In September, OHSU and the OHSU Foundation announced a $25 million philanthropic partnership with Bob and Charlee Moore—founders of Milwaukie-based Bob’s Red Mill Natural Foods—to confront a great contributor to the rise of chronic disease: poor nutrition.

Their pledge will establish the Bob and Charlee Moore Institute for Nutrition and Wellness at OHSU. The institute will focus on education and outreach programs, clinical nutrition research and human investigations. The use of funds from the Moores’ gift will help support:

- Recruitment of the institute’s leader
- Efforts to examine existing research to identify what is most relevant to human nutritional health
- Human and epidemiological research, and clinical trials to determine how best to move important knowledge into the everyday lives of people
- Efforts to teach others to use available knowledge to guide personal decision-making and inform sound public policies

OHSU has long offered innovative research in nutrition and childhood development, including concepts showing how both prenatal and postnatal nutrition greatly influence a child’s lifelong health. This issue of OHSU Health shares some of the most recent developments about how food choices can fight disease.

Throughout OHSU’s history, philanthropic commitments such as the Moores’ have helped us advance human health. We thank them for the chance to impact the health of people for generations to come.
Blueberries — healthier from a can

Blueberries are known as a super food because of their high levels of naturally occurring antioxidants and flavonoids. These nutrients offer protection from oxidative damage — a key association to many age-related diseases. But what has not been known is the effect of commercial canning on the flavonoid content compared with fresh blueberries. In a study conducted by OHSU and the USDA, findings indicate that the antioxidant level and flavonoid activity in canned blueberries is actually higher than that of fresh and frozen blueberries. The bottom line — whether fresh, frozen or canned, you can enjoy the benefits of this super food year-round.

Scientists identify what makes us feel “bad” when sick

You know that sluggish feeling you get when you’re sick … the one that makes it hard to get off the couch? Well, researchers at OHSU Doernbecher Children’s Hospital have found that a signaling system in the brain previously shown to regulate sleep also induces lethargy during illness. The research is particularly meaningful because it implies that a new class of drugs developed to treat sleep disorders may reverse the inactivity and exhaustion brought on by acute illness. The sleep drugs initially designed to treat narcolepsy have the potential to restore energy and motivation in patients with acute and chronic disease, thereby improving their quality of life. The findings are published in the August 3 edition of The Journal of Neuroscience.

Vitamin C’s new role in eye health

Maybe instead of carrots, cartoon rabbits should be eating oranges to see better. A surprising discovery by OHSU scientists finds that vitamin C prolongs proper functioning of nerve cells in the eye. In fact, cells in the retina need to be “bathed” in relatively high doses of vitamin C to function properly. The study, published in the June 29 issue of The Journal of Neuroscience also suggests that vitamin C plays a more important role throughout our brains than previously thought, which could have implications for other diseases like glaucoma and epilepsy.
I think I was bit by a spider. What could happen?

MANY PEOPLE WHO SEE REDNESS ON the skin assume that it is from a spider bite, particularly in the late summer and early fall when spiders are abundant and especially large. Anytime a break in the skin occurs, whether it’s from a spider or just a scratch, an infection called “cellulitis” can occur and should be treated with antibiotics. Although other areas of the country have venomous spiders that cause skin ulceration, Oregon does not. If you see redness in an area of a bite, it may be because the bite caused an infection and it’s important to be seen by your doctor. You can always call the Oregon Poison Center at 800 222-1222 about any spider bite questions.

Is there any type of gallbladder surgery that doesn’t leave a scar?

MORE THAN 500,000 gall bladder removal procedures are performed in the U.S. each year. The majority of these procedures are performed laparoscopically, which require four ½-inch or smaller incisions and can leave visible scars. At OHSU, we can now perform gallbladder surgery through a single incision through the belly button, potentially leaving no visible scar. This small incision further enhances the benefits of laparoscopic surgery by minimizing the pain that may be associated with additional incisions. Generally, anybody who is a good candidate for laparoscopic surgery is a good candidate for this procedure, so ask your doctor if it is right for you.
My son just started high school football and I’m worried about concussions. What can I do?

**PLAYING FOOTBALL CAN** provide benefits including physical conditioning and the discipline in being involved with a team. But football does have the highest injury and concussion rate of high school sports. The vast majority of concussions occur from helmet-to-helmet contact. Improvements in helmet technology have helped some, but the best technology doesn’t mean anything if the helmet isn’t fitted properly—make sure your son’s fits correctly. Improving neck strength and conditioning can be helpful, too. See if your school has a program on how to recognize concussion symptoms and assign appropriate medical treatment when they occur. If your son is experiencing headaches, dizziness, or difficulty concentrating, alert the coaches and keep him from playing football until he’s been checked out.

How do I know when I should take my child to the Emergency Room?

**KIDS ALWAYS SEEM TO GET SICK** after the doctor’s office closes, leaving many parents agonizing over whether a child’s symptoms are worth a trip to the ER. Now, there’s an app for that with Doernbecher’s free MD 4KIDS app for your Apple or Android device. MD 4KIDS provides decision-making support and health information on more than 80 topics. By entering your child’s symptoms, you’ll know what level of medical care is needed, when to call the doctor and how to provide relief for minor illnesses and injuries at home. Of course, you should always trust your instinct or speak to your child’s doctor when it comes to deciding whether to visit the ER. For more information, search “MD 4Kids” on iTunes, the Android Market or visit www.ohsudoernbecher.com/md4kids.

