrating because of what this achievement will accomplish: creation of the first grand-scale program to radically improve early detection of lethal cancers.

Thank you.
West Nile virus vaccine now in clinical trials

West Nile virus is a mosquito-borne disease that can cause significant illness and even death. It is a significant threat to public health, especially among people with poorly functioning immune systems (immunocompromised) and the elderly. While a commercially available human vaccine for West Nile virus does not yet exist, a new investigational vaccine discovered and developed by scientists at the Oregon National Primate Research Center at OHSU is being evaluated in a National Institutes of Health-sponsored phase 1, first-in-human, clinical trial at Duke University. The development of a safe, effective vaccine against West Nile virus could minimize the impact of the disease.

How cocaine and amphetamines disrupt brain function

No approved drug therapies currently exist for amphetamine abuse, and the rate of relapse for people addicted to cocaine and amphetamines is high. Researchers at OHSU’s Vollum Institute have shed light on how cocaine and amphetamines disrupt the normal functioning of the brain’s dopamine transporter, which affects communication between nerve cells. In showing how cocaine and amphetamines block normal dopamine signaling, the research provides insights that may lead to an understanding of why some drugs are addictive and others are not. It also opens the door to the development of drugs that could block the interference of cocaine and amphetamine with dopamine signaling. The research was published in the journal Nature.

Protein movements can help fight disease

For decades, scientists’ understanding of proteins was limited to observing their structure through static snapshots taken using crystallography, a technique used to capture images of molecules’ structures. But in order to understand how proteins normally function and design treatments for when cells malfunction, scientists need to see proteins’ coordinated motions. OHSU researchers designed a computer method that looked at two different snapshots of the same protein structures and identified hinge points, or “hot spots,” of flexibility. This led to the conclusion that proteins use the ranges of motion that are most efficient. Through improved understanding of the mechanics of motion, researchers will be better able to analyze the changes in proteins as they interact with other molecules that regulate how cells function. Results of this study were published in the journal Structure.
I have pain in my hand. Is it arthritis? Will I need surgery?

**ARTHTRITIS IN YOUR WRIST** or hand is common, especially as you get older. The good news is that most cases can benefit from conservative treatment, such as wearing a splint or brace, therapy or cortisone injections to relieve pain. If these treatments are unsuccessful, surgery can help. We offer numerous procedures done in an outpatient setting that relieve pain and improve function. Many other conditions — such as tendonitis, overuse injuries and inflammatory conditions — can mimic arthritis and are also highly treatable so talk to your doctor about what might be right for you.

What is a clinical trial, and should I participate in one?

**A CLINICAL TRIAL** is a study conducted by medical researchers to evaluate a new treatment, diagnostic test or prevention method. Your individual situation determines whether or not you are eligible for a clinical trial: At the OHSU Knight Cancer Institute, we evaluate how the standard therapies for cancer fit into your cancer care plan, and if a clinical trial would be appropriate for you. If you’re interested in joining a clinical trial, talk to your doctor: Your participation may help others and allow for further breakthroughs in cancer care.

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**Omar Nazir, M.D.**
**OHSU Orthopaedics and Rehabilitation**

About the Expert

Dr. Nazir is an orthopaedic surgeon specializing in the hand and upper extremity. He is part of OHSU’s Hand and Wrist Specialty Team — doctors and surgeons who are specially trained to treat hand and wrist injuries and conditions such as carpal tunnel, ganglion cysts, fractures and more. As Oregon’s only academic health center, OHSU accesses the latest research and technology to advance all types of orthopaedic care.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-8645  
**WEB:** www.ohsuhealth.com/ortho  
**LOCATION:** Physicians Pavilion, Suite 430, 3147 S.W. Sam Jackson Park Road, Portland, OR 97239

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**Tomasz Beer, M.D.**
**OHSU Knight Cancer Institute**

About the Expert

Dr. Beer is a prostate cancer medical oncologist, deputy director of OHSU Knight Cancer Institute and the Grover C. Bagby Endowed Chair for Prostate Cancer Research. He is the principal investigator for multiple prostate cancer clinical trials. With the latest treatments, technologies and clinical trials, OHSU Knight Cancer Institute is the only National Cancer Institute-designated Cancer Center in Oregon, an honor earned only by the nation’s top cancer centers.

**CLINICAL TRIALS:** 503 494-1080  
**WEB:** www.ohsuknightcancer.com/researchstudies
I’m in my early 50s and lately feel like I can’t make it to the bathroom in time. Why is that, and can I do anything about it?

