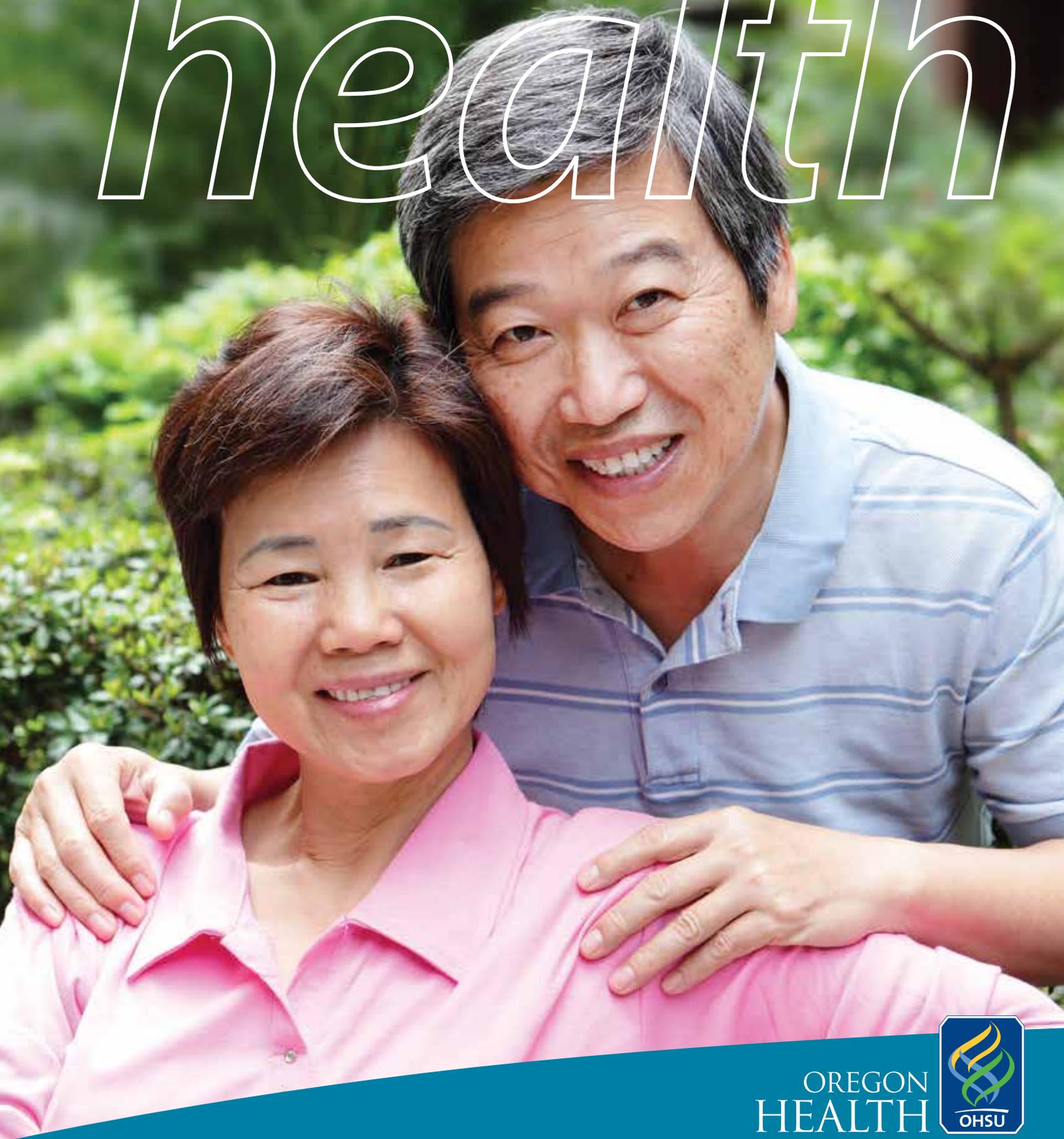


spring 2013 OREGON HEALTH & SCIENCE UNIVERSITY

health



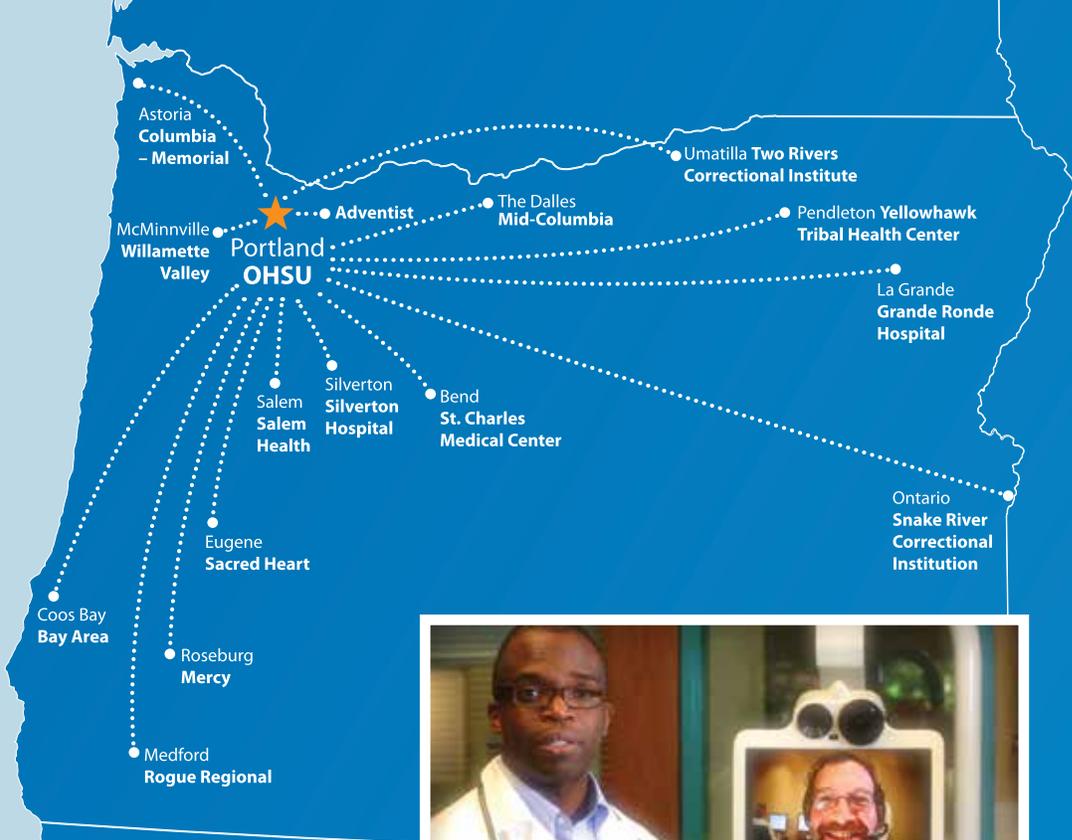
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medicine
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prevent a
stroke p. 4

OREGON
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& SCIENCE
UNIVERSITY



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



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

The OHSU Telemedicine Network — Reaching across the state

If you arrive in a Portland emergency room with stroke symptoms you'll most likely have quick access to a neurologist. But what if you are in rural Oregon?

In many areas, an OHSU specialist can quickly come to the patient's bedside — by way of a two-way, audio-video communications cart. This technology, called telemedicine, allows our doctors to examine a patient in collaboration with local doctors, start treatment immediately and answer families' questions. Telemedicine also can spare families the time and expense of traveling out of town to support a loved one.

Telemedicine is one way OHSU helps patients expand their access to specialty health care — without leaving home. The OHSU Telemedicine Network offers everything from neonatal and pediatric intensive care to stroke neurology and in-home monitoring of people with congestive heart failure. Learn more at www.ohsu.edu/telemedicine.



3181 S.W. Sam Jackson Park Rd.
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 503 494-8311
ohsuhealth.com/magazine

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DID YOU KNOW?

You can make a gift to support OHSU's missions of healing, teaching, discovery and outreach. Visit www.ohsufoundation.org

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New medicine from under the sea

OHSU researchers, partnering with scientists from other institutions, have discovered potential antibiotic and pain remedies from an interesting location: the ocean. Researchers found that shipworms — clam-like creatures that feed on the sides of wooden ships — secrete a bacteria containing a powerful antibiotic. With resistance to existing antibiotics increasing, this discovery could help develop new forms of antibiotics to fight disease. Cone snails, another type of mollusk, produce a chemical that impacts nerve cells in the brain. These chemicals could be used to treat pain. These studies were published in the journals *Proceedings of the National Academy of Sciences* and *Chemistry and Biology*.

