



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.

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Celebrate Heart Month with OHSU

Free Heart Screenings

Feb. 9

8:00 a.m. – noon

Feb. 11

8:00 a.m. – noon

LOCATION: OHSU Center for Health & Healing,
3rd Floor, Conference Room #5

Heart screenings will be available on a first-come, first-served 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 eight hours prior to your screening.

Free Heart Lecture

Feb. 16

7:00 p.m.

New Ways to Prevent Heart Attacks

Dr. Michael Shapiro

Learn about what is new in prevention and the latest research findings. To register for the lecture, visit ohsuhealth.com/seminar or call 503 494-1122.



health



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503 494-8311
ohsuhealth.com/magazine

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In this issue, you'll find answers to common but sometimes hard-to-ask health questions about hearing aids, losing your voice, the children's ER and more. You'll also find information about free heart screenings and other ways you can prevent heart disease.

At OHSU, we believe a hospital is about more than just a building. It's about providing first-rate medical care to all, and building relationships with other dedicated physicians throughout the region to serve your needs.

OHSU is expanding access to its quality care at locations throughout the Portland Metro area with the unveiling of three new locations:

- OHSU Knight Cancer Institute recently opened its fifth location in southeast Portland.
- OHSU West Side Orthopaedics Clinic in Beaverton opens in March.
- This spring, the hearing experts at OHSU Audiology will debut a new location in the Mirabella Portland Retirement Community building.

But it's OHSU's experience in pooling the brightest minds and latest technologies that makes our community resources so valuable. We call it the knowledge of all for the care of one.

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OHSUresearch

Yoga Can Counteract Fibromyalgia

According to an OHSU study published in the November 2010 online edition of *Journal of Pain*, yoga may have the power to combat fibromyalgia, a medical disorder characterized by chronic widespread pain. Yoga appears to help combat a number of serious fibromyalgia symptoms, including pain, fatigue, stiffness, poor sleep, depression, poor memory, anxiety and poor balance.



"Cheating" May Be Okay When Trying to Quit Smoking

If you are in a smoking cessation treatment program but have trouble completely quitting within the first few weeks, don't give up. An OHSU study published online in the journal *Addiction* points to two types of successful quitters: those who quit immediately and those who are "delayed" in attaining abstinence but achieve success by the end of treatment. The message? Don't get discouraged. By not quitting their treatment program, up to 45 percent of "delayed quitters" are ultimately successful.

Your Daughter's Nutrition Affects Future Generations

TIME Magazine highlighted the pioneering work of OHSU Dr. David Barker in an October 4 article, "How the First Nine Months Shape the Rest of Your Life." The article cited Barker's hypothesis about what happens when a fetus has an inadequate food supply: The fetus diverts nutrients to the brain and skimps on other parts of the body. The latest research from OHSU Heart Research Center suggests that nutrition in the womb affects your health and lifespan, perhaps more than diet, smoking and lifestyle. It can even affect future generations. Watch OHSU Heart Research Center director Dr. Kent Thornburg talk about these findings at www.ohsuhealth.com/breakthroughs.



Q&A your questions, our answers

I sing in a band and my voice keeps going out. What can I do?

YOU'VE PROBABLY DEVELOPED what's known as "singer's nodes," or vocal nodules—callus-like areas that develop on the edges of the vocal folds after yelling, screaming or improper singing technique. Nodules can vary in severity and treatment can range from speech therapy, medication and in a few cases surgery. The first step is to make an appointment with an ENT to determine the severity of the nodules, or to see if there is something else causing the problem. In the meantime, take care of your voice and drink lots of water to keep your vocal folds hydrated.

I think I might need hearing aids. Do they really work?

ABSOLUTELY! Thanks to technology, new hearing instruments do more than just make things louder, they can also help with clarity of speech. Think of them as little equalizers in your ear—able to turn up the areas of sound just where you need help. Some can even connect wirelessly to your cell phone or television using bluetooth technology. A certified audiologist can work with you to precisely adjust your listening experience to your specific needs. The first step is to make an appointment to get your hearing tested. OHSU has two audiology locations where you can schedule a hearing test.

