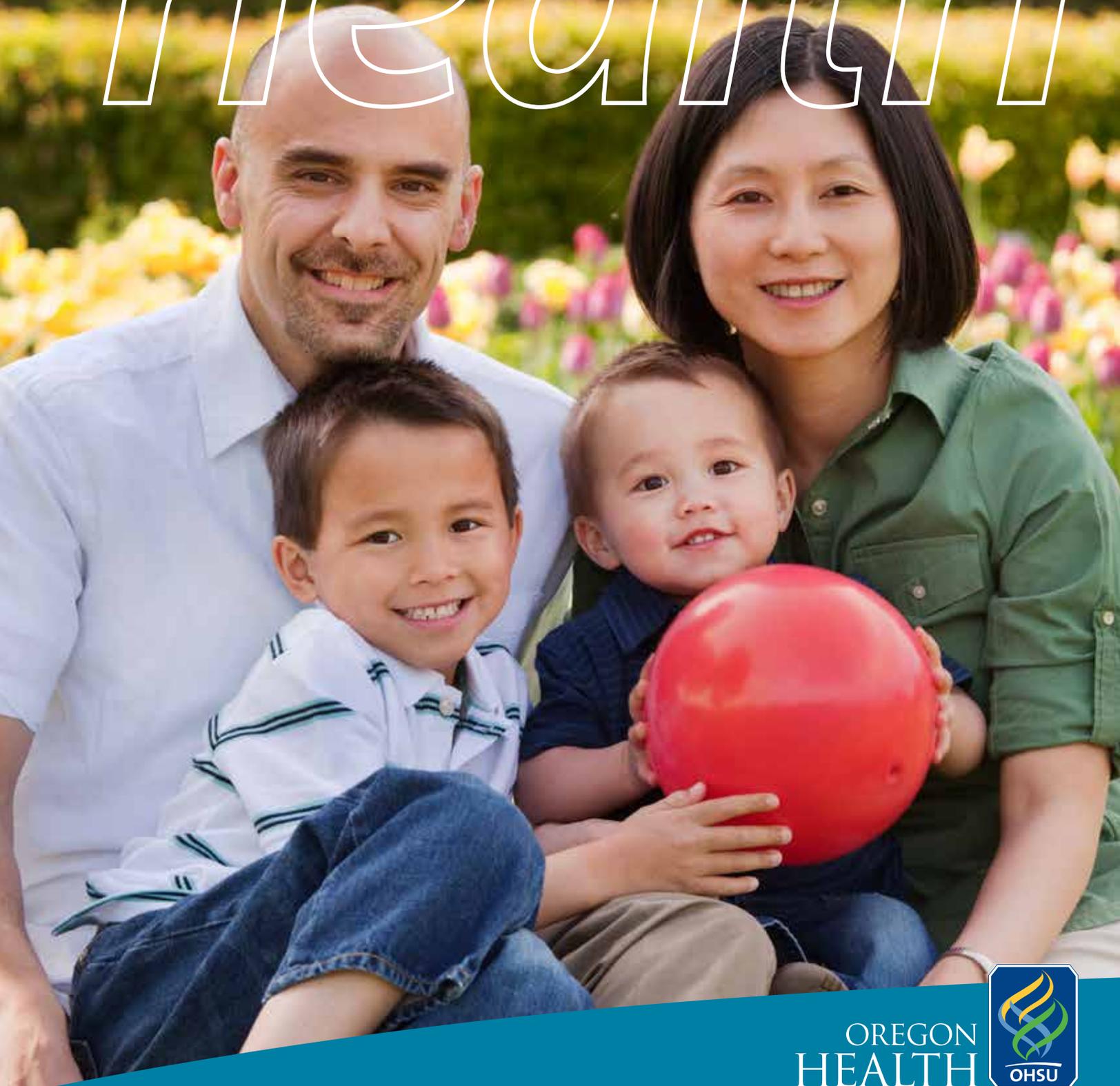


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health



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HEALTH
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UNIVERSITY

An AIDS
vaccine in
the works? p. 3

How to help
back pain p. 4

Let's do amazing things



Let's do amazing things

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Portland, Oregon 97239-3098
503 494-8311
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EDITOR-IN-CHIEF
Kathleen Gorman

COPYWRITER
Carin Moonin

GRAPHIC DESIGNER
Megan Pugmire

MEDICAL CONTRIBUTORS
Scott Beadnell, D.P.T.
Physical Therapy

Neil Gross, M.D., F.A.C.S.
Otolaryngology

Helmi Lutsep, M.D.
Neurology

James Mudd, M.D.
Cardiology

Leonardo Pereira, M.D., M.C.R.
Perinatology

Janice Tendler, R.N., M.S., C.P.N.P.
Pediatric Gastroenterology

Sharing the amazing

OHSU is a place where extraordinary events occur: Medical teams save lives, discoveries create new treatments and tomorrow's health care professionals learn from the best. Every day at OHSU, amazing things take place.

