new research promotes repair of brain and spine damage

Researchers at OHSU have discovered that blocking an enzyme in the brain may help fix the damage linked to multiple sclerosis (MS) and other brain diseases. In MS, the myelin, a protective sheath around nerve fibers, is damaged or destroyed; this prevents nerve cells from communicating with each other. However, recent research shows that large amounts of an enzyme called hyaluronidase are found in the brains of people with MS and in mice with an MS-like disease. Although blocking hyaluronidase would not be a cure for MS, it may lead to new ways to help repair brain and spinal cord damage caused by it. These findings were published in the Journal of Neurology.
What’s the link between type 2 diabetes and heart disease?

**PEOPLE WHO HAVE TYPE 2 DIABETES** are twice as likely to develop heart or vascular disease. Even people with pre-diabetes or metabolic syndrome have higher risk. Blood vessels of people with diabetes can become thicker and damaged, making it difficult for blood to flow. Some individuals with diabetes are also less likely to feel symptoms of heart disease, such as chest pain, because the process that affects blood vessels also affects nerves. Fortunately, research shows early intervention and prevention measures help lower the risk of heart disease. These measures include a comprehensive medical and lifestyle management program that promotes exercise, weight reduction and targeted medical therapy. Since 15 percent of Americans have type 2 diabetes, and nearly one-third and targeted medical therapy. Since 15 percent of Americans have type 2 diabetes, and nearly one-third of those with diabetes are prone to thyroid and other cancers such as breast and melanoma; if those run in your family, talk to a thyroid specialist about preventative care.

**RESEARCH SHOWS SLEEP QUALITY** and quantity is related to improved health: Getting enough sleep makes children healthier and parents happier. However, there are no medications approved by the Federal Drug Administration (FDA) to treat insomnia in children. Even over-the-counter medications, such as Benadryl and melatonin, can have serious side effects. An effective treatment for childhood insomnia can involve adjusting bedtime behavior: Establish a relaxing, predictable bedtime routine for your child; unplug and remove the television from your child’s bedroom and avoid caffeine. It’s also best to stop all screen time — iPads, computers, video games, etc. — 30 minutes before bedtime, as the light from these screens can affect your natural sleep cycle.

My 8-year-old has trouble falling asleep. Can I give him sleep medication or melatonin?

**TREATMENT WILL DEPEND ON THE TYPE** of thyroid cancer. More than 90 percent of all thyroid cancer is Papillary or Follicular. The other types of thyroid cancer, Medullary and Anaplastic, are much rarer. All thyroid cancers require surgery to remove part or all of the thyroid and sometimes nearby lymph nodes. If you’ve had your thyroid removed, you will need to take daily medication for the rest of your life that provides the same hormones your thyroid had made. Some may also need a radioactive iodine treatment. Finding physicians who are thyroid experts is important. Future thyroid cancer care may actually start at the diagnosis: OHSU’s personalized medicine research is helping identify the genetics of each person’s thyroid cancer, so we can tailor new treatment to the individual. Also, certain families are prone to thyroid and other cancers such as breast and melanoma; if those run in your family, talk to a thyroid specialist about preventative care.

What is the difference between the various types of cosmetic facial fillers?

**IT DEPENDS ON THE AREA** you would like enhanced. If you have hollows under your eyes, or want fuller lips, we recommend Restylane; it’s hyaluronic acid (HA), a chemical that occurs naturally in the body. Restylane is made up of very small particles, which is why it’s good for filling areas with thinner skin. It typically lasts 6-9 months. The other HA-based fillers are Juvederm and Perlane, which are similar to Restylane, except the particles are larger and better at filling deeper lines, such as those between your nose and mouth, and mouth and chin. Treatment with Juvederm or Perlane lasts 9-12 months. Another filler, Radiesse, is made from calcium hydroxyapatite (CaHa), and stimulates your own collagen production. It’s usually injected into the cheeks and deeper lines of your face to provide plumpness. It typically lasts 9-18 months. Risks are rare; they may include lumpiness or bruising at the injection site. You can avoid bruising by avoiding ibuprofen, blood thinners, aspirin or fish oils a week beforehand.

**ABOUT THE EXPERT**

**Scott Chadderdon, M.D.**
OHSU Heart Disease and Diabetes Clinic

**Elizaesth Super, M.D.**
OHSU Doernbecher Children’s Hospital

**Mira Milas, M.D.**
OHSU Thyroid and Parathyroid Center

**Elizabeth Knapp, PA-C**
OHSU Facial Plastic and Reconstructive Surgery

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**About the Expert**

Dr. Chadderdon is a cardiologist and co-director of the OHSU Heart Disease & Diabetes Clinic — a collaboration between the Knight Cardiovascular Institute and the Harold Schnitzer Diabetes Health Center — specializing in the unique needs of people with type 2 diabetes, metabolic syndrome and pre-diabetes.

