

Health

OREGON HEALTH & SCIENCE UNIVERSITY

FALL 2015

NEW
LOOK

Gene-based cures
for incurable
diseases

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Are
“laundry pods”
dangerous?

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Imagine a world without AIDS. Without cancer. Without blindness.

At Oregon Health & Science University, we're more than imagining that world. We're creating it. OHSU has a long tradition of taking on the impossible — and delivering. We invented and implanted the world's first successful artificial heart valve. We performed the world's first angioplasty. We developed the first targeted cancer therapy.

What makes us so different? We know how to collaborate — with each other, with private industry, with other institutions. Oregon's pioneer spirit still calls people of vision to come here and do their best work. At OHSU, we've repeatedly shown that the road less taken is — more often than not — the fastest route to a better world.

New challenges await us on the next leg of our journey to transform health. Philanthropic support and partnerships will determine how far we go and how fast we get there.

In mid-October, we launched “Onward OHSU,” the second phase of a seven-year comprehensive fundraising campaign to support key initiatives here, including:

- Radically improving early cancer detection
- Developing a vaccine to prevent and cure HIV infections
- Ending preventable blindness in children and adults
- Building a guest house for families of children requiring care at OHSU Doernbecher Children's Hospital and cancer patients traveling to the OHSU Knight Cancer Institute
- Enhancing prevention, earlier detection and treatment of cardiovascular disease
- Finding new solutions to a range of debilitating brain disorders, from autism to Alzheimer's disease

We're already more than halfway to our goal, thanks to the record-breaking success of the recently completed Knight Cancer Challenge, during which we raised \$1 billion for cancer research and broke a philanthropy record by completing the largest fundraising challenge match on record. The momentum and national exposure created when Phil and Penny Knight publicly challenged OHSU to match their \$500 million pledge helped us secure gifts from more than 10,000 supporters from all 50 states and more than a dozen other countries.

This was a remarkable achievement, but OHSU isn't new to exceeding expectations. We invest in people with big ideas, and we embrace the risks that go along with it — because that's what it takes to advance knowledge and change lives. To learn more about the power of giving and how it continues to propel OHSU forward, please visit OnwardOHSU.org.

Health

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ohsuhealth.com/magazine

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Developing gene-based cures for incurable diseases

In the United States, 1,000 to 4,000 children each year are born with mitochondrial DNA disease. It can cause conditions including diabetes, deafness, eye disorders, gastrointestinal disorders, heart disease, dementia and other neurological disorders. Currently, there are no cures, but a study led by OHSU researchers has revealed the first step in developing new gene and stem cell therapy treatments for people with mitochondrial disease. Scientists successfully used mitochondrial replacement to create an embryonic stem cell with healthy mitochondria from a patient's skin cell that had contained mitochondrial DNA mutations. This breakthrough, published in the journal *Nature*, opens the door to a world of regenerative medicine in which doctors are able to treat human diseases that are currently incurable.

Help for breast cancer survivors

A common side effect of breast cancer treatment is low estrogen, which may cause pain with sexual intercourse. Breast cancer survivors are especially vulnerable to this condition, because their treatment is focused on removing estrogen. However, recent research from OHSU shows that breast cancer survivors who experience pain with sex may achieve comfort when liquid lidocaine is applied strategically to prevent pain. After knowingly using lidocaine for two months, 90 percent of participants in the research study reported comfortable penetration, when initially half had found such intimacy too painful to try. Sexual distress also decreased, sexual function improved and no partners reported numbness. Liquid lidocaine is FDA-approved for mucosal use and is available through prescription only. The research was published online in the *Journal of Clinical Oncology*.

Tinnitus sufferers find long-lasting relief

People with tinnitus hear a persistent sound — like a ringing, buzzing or hissing when there is no external sound source. It can affect the ability to sleep or concentrate, and is sometimes disabling. In the largest U.S. clinical trial of its kind, funded by the Veterans Affairs (VA) Rehabilitation Research and Development Service, researchers at the VA Portland Medical Center and OHSU found transcranial magnetic stimulation (TMS) improved tinnitus symptoms for more than half of study participants. To conduct this research, researchers used a TMS system that generated a cone-shaped magnetic field that penetrates the scalp and skull to interact with brain tissue. The results of the study were published in the journal *JAMA Otolaryngology – Head & Neck Surgery*.

