A Natural Way to Treat Muscle Pain  p. 3
This Season's Flu Shot  p. 5

The knowledge of all for the care of one.
Welcome to OHSU’s very first issue of a quarterly publication dedicated to keeping you and your family healthy and strong.

Each issue will spotlight research breakthroughs that matter to everyday living as well as a series of questions and answers about some of today’s most compelling health topics. The questions come from you—our community—and the answers come from medical experts, here at OHSU.

At OHSU we are committed to providing exceptional care. That care isn’t just about doctor visits, it’s also about sharing health information and resources, and helping you get to know our extraordinary team of doctors, nurses, researchers, educators and staff—all of whom are working together for you. That’s what the knowledge of all for the care of one is all about.

You can beat jet lag

Most people who routinely fly have experienced jet lag—insomnia, sleepiness, moodiness and gastrointestinal disorders. This year, the New England Journal of Medicine asked OHSU physician-scientist and medical director of the OHSU Clinical Sleep Disorders Medicine Program, Robert Sack, M.D., to provide expert advice on preventing or diminishing the effects of jet lag. His #1 tip? Speed up the realignment of your internal clock with local time. One way is to use light exposure by seeking bright light (either sunlight or artificial) in the morning after eastward travel, and in the evening after westward travel.

Tart cherry juice reduces muscle pain and inflammation

Tart cherry juice may be a safer way to treat muscle pain and inflammation, according to OHSU researchers. In a study published in the Journal of the International Society of Sports Nutrition, athletes competing in Oregon’s Hood To Coast Relay who consumed Montmorency cherry juice for a week prior to the race and on race day reported significantly less pain than runners who received a placebo.

The reason? Montmorency cherries, or sour pie cherries, have the highest anti-inflammatory content of any food, including blueberries and pomegranates. The anti-inflammatory substance found in the peel of the fruit contains the same enzyme as over-the-counter anti-inflammatory drugs like ibuprofen.

Surgery helps chronic sinusitis sufferers get relief

Each year, roughly 30 million Americans experience rhinosinusitis—chronic congestion, drainage, fatigue, headache, pain, pressure and sneezing—and their quality of life scores are lower than patients with congestive heart failure, angina, chronic obstructive pulmonary disease or back pain.

A study led by OHSU found that up to 76 percent of adults with chronic rhinosinusitis—a debilitating inflammation of the nasal passages that lasts for months and keeps coming back—report significantly improved quality of life following minimally invasive endoscopic sinus surgery. The endoscopic sinus surgery involves removing abnormal or obstructive tissues from the nose and is often performed on an outpatient basis.
Can exercise get rid of stretch marks and saggy skin?

**TODAY, MORE AND MORE** women are opting for digital mammography, which uses x-ray to produce an image of the breast. Instead of storing the image on film (as a traditional mammogram does), this method stores it on a computer, a process that allows data to be magnified more intensely. While we don’t have evidence that one type of mammogram is better than another, digital mammography may enable radiologists to read mammograms better. Every woman should discuss her preferences with her healthcare provider.

**Can exercise get rid of stretch marks and saggy skin?**

**EXERCISE IS KEY** to healthy living, but it can’t fix stretch marks and excess skin. Stretch marks appear when the deep layer of skin tears due to pregnancy or significant weight gain. While the weight can be lost, the skin isn’t able to mend and the marks become permanent. Over time, stretch marks can improve in appearance, but no cream or laser will make them go away. Excess skin can also remain after significant weight loss. Healthy skin has some capacity to recoil and re-contour to a smaller frame, but that capacity diminishes with age, smoking or environmental elements. Surgery will never replace exercise, but it can correct some things that exercise alone cannot.

**What is a digital mammogram and should I get one?**

**At what age should my child get a seasonal flu vaccine? And is there a separate vaccine for the H1N1 virus?**

**Did you know?**

**THAT’S A COMMON MYTH.** Varicose veins can be more than just unsightly bulges in your legs. They can be very painful and indicators of serious underlying health problems such as blood clots, skin ulcers or other cardiovascular diseases. That’s why it is so important to see a physician specially trained in the diagnosis and management of venous disease.

Treatment for varicose veins can range from non-invasive to a minimally invasive procedure called catheter-radio frequency technology, which is performed under a local anesthetic. This new technique is covered by many insurance companies and offers significantly less pain and bruising than other treatments. It can usually be performed in under an hour in a doctor’s office, and has little to no down time for patients.
My father has diabetes but is in good health. His cholesterol is a little high. Should I be worried?

DIABETICS SUFFER FROM heart disease and stroke at twice the rate of everyone else. Due to diabetic neuropathy (nerve damage), diabetics are less likely to feel the symptoms of heart disease, such as chest pain. That said, they can control the risk of heart disease by monitoring blood sugar and lipid levels (blood fats, including cholesterol). A cardiologist can also watch for high lipid levels and atherosclerosis, or hardening of the arteries, which are precursors to heart disease.

Like all diabetics, your father can also avoid smoking, engage in regular exercise, lose excess weight, and consume a diet high in fiber, fruits, vegetables, fatty fish and whole grains, and low in processed sugars for a low saturated fat and cholesterol diet. Engaging in regular exercise, lose excess weight, and consume a diet high in fiber, fruits, vegetables, fatty fish and whole grains, and low in processed sugars for a lower risk of heart disease and increased quality of life.

At what age should I start getting heart-related screening tests?

STARTING AT AGE 20, normal, healthy adults should get checks of their blood pressure every two years, cholesterol every five years, body mass index (BMI) at every regular healthcare visit and waist circumference as needed, according to the American Heart Association. Starting at age 45, blood glucose also should be checked every three years. If any of your results are abnormal, you may need to have them checked more frequently. A more comprehensive screening is needed for those with certain risk factors for a heart attack, including all men over the age of 45, women over 55, people with diabetes and those with a family history of heart disease.
The knowledge of all for the care of one.

Trying to have a baby?

In your 20s, your risk of infertility is just seven percent. But between the ages of 35–39, it jumps to 22 percent. No matter what your age, there are things you can do to optimize your fertility.

**Drink virgin beverages:**
A maximum of one alcoholic drink is best.

**Go decaf:**
Keep your daily intake to 100 mg of caffeine (one cup of coffee) or less.

**Avoid big fish:**
Swordfish and tuna, for example, have higher mercury amounts than small fish, such as trout.

**Consider your prescriptions:**
Antidepressants and blood pressure and seizure medications can affect your fertility. Discuss what’s best for you with your OB/GYN.

**Clear the air:**
Smoking (and secondhand smoke) can delay conception, accelerate egg decline and encourage menopause.

**Steady your weight:**
If you weigh too little, your body won’t produce enough hormones to trigger ovulation. If you weigh too much, you could have elevated insulin and hormone imbalances.

**Avoid stress:**
Try yoga, long walks or time out of the office to help you stay relaxed and emotionally balanced.

For more information, call the OHSU Fertility Consultants at 503 418-3700.

Baby Talk with OHSU Fertility Consultants

Meet our staff and learn about your options for having a baby. Register at ohsuhealth.com/seminar or by calling 503 418-4506. 

Center for Health and Healing 10th floor, 3303 SW Bond Ave, Portland, OR 97239

Nov. 11
6 p.m. • Thurs