**YOUNGER WOMEN MAY EXPERIENCE**

something called stress incontinence, which is a slight urine leakage when you sneeze or cough, for example. But as you get older, the feeling of urgency to urinate and the frequency of it can increase. It’s what we call “overactive bladder.” This happens for a variety of reasons; loss of muscle tone in the pelvic floor, hormonal changes, childbearing, uterine prolapse, weight gain, smoking and caffeine can all contribute. Don’t be scared to discuss overactive bladder with your doctor; it’s very common, and we have a range of treatments to treat this condition, from physical therapy and dietary management to medication and surgery. Also, recently developed procedures such as nerve stimulators and Botox can calm overactive bladder and improve your quality of life.

I hurt my knee a while back: The pain stopped after a few days, but now it’s acting up. Could I have a cartilage injury?

**IF YOU’VE EXPERIENCED A JOINT INJURY,** such as an anterior cruciate ligament (ACL) tear or patella dislocation, it may hurt initially and then gradually feel better, but you may have actually damaged your cartilage — the protective tissue found in joints such as your knee. If you feel pain with extended standing, swelling, an unstable or “catching” feeling in the knee, or have to limit your activities to avoid symptoms, this might mean the cartilage in your knee is damaged even if X-rays show no arthritis. It’s like sunburn as a child; the painful phase passes, but the damage remains. However, many cartilage injuries can be stabilized or repaired through outpatient procedures, using donor tissue or even a new technology in which your own cells are used to grow new cartilage. Through procedures like these, we can treat your knee and keep it healthier longer.

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**Renee Edwards, M.D., F.A.C.O.G., F.A.C.S.**

**OHSU Center for Women’s Health**

Dr. Edwards specializes in surgical and conservative treatment of urinary incontinence and treats various types of pelvic organ prolapse conditions using surgical and minimally invasive surgical techniques.

- **ACCEPTING NEW PATIENTS:** Yes
- **INSURANCE:** Most major health plans
- **APPOINTMENTS:** 503 418-4500
- **WEB:** www.ohsuwomenshealth.com
- **LOCATION:** OHSU Center for Women’s Health, Kohler Pavilion, 7th Floor, 808 S.W. Campus Drive, Portland, Oregon 97239

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**Dennis Crawford, M.D.**

**OHSU Orthopaedics and Rehabilitation**

Dr. Crawford is the medical director of the OHSU Sports Medicine program — the region’s most comprehensive program, with board-certified sports medicine doctors treating athletes and recreationalists of all ages. Dr. Crawford was recently awarded the Cum Laude award from The International Cartilage Repair Society for his work in translational research and clinical care.

- **ACCEPTING NEW PATIENTS:** Yes
- **INSURANCE:** Most major health plans
- **APPOINTMENTS:** 503 494-4000
- **WEB:** www.ohsu.edu/ortho
- **LOCATION:** OHSU Center for Health & Healing, 3303 S.W. Bond Ave., 12th floor, Portland, OR 97239
What can I pack in my son’s school lunch that is nutritious and fun to eat?

**sandwiches made on whole-grain** bread with a lean protein such as turkey ham or chicken are easy to make, affordable and convenient to take to school. Some children like lettuce or sliced cucumber on sandwiches, but many are picky about vegetables. Try offering small vegetables such as baby carrots, cherry tomatoes and sugar snap peas to dip in a small amount of low-fat dressing. If you’re unsure about portion size, choosemyplate.gov is a helpful resource. Enter your child’s age and get a guide on serving sizes. One way you can save time while packing lunches is with a “Shop and Chop” day: When you get home from grocery shopping, clean, chop and prepare vegetables in separate containers so packing lunches all week is a breeze.

Jennifer Kim, R.D.
OHSU Doernbecher
Children’s Hospital

**About the Expert**

Jennifer Kim is a registered dietitian in the Healthy Lifestyles Clinic of OHSU Doernbecher Children's Hospital. She specializes in nutrition specifically for kids and works with a wide age range of children, from infants to teenagers.

**Accepting New Patients:** Yes
**Insurance:** Most major health plans
**Appointments:** 503 418-5257 or 503 346-0640
**Web:** www.ohsudoernbecher.com
**Location:** Doernbecher Children’s Hospital, 700 S.W. Campus Drive, Portland, OR 97239

How can I keep my memory sharp as I get older?

FIRST, STAY PHYSICALLY ACTIVE. Exercise can stimulate memory, improve mood and prevent brain atrophy. Try to pair exercise with social activities; work out or walk with a friend, for example. This leads to the next piece of advice for lasting brain health: Stay mentally and socially active or engaged. That doesn’t necessarily mean playing “brain games” for hours; it can mean trying new skills and participating in different kinds of activities, whether it’s family social outings, volunteering or taking on a new hobby. The third thing is to stay healthy: Maintaining the health of your body helps maintain the health of your brain. Ensure that you get adequate sleep; the brain needs time to repair and replenish itself. Make sure to follow healthy eating habits; a heart-healthy diet — low in saturated fat and high in fruits, vegetables and lean protein — is also a brain-healthy diet.

