

fall 2014 OREGON HEALTH & SCIENCE UNIVERSITY

health

A new
approach to
stem cells p. 3

When to get
your flu shot p. 6

OREGON
HEALTH
& SCIENCE
UNIVERSITY



Let's do amazing things



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

EDITOR-IN-CHIEF
Kathleen Gorman

COPYWRITER
Carin Moonin

GRAPHIC DESIGNER
Megan Pugmire

MEDICAL CONTRIBUTORS
Deniz Erten-Lyons, M.D.
 Neurology

Judith Guzman-Cottrill, D.O.
 Pediatrics

Andrea Herzka, M.D.
 Orthopaedics

Benjamin Hoffman, M.D.
 Pediatrics

Don Kain, R.D.
 Endocrinology

Christine Kemp, N.P.
 Breast Cancer

She's one tough mother — and one generous supporter.

Recently Gert Boyle, Columbia Sportswear chairman, donated \$100 million to help propel the Knight Cancer Challenge campaign closer to its goal of raising \$500 million in two years.

That donation put fundraising at \$430 million and counting. Once the goal is met, Phil and Penny Knight will contribute \$500 million, for a total of \$1 billion dedicated to cancer research.

Not everyone has \$100 million to give, but every gift brings us closer to stopping cancer. Boyle joins more than 6,000 donors — from all 50 states — who have invested in OHSU's vision to end cancer.

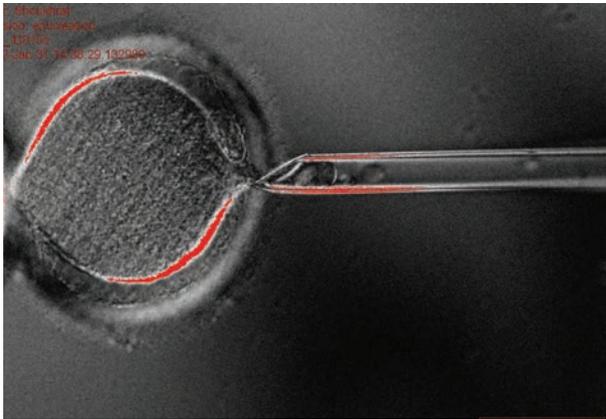
OHSU's Dr. Brian Druker and his colleagues developed the first targeted cancer treatment, killing cancer cells while leaving healthy cells unharmed. Their vision is to beat even more cancers by seeking faster, smarter ways to detect and treat cancer early, before it becomes deadly.

He's one tough doctor.

To learn more or donate, visit onedown.org

Table of Contents

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



Turning skin cells into stem cells

Scientists believe stem cell therapies hold the promise of replacing human cells damaged through injury or illness: Embryonic stem cells could someday treat or cure Parkinson's disease, multiple sclerosis, spinal cord injuries and more. OHSU researchers have found a process called "somatic cell nuclear transfer" is more accurate at reprogramming human skin cells to become embryonic stem cells than an alternative process that produces cells similar to embryonic stem cells, but with more abnormalities. The study found stem cells produced this way were almost identical to embryonic stem cells produced through in vitro fertilized eggs — which are considered the "gold standard." The study was published in the journal *Nature*.

How best to treat depression in pregnancy and after birth?

Depression during pregnancy is common: It's estimated that 5 percent to 30 percent of all women who become pregnant experience it. And there is support to show that depression during pregnancy is associated with potential issues for mother and child. However, OHSU scientists have found there is no strong evidence to guide the use of antidepressants by women during pregnancy and just after birth. In other words, despite evidence that many women suffer depression during pregnancy and after giving birth, existing research shows no clear consensus on how best to treat that depression. The study, published in the journal *Obstetrics & Gynecology*, shows the potential impact for other researchers as well as for pregnant women: More research is needed to help pregnant or postpartum women who are experiencing depression or have concerns about potential side effects of antidepressants.



Will a child with ADHD improve with time?