Q&A

Your questions, our answers



What is an aortic aneurysm, and will I need surgery for it?



Your aorta is the main blood vessel that brings blood from your heart to your body. An aortic aneurysm may develop when the wall of your artery is weak, which can lead to a dangerous ballooning or dilatation of the artery. If the aneurysm becomes too large, it can rupture and is often deadly. If your aneurysm is small, your doctor may recommend monitoring it with regular ultrasounds or CT scans. If your aneurysm has reached a size where your doctor recommends repair, you may need open surgery to remove the aneurysm. Or, depending on the type of aneurysm, you may be able to have endovascular repair to fix it. This is surgery within the artery, using small incisions and X-rays to guide the surgeon. This type of treatment generally has a faster healing time than open surgery but your doctor will explain each surgery's pros and cons.



I've been considering weight loss surgery: Am I a candidate?



Having surgery to help produce weight loss is a major decision. The National Institutes of Health (NIH) has approved bariatric (weight loss) surgery when someone has a body mass index (BMI) of more than 40, or a BMI of more than 35 with a serious health problem linked to obesity, such as type 2 diabetes or heart disease. At OHSU, our whole team of doctors, nurses, dietitians, physical therapists and psychologists work with you to develop strategies for lasting weight loss and healthy habits. If you're worried that your weight is threatening your health, talk to your doctor; if you are a candidate for weight loss surgery, it's safer to have it earlier, especially if you do have related health conditions. Find out more at our online information session: bariatricsurgeryseminar.com.



Cherrie Abraham, M.D.
OHSU Knight Cardiovascular Institute

About the Expert

Dr. Abraham is the director of the Aortic Program at the OHSU Knight Cardiovascular Institute, dedicated to the treatment of aortic pathology, including aortic aneurysms and aortic dissections of the thoracic and abdominal aorta. He has advanced training in endovascular operations and is one of the most experienced surgeons in the world at endovascular repair of complex abdominal and thoracic aneurysms.

ACCEPTING NEW PATIENTS Yes

INSURANCE Most major health plans

APPOINTMENTS 503 494-7593

WEB www.ohsuheart.com

LOCATION Physician's Pavilion, 2nd Floor,
3181 S.W. Sam Jackson Park Rd., Portland, OR 97239



Samer Mattar, M.D.
OHSU Bariatric Services

About the Expert

Dr. Mattar is chief of OHSU Bariatric Services. His areas of interest include: improvement or cure of diseases that are associated with being overweight, bariatric surgery in adolescents, treatment of relapsed weight gain and high-risk bariatric patients, laparoscopic treatment of gastroesophageal reflux disease, endoscopic diagnosis and treatment, and laparoscopic treatment of ventral hernias.

ACCEPTING NEW PATIENTS Yes

INSURANCE Most major health plans

APPOINTMENTS 503 494-1988

WEB www.ohsuhealth.com/bariatricservices

LOCATION Center for Health & Healing, 6th Floor,
3303 S.W. Bond Ave., Portland, OR 97239



I've heard about the ZIO® patch. What is it?

A If you have heart palpitations or an irregular heart rhythm, also known as arrhythmia, you might need to wear a heart rhythm monitor to help your doctor determine why it's happening. The ZIO patch is a small, adhesive heart rhythm monitor: You stick it on your chest, and it records your heartbeats for two weeks. You can shower with it on and do all your usual daily activities. After the two weeks is up, you mail the patch back to the manufacturer, and they provide the doctor with the data to evaluate. The patch is different from a Holter monitor, which you only wear for 24–48 hours, but can tend to limit your activities; or an event monitor, which you wear for a longer period of time, but it doesn't record every beat — only when you hit a button for symptoms.



I've heard "laundry pods" can be dangerous to my child: Why is that?

