OHSU launches $25 million initiative against pancreatic cancer

Currently more than 90 percent of patients with pancreatic cancer are diagnosed too late to be offered curative therapy.

However, a $25 million gift to OHSU may alter that path.

The newly established Brenden-Colson Center for Pancreatic Health, a philanthropic partnership between Norman and Linda Brenden and the Colson Family Foundation, will fund cutting-edge research aimed at new detection and treatment methods for pancreatic cancer. A team of OHSU’s top pancreatic surgeons and Knight Cancer Institute scientists will co-develop detection and treatment methods for pancreatic cancer while transforming the quality of life for survivors of all pancreatic diseases. Goals of the center include developing novel imaging and biomarkers to detect pancreatic cancer earlier, understanding pancreatic cancer at the molecular level and leading clinical trials for new medications.

This donation is the Brenden and Colson families’ largest investment to date at OHSU and ranks in our top five monetary gifts. We believe it will go a long way toward making significant advances in treating this lethal, hard-to-treat disease.

For more information about pancreatic cancer treatment options visit: www.ohsuknightcancer.com/pancreatic
Pregnancy: Control cravings for a healthy start

While the 3 a.m. ice cream and pizza cravings of pregnancy is the stuff of lore, OHSU researchers have learned that babies exposed to a high-fat, high-sugar diet while in the womb can permanently alter their brain cells that control food consumption, leading to a tendency to overindulge in fatty, sugary foods. The cause is thought to be a change in how the hypothalamus — the portion of the brain controlling functions such as hunger and thirst — develops when exposed to this kind of food. So not only does a healthy diet begin in childhood, it begins before you’re even born. To give your child the healthiest of starts, monitor those cravings from the very beginning. This research study was presented at the 95th Annual Meeting of The Endocrine Society.

Preventive CT scans can help detect lung cancer earlier

The U.S. Preventive Services Task Force (USPSTF), supported by OHSU research, is now recommending that smokers from 55–80 years old with a longtime history of smoking receive annual low-dose CT scans to help detect and possibly prevent the spread of lung cancer: 80 percent of lung cancer is curable, if found in its early stages. The task force also had to weigh the benefits of early cancer detection against the potential harm caused by regular exposure to radiation from the CT scans; however, the radiation associated with low-dose CT scans is around the same order of that associated with mammography. This news was published in the July 30 Annals of Internal Medicine.

New Alzheimer’s disease research shows possible cause

Researchers have long focused on two proteins that accumulate in the brains of people with Alzheimer’s disease, which may contribute to the condition: plaques made up of the protein amyloid-beta, and tangles of another protein, called tau. However, recent findings from OHSU researchers have found that the interaction between the two proteins might be the key. As the interactions of the two proteins increased, the progression of Alzheimer’s worsened. The research team is now working to identify the areas where the proteins join and to find a way to impede that interaction — thus preventing or slowing the progression of Alzheimer’s. These findings were published in the June 2013 edition of the Journal of Alzheimer’s Disease.
Does getting older always mean losing mental ability?

PART OF NORMAL BRAIN AGING MAY MEAN A SLOWING OF MENTAL PROCESSING, especially in your memory. Although many patients ask, it’s difficult to prescribe any particular type of mental exercise for your brain, though learning things that get you out of your normal routine can help, such as learning a new language or trying a different type of puzzle. But your best option is physical activity: Research has shown that aerobic-type exercise — such as walking, swimming, biking or hiking — for about 30 minutes a day, five times a week can promote the release of growth factors in the brain that create new cells.

Are symptoms of heart disease different for women than men?

HEART DISEASE REMAINS THE #1 KILLER OF WOMEN IN THE U.S. Most people associate heart problems with chest pain that radiates to the jaw or arm. However, symptoms of heart disease in women may be different and can include extreme fatigue, shortness of breath, indigestion, nausea and pain in the jaw or upper back. If you experience these symptoms — especially if you have risk factors for coronary artery disease such as high blood pressure or diabetes — talk to your doctor. Although signs and symptoms of heart disease may differ in women, the basics of prevention are the same, regardless of gender: Eat healthy, don’t smoke, exercise regularly and consult with your doctor about your cholesterol.
What lunch can I pack for my son that’s fun to eat and nutritious?