As a very early onset, chronic and common condition, attention deficit hyperactivity disorder (ADHD) is associated with as much individual and societal burden as virtually any disease in the United States. Treatments cannot cure the disorder, but only suppress symptoms. No known prevention or cure exists. Some children naturally get better while others are less likely to. Researchers with OHSU's ADHD program are pursuing studies that evaluate both the emotional and attentional aspects of a child's ADHD to predict which children will improve and which children will not. The ADHD Program at OHSU seeks to identify better diagnostic tools, discover causes and inform improved assessment, treatment and prevention of these children's struggles.

Q & A

your questions, our answers

What is prediabetes?

ANYONE WHO DEVELOPS TYPE 2 DIABETES

goes through a “prediabetes” period first. The main tests that measure your blood sugar are called hemoglobin A1C and fasting blood sugar (FBS). An A1C reading of 5.7-6.4 or FBS of 100-125 shows prediabetes. The good news is that type 2 diabetes can be delayed or prevented: Studies have shown losing 7 percent of excess body weight, combined with 150 minutes per week of moderate exercise (like a brisk 30-minute walk every weekday) reduces your risk of developing diabetes. Those with prediabetes may also benefit from the National Diabetes Prevention Program offered by OHSU’s Harold Schnitzer Diabetes Health Center. During the program, a trained lifestyle coach will coach you in several areas to help you prevent type 2 diabetes.



Don Kain, R.D.
OHSU Harold Schnitzer Diabetes
Health Center

About the Expert

Don Kain is a registered dietitian and certified diabetes educator at OHSU’s Harold Schnitzer Diabetes Health Center. At OHSU, children and adults get the benefit of our complete diabetes team, including doctors, nurses, diabetes educators and social and wellness resources, all in a single location.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-3273
WEB: www.ohsuhealth.com/diabetes
LOCATIONS: OHSU Physicians Pavilion, Suite 140,
3181 S.W. Sam Jackson Park Rd., Portland, OR 97239

How heavy should my child’s school backpack be?

A BACKPACK CAN BE AN EXCELLENT CHOICE

for a school book bag, providing it’s worn properly. Your child’s backpack should weigh no more than 10 percent to 20 percent of his or her weight. For example, if your child weighs 80 pounds, the backpack shouldn’t weigh more than 16 pounds. Also, the backpack should be worn with both straps, and those straps should be wide enough so that they don’t cut into your child’s shoulders. The backpack should also be snug against the child’s back to properly distribute its weight. Many kids wear theirs loosely, which can cause back strain. Although a backpack can be a good choice, there are other options: they include messenger bags, which are worn across the chest, or backpacks with wheels, which can be rolled.



Benjamin Hoffman, M.D.
OHSU Doernbecher Children’s
Hospital

About the Expert

Dr. Hoffman is a pediatrician and medical director of the OHSU Doernbecher Tom Sargent Safety Center — dedicated to reducing preventable injuries through low-cost safety supplies and resources. It is located in the lobby of OHSU Doernbecher Children’s Hospital and can be reached at 503 418-5666 or safety@ohsu.edu.

ACCEPTING NEW PATIENTS: No
INSURANCE: Most major health plans
APPOINTMENTS: 503 346-0640
WEB: www.ohsудоernbecher.com
LOCATION: OHSU Doernbecher Children’s Hospital,
700 S.W. Campus Dr., Portland, OR 97239

I've just been diagnosed with breast cancer: What's unique about a breast cancer clinic?

A DIAGNOSIS OF BREAST CANCER CAN FEEL OVERWHELMING. It can help to have a single point of contact to rely on. At the OHSU Knight Cancer Institute Comprehensive Breast Cancer Clinic, the nurse navigator is that person. Our nurse navigator specializes in breast cancer and is dedicated to your care, including arranging for your health records, answering your questions and helping schedule appointments with our experts. When you come to our clinic, in a single day you can meet with your entire breast cancer team: doctors such as medical, radiation and surgical oncologists, along with nurses and other specialists such as nutritionists and geneticists. The nurse navigator will help guide you through what to expect and will address any of your concerns before, during and even after treatment.