A Laundry detergent pods can be convenient, but they can also hurt your child. The packaging of this product usually is very appealing to children: They often resemble a fun squishy toy or candies. Pods are easily ruptured and the contents can splash in a child's eyes, or get swallowed or sucked into the lungs. This can cause repeated vomiting, severe breathing problems and may cause your child to lose consciousness. These are not problems typically seen in regular liquid laundry detergents: Researchers are still studying why the soap in these pods is so much more of a problem than regular liquid laundry detergent. If you choose to do laundry with pods, you should make sure to store them where children cannot get them. A locked cabinet is best.



Charles Henrikson, M.D.
OHSU Knight Cardiovascular Institute

About the Expert

Dr. Henrikson is the director of the electrophysiology (EP) program at OHSU. He performs the full range of EP procedures including laser lead extraction, epicardial access and ablation, and afib ablation. He has an active research program with more than 90 peer-reviewed publications.

ACCEPTING NEW PATIENTS Yes

INSURANCE Most major health plans

APPOINTMENTS 503 494-1775

WEB www.ohsuheart.com

LOCATION Center for Health & Healing, 9th floor,
3303 S.W. Bond Ave. Portland, OR 97239



Fiorella Carhuaz, C.H.E.S.
Oregon Poison Center

About the Expert

Fiorella Carhuaz, C.H.E.S., is a health educator at the Oregon Poison Center, a 24-hour health care information and treatment resource. The Poison Center was established in 1978 as part of OHSU and Doernbecher Children's Hospital, and works collaboratively to provide ongoing consultation, education and collaboration to all health care facilities throughout our region.

CONTACT 800 222-1222

WEB www.ohsu.edu/poison

Q&A

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



When should my child see the dentist for the first time?

A Infancy and early childhood is the time to establish good habits regarding diet, tooth-brushing, fluoride use and dental checkups. Proper preventive strategies and a partnership between caregivers and dentist can set the foundation for a lifetime of good oral health for your child. The American Academy of Pediatric Dentistry recommends babies visit the dentist when the first tooth appears or by 12 months of age. A dentist who is familiar with infant and child oral health will help you to make decisions about snacking, tooth-brushing, flossing, and fluoride use. Your child's dentist can also provide information about injury prevention, thumb/pacifier sucking, and growth and development. By establishing a routine of professional dental care and healthy habits at home, you can help keep your child cavity-free for a lifetime.



How can I prevent melanoma?

A Melanoma is the most dangerous form of skin cancer. It's caused by exposure to the sun's ultraviolet (UVA and UVB) rays. If found early, melanoma is usually curable; however, it may spread to other areas of the body where it can be deadly. Reduce your risk by following some simple tips. Apply a "broad-spectrum" sunscreen with an SPF of anywhere from 15-50 to exposed skin—and wear it year-round; UV rays can penetrate clouds. Avoid tanning beds. Wear protective clothing, such as hats, sunglasses, and long sleeves and pants. When it comes to moles, freckles and skin growths on your skin, know your own body. If something doesn't seem right, talk to your health care provider. Help identify moles of concern using the ABCDEs: Asymmetry (one side different than the other); Borders (uneven borders); Color (more than one color); Diameter (larger than the size of a pencil eraser); and Evolution (changing over time). If caught early, melanoma is highly curable.



Anna Forsyth, D.D.S., M.S.D.
OHSU Pediatric Dentistry

About the Expert

Dr. Forsyth specializes in pediatric dentistry, practicing at OHSU Dental Clinics, and with the dental service at OHSU Hospital and Doernbecher Children's Hospital. She is an assistant professor at OHSU School of Dentistry and the interim director of the Postgraduate Pediatric Dentistry program.

CLINIC ACCEPTING NEW PATIENTS Yes

INSURANCE Most dental health plans

APPOINTMENTS 503 418-4333

WEB www.ohsu.edu/dentist

LOCATION OHSU Dental Clinics, 2730 S.W. Moody Ave., Portland, OR 97201



Susan Tofte, F.N.P.
OHSU Dermatology

About the Expert

Susan is a family nurse practitioner and cares for patients with melanoma, Merkel cell cancer, high-risk squamous cell cancers and other life-threatening cutaneous malignancies. As a family nurse practitioner on the multidisciplinary melanoma team, Susan also focuses on melanoma education, counseling and prevention.

