

spring 2011 OREGON HEALTH & SCIENCE UNIVERSITY

# health



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No More  
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OREGON  
HEALTH  
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The knowledge of all for the care of **one**.



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Technology is transforming the health care landscape, from robotic surgery and electronic medical records to miniature digital cameras and symptom checkers. Here at OHSU, our doctors, nurses, researchers, and staff rely on the power of technology to provide the best care possible regardless of where you live. It's about the right care, in the right place, at the right time.

We know that your family's health care needs don't follow regular business hours and you need access to expert advice around the clock. That's why we're excited to share two new apps for your iPhone/iPad to keep you connected 24/7. Don't have an iPhone or iPad? Visit [ohsuhealth.com](http://ohsuhealth.com) and [doernbecher.com](http://doernbecher.com).

**MyChart** puts test results, appointment scheduling and trustworthy medical advice at your fingertips—anytime, anywhere. You can even send messages to your doctor for quick, and efficient communication.

**MD 4KIDS** is ideal for on-the-go parents, babysitters and other care providers who want quick advice that makes it easy to determine appropriate level of care. The app also offers tips on how to provide speedy relief at home.

Follow us on **Facebook** to learn about the latest news in health care, share stories and photos, or simply read about what we're up to.

OHSU isn't just a hospital. We're your 24/7 health care partner.



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# OHSUresearch

## OHSU sheds light on the fructose debate

Is high fructose corn syrup responsible for the nation's growing obesity epidemic? New research at OHSU demonstrates that the brain, which serves as a master control for body weight, reacts differently to fructose compared with another common sweetener, glucose. The study, published in the online edition of the *Journal Diabetes, Obesity and Metabolism*, compared brain scans of nine volunteers who were given fructose, glucose or salt water, and showed that fructose and glucose elicit opposite responses in the human brain in areas that determine how we respond to taste, smells and pictures of food. Researchers are now analyzing the results to better understand how the different responses impact our decisions about food.



## Eczema may lead to food allergies in children

Dermatologists are warning parents whose children suffer from atopic dermatitis, the most common form of eczema, to be on the lookout for food allergies in the future. A recent study lead by OHSU dermatologist Jon Hanifin, M.D., found that about 15 percent of children ages 3 to 18 months old with atopic dermatitis developed food allergies, and the more severe the dermatitis the greater the chance for food allergies. Researchers concluded that food allergies not only cause skin eruptions, but that skin problems can actually lead to food allergies. Dr. Hanifin presented these findings at the 69th Annual Meeting of the American Academy of Dermatology in February.



## Retirement living gets high-tech

Mirabella Retirement Community in Portland's South Waterfront is helping OHSU develop innovative home-health technology for older adults. Residents can volunteer for a "living laboratory" program in which motion sensors track their mobility, wireless smart pillboxes remind them to take vitamins, and computer word and number games test cognitive ability. The program's goal is to determine whether changes in daily habits—like walking speed, posture, sleep, pill taking and computer game scores—can accurately predict cognitive decline or balance problems, allowing doctors to intervene.

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# Q&A your questions, our answers

Is it normal for a mole to change color?

**ANY MOLE THAT CHANGES IN SIZE, SHAPE OR COLOR** should be checked by a dermatologist to rule out melanoma. We teach our patients to look for the “ABCDs” of melanoma—Asymmetry (one half of the mole does not match the other half), Border (edges are ragged, blurred or irregular), Color (different colors within the same mole), and Diameter (larger than the eraser of a pencil). A mole with any of these features should be evaluated by a dermatologist as soon as possible. Examine your own skin every month for new or changing moles.

I’m starting cancer treatment and have heard that TomoTherapy has fewer side effects than traditional radiation. Is this true?

**TOMOTHERAPY, WHICH USES A SPECIAL MACHINE** to precisely target the cancerous tumors, is a wonderful option for many people who are facing radiation treatment because it allows us to deliver a large dose of radiation to the tumors while decreasing the dose for normal healthy tissue. Since most side effects from typical radiation therapy are due to the exposure to healthy tissue, TomoTherapy lessens this risk. Check with your doctor to see if it is right for you. TomoTherapy is just one of many treatment options we have available, and our experts will evaluate your tumor type and recommend the best radiation treatment for you.

Are women more likely to have knee pain than men?

**YES.** Not only are we more likely to suffer from knee pain, but it often starts at an earlier age for us. When young girls hit puberty, there is an increased rate of injuries and chronic pain in the knee area, especially for athletes. Part of this is actually due to our pelvis and hip structure, which is wider than a man’s to accommodate childbirth. This wider pelvis means that the muscles of the thigh tend to pull the knee cap off to the side. The result is that it gets increasingly inflamed and painful. We can help combat this effect with strengthening exercises and by maintaining a healthy weight. However, if knee pain affects your quality of life, you should check with your doctor. We can customize a treatment plan for your age, lifestyle and condition of your knee—with options such as physical therapy, steroid injections and advancements in surgery.