Christine Kemp, N.P.
OHSU Knight Cancer Institute

About the Expert

Christine Kemp is a nurse navigator at the OHSU Knight Cancer Institute Comprehensive Breast Cancer Clinic. She specializes in breast cancer care, coordinates appointments and is there to answer your questions every step of the way.

- ACCEPTING NEW PATIENTS:** Yes
- INSURANCE:** Most major health plans
- APPOINTMENTS:** 503 494-4673
- WEB:** www.ohsuknightcancer.com/breast
- LOCATION:** OHSU Center for Health & Healing, 7th Floor
3303 S.W. Bond Ave., Portland, OR 97239

I've heard about a new blood test to determine if I'll develop Alzheimer's disease. Should I take it?

IN MARCH, RESEARCHERS CONDUCTING A STUDY targeting people age 70 and older announced a blood test that can predict if someone will develop Alzheimer's disease in the next few years of their lives. But that test is extremely preliminary and not ready for the general public. Besides, while a few symptoms of Alzheimer's, such as memory loss and behavioral effects, can be treated with medications, Alzheimer's isn't curable. However, Alzheimer's and other types of dementia appear to have something in common: conditions that restrict blood flow to the brain, such as hardened arteries or stroke. And those are things you can do something about. Maintaining a healthy diet, blood pressure and cholesterol levels, and committing to regular exercise may help prevent damage to your brain that can manifest itself later in life as dementia.



Deniz Erten-Lyons, M.D.
OHSU Brain Institute

About the Expert

Dr. Erten-Lyons is director of the Clinical Care and Therapeutics Program at OHSU Brain Institute's Layton Aging and Alzheimer's Disease Center, the only National Institutes of Health (NIH) Alzheimer's Disease Center in Oregon. Dr. Erten-Lyons' research focuses on brain aging and dementia. She has received research support from the National Institute on Aging, Alzheimer's Association, U.S. Department of Veterans Affairs and the Medical Research Foundation of Oregon.

- ACCEPTING NEW PATIENTS:** Yes
- 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

Q & A

your questions,
our answers

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

I've been having pain in my hip.
Am I going to need surgery?

HIP PAIN IS COMMON, ESPECIALLY AS YOU GET OLDER. Many things — including injuries, overuse or arthritis — can cause hip pain. The good news is that many hip conditions won't require surgery; for example, we can provide a range of noninvasive treatments that might be right for you, including physical therapy, corticosteroid injections, acupuncture, massage therapy and more. If you do need surgery, we offer the latest minimally invasive surgical techniques, including hip arthroscopy. In hip arthroscopy, the surgeon looks inside your joint with a tiny camera to locate and repair joint problems. Talk to your doctor if you have advanced degenerative arthritis in your hip, however, because you may need a more involved procedure than an arthroscopy, such as a hip replacement.



Andrea Herzka, M.D.
OHSU Sports Medicine

About the Expert

Dr. Herzka specializes in sports injuries to the knee, shoulder and hip in adolescents and adults, shoulder and knee instability and cartilage injuries. As part of Oregon's only academic health center, our Sports Medicine Clinic offers patients the opportunity to participate in clinical trials designed to advance therapies and return patients to their active lives.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-6400
WEB: www.ohsusportsmedicine.com
LOCATION: OHSU Center for Health & Healing,
3303 S.W. Bond Ave., Portland, OR 97239

When is the best time to get
a flu shot?

ALTHOUGH PORTLAND'S FLU SEASON usually peaks in winter, you should get vaccinated in autumn. It takes about two weeks after getting the flu vaccine for protective antibody levels to develop in your body, which will protect you during the whole flu season. Everyone 6 months and older should get vaccinated each year. Several vaccine options are available, including the injectable shot and a nasal spray. Starting this season, the Centers for Disease Control (CDC) recommends the nasal spray vaccine for healthy children 2-8 years old. Recent studies suggest the nasal spray may work better than the shot in younger children. However, if the spray is not available, don't delay vaccination; the child should get the regular shot. If you have questions about which vaccine is right for you and your family, talk to your primary care provider.



