

summer 2012 OREGON HEALTH & SCIENCE UNIVERSITY

health



OREGON
HEALTH
& SCIENCE
UNIVERSITY

Back-to-school
backpack
safety p. 4

One-dose
breast cancer
therapy p. 5

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



Inset photo:
OHSU's Marquam Hill campus in 1929.

Large photo:
OHSU's Marquam Hill campus today.



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

In October of 1887, the University of Oregon created the Department of Medicine in Portland — the predecessor of Oregon Health & Science University. Today, OHSU is made up of 14,000 people who teach, heal and discover at locations throughout Oregon.

Since its beginnings 125 years ago, OHSU has developed a national reputation for excellence and receives more than \$350 million in research funding.

As OHSU heads into its quasiquicentennial —125th anniversary — we use this moment to pause and look ahead at how health care will change in the coming century. OHSU will also reach out to the larger Oregon community to simply say thank you for 125 years of support.

Look for more details to come in future editions of *OHSU Health* as well as our Facebook page and other social media.



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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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Arthritis pain? Try tart cherry juice

A small study by OHSU is big news for arthritis sufferers. Dr. Kerry Kuehl led a study of 20 women age 40 to 70 with inflammatory osteoarthritis, the most common form of arthritis. Results showed that those who drank tart cherry juice twice daily for three weeks had significantly lower inflammation markers. These findings, which indicate a promising way to naturally manage pain, were presented at the American College of Sports Medicine Conference in May. In a previous study, Dr. Kuehl found that those who drank Montmorency cherry juice while training for Oregon's Hood To Coast Relay reported less pain afterward. Those findings were published in the *Journal of the International Society of Sports Nutrition*.

Vitamin C improves lung function in babies of pregnant smokers

Women who are unable to quit smoking during pregnancy can significantly improve the lung function of their newborns by taking Vitamin C daily, according to a new study at OHSU Doernbecher Children's Hospital. Researchers found that newborns of smokers who took 500 mg of a Vitamin C supplement daily had better function compared with newborns of smoking women who took a placebo. While getting women to quit smoking during pregnancy is the top priority, 50 percent of these women cannot quit. Vitamin C supplementation may help these babies by blocking some of the in-utero effects of smoking on fetal lung development. The findings were presented at the 2012 International Conference of the American Thoracic Society.



Pacifiers may not discourage breastfeeding

Many hospitals are removing pacifiers from their newborn units to achieve "Baby-Friendly" status, an initiative by The World Health Organization to improve exclusive breastfeeding rates. However, an observational study by OHSU's Doernbecher Children's Hospital suggests that more research supporting this recommendation is needed. After analyzing feeding data on 2,249 infants born between June 2010 and August 2011, OHSU's pediatric scientists noted that by eliminating routine pacifier distribution in OHSU's mother-baby unit, exclusive breastfeeding rates actually dropped — from 79 percent to 68 percent. There was also a 10 percent increase in the number of breastfed infants being fed supplemental formula. OHSU presented the data at the Pediatric Academic Societies annual meeting in April in the hopes of encouraging further discussion and research to help promote breastfeeding.

Q & A your questions, our answers

My son's backpack seems really heavy. What can I do to make sure it's not hurting him?

WHILE BOOK BAGS AND BACKPACKS are an inevitable part of school days, carrying one shouldn't hurt. A backpack should weigh no more than 10-20 percent of your child's weight; for example, if your child weighs 50 pounds, the backpack should weigh no more than 10 pounds. The backpack's straps should be wide enough so they don't cut into your child's shoulders, and the straps should be worn on both shoulders. The backpack should also be worn fairly snug across your child's back; wearing the backpack loose and low stresses the lower back. Other options you might consider include messenger bags, which are worn across the chest, or backpacks with wheels, so they can be rolled.



Dr. Ben Hoffman
OHSU Doernbecher Children's Hospital

About the Expert

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

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 346-0640
WEB: ohsудоernbecher.com
LOCATION: OHSU Doernbecher Children's Hospital, 7th Floor, 700 S.W. Campus Drive, Portland, OR 97239

Once school starts, how can I help make sure my child eats right at lunchtime?

YOUNG CHILDREN often like things packaged or displayed in a cute way. Make lunchtime visually appealing: Include apple slices or pieces of watermelon and pineapple in small containers, or cut up carrots and celery and add some honey mustard dip as a way to introduce kids to vegetables. Sandwiches fit little hands; slice them into fun shapes. Low-fat string cheese is fun to eat and a good source of calcium. You can even try including a smoothie with different kinds of fruit and yogurts in a small thermos. For older kids, talk to them about healthy choices. Kids of all ages can benefit from meal pre-planning, whether it's going grocery shopping as a family or learning how to cook a few recipes from scratch.



Dr. Natasha Polensek
OHSU Doernbecher Children's Hospital

About the Expert

Dr. Polensek specializes in general pediatrics and is director of the Doernbecher Healthy Lifestyles clinic for kids with severe obesity and obesity-related disorders. 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: 503 494-8573
WEB: ohsудоernbecher.com
LOCATION: OHSU Family Medicine at the Center for Health & Healing, 9th Floor. At the base of the Portland Aerial Tram, 3303 S.W. Bond Ave., Portland, OR 97239

I have breast cancer and need radiation therapy, but I'm worried about a long treatment. Is there a faster way?