**SANDWICHES MADE ON WHOLE-GRAIN BREAD WITH A LEAN PROTEIN**, such as turkey, ham or chicken are easy to make, affordable and convenient to take to school. Some children like lettuce or sliced cucumber on sandwiches, but many are picky about vegetables. Try offering small vegetables, such as baby carrots, cherry tomatoes and sugar snap peas to dip in a small amount of low-fat dressing. If you’re unsure about portion size, choosemyplate.gov is a helpful resource; enter your child’s age and get a guide on serving sizes. One way you can save time while packing lunches is with a “Shop and Chop” day: When you get home from grocery shopping, clean, chop and prepare vegetables in separate containers so packing lunches all week is a breeze.

I have a history of colon cancer in my family; should I have genetic testing?

**ONLY 5 – 10 PERCENT OF COLON CANCER IS HEREDITARY,** and is due to inherited cancer syndromes, which are mutations in genes that increase your risk for cancer. If you have at least two relatives on the same side of the family with colon cancer who were diagnosed at a young age, then you might consider talking to your doctor to learn if genetic testing is right for you. Breast and ovarian cancer can also be inherited; genes commonly associated with inherited breast/ovarian cancer are BRCA1 and BRCA2. If you do decide to have genetic screening, we will work with you on a complete family genetic history and discuss your and your family’s risks and options for earlier screening, if necessary.

Jennifer Kim, R.D.
OHSU Doernbecher Children’s Hospital

**About the Expert**

Jennifer Kim specializes in nutrition specifically for kids and is a registered dietitian. She sees patients at the Healthy Lifestyles clinic at Doernbecher Children’s Hospital. 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:** 503 494-8311  
**WEB:** www.ohsudoernbecher.com  
**LOCATION:** OHSU Doernbecher Children’s Hospital, 7th Floor, 700 S.W. Campus Dr. Portland, OR 97239

Jone Sampson, M.D.
OHSU Knight Cancer Institute

**About the Expert**

Dr. Sampson is a clinical geneticist specializing in cancer genetics and she sees patients at a variety of clinics. With the latest treatments, technologies and clinical trials, the OHSU Knight Cancer Institute is Oregon’s only National Cancer Institute-designated Cancer Center — an honor earned only by the nation’s top cancer centers.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-4800  
**WEB:** www.ohsuknightcancer.com  
**LOCATION:** Center for Health & Healing, 7th Floor At the base of the Portland Aerial Tram 3303 S.W. Bond Ave. Portland, OR 97239
I’m 35 and single. Should I bank my eggs?

**Egg and Sperm Freezing** has traditionally been offered to people with cancer, since chemotherapy and radiation can reduce or eliminate fertility. Nowadays, however, many healthy women in their 30s are also freezing their eggs to preserve fertility. As women get older, fertility decreases, while the risks of miscarriage and chromosomal abnormalities increase. If you’re interested, we would first assess your current ovarian egg count via ultrasound and blood tests to develop a hormonal “recipe” to produce high-quality eggs. The next step would be using hormonal injections stimulating your eggs to grow; they would then be retrieved in an outpatient procedure, while you are under conscious sedation. Freezing eggs means freezing your ovarian biology in time; you may get older, but your eggs stay the same age.