Should I be worried about the new warnings about acid reflux medicine?

**GASTROESOPHAGEAL REFLUX DISEASE,** commonly referred to as GERD or acid reflux, is a chronic condition in which stomach acid backs up into the esophagus. Treatment can include diet, lifestyle modification and medication. However, one group of drugs called proton pump inhibitors (PPIs) has recently received FDA warnings regarding long-term use (more than a year), linking them to bone fractures and low levels of magnesium that can cause seizures and arrhythmias. Fortunately, there are promising new ways to treat GERD for those who are not responding to or no longer want to take medication. One new procedure lets us go through the patient’s mouth to tighten the body’s natural antireflux barrier. Most patients are able to go completely off of PPIs, and because there is no abdominal incision, recovery is faster.



**Dr. R. Samuel Hopkins**  
OHSU Dermatology

## About the Expert

Dr. Hopkins sees patients at the OHSU Dermatology clinic, where 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:** ohsuhealth.com/dermatology  
**LOCATION:** OHSU Center for Health & Healing, 16th Floor. At the base of the Portland Aerial Tram. 3303 SW Bond Ave., Portland, OR 97239



**Dr. Carol Marquez**  
OHSU Knight Cancer Institute

## About the OHSU Knight Cancer Institute

Dr. Marquez is one of the top radiation oncologists at the OHSU Knight Cancer Institute, which is a leader in image-guided radiation therapy. We fight cancer in coordinated care teams, offer personalized treatments for every type of cancer, and provide access to the latest treatment options and research.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-8756  
**WEB:** ohsuhealth.com/cancer  
**LOCATION:** Kohler Pavilion, 4th Floor. Valet Parking Available. 808 SW Campus Dr., Portland, OR 97239



**Dr. Kathryn Schabel**  
OHSU Bone and Joint Care

## About the Expert

Dr. Schabel is an orthopaedic surgeon who works with a team of bone and joint experts at the OHSU Orthopaedic & Rehabilitation Clinic at Cornell West— providing comprehensive bone and joint care for adults and children at a convenient, central west side location.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-6400  
**WEB:** ohsuhealth.com/ortho  
**LOCATION:** OHSU Orthopaedic & Rehabilitation Clinic at Cornell West, Suite 195. 1500 NW Bethany Boulevard, Beaverton, OR 97006



**Dr. James Dolan**  
OHSU Digestive Health Center

## About the Expert

Dr. Dolan is an expert in minimally invasive procedures at the OHSU Digestive Health Center. He is currently enrolling GERD sufferers in a study on the new incisionless TIF procedure. For more information about the study, please contact the Digestive Health Center at 503 494-4373.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-4373  
**WEB:** ohsuhealth.com/digestivehealth  
**LOCATION:** OHSU Center for Health & Healing, 6th Floor. At the base of the Portland Aerial Tram. 3303 SW Bond Ave., Portland, OR 97239

Sometimes my heart feels like it's skipping a beat. Is this dangerous?

### YOU COULD BE EXPERIENCING

**PALPITATIONS**, which can feel like a fluttering in the chest, or stronger or skipped heart beats. Palpitations are often nothing to worry about. Many healthy people experience short episodes of palpitations, sometimes made worse by too much caffeine or lack of sleep. However, palpitations could be a sign of underlying heart disease or potentially curable arrhythmias. Warning signs include sustained palpitations that start and stop abruptly or occur with other symptoms such as notable shortness of breath or dizziness. Your doctor can run tests to determine if your palpitations are linked to heart disease.

What's the best way to treat a bee sting?

**FIRST, REMAIN CALM.** Remove the stinger right away by scraping it with a credit card or driver's license in the opposite direction the stinger is pointing. Avoid using tweezers, which may release more venom. Remove jewelry near the sting. Clean the wound with soap and water and use cold compresses to help with pain and swelling. Finally, watch for breathing problems, change in voice, trouble swallowing, sore throat or swelling around the mouth, as they may be due to a severe allergic reaction. **If there are any respiratory symptoms, call 911 immediately.** For any first aid questions, you can always call the Oregon Poison Center at 800 222-1222.



