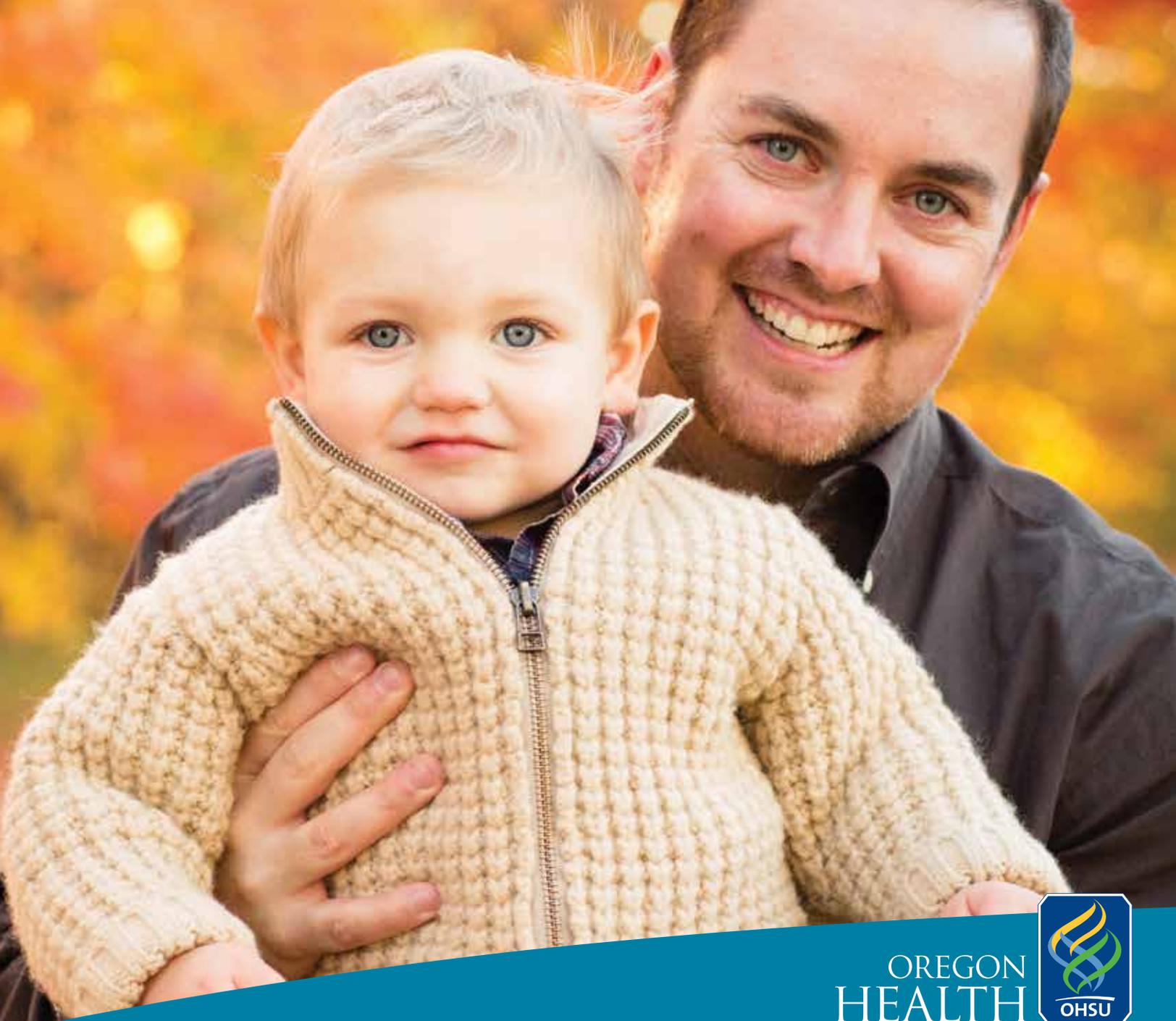


fall 2013 OREGON HEALTH & SCIENCE UNIVERSITY

health



What causes
Alzheimer's
disease?

p. 3

Fun and
nutritious
lunches
for kids

p. 5

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



3181 S.W. Sam Jackson Park Rd.
Portland, Oregon 97239-3098
503 494-8311
ohsuhealth.com/magazine

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

OHSU launches \$25 million initiative against pancreatic cancer

Currently more than 90 percent of patients with pancreatic cancer are diagnosed too late to be offered curative therapy.