**What can I do about lower back pain?**

**Back Pain is Common.** In fact, it’s one of the most frequent reasons people miss work. Back pain can alter your daily activities or quality of life. But you shouldn’t feel like you have to live in pain. Ice, heat, over-the-counter anti-inflammatory medications and normal daily activity should improve acute back pain in 7-10 days. If the pain doesn’t subside, physical therapy focused on core strengthening and stabilizing, nerve blocks and corticosteroid injections to calm inflammation can help. Try to be as active as you can tolerate: It’s a myth that back pain requires complete bed rest. Avoiding activity, whether your back pain is acute or chronic, can actually cause your core muscles to weaken and leave you more prone to injuries.
Ask the Health Experts
Seminars

OHSU Center for Health & Healing, 3rd Floor
3303 S.W. Bond Avenue, ohsu.edu/health/maps
To register, visit ohsuhealth.com/seminar or call 503 494-1122.

Nov 5 7 p.m.
Stroke prevention and risk factors
Darren Larsen, R.N., B.S., CNRN, SCRN
Do you have high blood pressure? That’s a risk factor for stroke. Learn about stroke prevention and risk factors from an expert in stroke care.

Nov 6 7 p.m.
Living successfully with Failed Back Syndrome
David Sibell, M.D.
People who’ve had spine surgery may still experience chronic back or leg discomfort. Learn about treatments to help with Failed Back Syndrome and sacroiliac joint pain.

Dec 4 7 p.m.
Sports injuries and the weekend warrior
Ryan Petering, M.D.
A lecture for those of us who refuse to slow down. Learn about preventing and treating sports injuries for recreational and aging athletes.

Jan 22 7 p.m.
Foot and ankle pain: information, options and alternatives
James Meeker, M.D.
Pain in the lower extremities can be a source of frustration for active patients. Learn about treatment options for athletic injuries, fractures (broken bones), arthritis and deformities of the foot and ankle.

Jan 29 7 p.m.
Breast density can impact imaging results: Understand your mammography options and new legislation
Karen Oh, M.D.
Learn about the Oregon Breast Density Law and 3D mammography.

Holiday Bazaar Benefiting the OHSU Heart Research Center

Nov 19–21, 10 a.m. – 5:30 p.m
OHSU Center for Health & Healing Lobby
Kick off your holiday shopping with unique gifts created by northwest artisans. This year’s event will rotate vendors daily, offering a unique shopping experience each day. A portion of sales will benefit the OHSU Heart Research Center.

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.

Nov 21, 7 p.m.
Nerve remodeling after a heart attack
Beth Habecker, Ph.D.

Baby talk, with OHSU fertility consultants

Nov 14 6 – 7:30 p.m.
OHSU Center for Health & Healing
3303 S.W. Bond Avenue, ohsu.edu/health/maps
10th Floor, fertility clinic lobby
Register at: ohsuhealth.com/babytalk or by calling 503 418-4500. Refreshments provided.
Considering fertility treatment? Want to learn about which options are best for you? At OHSU, we offer a full range of fertility services. Join us at an open house to learn about your options, talk to our fertility specialists and get your questions answered.
The knowledge of all for the care of one.

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.

The best of care — now even closer to home

Did you know OHSU offers a variety of health care services on Portland’s west side? Now you can get care from specialists, right in your neighborhood. Our highly trained, experienced and attentive board-certified doctors and staff provide complete cancer, heart, pediatrics and orthopaedics care — all at convenient, central west side locations.

Knight Cancer Institute – Beaverton Cancer Clinic
15700 S.W. Greystone Ct.
Beaverton, OR 97006
503 203-1000
ohsuknight.com/beaverton

Knight Cardiovascular Institute – Beaverton Cardiology Clinic
15700 S.W. Greystone Ct.
Beaverton, OR 97006
503 494-1775
ohsuheart.com/beaverton

OHSU Doernbecher Pediatrics – Westside at Bethany Village
15220 N.W. Laidlaw, Suite 102
Portland, OR 97229
503 494-2000
ohsudoernbecher.com/westside

OHSU Orthopaedics & Rehabilitation Clinic at Cornell West
1500 N.W. Bethany Blvd.
Beaverton, OR 97006
503 494-6400
ohsuhealth.com/ortho