This spring, we're starting a celebration of these things. We're sharing stories from people who work or study here, people who were cared for at OHSU, people in the communities we serve, people who do research or were cured here. What binds them together is their humanity, and a common recognition of what makes OHSU amazing.

These stories are shared online, in magazines, in bus shelters and on TV. They're a way for us to show what we believe in, and what we're proud to be part of.

See more at www.ohsu.edu/amazing.

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Moderate alcohol consumption: an immune system booster?

Medical science has shown for years that moderate alcohol consumption can benefit your health. For example, people who drink moderate amounts of alcohol tend to have better cardiovascular function than those who don't drink at all. Now, recent research from OHSU shows that moderate drinking may actually bolster your immune system and help it ward off infection. These findings not only open a new window into scientific understanding of the immune system, they may also help scientists find new ways to improve the human body's ability to respond to vaccines and infections. The research was published in the journal *Vaccine*.

Be a part of new discoveries

Are you interested in making a valuable contribution to important scientific research? When you participate in a clinical trial, you help advance medicine — and even save lives. Clinical trials are research studies in which people help doctors find ways to improve health and treat diseases. The results of these research studies, called outcomes, give health care providers the data necessary to make these advances. If you join a clinical trial, your research participation will be alongside expert OHSU doctors, nurses and staff at cutting-edge facilities right in your own community. You may even be compensated for your time. To learn more, visit www.ohsu.edu/research/rda/so/index.php.



AIDS vaccine appears to eliminate virus

An HIV/AIDS vaccine candidate developed by OHSU researchers appears to have the ability to completely clear an AIDS-causing virus from the body. The promising vaccine candidate is being developed at OHSU's Vaccine and Gene Therapy Institute; it is being tested through the use of a non-human primate form of HIV, called simian immunodeficiency virus, or SIV, which causes AIDS in monkeys. Following further development, it is hoped an HIV-form of the vaccine candidate can soon be tested in humans. This research was funded by several grants from the National Institutes of Health, funding from the International AIDS Vaccine Initiative and a grant from the Bill & Melinda Gates Foundation. These research results were published online by the journal *Nature* and will appear in a future print version of the publication.

Q & A

your questions, our answers

Can physical therapy fix my back pain?

AT ANY AGE, IT'S COMMON TO EXPERIENCE

LOWER BACK PAIN for a variety of reasons, including degenerative changes, pinched nerves (sciatica) or trauma. But that doesn't mean you need to quit doing your favorite activities. For example, if you enjoy gardening but can't bend over without pain, a physical therapist can teach you exercises and movement modifications to help with hip flexibility and core strength. This can eliminate or greatly reduce stress in your back. Physical therapists can also tailor treatment for return to specific sports or recreational activities that may be causing you difficulty. The best advice is to stay active, including stretching, strengthening and activity modifications to get you back doing what you love.



Scott Beadnell, D.P.T.
OHSU Spine Center

About the Expert

Scott Beadnell specializes in treating the spine and other orthopedic conditions. From his own experience with sports injuries, back pain and surgery, he brings a personal understanding of what his patients are experiencing.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 418-9888

WEB: www.ohsuspine.com

LOCATION: OHSU Center for Health & Healing
At the base of the Portland Aerial Tram, 3303 S.W. Bond Ave.
Portland, OR 97239
Orthopaedic and Rehabilitation Clinic at Cornell West,
1500 N.W. Bethany Blvd., Suite 195 Beaverton, OR 97006

What are the signs of heart failure?

HEARING "HEART FAILURE" CAN SOUND SCARY.

But what it means is that your heart muscle is weak and cannot supply enough blood to your body. That results in symptoms such as shortness of breath, fatigue, bloating and swelling in your legs. If you have been diagnosed with heart failure, you will need to avoid consuming too much salt and fluids, and manage your care closely with your doctor. You may need to take medications including beta blockers, ACE inhibitors or diuretics. Heart failure is common, and it is manageable: If you have heart failure, you can live an active, healthy life. In fact, medical guidelines encourage it — Medicare is now paying for cardiac rehabilitation and structured exercise programs to help heart failure patients get safe, moderate exercise.