No tanning beds for teens: OHSU Knight Cancer Institute supports important bill

Oregon has alarmingly high skin cancer death rates. It's ranked as the fourth-highest state in the nation for skin cancer-related deaths, and the melanoma death rate for women here is the highest in the U.S. Since skin cancer is preventable, the OHSU Knight Cancer Institute supports the state legislature's House Bill 2896, which restricts children younger than 18 from using tanning devices. Indoor tanning exposes you to ultraviolet (UV) radiation, a proven carcinogen. It's particularly dangerous for young people: Using indoor tanning devices before age 35 can mean a 75 percent higher risk of developing melanoma, according to research by the International Agency for Research on Cancer.



Potential to prevent, reverse brain injury in preemies

Physician-scientists at Oregon Health & Science University Doernbecher Children's Hospital are challenging the way pediatric neurologists think about brain injury in the pre-term infant. In a study published online in the Jan. 16 issue of *Science Translational Medicine*, the OHSU Doernbecher researchers report for the first time that low blood and oxygen flow to the developing brain does not, as previously thought, cause an irreversible loss of brain cells, but rather disrupts the cell's ability to fully mature. This discovery opens up new avenues for potential therapies to promote regeneration and repair of the premature brain.

Q & A

your questions, our answers

Diabetes runs in my family.
Can I avoid getting it?

TYPE 2 DIABETES IS THE MOST COMMON FORM OF DIABETES. Risk factors for diabetes include having a family history of diabetes, being from a high-risk ethnic group, being overweight or having a sedentary lifestyle. Research tells us there is a lot you can do to help reduce your risk. Eating a healthy diet is one way: Your plate at mealtimes should be half non-starchy vegetables, with the remainder containing smaller amounts of lean protein, whole grains and low-fat dairy. Regular and moderate exercise — about 30 minutes a day, five times a week — can also help. The OHSU Harold Schnitzer Diabetes Health Center can help you to lower your risk. Talk to your doctor about what is right for you.



Farahnaz Joarder, M.D.
Harold Schnitzer Diabetes
Health Center

About the Expert

Dr. Joarder specializes in adult diabetes health care and is involved in the OHSU Heart Disease and Diabetes Clinic — a collaboration between the Knight Cardiovascular Institute and the Harold Schnitzer Diabetes Health Center — specializing in the unique needs of people with type 2 diabetes, metabolic syndrome and pre-diabetes.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-3273
WEB: www.ohsu.edu/xd/health/services/diabetes
LOCATION: OHSU Physicians Pavilion, Suite 140
3147 S.W. Sam Jackson Park Rd. Portland, OR 97239

The National Diabetes Prevention Program is now offered at OHSU. For information call Don Kain at 503 494-5249.

How can I prevent having a stroke?

PREVENTING STROKE is similar to preventing a heart attack. Smoking is the number one risk factor. Quitting or even cutting down will help greatly: Studies have shown after just two hours from your last cigarette, your blood is not as thick and moves better through your body. You should have your blood pressure checked at least yearly — the systolic, or “top” number, should be less than 140, and the diastolic, or “bottom” number, less than 90. Have your cholesterol tested too, but don’t focus on the overall number as much as your LDL, or “bad” cholesterol — that number should be less than 100. Exercise regularly and maintain a healthy diet. If you are generally healthy, you likely won’t need medication, but if you have a family history or can’t get your risk under control, your doctor will usually recommend one baby aspirin daily.



Wayne Clark, M.D.
Oregon Stroke Center at OHSU

About the Expert

Dr. Clark is the director of the Oregon Stroke Center at OHSU Brain Institute, where he also see patients. OHSU is the only Joint Commission-designated comprehensive stroke center in the Pacific Northwest. Our stroke specialists are experts in their field and provide the most advanced treatment options for stroke.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-7772
WEB: www.ohsubrain.com/stroke
LOCATION: Hatfield Research Center, 13th Floor
3181 S.W. Sam Jackson Park Rd. Portland, OR 97239

I was told I need spinal surgery, but I want to get a second opinion. What should I ask the doctor?

