Four vitamins strengthen older brains p. 3

For your heart: screenings and talks p. 8
February is the month to start caring for your heart

Why is February heart month? Because heart disease is still the most common disease in the U.S. We want to change that. Our team at OHSU works every day to prevent heart disease and improve how it is treated. We are committed to:

• Bringing together experts from endocrinology, women’s health, interventional radiology, surgery and cardiology in one location for coordinated heart care.
• Helping you take control of your health with prevention programs, state-of-the-art diagnostic tests, treatments and clinical trials that are changing how we care for your heart.
• Continuing to bring you the latest breakthroughs, including
  » Artificial hearts and cardiac-assist devices — such as ventricular assist systems (VAD), which help a weakened heart pump blood. OHSU is the northwest’s leader in cardiac-assist devices.
  » Aortic valve disease care — with the option to do valve replacement through a catheter — a procedure that usually requires only a single overnight hospital stay.
  » Advanced electrophysiology — to fix pacemaker leads and correct complex heart rhythm disturbances via catheters, instead of through open-heart surgery.

We invite you to take charge of your heart health — no matter what month it is. Call us at 503 494-1775.

— A message from OHSU Heart & Vascular Care

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BCDE: Four vitamins strengthen older brains

The bad news: human brains tend to shrink and become less nimble in old age. The good news: a healthy diet can slow the process. As reported in The New York Times in January, a 20-year study led by OHSU’s Dr. Gene Bowman finds that older adults whose diets supply an abundance of vitamins B, C, D and E consistently score better on tests of mental performance and show less brain shrinkage than peers with lesser intake of those nutrients. In addition, trans fats (‘partially-hydrated vegetable oil” commonly found in processed foods) appear the most detrimental to cognitive function and brain volume.

The study is in the January 24 issue of Neurology.

Cut back on pain medication with yoga, stretching

If you have moderate lower back pain, consider enrolling in a group yoga or stretching class. USA Today refers to a study co-authored by OHSU’s Dr. Richard A. Deyo that finds back pain sufferers are functionally better off attending three months of beginner’s yoga classes or an intense stretching exercise program — compared to toughing it out with only self-help book advice and medication. Plus, the yoga and stretching participants were twice as likely as self-care patients to cut back on medication. The study was published in the October 24 Archives of Internal Medicine.

Breathe easier with incision-less sinus surgery

Are you one of the 15 percent of the U.S. population who suffers from chronic sinusitis — inflammation of sinuses that lasts for at least three months with symptoms including stuffy nose, drainage from nose, facial pressure, headaches and diminished sense of smell? Then you might benefit from a unique sinus surgery that re-opens nasal passages by using a small tube that goes up the nostrils instead of the traditional method of cutting through the face. In August, The Wall Street Journal cited an NIH-funded study by OHSU’s Dr. Timothy Smith that found patients who chose sinus surgery over medical therapy without surgery had a higher quality of life, fewer missed days of work and a lower usage of steroids and antibiotics. “There has been nothing short of a revolution in our ability to treat the sinuses,” says Dr. Smith.

DID YOU KNOW?
In Portland Monthly’s “2012 Top Doctors” issue, six out of the eight cardiologists listed are from OHSU.

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OHSU research

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The knowledge of all for the care of one.

February 2012
**Spinal Cord Stimulation** can be effective for people with a type of persistent back and leg pain called Failed Back Syndrome. Failed Back Syndrome can be caused by post-surgery scar formation or permanent nerve damage, and may be permanent. In many cases, a combination of physical therapy, pain psychology and advanced pain medicine can be successful. One advanced therapy is spinal cord stimulation. This treatment involves a biomedical implant, which treats pain by using electricity to stimulate the spinal cord. Normally, the spinal cord uses electricity to send and process messages through the normal system, but when the normal system is damaged, spinal cord stimulation can reduce pain and improve function.

### My child gets constipated a lot. What can we do?

**First, You Need to Make Sure** constipation is truly the problem; not everyone has a bowel movement daily. Signs of constipation may include prolonged straining, pain with defecation and wide or dry stools. Approaching toilet time as a positive thing can help: when children experience a painful bowel movement, they want to avoid another painful event. Encourage children to sit on the toilet for ten minutes after breakfast and dinner. This time should be relaxing: no phones or computer games. A diet with moderate fiber may help with constipation; all starches such as bread, cereals and pasta should have at least two grams of fiber per serving. Children who have persistently hard bowel movements may benefit from a daily dose of MiraLAX®, an over-the-counter stool softener with an excellent safety record.