**Judith Guzman-Cottrill,
D.O.**
OHSU Doernbecher Children's
Hospital

About the Expert

Dr. Guzman-Cottrill is a pediatric infectious disease physician at OHSU Doernbecher Children's Hospital. She provides care for children and adolescents with all types of infections. *U.S. News & World Report* recently ranked OHSU Doernbecher Children's Hospital one of the nation's best in 10 out of 10 pediatrics specialties. Doernbecher is one of a limited number of hospitals across the country to achieve this distinction.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 418-8100
WEB: www.ohsудоernbecher.com
LOCATION: OHSU Doernbecher Children's Hospital,
700 S.W. Campus Dr., Portland, OR 97239

Ask the Health Experts Seminars

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

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

Nov. 4 7 p.m.

A lasting memory

Lisa C. Silbert, M.D., M.C.R. and Deniz Erten-Lyons, M.D.

Alzheimer's disease and other dementias may have a surprising link to your cardiovascular health. Learn more about how you may be able to prevent Alzheimer's with some simple lifestyle changes.

Nov. 12 7 p.m.

Fertility preservation for male cancer patients

Jason Hedges, M.D.

What is male oncofertility? Being treated for cancer doesn't have to mean losing your fertility options. Learn about the latest advances in preserving your fertility throughout cancer treatment.

Nov. 19 7 p.m.

Floor it: Understanding your pelvic floor

Mary Anna Denman, M.D.

As you age, the muscles that make up your pelvic floor get weaker. Women who have had children may also experience pelvic floor dysfunction. Learn about common pelvic floor conditions, treatment options and ways to strengthen these important muscles to prevent injury or dysfunction.

Dec. 3 7 p.m.

What is ankle arthritis?

James 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.

Join Team OHSU in our efforts to end cancer as we know it. Upcoming events include:

Leukemia & Lymphoma Society's Light the Night Walk

Oct. 25, 5 p.m.
Oregon Convention Center

PurpleStride

Nov. 1, 8:30 a.m.
Portland World Trade Center

For more information on these events, visit ohsuknightcancer.com/teamohsu or contact Katie Wilkes at wilkes@ohsu.edu.

Baby talk, with OHSU fertility consultants

Thursday, Nov. 13, 6 – 7:30 p.m.
OHSU Center for Health & Healing
3303 S.W. Bond Ave., 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.

Beaverton Cardiology Lectures

OHSU Beaverton Cardiology Clinic
15700 S.W. Greystone Court
Beaverton, OR 97006

Register at ohsuhealth.com/seminar or call 503 494-1122.

Dec. 2, 6:30 p.m.
Learn about the latest treatment options for reducing symptoms and stroke risk in atrial fibrillation, from Thomas A. Dewland, M.D.

Dec. 9, 6:30 p.m.
Are you concerned about atherosclerosis? Maros Ferencik, M.D., Ph.D. will discuss medication, lifestyle changes and procedures that can help save your life.



Mail code: BTE 355
 CC: A-698
 3181 S.W. Sam Jackson Park Rd.
 Portland, Oregon 97239-3098
 503 494-8311
ohsuhealth.com/magazine



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 health care provider.

OHSU Beaverton Clinics at 158th and Walker

Our highly trained, experienced and attentive doctors and staff provide complete heart and cancer care in a convenient westside location. Both clinics are centrally located at 15700 S.W. Greystone Court, Beaverton, OR 97006, at the corner of Southwest 158th and Southwest Walker Road.

Heart care

Same-day and next-day appointments available for this westside location of the OHSU Knight Cardiovascular Institute.

Services include:

- Arrhythmia and heart rhythm care
- Diagnostic imaging
- Heart disease prevention
- Treatment of common cardiovascular problems

To schedule an appointment, call **503 494-1775**.

Cancer care

If you or a loved one are diagnosed with cancer or a blood disease, the OHSU Knight Cancer Institute in Beaverton offers expert care.

Services include:

- Chemotherapy and other infusion services
- Medical and radiation oncology consults and treatments
- Social work and support services
- Cancer information library
- Diagnostic imaging (CT and PET scans)

To schedule an appointment, call **971 262-9000**.