ANY TIME SURGERY IS A POSSIBILITY, a second opinion can be helpful. You might want a second opinion on spine surgery to decide if it is necessary, or learn if another less invasive option or different surgery would suffice. Also, it allows you to meet another surgeon whose expertise or personality may better suit your needs. Don't fear offending a doctor by getting a second opinion. If you're willing to get another opinion to remodel your bathroom, shouldn't you do the same for your spine? Ask if surgery is the only option or if alternate treatments are available. Check the percentages of people having good results with the surgery and the doctor. Ask about possible complications. It's also okay to ask doctors what they would do if they or their family members had a similar problem. Remember it's not just the answers you receive, but whether the doctor communicates these answers to you respectfully, clearly and patiently.



Jung Yoo, M.D.
OHSU Spine Center

About the Expert

Dr. Yoo is a spine surgeon at the OHSU Spine Center, where experts in every type of back, neck and spine care are dedicated to treating your pain and improving your quality of life. The OHSU Spine Center takes a conservative approach to surgery. Dr. Yoo is also the chairman of the OHSU Orthopaedics and Rehabilitation Department.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 418-9888
WEB: www.ohsuhealth.com/spine
LOCATION: OHSU Center for Health & Healing, 8th Floor
At the base of the Portland Aerial Tram
3303 S.W. Bond Ave. Portland, OR 97239

Is intrauterine insemination or in vitro fertilization the best way to get pregnant?

THERE ARE MANY EFFECTIVE OPTIONS

for couples having difficulty conceiving. The right one depends on several factors. For women with irregular periods, where regular egg release does not happen, treatment may simply involve taking oral medications to induce ovulation. Couples with mild male infertility might consider intrauterine insemination (IUI), in which concentrated, motile sperm are placed into the uterus during ovulation, shortening the distance to the egg and improving the chance for pregnancy. This quick procedure may also be recommended for couples with unexplained infertility, or with donor or previously frozen sperm. In vitro fertilization (IVF) may be the solution for couples with severe male infertility, blocked fallopian tubes, severe endometriosis or those who didn't succeed through other fertility treatments. IVF involves fertilization of the egg with sperm outside of the body, followed by transfer of one or more embryos back into the uterus, where they may implant and develop.



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

Q&A

your questions,
our answers

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

Is a sunscreen with SPF 50 really better than one with SPF 15?

SUN PROTECTION FACTOR (SPF) is a measurement of sunscreen's ability to block the ultraviolet (UVB) rays that burn your skin. For example, if you typically burn in 10 minutes of sun exposure without sunscreen, then wearing SPF 15 sunscreen theoretically should help avoid sunburn for 150 minutes. SPF 15 sunscreen blocks 92–94 percent of UVB rays, while SPF 50 blocks around 98 percent. However, many factors make sunscreen less effective, such as using less than recommended, not re-applying often enough, sweating it off or the intensity of the sun. That's why we recommend sunscreens with SPF from 30–50, applying at least one ounce at a time and re-applying every few hours. Using a broad spectrum UVA and UVB sunscreen is also important. Make applying sunscreen part of your daily routine, even on overcast days.



Eric Simpson, M.D.
OHSU Dermatology

About the Expert

Dr. Simpson sees patients at the OHSU Dermatology clinic, where he specializes in skin cancer, eczema and general medical dermatology. Dr. Simpson and a team of specialists treat the full range of skin concerns — from acne and rashes to cosmetic procedures to cancer — with access to the latest drug treatments, surgery techniques, light and laser therapy options, and clinical trials.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 418-3376
WEB: www.ohsuhealth.com/dermatology
LOCATION: OHSU Center for Health & Healing, 16th floor
At the base of the Portland Aerial Tram
3303 S.W. Bond Ave. Portland, OR 97239

I haven't exercised much over the winter. How can I get in shape without hurting myself?