Fill your question.

### I have a spot on my lung and need a biopsy. Does that mean major surgery?

**Not Always.** Abnormalities on a chest X-ray or CT scan can be benign, such as an inflammatory or infectious process. You and your doctor will review your history and risk factors for lung disease and decide what to do next. The type of biopsy, should you need one, depends on the location of the lesion. At OHSU, we perform several different types of lung biopsies including CT-guided needle biopsy, bronchoscopic biopsy or surgical biopsy. A bronchoscopic biopsy uses a thin scope with a camera and sometimes an ultrasound probe attached to it to view lesions within or adjacent to your airway. Surgical biopsies can be done through minimally invasive thorascopic surgery, which can remove the entire lesion.

Fill your question.

### What is the difference between a pacemaker and a defibrillator?

**A Pacemaker Treats** a slow heart rhythm (if your heart is beating too slowly). Some heart conditions that a pacemaker can help with include heart block, fainting (syncope) and an irregular heartbeat (atrial fibrillation). A defibrillator treats a fast heart rhythm (if your heart is beating too quickly), and is used in heart failure or cardiac arrest situations. A defibrillator often has a pacemaker included. Both are implanted in the same spot: on your left side, under your collarbone. Getting a pacemaker or defibrillator implanted is a straightforward surgery that usually requires only a single overnight stay in the hospital. Both are also common; well over a million people in the U.S. have a pacemaker or defibrillator. Pacemakers typically last about eight to ten years, and defibrillators around four to six years.

### Your Questions, Our Answers

I’ve heard about spinal cord stimulation for back pain. How does it work?

**Spinal Cord Stimulation** can be effective for people with a type of persistent back and leg pain called Failed Back Syndrome. Failed Back Syndrome can be caused by post-surgery scar formation or permanent nerve damage, and may be permanent. In many cases, a combination of physical therapy, pain psychology and advanced pain medicine can be successful. One advanced therapy is spinal cord stimulation. This treatment involves a biomedical implant, which treats pain by using electricity to stimulate the spinal cord. Normally, the spinal cord uses electricity to send and process messages through the normal system, but when the normal system is damaged, spinal cord stimulation can reduce pain and improve function.

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Fill your question.
I’ve completed my breast cancer treatment; what happens now?

**AFTER TREATMENT, YOU MAY MISS** the “safety net” of regular, frequent contact with your health care team, feel uncertain about what’s next or tend to over-interpret the significance of minor physical problems, such as headache or joint stiffness.

Discussing with your doctor which symptoms to report can ease your anxiety, and maintaining your schedule of follow-up visits will provide a sense of control. Patients who have completed cancer treatment may also experience physical problems, sexual concerns, fertility issues or job worries. It may be helpful to talk with other cancer survivors through support groups or find other resources such as physical therapy, naturopathic care and social services. For more support, OHSU’s breast cancer survivorship program launches this spring.

**What’s the difference between type 1 and type 2 diabetes?**

**TYPE 1 DIABETES** (also known as juvenile-onset diabetes) occurs only in genetically susceptible people, while type 2 (a.k.a. adult-onset diabetes) is caused by genetics as well as lifestyle. In type 1 diabetes, your body can’t make insulin. But someone with type 2 diabetes has resistance to insulin: the pancreas is making as much insulin as it can, but it’s just not enough. You can’t get diabetes from eating too much sugar; that’s a myth. But eating too much sugar can lead to weight gain — leading to eventual type 2 diabetes. But diabetes — of any type — doesn’t have to get in the way of living a normal life. Work with your doctor to learn how to manage blood sugar and help balance normal carbohydrate and sugar intake with your prescribed dose of insulin.

**Susan Hedlund, LCSW**

**OHSU Knight Cancer Institute**

**About the Expert**

Susan Hedlund is the Manager of Patient and Family Support Services at the OHSU Knight Cancer Institute and is a licensed clinical social worker. For more information about OHSU’s upcoming breast cancer survivorship program, please call 503.346.0285.