**Dr. Eric Stecker**  
OHSU Cardiovascular Medicine

### About the Expert

Dr. Stecker sees patients at OHSU's Arrhythmia and Heart Rhythm clinic, where a team of experts work with you to determine the best treatment for your rhythm problems, including pacemakers, defibrillators, radiofrequency ablation and medication.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-1775  
**WEB:** [ohsuhealth.com/heart](http://ohsuhealth.com/heart)  
**LOCATION:** OHSU Center for Health & Healing, 9th Floor. At the base of the Portland Aerial Tram. 3303 SW Bond Ave., Portland, OR 97239



**Dr. Rob Hendrickson**  
Oregon Poison Center at OHSU

### About the Expert

Dr. Hendrickson is associate medical director of the Oregon Poison Center at OHSU and a board-certified medical toxicologist who treats patients at OHSU's Emergency Room, a full service, emergency and Level I trauma center with the 24-hour Doernbecher Pediatric ER.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**VISITS:** 24 hour emergency care, 503 494-7551. In an emergency, call 911.  
**WEB:** [ohsu.edu/poison](http://ohsu.edu/poison)  
**OREGON POISON CENTER:** 800 222-1222  
**LOCATION:** OHSU Emergency, 3181 SW Sam Jackson Park Rd., Portland, OR 97239

## Ask the Health Experts Seminars

OHSU Center for Health & Healing [ohsu.edu/health/maps](http://ohsu.edu/health/maps)

April 20 7 p.m.

### Minimally Invasive Spine Surgery: Latest Techniques

Alex Ching, M.D.

Hear about the newest minimally invasive surgical options for treating your spine conditions.

April 27 7 p.m.

### Treating Heartburn: The Old and the New

James Dolan, M.D.

You don't have to live with acid reflux anymore or take medication for the rest of your life. Learn about the latest breakthroughs.

May 4 7 p.m.

### Sex and Cancer: Is There a Link?

Neil Gross, M.D.

Learn about a new discovery connecting human papillomavirus (HPV) and throat cancer, head and neck cancer risk factors, early detection and new treatments.

May 18 & August 17 7 p.m.

### Hip and Knee Replacements: Are You a Candidate?

Kathryn Schabel, M.D.

Learn about important advances in joint replacement for arthritis, sports injuries and aging joints, and it is an option for you.

June 15 7 p.m.

### Hip Pain and the Active Young Patient

Andrea Herzka, M.D.

Discover common causes of non-arthritis hip pain, injuries and treatments.

## Marquam Hill Lectures

Since 1980, 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. To register, please visit [ohsu.edu/mhlectures](http://ohsu.edu/mhlectures).

### April 21, 7:30 p.m. Neuroprotection and Stroke: New Strategies to Protect Against Brain Injury

Mary Stenzel-Poore, Ph.D.  
and Helmi Lutsep, M.D.

## Injury Prevention and Trauma Awareness Day

Information booths, bike helmet checks, safety giveaways, snacks and more. Free for the public. Safety fair stretches from the waterfront tram station through the main hospital.

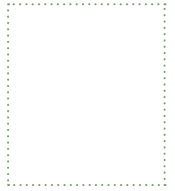
May 18, 7 a.m. – noon

## Baby Talk with OHSU Fertility Consultants

Interested in having a baby? Want to find out more about your options? OHSU offers a full range of services not found in other fertility programs in the Portland area. Learn from our fertility experts and meet staff at our open house.

2nd Thursday of the month,  
10th floor, Fertility Clinic lobby  
May 12, 6 – 7:30 p.m.,  
June 9, 6 – 7:30 p.m.,

Register at: [www.ohsuhealth.com/babytalk](http://www.ohsuhealth.com/babytalk)  
or by calling 503 418-3700. Refreshments will be provided.



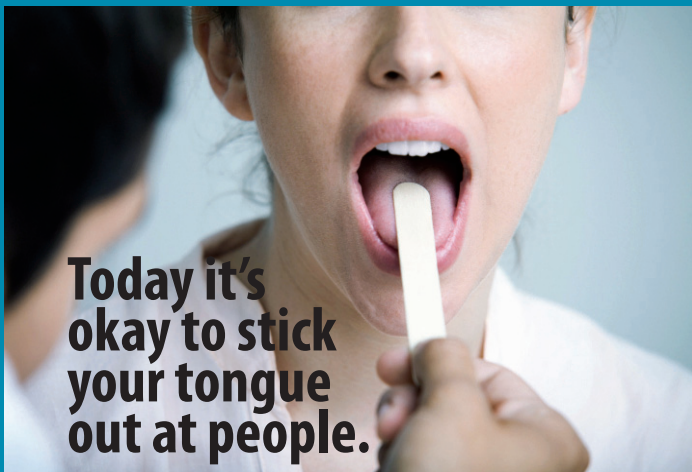
The knowledge of all for the care of **one**.

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.

# Free Head & Neck Cancer Screening

Friday, May 13, 7 a.m. – 3 p.m. No appointments necessary.

OHSU Center for Health & Healing Lobby, 3303 SW Bond Ave. – Near the Portland Aerial Tram



As part of national Head and Neck Cancer Awareness Week, the OHSU Knight Cancer Institute is offering **FREE head and neck cancer screenings**.

**Screening is quick and painless. You'll receive a personalized risk assessment for the following:**

- Skin cancer (face and scalp), including melanoma
- Oral (mouth and throat) cancer
- Thyroid cancer
- Neck cancer

**OHSU doctors will also answer your questions and help you identify the signs of cancer.**

**For more information, call 503 418-9235.**