However, a \$25 million gift to OHSU may alter that path.

The newly established Brenden-Colson Center for Pancreatic Health, a philanthropic partnership between Norman and Linda Brenden and the Colson Family Foundation, will fund cutting-edge research aimed at new detection and treatment methods for pancreatic cancer. A team of OHSU's top pancreatic surgeons and Knight Cancer Institute scientists will co-develop detection and treatment methods for pancreatic cancer while transforming the quality of life for survivors of all pancreatic diseases. Goals of the center include developing novel imaging and biomarkers to detect pancreatic cancer earlier, understanding pancreatic cancer at the molecular level and leading clinical trials for new medications.

This donation is the Brenden and Colson families' largest investment to date at OHSU and ranks in our top five monetary gifts. We believe it will go a long way toward making significant advances in treating this lethal, hard-to-treat disease.

For more information about pancreatic cancer treatment options visit:
www.ohsuknightcancer.com/pancreatic

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Reproductive Endocrinology

Table of Contents

OHSU Research..... 3
OHSU Physician Q&A 4
OHSU Calendar..... 7



New Alzheimer's disease research shows possible cause

Researchers have long focused on two proteins that accumulate in the brains of people with Alzheimer's disease, which may contribute to the condition: plaques made up of the protein amyloid-beta, and tangles of another protein, called tau. However, recent findings from OHSU researchers have found that the interaction between the two proteins might be the key. As the interactions of the two proteins increased, the progression of Alzheimer's worsened. The research team is now working to identify the areas where the proteins join and to find a way to impede that interaction — thus preventing or slowing the progression of Alzheimer's. These findings were published in the June 2013 edition of the *Journal of Alzheimer's Disease*.

Preventive CT scans can help detect lung cancer earlier

The U.S. Preventive Services Task Force (USPSTF), supported by OHSU research, is now recommending that smokers from 55-80 years old with a longtime history of smoking receive annual low-dose CT scans to help detect and possibly prevent the spread of lung cancer: 80 percent of lung cancer is curable, if found in its early stages. The task force also had to weigh the benefits of early cancer detection against the potential harm caused by regular exposure to radiation from the CT scans; however, the radiation associated with low-dose CT scans is around the same order of that associated with mammography. This news was published in the July 30 *Annals of Internal Medicine*.



Pregnancy: Control cravings for a healthy start

While the 3 a.m. ice cream and pizza cravings of pregnancy is the stuff of lore, OHSU researchers have learned that babies exposed to a high-fat, high-sugar diet while in the womb can permanently alter their brain cells that control food consumption, leading to a tendency to overindulge in fatty, sugary foods. The cause is thought to be a change in how the hypothalamus — the portion of the brain controlling functions such as hunger and thirst — develops when exposed to this kind of food. So not only does a healthy diet begin in childhood, it begins before you're even born. To give your child the healthiest of starts, monitor those cravings from the very beginning. This research study was presented at the 95th Annual Meeting of The Endocrine Society.

Q & A

your questions, our answers

Does getting older always mean losing mental ability?

PART OF NORMAL BRAIN AGING MAY MEAN A SLOWING OF MENTAL PROCESSING,

especially in your memory. Although many patients ask, it's difficult to prescribe any particular type of mental exercise for your brain, though learning things that get you out of your normal routine can help, such as learning a new language or trying a different type of puzzle. But your best option is physical activity: Research has shown that aerobic-type exercise — such as walking, swimming, biking or hiking — for about 30 minutes a day, five times a week can promote the release of growth factors in the brain that create new cells.



Joseph Quinn, M.D.
OHSU Brain Institute

About the Expert

Dr. Quinn specializes in cognitive disorders and movement disorders. He sees patients in the Dementia Clinic and the Movement Disorders Clinic at the OHSU Brain Institute. The institute has more than 400 healthcare providers and researchers treating people with diseases of the brain, teaching the next generation of healthcare professionals and conducting neurological research.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 494-6976

WEB: www.ohsubrain.com

LOCATION: Center for Health & Healing, 8th Floor
At the base of the Portland Aerial Tram
3303 S.W. Bond Ave. Portland, OR 97239

Are symptoms of heart disease different for women than men?

HEART DISEASE REMAINS THE # 1 KILLER OF WOMEN IN THE U.S.