IT'S IMPORTANT TO START SLOWLY. If you haven't exercised for a while, try getting back into it by walking 20-30 minutes every other day for a few weeks then progress by 10 percent per week. Whatever you are thinking of doing, remember to exercise at a moderate pace. You should be able to talk, but not sing. You can also monitor your heart rate: take 220 and subtract your age, then multiply that by .70. That's the heart rate you should aim for during moderate exercise. If you have chest pain, joint problems, shortness of breath, a family history of heart disease or other cardiovascular risk factors, talk to your doctor first. OHSU Sports Medicine offers services including exercise stress testing, medical exercise programs and runners' clinics.



Jim Chesnutt, M.D.
OHSU Sports Medicine Program

About the Expert

Dr. Chesnutt 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.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-6400
WEB: www.ohsuhealth.com/sports
LOCATION: OHSU Center for Health & Healing, 12th 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

May 15 7 p.m.

Revision joint replacement surgery

Kathryn Schabel, M.D.

Learn why revision hip and knee replacements are sometimes needed and how these procedures are done.

May 22 7 p.m.

Stroke prevention and risk factors

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

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.

June 5 7 p.m.

Basic stroke signs, symptoms, early intervention and treatment

Wayne Clark, M.D. and Justin Cetas, M.D.

Learn about stroke signs, why early intervention is so important and the latest treatment options available for aneurysm and acute and hemorrhagic stroke.

June 11 7 p.m.

Promoting neural repair: advances in stroke rehabilitation

Andrea Serdar, P.T., Neurological Clinical Specialist and Sabine Kaul-Connolly, OTR/L, M.Ed.

We have developed a new understanding of neuroplasticity — the ability to rewire and repair. Learn about new exciting therapies and approaches to recovery.

June 12 7 p.m.

Conservative management approach to knee and hip arthritis

Nels Carlson, M.D.

Hear about the newest research advances and non-invasive options for treating knee and hip arthritis.

Imagine the Future lectures

Lectures are held at the OHSU Auditorium

For information or to register, visit ohsu.edu/125/lectures.

To mark the 125th anniversary of the OHSU School of Medicine, OHSU has invited compelling speakers for exciting talks about the role of academic medicine in the 21st century and beyond.

May 21, 12 p.m.

Industry-academia collaboration: developing novel therapeutics in oncology based on new genetic insights

Mace L. Rothenberg, M.D., Pfizer

June 12, 12 p.m.

Era of "big data" and the transformative impact of the digitization of medicine

Eric Topol, M.D., Scripps Translational Science Institute

Casey Eye Institute free community seminar

Visit www.caseyamd.com for more information.

May 18, 1 to 3 p.m.

Living well with vision loss: tools and techniques for everyday life

Exhibits of visual aids and community resources, 9 a.m. to 4 p.m.

Baby talk, with OHSU fertility consultants

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 503 418-3700. Refreshments provided.

May 9 6 – 7:30 p.m.

June 13 6 – 7:30 p.m.

July 11 6 – 7:30 p.m.

At OHSU, we offer a full range of fertility services. Join us at an information session to learn about options, talk to our fertility specialists and get your questions answered.



Mail code: BTE 355
 CC: A-521
 3181 S.W. Sam Jackson Park Rd.
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 503 494-8311
ohsuhealth.com/magazine



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.

OHSU and Legacy Health combine outpatient cancer clinics to improve access to care

In March, OHSU and Legacy Health signed a joint operating agreement to deliver care through our community clinics. The OHSU Knight - Legacy Health Cancer Collaborative includes radiation oncology, medical oncology and outpatient infusion services.

This collaboration maximizes the strengths of OHSU and Legacy by creating an expanded pool of physicians, nurses, social workers, treatment options and clinic locations. It also allows for the delivery of personalized care, clinical trials and diagnostic tools to more people throughout our region.

Collaboration opportunities like this help improve treatment and quality of life for people with cancer and their families. We look forward to working with Legacy to provide convenient and high-quality cancer care to the community.

Have a Heart for Mom Bazaar

Benefiting the OHSU Heart Research Center
 OHSU Center for Health & Healing Lobby
 3303 S.W. Bond Avenue, ohsu.edu/health/maps

Just in time for Mother's Day. Shop for amazing gifts by Northwest artisans while supporting a good cause.

April 30 – May 2, 10 a.m. – 5:30 p.m.

Free heart screening on Tuesday

(includes blood pressure, glucose, and cholesterol)

April 30, 10 a.m. – 2 p.m.

OHSU Center for Health & Healing Lobby