My pediatrician told me to take my child to a pediatric emergency room. How is that different than a normal ER?

A PEDIATRIC EMERGENCY ROOM is specifically designed for the unique needs of children and their families. Children have different medical and emotional needs than adults, so a Pediatric ER will have specially trained pediatric emergency medicine doctors and nurses. The Doernbecher ER also tries to make the whole experience less scary by providing a soothing environment that is comfortable, bright, colorful and kid-focused. So, while a typical hospital ER can respond to life-threatening emergencies for both children and adults, many parents and pediatricians prefer a Pediatric ER for a child-related emergency.

Since having my second child, I leak urine when I laugh or sneeze. My friends say this is a normal part of aging. Is that true?

WHILE URINE LEAKAGE IS VERY COMMON in women, especially after childbirth, it should never be considered "normal." There are many causes of persistent incontinence, including a weakened pelvic floor or uterine prolapse (bulging) after pregnancy, decreased estrogen production due to menopause, damaged pelvic floor muscles from pelvic surgery, repeated heavy lifting and some chronic diseases. Fortunately, this is highly treatable and there are a variety of non-surgical and surgical treatment options. Talk to your gynecologist or another physician who specializes in the evaluation and treatment of incontinence.



Dr. Joshua Schindler
OHSU Northwest Clinic for Voice and Swallowing

About the Expert

Dr. Schindler sees patients at OHSU Northwest Clinic for Voice and Swallowing with a team of experienced otolaryngologists, singing-voice specialists and speech therapists. Together they provide state-of-the-art vocal care for the general public and those who use their voices professionally.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-5947
WEB: ohsuhealth.com/voice
LOCATION: OHSU Physicians Pavilion, 2nd Floor, #250, 3147 SW Sam Jackson Park Road, Portland, OR 97239



Shelly Boelter, AuD CCC-A
Doctor of Audiology
OHSU Audiology Clinic

About the Expert

Dr. Boelter is a certified audiologist at the OHSU Audiology Clinic, specializing in hearing instruments and total communication systems. OHSU's team of certified audiologists provides state-of-the-art hearing assessment and a full range of patient care and education for children and adults.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans covering hearing tests
APPOINTMENTS: 503 494-5171 (Voice/TDD) or e-mail enthns@ohsu.edu
WEB: ohsuhealth.com/hearing
LOCATION: OHSU Physicians Pavilion, 2nd Floor, #250, 3147 SW Sam Jackson Park Road, Portland, OR 97239; new location this spring in the Mirabella building, 3550 SW Bond Ave., Portland, OR 97239



Dr. Garth Meckler
OHSU Doernbecher Pediatric Emergency

About the Expert

Dr. Meckler is a board-certified pediatric emergency medicine doctor at OHSU Doernbecher Children's Hospital—one of only two pediatric Level 1 trauma centers in Oregon. He provides expert, family-centered care for patients with the most severe injuries to routine broken bones and ear infections.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
VISITS: 24-hour emergency care, 503 494-7551. In an emergency, call 911.
WEB: doernbecher.com/emergency
LOCATION: OHSU Doernbecher Pediatric Emergency, 3181 S.W. Sam Jackson Park Rd., Portland, OR 97239



Dr. Renee Edwards
OHSU Urogynecology at the Center for Women's Health

About the Expert

Dr. Edwards is part of a team of board-certified urogynecologists at the OHSU Center for Women's Health who offer relief from problems that affect the urinary, bowel, vaginal and sexual functioning of the pelvis.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 418-4500
WEB: ohsuhealth.com/urogyn
LOCATION: Kohler Pavilion, 7th Floor, 808 S.W. Campus Drive, Portland, OR 97239

Q&A

your questions,
our answers

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

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

OHSUcalendar

How can I tell if I have heart disease?