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**Dr. Jim Chesnutt**
OHSU Sports Medicine

Dr. Chesnutt is 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:** 503 494–4000
**WEB:** ohsuhealth.com/sports
**LOCATION:** OHSU Center for Health & Healing, 12th Floor. At the base of the Portland Aerial Tram. 3303 SW Bond Ave., Portland, OR 97239

**Dr. David Spiro**
OHSU Doernbecher Pediatric Emergency

Dr. Spiro is the medical director and sees patients at the ER just for kids at OHSU Doernbecher Children’s Hospital — where pediatric specialists in every field are available 24/7. At the Doernbecher ER, most children wait less than 30 minutes to be seen by a doctor.

**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
**Q&A**

**my husband and I have been trying to conceive for 6 months. Is it time for a fertility specialist?**

**IF YOU’VE BEEN TRYING TO GET PREGNANT**

After one year of unprotected intercourse, it’s time to see a fertility specialist. However, if you’re more than 35 years old, or have a history of irregular periods or possible tubal issues (e.g. endometriosis) you should see a specialist sooner. A relatively new development in fertility is a blood test called the AMH test (Anti-Mullerian Hormone). AMH is a marker for the quantity of eggs remaining within the ovaries. While other tests have to be done on certain days of a woman’s menstrual cycle, AMH can be done anytime, even while on birth control pills. Since fertility declines once you’re into your 30s, knowing your AMH levels can provide you with a more accurate “biological clock.”

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**Dr. Diana Wu, M.D.**

**OHSU Center for Women’s Health**

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:** ohsuhealth.com/fertility
- **LOCATION:** OHSU Center for Health & Healing, 10th Floor.
  At the base of the Portland Aerial Tram. 3303 SW Bond Ave.,
  Portland, OR 97239

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**How does minimally invasive spinal surgery work?**

**MINIMALLY INVASIVE SPINE SURGERY**

Treats the same problems as traditional spine surgery—for example, disc bulges and radiculopathy, pinched nerves, spinal instability, spine trauma and tumors. This kind of surgery may offer less pain and soft tissue damage and a shorter recovery. Minimally invasive techniques usually include tubular retractors that split rather than tear or cut muscle, a microscope for visualization, and X-ray guidance to place screws and rods “percutaneously” rather than through a longer incision. Benefits include less blood loss, shorter hospital stay and potentially reduced need for post-operative medication. The important thing to remember about minimally invasive surgery for any condition is that it is still surgery. It’s never a bad idea to get a second or third opinion.

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**Dr. Alex Ching**

**OHSU Spine Center**

About the Expert

Dr. Ching works with a team of back, neck and spine experts at the OHSU Spine Center, where a conservative approach to surgery is practiced. Dr. Ching has special training as an adult spine surgeon, with a focus in less invasive surgery techniques.

- **ACCEPTING NEW PATIENTS:** Yes
- **INSURANCE:** Most major health plans
- **APPOINTMENTS:** 503 418-9888
- **WEB:** ohsuhealth.com/spine
- **LOCATION:** OHSU Center for Health & Healing, 8th 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,
3rd Floor, 3303 SW Bond Avenue, ohsu.edu/health/maps

**October 19 7 p.m.**

**Physical Therapy Management of Back and Neck Pain**
Rachel Gross, DPT
Learn how to take control of your back or neck pain and achieve positive long-term results through physical therapy.

**November 2 7 p.m.**

**Treating Rheumatoid Arthritis: The Earlier, The Better**
Cong-Qiu Chu, M.D., Ph.D.
This crippling disease is best treated at its early stage. Learn how to get diagnosed early and how to optimize your treatment strategy for the best possible outcome.

**November 8 7 p.m.**

**How to Make Your Spouse Healthier**
Tina Kaufman, PA, Ph.D.
Do you know somebody who needs healthy motivation? Learn from OHSU Preventive Cardiology’s top lifestyle coach about nutrition, exercise, stress and heart screenings.

**November 9 7 p.m.**

**Hyperparathyroidism: It’s Not All In Your Head**
Maisie Shindo, M.D.
Learn how the overactivity of four tiny glands can be linked to fatigue, depression, bone pain, stomach problems and more, and how to fix it.

**November 16 7 p.m.**

**Hip and Knee Replacements**
Kathryn Schabel, M.D.
Learn about important advances in joint replacement — for arthritis, sports injuries and aging joints — and whether they can help you.

Marquam Hill Lectures

Since 1981, 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. Lectures are held at the OHSU Auditorium. To register, please visit ohsu.edu/mhlectures.

**October 20, 7:30 pm**
**The Hunt for Biological Mechanisms in Asthma** – Allison Fryer, Ph.D.

**November 17, 7:30 pm**
**New Windows to Your Heart: Breakthroughs in Cardiovascular Imaging** – Jonathan Lindner, M.D.

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 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

**November 10, 6-7:30 p.m.**
**January 12, 6-7:30 p.m.**
Register at: [www.ohsuhealth.com/babyytalk](http://www.ohsuhealth.com/babyytalk) or by calling 503 418-3700. Refreshments will be provided.
BODY WORLDS & The Brain makes its Pacific Northwest debut at OMSI starting October 20, for a limited engagement. This fascinating exhibition presents the human body and brain as amazing, anatomical and evolutionary feats. Individual and whole-body specimens donated to Dr. von Hagens’ Institute for Plastination are preserved through his revolutionary process of Plastination to give visitors an opportunity to better understand the human body. BODY WORLDS is a practice in preventive medicine — it teaches visitors that the body is so fragile and vulnerable, and yet so resilient and forgiving.

Pre-purchase tickets online, at the OMSI front desk, or over the phone by October 19th and receive a special pre-purchase price for any ticket, valid 10/20/11 to 11/19/11. Visit www.omsi.edu for more information.

The OHSU Brain Institute, as the presenting sponsor, is proud to announce that an all-new BODY WORLDS is coming to Portland.

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.

Visit www.omsi.edu for more information.