James Mudd, M.D.
OHSU Knight Cardiovascular
Institute

About the Expert

Dr. Mudd is director of the Heart Failure and Transplant Program at the OHSU Knight Cardiovascular Institute — ranked by *U.S. News & World Report* as Oregon's top cardiology and heart surgery hospital.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 494-1775

WEB: www.ohsuheart.com

LOCATION: OHSU Center for Health & Healing, 9th Floor
At the base of the Portland Aerial Tram, 3303 S.W. Bond Ave.
Portland, OR 97239

What makes my pregnancy high-risk?

IF YOU'VE BEEN TOLD YOU HAVE A HIGH-RISK PREGNANCY, IT'S NOT NECESSARILY CAUSE FOR ALARM.

You may have a greater possibility of complications if you're over 35 years old, if you have pre-existing health conditions, a pregnancy with a known birth defect or genetic condition, or a history of infertility or multiple miscarriages. If you have a high-risk pregnancy, you may want to consult with a perinatologist, a type of obstetrician who specializes in these types of issues. The OHSU perinatology team includes board-certified perinatologists as well as OB/GYNs, radiologists, genetic counselors, fetal care coordinators and other specialists who work closely with other experts throughout Doernbecher Children's Hospital to provide complete care for your child, during pregnancy and beyond.



Leonardo Pereira, M.D., M.C.R.

**OHSU Perinatology
OHSU Center for Women's Health**

About the Expert

Dr. Pereira specializes in preterm birth, prenatal diagnosis, ultrasound, fetal transfusions and shunt placements. His research interests include proteomics, prevention of preterm birth and reduction of neonatal mortality. OHSU Perinatology is committed to providing comprehensive care throughout pregnancy and delivery.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 418-4500

WEB: www.ohsuwomenshealth.com

LOCATION: OHSU Physicians Pavilion, 3147 S.W. Sam Jackson Park Rd. Portland, OR 97239

Are there signs of head and neck cancer I should look out for?

HEAD AND NECK CANCERS CAN INCLUDE SKIN CANCERS, THYROID CANCERS AND CANCERS OF THE SALIVARY GLANDS, MOUTH, THROAT AND SINUSES.

Symptoms include a lump in the neck larger than a grape, a constant sore throat without a fever, ear pain without an ear infection or asymmetrical tonsils. Although the typical person with head and neck cancer has been a longtime smoker, we are seeing more people with cancers caused by the human papilloma virus (HPV). At OHSU, we have a head and neck cancer screening every spring (this year it's on April 25 at the OHSU Center for Health & Healing), at which doctors will look in your mouth, examine your skin and feel your neck and thyroid. You should always check with your doctor whenever you notice a change in this — or any — area.



Neil Gross, M.D., F.A.C.S.
OHSU Knight Cancer Institute

About the Expert

Dr. Gross is a surgeon specializing in the treatment of head and neck cancers and minimally invasive surgical techniques. He is also the co-director of head and neck clinical trials at the OHSU Knight Cancer Institute. Dr. Gross performed the first transoral robotics surgery (TORS) in the Pacific Northwest for head and neck cancer. He has developed the most comprehensive TORS program in the region at OHSU.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 494-5355

WEB: www.ohsuknightcancer.com

LOCATION: OHSU Physicians Pavilion, Suite 250
3147 S.W. Sam Jackson Park Road, Portland, OR 97239

Q&A

your questions,
our answers

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

My child is constipated. What can I do?

CONSTIPATION IS COMMON, ESPECIALLY IN CHILDREN, and can be caused by changes such as toilet training, stress, travel, illness or the start of school. If your child is frequently constipated, provide a diet rich in fruits, vegetables and fiber. Ensure that your child drinks enough liquids daily to turn the urine clear or light yellow; also plan daily toilet-sitting time for at least 5-10 minutes to help get things moving. Encourage children to exercise or be active at least 30 minutes to an hour daily. You may also ask your health care provider about fiber supplements, stool softeners and, in rare cases, about suppositories or enema treatments. Also talk to your provider if your child has painful bowel movements associated with bleeding, stomach ache, poor appetite, vomiting, stool or urine accidents, or a change in gait.



Janice Tendler, R.N., M.S., C.P.N.P.
OHSU Doernbecher Children's Hospital

About the Expert

As a nurse practitioner in the pediatric gastroenterology clinic, Janice Tendler helps to diagnose and treat a wide variety of conditions that affect your child's digestive system. OHSU 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: 503 346-0640
WEB: www.ohsудоernbecher.com/gi
LOCATION: OHSU Doernbecher Children's Hospital, 700 S.W. Campus Drive, Portland, OR 97239

Stroke runs in my family. How can I lower my risk?