**ACCEPTING NEW PATIENTS:** Yes
**INSURANCE:** Most major health plans
**APPOINTMENTS:** 503 494-1775
**WEB:** ohsuheart.com

Dr. Super is a pediatrician at OHSU Doernbecher Children’s Hospital. She has a special board-certification in Sleep Medicine and is part of the multidisciplinary OHSU sleep disorders clinic. OHSU Doernbecher Children’s Hospital has the most pediatric specialists in Oregon and ranks among the nation’s best hospitals.

**ACCEPTING NEW PATIENTS:** Yes
**INSURANCE:** Most major health plans
**APPOINTMENTS:** 503-494-6686
**WEB:** ohsuhealth.com

Dr. Milas is an endocrine surgeon specializing in thyroid and parathyroid disorders at the OHSU Knight Cancer Institute. She serves as the director of Endocrine Surgery at OHSU and is a member of the Thyroid and Parathyroid Center. The Knight Cancer Institute is the only center in Oregon designated by the National Cancer Institute.

**ACCEPTING NEW PATIENTS:** Yes
**INSURANCE:** Most major health plans
**APPOINTMENTS:** 503 494-2544
**WEB:** ohsuhealth.com/cancer

Dr. Knapp is a Physician Assistant working under the direction of OHSU facial plastic surgeons. She performs minimally invasive cosmetic procedures such as neuromodulator treatment of dynamic facial lines and treatment for volume loss. She also works with licensed medical estheticians to develop personalized skin care regimens for patients.

**ACCEPTING NEW PATIENTS:** Yes
**INSURANCE:** Most major health plans
**APPOINTMENTS:** 503 494-5678
**WEB:** www.ohsu.edu/facialplasticsurgery

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**Your questions, our answers**

**Q&A**

My sister was just diagnosed with thyroid cancer. Are there any new treatments for it?
What are signs of head and neck cancer, and what causes it?

HEAD AND NECK CANCERS USED TO BE mainly limited to older men who smoked and drank heavily. Recently, however, head and neck cancers associated with the sexually transmitted human papillomavirus (HPV) have increased greatly. HPV infection is common; about 80 percent of the U.S. population is exposed. However, most forms of the virus do not cause cancer or are cleared by the immune system. If caught early, many head and neck cancers are very treatable—even curable. Early signs include a lump in your neck or ear pain. Two vaccinations, Cervarix and Gardasil, protect against HPV; they’re recommended for girls and boys before puberty, and a third dose for girls before age 13. The HPV vaccines protect against 70 percent of HPV-associated head and neck cancers and minimally invasive surgical techniques. He is also the co-director of head and neck cancers.

When is surgery right for clogged coronary arteries?

Adam Mirarchi, M.D., OHSU Heart and Vascular Care

Dr. Mirarchi is an interventional cardiologist specializing in the band and bypass surgery. As part of the OHSU Heart and Vascular Care team, he performs and is trained to perform heart and vessel operations on all types of heart conditions. He also has extensive experience in medical research.

About the Expert

To register, visit ohsuhospital.com/seminar or call 503 414-1122.

Heart care for type 2 diabetes

Scott Chadburn, M.D. and Favorita Jovare, M.D.

Learn about the unique heart care needs for people with type 2 diabetes. From the co-directors of the OHSU Heart Division and Diabetes Program.

Can your teeth affect your sleep?

Kevin Kirshen, D.M.D.

Sleep can help keep your teeth healthy, and certain mouth conditions may indicate poor quality of sleep. Learn of recent findings, concerns, and treatments related to deep sleep, sleep apnea, and sleep grinding.

About the Expert

Dr. Gross is a surgeon specializing in the treatment of atherosclerosis and minimally invasive surgical techniques.
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Mysteries of the Mind: What are we learning about the hidden secrets of the brain?

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February 25, Richard Hodes, M.D., “Creating brain resiliency: What is the secret to healthy aging?”

March 4, David Eagleman, Ph.D., “The subconscious mind: What are our deep and secret thoughts?”


April 2, Eric Fombonne, M.D., “The latest research in autism: Why is autism like a broken mirror?”

May 13, Marcus Raichle, M.D., “Neuroimaging: How do we peer deeply into the brain?”


All lectures begin at 7 p.m. at the Newmark Theater, 1111 SW Broadway, Portland. Purchase tickets and learn more by visiting www.ohsubrain.com/bas.