**Accepting New Patients:** Yes

**Insurance:** Most major health plans

**Appointments:** 503.346.0285

**Location:** OHSU Center for Health & Healing, 3rd Floor. 3303 S.W. Bond Avenue, Portland, OR 97239

**Dr. Bruce Boston**

**OHSU Doernbecher Children’s Hospital**

**About the Expert**

Dr. Boston is chief of pediatric endocrinology at OHSU Doernbecher Children’s Hospital, where he specializes in caring for infants, children and adolescents with endocrine or “hormone” problems. Check out OHSU’s Kids Health Annual guide in the May issue of Portland Monthly magazine, which profiles Dr. Boston on how to determine if your child has diabetes.

**Accepting New Patients:** Yes

**Insurance:** Most major health plans

**Appointments:** 503.346.0449

**Web:** ohsudoernbecher.com

**Oregon Poison Center:** 800.222.1222

**Location:** OHSU Doernbecher Children’s Hospital, 7th Floor, 7800 S.W. Campus Drive, Portland, OR 97239

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**Ask the Health Experts Seminars**

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

**February 15** 7 p.m.

**Heart Attacks: Avoiding a Broken Heart**

Michael Shapiro, D.O.

Can we really prevent heart attacks? Learn how.

**February 22** 7 p.m.

**The New Era of Cardiac Surgery**

Albert Starr, M.D.

A special heart month treat! Learn about the latest breakthroughs from the co-inventor of the first successful artificial heart valve.

**March 7** 7 p.m.

**Colonrectal Awareness**

Liana Tsikitis, M.D.

Learn about guidelines, methods and emerging technologies for screenings and surveillance after colon cancer surgery.

**April 7** 7 p.m.

**Lumbar Spine Stenosis: Treating Lower Back & Leg Pain**

Alex Ching, M.D.

This condition worsens as we age and includes lower back pain while walking and pain, numbness or tingling of the legs.

**April 11** 7 p.m.

**Hip & Knee Replacement: Right for You?**

Kathryn Schabel, M.D.

Learn about important advances in joint replacement — for arthritis, sports injuries and aging joints.

**April 18** 7 p.m.

**Hip Pain & the Active Young Patient**

Andrea Herzka, M.D.

Learn about causes and treatments of non-arthritic hip pain, femoral acetabular impingement, labral tears and cartilage injuries.

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**OHSU calendar**

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**Marquam Hill Lectures**

Lectures are held at the OHSU Auditorium. To register, please visit ohsu.edu/milectures.

**February 16** 7:30 p.m.

Next Generation Birth Control and Family Planning — Jeffrey Jensen, M.D., M.P.H.

**March 15** 7:30 p.m.

Mark O. Hatfield Lecture: The Value of Health — The Argument for Strong Investment in Medical and Scientific Research — Albert Starr, M.D.

**April 19** 7:30 p.m.

Exercise and Nutrition: The Best Medicine — Kerry Kuehl, M.D., Ph.D.

**TUNE IN**

**OHSU Radio Show**

Tune into the latest healthcare discoveries with The OHSU Effect: Inside Health & Science at OHSU, a new radio program on KXL 101.1 FM. Recordings of past shows can be found at ohsueffect.org.

**Saturdays** 8:00 a.m.

**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 at 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

**February 9** 7:30 p.m.

**February 16** 7:30 p.m.

**March 8** 7:30 p.m.

**April 12** 7:30 p.m.

Register at ohsuhealth.com/babytalk or by calling 503.418.3700. Refreshments provided.
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.

FREE OHSU Heart Month Events

FREE Heart Screenings
*February 17, 10 a.m. – 3 p.m.*
*February 22, 10 a.m. – 3 p.m.*

Location: OHSU Center for Health & Healing Lobby, 3303 S.W. Bond Ave.

Screenings are on a first-come basis and include lipid panel (HDL and LDL cholesterol, triglycerides), glucose, blood pressure and BMI. Fasting is not required for this screening; however, fasting can give more accurate results. If you choose to fast, avoid all food and caloric liquids 8 hours prior to your screening.

Heart Lecture by Albert Starr, M.D.
*February 22, 7 p.m.*
The New Era of Cardiac Surgery
Registration details on p. 7.

Brain Awareness Lecture Series

World-renowned neuroscientists and researchers share insight on issues surrounding the brain, with in-depth discussions about its impact on society. Find ticket information at www.oregonbrains.org.

*February 20, 7 p.m.* — Alzheimer’s and the brain: What can we do?

*February 27, 7 p.m.* — Law, ethics, humanity and the brain: How do they get along?

*March 12, 7 p.m.* — The brain on fire: Can inflammation cause diseases that destroy the brain?

For more dates, go to www.oregonbrains.org.