ACCEPTING NEW PATIENTS Yes

INSURANCE Most major health plans

APPOINTMENTS 503 418-3376

WEB www.ohsu.edu/dermatology

LOCATION Center for Health and Healing, 16th Floor, 3303 S.W. Bond Ave., Portland, OR 97239

Ask the Health Experts Seminars

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

Nov. 4	7 p.m.	CHH
<p>Hand Pain and Numbness Omar Nazir, M.D.</p> <p>Has pain or numbness in your hands prevented you from doing the things you love, or even affecting your ability to work? If so, learn about some common conditions — including carpal tunnel syndrome and thumb arthritis — that could be causing these problems and the treatments that can help.</p>		

Nov. 10	7 p.m.	CHH
<p>Living Successfully with Failed Back Syndrome David Sibell, M.D.</p> <p>People who've had spine surgery may still experience chronic back or leg discomfort. Learn about treatments to help with Failed Back Syndrome and SI joint pain.</p>		

Nov. 17	6:30 p.m.	BEAVERTON
<p>Five Ways You Can Manage Congestive Heart Failure Jill Gelow, M.D., M.P.H.</p> <p>Congestive heart failure sounds scary, but it can be managed. If you've been diagnosed with congestive heart failure find out what you can do to feel better, including medication and therapy options.</p>		

OHSU Center for Health & Healing (CHH)

3303 S.W. Bond Ave.
Portland, OR
www.ohsu.edu/health/maps

OHSU Beaverton Clinics

in the Knight Cancer Institute building
15700 S.W. Greystone Court
Beaverton, OR
www.ohsuheart.com/beaverton

Nov. 18	7 p.m.	CHH
<p>Back to Basics: An Introduction to Your Spine Paolo Punsalan, M.D.</p> <p>Ever wonder what causes back pain? Learn about your spine: its anatomy, how it works, how it changes as you age, and how you can help prevent and minimize back pain.</p>		

Nov. 24	7 p.m.	CHH
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Dec. 8	7 p.m.	CHH
<p>Men's Sexual Health: Common Problems and How to Treat Them Jason Hedges, M.D., Ph.D.</p> <p>Sexual health can cause concern for men, but many issues are normal and easily treatable. Find out more about the newest therapies for erectile dysfunction (ED) and enlarged prostate or benign prostatic hyperplasia (BPH).</p>		

Dec. 15	6:30 p.m.	BEAVERTON
<p>Are Heart Attacks in Your Genes? Learn How to Fight Them Sergio Fazio, M.D., Ph.D.</p> <p>Learn how the entire family fits into your risk for a heart attack. Factors such as family history, genetics and environment could leave you predisposed. Find out what tests can determine your risk and what you can do to prevent a heart attack.</p>		

Marquam Hill Lectures

OHSU Collaborative Life Sciences Building
2730 S.W. Moody Ave.
Portland, OR

To register, visit www.ohsu.edu/mhlectures or call 503 494-0768.

Nov. 19	7 p.m.
<p>Beyond Genetics: The Role of Nutrition in Health and Disease Susan Bagby, M.D.</p>	

Walk with us

Join OHSU to help support cancer research and patient services. Plus, receive a free team T-shirt while supplies last. For more information, contact Katie Wilkes at wilkes@ohsu.edu or call 503 494-5293.

Nov. 7	9 a.m.
<p>PurpleStride® A family-friendly walk produced by the Pancreatic Cancer Action Network.</p>	



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OHSU presents
Evolving Ourselves
 by **Juan Enriquez**
 in the inaugural Calvin and Mayho Tanabe Address

Join futurist Juan Enriquez as he conducts a sweeping tour of how humans are changing the course of evolution — sometimes intentionally, sometimes not.

Nov. 4, 2015 | 7 p.m.
 The Newmark Theatre

To learn more or purchase tickets, visit www.ohsu.edu/tanabeaddress



We want to hear from you!

Your experience matters.

Take the Healthy Columbia Willamette Collaborative survey and tell us about important health issues in your community. Your responses will help inform health improvement projects throughout the region. OHSU is part of the collaborative that includes 15 hospitals, four health departments and two coordinated care organizations.

www.healthycolumbiawillamette.org