Jeffrey Kaye, M.D.
OHSU Brain Institute

**About the Expert**

Dr. Kaye is a professor of neurology and biomedical engineering and the director of the OHSU Layton Aging and Alzheimer’s Disease Center, as well as director of the Oregon Center for Aging and Technology (ORCATECH).

**Accepting New Patients:** No
**Insurance:** Most major health plans
**Appointments:** 503 494-7772
**Web:** www.ohsubrain.com
**Location:** OHSU Center for Health & Healing, 3303 S.W. Bond Ave., Portland, OR 97239
Ask the Health Experts Seminars

OHSU Center for Health & Healing, 3rd Floor (CHH)
3303 S.W. Bond Ave., Portland, OR
www.ohsu.edu/health/maps

OHSU Beaverton Clinics
in the Knight Cancer Institute building
15700 S.W. Greystone Court, Beaverton, OR
www.ohsuheart.com/beaverton

To register, visit www.ohsuhealth.com/seminar or call 503 494-1122.

September 8
7 p.m.  CHH

Physical Therapy Management of Back and Neck Pain
Scott Beadnell, D.P.T.
If you have back or neck pain, often the first step can be physical therapy to help manage your symptoms. Learn how physical therapy can help you take control of your pain and achieve positive long-term results.

September 16
7 p.m.  CHH

Rhythm Nation
Rupa Bala, M.D.
Does your heart ever skip a beat? Do you feel a fluttering in your chest after eating? Find out answers to many of our common heart rhythm questions.

September 22
6:30 p.m.  Beaverton

Type 2 Diabetes: Facts and Fiction
Andrew J. Ahmann, M.D.
Learning you have Type 2 diabetes and figuring out how to best manage your disease can be confusing. Find out the latest information — and eliminate the misinformation — on how to live well with Type 2 diabetes, including new research, classes, care and medications.

September 23
7 p.m.  CHH

Breast Health:
From Imaging to Complex Breast Diagnostics
Karen Oh, M.D. and Christine Kemp, N.P.
Breast care is an important part of a women’s overall health and well-being. Hear the latest diagnostic and treatment options, including 3D mammography from OHSU Breast Center specialists.

October 8
7 p.m.  CHH

Degenerative Conditions of the Spine
Khoi Than, M.D.
Degenerative spine conditions can happen as you get older and your spine loses some of its capabilities and structure. Find out more about degenerative spinal conditions — such as adult scoliosis, disc herniation, spinal stenosis and spondylolisthesis — and the treatment options available.

October 20
6:30 p.m.  Beaverton

Today’s Diets and Your Heart
Tina Kaufman, Ph.D., P.A.-C.
Find out from an OHSU physician assistant specializing in preventive cardiology about the latest diet plans (such as Paleo, Juice Fasts and Weight Watchers) and which diet is best for your heart health.

October 21
7 p.m.  CHH

The Advantages of a Breast Cancer Treatment Team
Kristen Massimino, M.D. and Debra Harris, R.N.
Hear the latest breast cancer treatment options and learn the value of a single appointment with multiple doctors. Our team is dedicated to tailoring the treatment plan to your needs in a single appointment.

Susan G. Komen Portland Race for the Cure

September 20
7 a.m.  Tom McCall Waterfront Park

Register as part of Team OHSU and receive a free team T-shirt. Anybody can join. For more information, contact Katie Wilkes at 503 494-5293 or kwilkes@ohsu.edu or visit www.ohsuknightcancer.com/teamOHSU. OHSU welcomes all participants.
The best of care — even closer to home

Did you know OHSU offers a variety of health care services on Portland’s west side? Now you can get care from specialists, right in your neighborhood. Our highly trained, experienced and attentive staff and board-certified doctors provide complete cancer, heart, pediatrics and orthopaedics care — all at convenient, central west side locations.

**OHSU Knight Cancer Institute – Beaverton**

an OHSU Knight–Legacy Health Cancer Collaborative location

15700 S.W. Greystone Ct.
Beaverton, OR 97006
971 262-9000

[ohsuknightcancer.com/beaverton](http://ohsuknightcancer.com/beaverton)

**Knight Cardiovascular Institute – Beaverton Cardiology Clinic**

15700 S.W. Greystone Ct.
Beaverton, OR 97006
503 494-1775

[ohsuheart.com/beaverton](http://ohsuheart.com/beaverton)

**OHSU Doernbecher Pediatrics – Westside at Bethany Village**

15220 N.W. Laidlaw
Suite 102
Portland, OR 97229
503 494-2000

[ohsudoernbecher.com/westside](http://ohsudoernbecher.com/westside)

**OHSU Orthopaedics & Rehabilitation Clinic at Cornell West**

1500 N.W. Bethany Blvd.
Beaverton, OR 97006
503 494-6400

[ohsuhealth.com/ortho](http://ohsuhealth.com/ortho)