HIGH BLOOD PRESSURE IS THE BIGGEST STROKE RISK FACTOR, so keeping yours under control should be a priority. High cholesterol and diabetes can run in families and increase your stroke risk. Also, if you have an irregular heartbeat (atrial fibrillation), talk to your doctor — this doesn't always run in families, but it can increase your chance of stroke, especially as you age. However, many lifestyle choices can make a positive difference: For example, quitting smoking cuts your risk of stroke by half, and moderate exercise, such as brisk walking for 30 minutes daily, can help keep you healthy. Diet plays a part, too: Reduce your consumption of red meat and processed foods, and eat more fruits and vegetables instead. Managing stress can help lower your blood pressure, thus lowering your risk.



Helmi Lutsep, M.D.
OHSU Stroke Center

About the Expert

Dr. Lutsep is vice chair of neurology and sees patients at OHSU Stroke Center, which was recently recognized by the American Heart and Stroke Association for achieving the highest level of performance in stroke care.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-7772
WEB: www.ohsubrain.com/stroke
LOCATION: OHSU Stroke Center, OHSU Hatfield Research Center, 13th floor, 3251 S.W. Sam Jackson Park Road, 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.

April 23 7 p.m.

Floor it: Understanding your pelvic floor

Mary Anna Denman, M.D.

Learn about common pelvic floor conditions, treatment options and ways to strengthen these important muscles to prevent injury or dysfunction.

May 13 7 p.m.

What is ankle arthritis?

Jame Meeker, M.D.

Has ankle arthritis got you rankled? You don't have to live in constant pain: Learn about its causes, symptoms, diagnosis and treatments (both traditional and new).

May 14 7 p.m.

Mental health and social recovery after stroke: Finding a new balance

Kerri Smith Slingerland, M.S.W., C.S.W.A.

Recovery from stroke can involve complex medical care, medications and physical rehabilitation. Join us for a special presentation for stroke survivors and their loved ones to learn about post-stroke mental health risks and resilience.

May 21 7 p.m.

Stroke prevention and acute stroke update

Helmi Lutsep, M.D.

Medication and lifestyle changes are preventing more strokes than ever. Learn more about how you can prevent strokes and what to do if an acute stroke occurs.

Free head and neck cancer screening

Friday, April 25, 7 a.m. to 3:30 p.m.

OHSU Center for Health & Healing lobby, 3303 S.W. Bond Ave. No appointments necessary. For more information: ohsuknightcancer.com/headandneck.



March for Babies

Saturday, April 26, 9 a.m.

Rose Quarter Commons, 1 N. Center Court St.

Sign up for the March of Dimes March for Babies 3k family walk or 10k walk, and support programs and research to prevent premature birth, birth defects and other serious problems. To learn more and join Team OHSU visit www.marchforbabies.org/team/ohsu and select the light blue "Join This Team" box.

Baby talk, with OHSU fertility consultants

Thursday, May 8, 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.

Marquam Hill Lectures

Thursday, May 29, 7 p.m.

Fixing what's broken: OHSU's role in health reform and evidence-based medicine
Roger Chou, M.D., and John McConnell, Ph.D.

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, visit ohsu.edu/mhlectures.



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Let's do amazing things

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.

We've got two years to raise \$500 million. Are you in?

OHSU has launched an unprecedented \$1 billion campaign to fund research to find smarter, faster ways to detect cancer in its early stages, when the disease is most curable. Nike co-founder Phil Knight and his wife, Penny, have pledged to donate \$500 million to support this ambitious plan — if we can raise an additional \$500 million in gifts and pledges in two years.

We're working toward that goal with the help of supporters in 47 states who have already contributed \$86 million. Oregonians are leading the way, with an additional \$200 million in bond funding to build new cancer research facilities and clinical trials space to advance discovery. We're all in this together, and together we can stop cancer in its tracks.

Make a gift today, or learn about additional giving opportunities. Call **503 228-1730** or **800 462-6608**, email supporttheknight@ohsu.edu, or visit knightcancerchallenge.org.

The 2014 Brain Awareness Lecture Series: Building Brain Bridges

Brain connections and control: How does your brain affect your body?

Monday, May 12

The brain and cancer: How does your brain affect cancer —and its future treatments?

Joe Gray, Ph.D., Associate Director for Translational Research, OHSU Knight Cancer Institute

The OHSU Brain Institute is a national leader in neuroscience patient care, research and education. We provide the most comprehensive care of neurological illness in the Pacific Northwest. Our nationally recognized neurological programs and centers offer comprehensive clinical and surgical services that are available nowhere else in Oregon.

All lectures begin at 7 p.m. at the Newmark Theater, 1111 S.W. Broadway, Portland. To purchase tickets or for more information visit www.ohsubrain.com/healthmag or call **800 273-1530**.