Most people associate heart problems with chest pain that radiates to the jaw or arm. However, symptoms of heart disease in women may be different and can include extreme fatigue, shortness of breath, indigestion, nausea and pain in the jaw or upper back. If you experience these symptoms — especially if you have risk factors for coronary artery disease such as high blood pressure or diabetes — talk to your doctor. Although signs and symptoms of heart disease may differ in women, the basics of prevention are the same, regardless of gender: Eat healthy, don't smoke, exercise regularly and consult with your doctor about your cholesterol.



Shimoli Shah, M.D.
OHSU Knight Cardiovascular Institute

About the Expert

Dr. Shah sees patients at the new OHSU Beaverton Cardiology Clinic. She specializes in women's cardiovascular care, aortic disease, echocardiography and nuclear cardiology. The Knight Cardiovascular Institute is an integrated center of translational research, clinical care, education and disease prevention.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 494-1775

WEB: www.ohsuheart.com/beaverton

LOCATION: OHSU Beaverton Cardiology Clinic
15700 S.W. Greystone Ct. Beaverton, OR 97006

What lunch can I pack for my son that's fun to eat and nutritious?

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 specializes in nutrition specifically for kids and is a registered dietitian. She sees patients at the Healthy Lifestyles clinic at Doernbecher Children's Hospital. Doernbecher Children's Hospital has the most pediatric specialists in Oregon and ranks among the nation's best hospitals.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-8311
WEB: www.ohsудоernbecher.com
LOCATION: OHSU Doernbecher Children's Hospital, 7th Floor, 700 S.W. Campus Dr. Portland, OR 97239

I have a history of colon cancer in my family; should I have genetic testing?

ONLY 5 – 10 PERCENT OF COLON CANCER IS HEREDITARY, and is due to inherited cancer syndromes, which are mutations in genes that increase your risk for cancer. If you have at least two relatives on the same side of the family with colon cancer who were diagnosed at a young age, then you might consider talking to your doctor to learn if genetic testing is right for you. Breast and ovarian cancer can also be inherited; genes commonly associated with inherited breast/ovarian cancer are BRCA1 and BRCA2. If you do decide to have genetic screening, we will work with you on a complete family genetic history and discuss your and your family's risks and options for earlier screening, if necessary.



Jone Sampson, M.D.
OHSU Knight Cancer Institute

About the Expert

Dr. Sampson is a clinical geneticist specializing in cancer genetics and she sees patients at a variety of clinics. With the latest treatments, technologies and clinical trials, the OHSU Knight Cancer Institute is Oregon's only National Cancer Institute-designated Cancer Center — an honor earned only by the nation's top cancer centers.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-4800
WEB: www.ohsuknightcancer.com
LOCATION: Center for Health & Healing, 7th Floor
At the base of the Portland Aerial Tram
3303 S.W. Bond Ave. Portland, OR 97239

Q&A

your questions,
our answers

Do you have a question for our OHSU physicians? Ask us at ohsuhealth.com/magazine.

I'm 35 and single. Should I bank my eggs?

EGG AND SPERM FREEZING has traditionally been offered to people with cancer, since chemotherapy and radiation can reduce or eliminate fertility. Nowadays, however, many healthy women in their 30s are also freezing their eggs to preserve fertility. As women get older, fertility decreases, while the risks of miscarriage and chromosomal abnormalities increase. If you're interested, we would first assess your current ovarian egg count via ultrasound and blood tests to develop a hormonal "recipe" to produce high-quality eggs. The next step would be using hormonal injections stimulating your eggs to grow; they would then be retrieved in an outpatient procedure, while you are under conscious sedation. Freezing eggs means freezing your ovarian biology in time; you may get older, but your eggs stay the same age.



Diana Wu, M.D.
Fertility and Reproductive
Endocrinology

About the Expert

Dr. Wu sees patients at University Fertility Consultants at the Center for Health & Healing — where fertility experts provide the widest range and most advanced medical treatments available.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 418-4500
WEB: www.ohsuwomenshealth.com/fertility
LOCATION: OHSU Center for Health & Healing, 10th floor
At the base of the Portland Aerial Tram
3303 S.W. Bond Ave. Portland, OR 97239

What can I do about lower back pain?

BACK PAIN IS COMMON. In fact, it's one of the most frequent reasons people miss work. Back pain can alter your daily activities or quality of life. But you shouldn't feel like you have to live in pain. Ice, heat, over-the-counter anti-inflammatory medications and normal daily activity should improve acute back pain in 7-10 days. If the pain doesn't subside, physical therapy focused on core strengthening and stabilizing, nerve blocks and corticosteroid injections to calm inflammation can help. Try to be as active as you can tolerate: It's a myth that back pain requires complete bed rest. Avoiding activity, whether your back pain is acute or chronic, can actually cause your core muscles to weaken and leave you more prone to injuries.