BLOOD PRESSURE, BLOOD SUGAR AND CHOLESTEROL LEVELS can help to determine a person's risk of heart disease. However, 50 percent of people with heart disease experience a heart attack as their first symptom. To detect heart disease sooner, there are now more sophisticated ways to screen for it, such as the Coronary Artery Calcium Score, a non-invasive test that uses modern low-dose radiation CAT scanning to detect plaque (atherosclerosis) in the heart arteries—before symptoms develop. The scan is recommended for people with a family history of heart disease, diabetes, high blood pressure, overweight individuals, males over 45, females over 55, and past or present smokers. OHSU provides this procedure at a reduced rate of \$100.

My mother has lung cancer but never smoked. How is that possible?

BELIEVE IT OR NOT, the number of women diagnosed with lung cancer has continued to rise over the last 30 years—and half of them are either former smokers or never smoked at all. Each year, up to 30,000 men and women who have never smoked are diagnosed with lung cancer because of genes, exposure to secondhand smoke and exposure to air pollutants, such as fuel exhaust and chemical vapors. The good news is that there is new medication effective in fighting the type of lung cancer most commonly found in nonsmokers. But the best way to avoid lung cancer is to stop, or never start, smoking.



Dr. Michael Shapiro
OHSU Cardiovascular Medicine

About the Expert

Dr. Shapiro is director of the OHSU Preventive Cardiology clinic, where he works to prevent and reverse heart disease through a prevention program that includes comprehensive cardiovascular risk assessment and state-of-the-art diagnostic testing.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-1775
WEB: ohsuhealth.com/heart
LOCATION: OHSU Center for Health & Healing, 5th Floor, At the base of the Portland Aerial Tram, 3303 SW Bond Ave., Portland, OR 97239



Dr. Alan Sandler
OHSU Knight Cancer Institute

About the Expert

Dr. Sandler is one of the top lung cancer experts in the U.S., is chief of the division of Hematology and Medical Oncology, and is the DeArmond Chair for Cancer Research. He sees patients at the OHSU Knight Cancer Institute lung cancer coordinated care clinic, where a group of dedicated experts work as a team to offer the most lung cancer treatment options in Oregon.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-6594
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

Ask the Health Experts Seminars

OHSU Center for Health & Healing ohsu.edu/health/maps

February 8 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 whether they can help you.

February 16 7 p.m.

New Ways to Prevent Heart Attacks

Michael Shapiro, D.O.

An overview of heart disease and the latest in detection and prevention.

February 23 7 p.m.

Whiplash: It's More than a Pain in the Neck

David Sibell, M.D.

Vehicle accidents, sporting activities and even falls can cause whiplash and neck pain. Learn more about treatment options, pain relief and prevention.

March 16 7 p.m.

Treating Arthritis in the Thumb and Wrist

Adam Mirarchi, M.D.

Writing, grasping and holding items can be painful with arthritis. Learn more about treatment options and symptom management.

March 23 7 p.m.

I'd Like to Buy an "S": The Hearing Loss Puzzle

Shelly Boelter, AuD CCC-A, Doctor of Audiology

Do you miss parts of words? Feel like you are guessing what others are saying, especially in background noise? Come join us for a discussion on hearing and hearing loss.

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.

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.

Feb. 17, 7:30 p.m.
Gene and Stem Cell Therapy for Vision Peter Francis, M.D., Ph.D.

Mar. 21, 7:00 p.m.
Forty Years in Alcohol and Drug Abuse Research: A Personal Story Robert Hitzemann, Ph.D.

The OHSU Brain Institute Presents 2011 Brain Awareness Lecture Series Starts in February

Discover how world-renowned scientists are revealing the secrets of the brain. For more information, visit www.oregonbrains.org.

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 that are not offered elsewhere in the Portland area. Meet our staff and learn more. Center for Health and Healing 10th floor, 3303 SW Bond Ave, Fertility Clinic Lobby.

Feb. 10, 6 – 7:30 p.m.
Mar. 10, 6 – 7:30 p.m.
Apr. 14, 6 – 7:30 p.m.