YOU MIGHT BE A CANDIDATE FOR INTRABEAM THERAPY, which is an advanced and convenient technology for radiation therapy for breast cancer. Intrabeam therapy is radiation that is given in the operating room after the surgeon removes your tumor. It delivers targeted radiation to areas around the tumor cavity and minimizes the dose to healthy tissue. Since Intrabeam therapy is given in a single treatment session, it takes less time than other types of radiation therapy. Conventional radiation therapy can involve daily treatments over three to six weeks. With Intrabeam, you might need only one treatment. OHSU Knight Cancer Institute is the only cancer center in the Pacific Northwest to offer Intrabeam; to learn more, talk to your doctor.

I've been hearing a lot about kids suddenly dying while playing sports. Why does that happen?

WHAT YOU MIGHT BE HEARING ABOUT is hypertrophic cardiomyopathy. It's an abnormal thickening of the heart muscle, which is usually inherited. Other things that can cause sudden cardiac death include abnormalities in the coronary arteries or flaws in the heart's electrical system. A good gauge is your family health history. If anyone in your family suddenly died below the age of 30, then talk to your doctor. The American Heart Association recommends that anyone who plays a sport in high school get a screening, which is usually a sports physical. In a typical sports physical, a health care provider will take a thorough health history and listen to your child's heart. If cardiac issues come up in a sports physical, your child will likely be referred to a pediatric cardiologist. Most conditions can be treated with lifestyle or exercise modification, or medication when necessary.



Dr. Carol Marquez
OHSU Knight Cancer Institute

About the Expert

Dr. Marquez is one of the top radiation oncologists at the OHSU Knight Cancer Institute, which is known worldwide for its contributions to the fight against cancer. The OHSU Knight Cancer Institute is a leader in image-guided radiation therapy and the only center in Oregon designated by the National Cancer Institute.

- ACCEPTING NEW PATIENTS:** Yes
- INSURANCE:** Most major health plans
- APPOINTMENTS:** 503 494-HOPE (4673)
- WEB:** ohsuhealth.com/cancer
- LOCATION:** OHSU Center for Health & Healing, 7th Floor. At the base of the Portland Aerial Tram. 3303 SW Bond Ave., Portland, OR 97239



Dr. Stephen Heitner
OHSU Heart & Vascular Care

About the Expert

Dr. Heitner is director of the Hypertrophic Cardiomyopathy clinic at OHSU Heart & Vascular Care — Oregon's most comprehensive heart program. From research to prevention to more than 500 heart transplants, we are dedicated to stopping the #1 killer of men and women in Oregon and Washington.

- ACCEPTING NEW PATIENTS:** Yes
- INSURANCE:** Most major health plans
- APPOINTMENTS:** 503 494-1775
- WEB:** 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

Q&A

your questions,
our answers

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

My husband was just diagnosed with prostate cancer. Are there any new treatments?

IN THE PAST TWO YEARS, we have seen a big jump in new treatments for prostate cancer. During this time, four new prostate cancer treatments have been approved. This is because we are learning more about what allows prostate tumors to survive and grow. This information is then used to develop better treatments. Each tumor is different, and so is each patient. For a man newly diagnosed with prostate cancer, our entire team of medical, radiation, and surgical specialists will review his type of cancer along with his goals so that we may formulate the best strategy possible.



Dr. Joshi Alumkal
OHSU Knight Cancer Institute

About the Expert

Dr. Alumkal is a medical oncologist who cares for men with all stages of prostate cancer. He sees patients at the OHSU Knight Cancer Institute, whose goal is to bring to men in Oregon the prostate cancer treatments of tomorrow, today.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 418-5129

WEB: ohsuhealth.com/cancer

LOCATION: OHSU Center for Health & Healing, 7th Floor.
At the base of the Portland Aerial Tram. 3303 S.W. Bond Ave.,
Portland, OR 97239

I have heard about cancer clinical research. What is it?

CANCER CLINICAL RESEARCH is medical research in which people choose to participate as volunteers to test ways to improve cancer care. Each study is designed to answer scientific questions and find a better way to prevent, diagnose or treat cancer. These studies may be testing a new medication, combination of medications, a device or a change in behavior. The purpose for these studies is to determine whether or not the medication, device or behavior change has the intended effect and may change the way a cancer is treated in the future. OHSU Knight Cancer Institute has many cancer clinical trials available; to learn more, please visit our website at www.ohsu.edu/research/rda/so/knight.php, call us at 503 494-1080 or e-mail us at trials@ohsu.edu.



Elizabeth Anderson, M.P.H.
OHSU Knight Cancer Institute

About the Expert

Elizabeth Anderson is director of Knight Clinical Research at the OHSU Knight Cancer Institute. The OHSU Knight Cancer Institute is involved in more than 400 cancer clinical trials — studying cancer treatment, cancer prevention, diagnosis and screening and molecular targets for personalized cancer medicine tailored to individual tumors.