Grace Chen, M.D.
OHSU Comprehensive
Pain Center

About the Expert

Dr. Chen specializes in non-surgical treatment of back pain, spinal pain and pelvic pain. She sees patients at the OHSU Comprehensive Pain Center, which offers the latest advances in treatment options.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-PAIN (7246)
WEB: www.ohsuhealth.com/paincenter
LOCATION: OHSU Center for Health & Healing, 4th floor
At the base of the Portland Aerial Tram
3303 S.W. Bond Ave. Portland, OR 97239

Ask the Health Experts Seminars

OHSU Center for Health & Healing, 3rd Floor
3303 S.W. Bond Avenue, ohsu.edu/health/maps

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

Nov 5 7 p.m.

Stroke prevention and risk factors

Darren Larsen, R.N., B.S., CNRN, SCRNI

Do you have high blood pressure? That's a risk factor for stroke. Learn about stroke prevention and risk factors from an expert in stroke care.

Nov 6 7 p.m.

Living successfully with Failed Back Syndrome

David Sibell, M.D.

People who've had spine surgery may still experience chronic back or leg discomfort. Learn about treatments to help with Failed Back Syndrome and sacroiliac joint pain.

Dec 4 7 p.m.

Sports injuries and the weekend warrior

Ryan Petering, M.D.

A lecture for those of us who refuse to slow down. Learn about preventing and treating sports injuries for recreational and aging athletes.

Jan 22 7 p.m.

Foot and ankle pain: information, options and alternatives

James Meeker, M.D.

Pain in the lower extremities can be a source of frustration for active patients. Learn about treatment options for athletic injuries, fractures (broken bones), arthritis and deformities of the foot and ankle.

Jan 29 7 p.m.

Breast density can impact imaging results: Understand your mammography options and new legislation

Karen Oh, M.D.

Learn about the Oregon Breast Density Law and 3D mammography.

Holiday Bazaar Benefiting the OHSU Heart Research Center

Nov 19–21, 10 a.m. – 5:30 p.m.
OHSU Center for Health & Healing Lobby

Kick off your holiday shopping with unique gifts created by northwest artisans. This year's event will rotate vendors daily, offering a unique shopping experience each day. A portion of sales will benefit the OHSU Heart Research Center.



Marquam Hill Lectures

Since 1981, 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. Lectures are held at the OHSU Auditorium. To register, please visit ohsu.edu/mhlectures.

Nov 21, 7 p.m.
Nerve remodeling after a heart attack
Beth Habecker, Ph.D.

Baby talk, with OHSU fertility consultants

Nov 14 6 – 7:30 p.m.
OHSU Center for Health & Healing
3303 S.W. Bond Avenue, ohsu.edu/health/maps
10th Floor, fertility clinic lobby
Register at: ohsuhealth.com/babytalk or by calling 503 418-4500. Refreshments provided.

Considering fertility treatment? Want to learn about which options are best for you? At OHSU, we offer a full range of fertility services. Join us at an open house to learn about your options, talk to our fertility specialists and get your questions answered.



Mail code: BTE 355
 CC: A-580
 3181 S.W. Sam Jackson Park Rd.
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The knowledge of all for the care of **one**.

OHSU Health is 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.



The best of care — now 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 board-certified doctors and staff provide complete cancer, heart, pediatrics and orthopaedics care — all at convenient, central west side locations.

Knight Cancer Institute – Beaverton Cancer Clinic

15700 S.W. Greystone Ct.
 Beaverton, OR 97006

503 203-1000

ohsuknight.com/beaverton

Knight Cardiovascular Institute – Beaverton Cardiology Clinic

15700 S.W. Greystone Ct.
 Beaverton, OR 97006

503 494-1775

ohsuheart.com/beaverton

OHSU Doernbecher Pediatrics – Westside at Bethany Village

15220 N.W. Laidlaw,
 Suite 102
 Portland, OR 97229

503 494-2000

ohsудоernbecher.com/westside

OHSU Orthopaedics & Rehabilitation Clinic at Cornell West

1500 N.W. Bethany Blvd.
 Beaverton, OR 97006

503 494-6400

ohsuhealth.com/ortho