ACCEPTING NEW PATIENTS: Yes

APPOINTMENTS: 503 494-1080

WEB: ohsu.edu/research/rda/so/knight.php

E-MAIL: trials@ohsu.edu

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

Ask the Health Experts Seminars

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

September 5 7 p.m.

State of the Art Management of Thyroid Nodules

Maisie Shindo, M.D. and Neil Gross, M.D.

Thyroid nodules are a very common endocrine problem. Learn about the latest tests and state-of-the-art treatments, including minimally invasive and robotic surgeries.

September 19 7 p.m.

Osteoarthritis of the Spine

Nels Carlson, M.D.

Hear about the newest research advances and non-invasive options for treating spinal osteoarthritis.

October 3 7 p.m.

Cervical Spine Treatment: What to Do if you Need Another Surgery

Robert Hart, M.D.

Surgery of the neck or cervical spine is complex, and sometimes patients don't get the results they'd hoped for. If you have persistent symptoms following surgery, learn about your options.

October 17 7 p.m.

Hip & Knee Replacement

Thomas Huff, M.D.

Learn about important advances in joint replacement — for arthritis, sports injuries and aging joints — and whether they can help you.

Baby talk, with OHSU Fertility Consultants

At OHSU Fertility Consultants, we're dedicated to helping you create the family you're dreaming of. Want to find out more about your options? OHSU offers a full range of services not found at other fertility programs in the Portland area. Learn about your options, talk to our fertility specialists and get your questions answered at an upcoming open house.

10th floor, fertility clinic lobby

Sept 13, 6 - 7:30 p.m.

Oct 11, 6 - 7:30 p.m.

Register at: ohsuhealth.com/babytalk or by calling 503 418-3700. Refreshments provided.

Diabetes Education

Free and low-cost events from the Harold Schnitzer Diabetes Health Center

Type 1 Diabetes Support Group

September 5, 5:30 – 6:30 p.m.

FREE for adults age 16 and older with type 1 diabetes. For additional information and to RSVP, please call 503 494-8664.

Have a Healthy Heart Class: A Lifestyle Approach to Managing Heart Disease Risk with Diabetes and Pre-Diabetes

September 13 or October 11, 4:30 – 6:30 p.m.

For more information and to register, please call 503 494-3273. \$25 per person.

Pre-Diabetes Class: Know Your Risk, Reduce Your Risk

September 25, 5:30 – 8:00 p.m.

For more information and to register, please call 503 494-3273. \$25 per person.

Join Team OHSU

OHSU welcomes all participants.

Susan G. Koman Race for the Cure

September 16, 7:30 a.m.

Register as part of Team OHSU by August 24 and receive a FREE Team OHSU t-shirt. Anybody can join. For information, contact Katie Hennis at hennis@ohsu.edu or 503 494-4580.

Leukemia & Lymphoma Society's Light the Night Walk

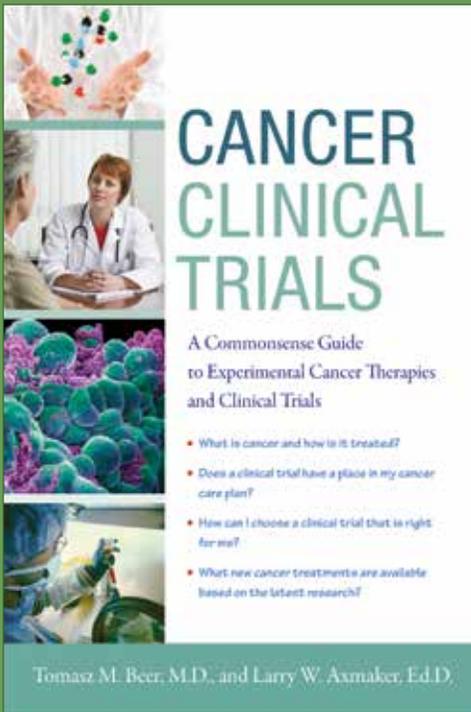
October 27, 6 p.m.

Register with any OHSU team at <http://pages.lightthenight.org/oswim/PortInDL12/ohsu>. For information, contact hennis@ohsu.edu



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.



New Book Helps Cancer Patients Navigate Clinical Trials

Free Book Signing Event

September 12, 7 p.m.
 Powell's Books at Cedar Hills Crossing

Dr. Tom Beer of the OHSU Knight Cancer Institute and co-author Larry Axmaker, Ed.D. will discuss their new book, *Cancer Clinical Trials: A Commonsense Guide to Experimental Cancer Therapies and Clinical Trials*. Beer, a renowned prostate cancer expert, and Axmaker, a prostate cancer survivor, say they designed this book to be **the definitive guide for anyone considering participation in a cancer clinical trial**. The book highlights questions to ask before and during a clinical trial, features to look for and those to be avoided, and helpful resources. The book also discusses what cancer is and explains the many ways it is treated.

For more information, call 503 228-4651 or e-mail supporttheknight@ohsu.edu