Let’s do amazing things

Can a low-fat diet fight MS? p. 3

Helping your child prepare for surgery p. 6
One down.

More than a decade ago, OHSU revolutionized the treatment of chronic myeloid leukemia (CML) with Gleevec®, the world’s first targeted cancer treatment. For hundreds of thousands of people, CML is no longer a death sentence.

That’s one cancer down. Help us take down the rest.

At OHSU, we look for ways to detect cancers earlier, before they become deadly, giving more patients the chance to survive more cancers.

Phil and Penny Knight have offered OHSU an unprecedented challenge: If we can raise $500 million in donations, they’ll match it. That’s $1 billion dedicated to cancer research. Together, we can go after cancer as aggressively as it comes after us.

This spring, the Oregon Legislature approved a $200 million bond to help OHSU create the infrastructure we need. And with support from individuals, we’ve already raised more than $400 million.

Help us make cancer the victim.

To learn more or donate, visit onedown.org
Can a low-fat diet increase energy?

Fatigue can be a debilitating symptom to people living with multiple sclerosis (MS). But research from OHSU shows a plant-based diet low in saturated fat may help alleviate MS-related fatigue. The study investigated the effects of following a diet called the McDougall Diet, which focuses on eating starches, fruits and vegetables and does not include meat, fish or dairy products. Although researchers found no significant difference in the progression of the disease itself, as shown by MRI brain scans and other testing, study leaders believe that the significantly improved fatigue symptoms merited further study of the diet. The research was presented at the American Academy of Neurology’s annual meeting in Philadelphia, Pa.

Register — and help fight melanoma

Melanoma is the fifth most common type of cancer. And Oregon consistently has one of the highest rates of melanoma incidence and death in the nation. The OHSU Knight Cancer Institute has created a new cancer registry to help battle the disease: The OHSU Community Melanoma Registry. The registry is open to melanoma survivors, along with anyone interested in attending community and education events. Registrants may also participate in future melanoma research. The registry is a secure, privacy-protected, confidential database. If you join the registry, you can choose whether and how you want to participate, and you can choose to leave it at any time. To learn more, visit www.ohsu.edu/waronmelanoma.

Mom’s diet, not weight, is key to healthy baby

A new study by OHSU and Baylor College of Medicine shows that consuming a high-fat diet during pregnancy and breastfeeding may irreparably alter the structure of an infant’s microbiome (the microscopic organisms such as microbes, bacteria, fungi and viruses that live in and on our bodies that help cells carry out their functions), leading to changes often associated with obesity. However, researchers found that while a high-fat diet during pregnancy and lactation changed an infant’s microbiome, obesity did not. Since a woman can more easily change her diet from high-fat to low-fat, but can’t safely and realistically change her obesity status during the course of pregnancy, this finding is key. The study appeared in the journal Nature Communications.
I’m getting back into running after a break. What should I do?

THE FIRST THING TO CONSIDER is your fitness level. Have you been a longtime runner, or are you new to the sport? You should also talk to your primary care provider to discuss any exercise-related health issues. Think about your goals: Do you want to train for a marathon? Or are you aiming to become more active overall? Whatever your goal, ease into it. If you ramp up too quickly, you run the risk of overuse injuries such as stress fractures. Returning to running is also a good time to think about a strengthening or physical rehabilitation program to address any weak areas or muscle imbalances that can affect your running gait and cause injuries.

I have back pain that goes down to my leg. Will I need surgery?

PAIN, NUMBNESS OR TINGLING in your back that radiates to your leg can be signs of a pinched nerve in your lower back (lumbar spine). You can also have a pinched nerve in your upper back (cervical spine), which may produce similar sensations down your arm. Pinched nerves can be caused by a slipped/herniated disc or degenerative spine conditions. Treatments that may help include weight loss, over-the-counter pain medications, physical therapy, steroid injections, chiropractic manipulation, acupuncture and surgery to decompress the impinged nerve. Most pinched nerves will improve within three to six months, but if you experience weakness, extreme pain, lack of control over your bowel or bladder or difficulty walking, talk to your doctor.
Is a woman’s risk of stroke higher than a man’s?

**YES.** Of the 6.8 million stroke survivors in America, 3 million are men, while 3.8 million are women. American Heart Association and American Stroke Association recently released stroke guidelines that suggest how women can lower stroke risk. Women who’ve had pre-eclampsia during pregnancy should talk to their doctors since it can mean a higher lifetime risk of high blood pressure or stroke. To avoid stroke, women on the pill should be screened for high blood pressure; women who get migraine headaches with aura especially should quit smoking; and women older than 75 should be screened for an irregular heartbeat (atrial fibrillation). Existing recommendations to reduce stroke risk for women and men still apply: Manage blood pressure, control cholesterol, exercise moderately, eat healthily and quit smoking.

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My 12-year-old daughter is worried her period is too heavy. What’s normal?

**IF YOUR PERIOD LASTS LONGER THAN SEVEN DAYS,** requires changing a pad or tampon more often than every hour, or occurs more frequently than every 21-45 days, that may be cause for concern. While heavy periods can be common for the first few years of menstruation, if your period causes you to miss out on daily activities or you have the above symptoms, talk to your primary care provider. Bleeding disorders are a common cause of heavy periods, but they are often easily treated with medications such as birth control pills that regulate menstrual cycles and reduce blood loss. If you have heavy periods, please speak up: Untreated bleeding disorders may lead to related problems such as anemia (low iron) which can decrease concentration and increase fatigue.

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About the Expert

**Dr. Lutsep** is vice chair of neurology and sees patients at the OHSU Stroke Center, which was recently recognized by the American Heart and Stroke Association for achieving the highest level of performance in stroke care.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-7772  
**WEB:** www.ohsubrain.com/stroke  
**LOCATION:** OHSU Stroke Center, OHSU Hatfield Research Center, 13th Floor, 3251 S.W. Sam Jackson Park Rd., Portland, OR 97239

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**Kristina M. Haley, D.O.**  
OHSU Doernbecher Children’s Hospital

**About the Expert**

Dr. Haley specializes in caring for children and young women with bleeding and clotting disorders and cancer. *U.S. News & World Report* recently ranked OHSU Doernbecher Children’s Hospital one of the nation’s best in 10 out of 10 pediatric specialties. Doernbecher is one of a limited number of hospitals across the country to achieve this distinction.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-8716  
**WEB:** www.ohsudoernbecher.com  
**LOCATION:** OHSU Doernbecher Children’s Hospital, 700 S.W. Campus Dr., Portland, OR 97239
Q&A your questions, our answers

Can cancer treatments damage my heart?

**WHILE CANCER TREATMENTS** including radiation and chemotherapy may help fight cancer, they may have negative side effects on your heart. Although this is rare, treatment can weaken your heart muscle or affect your heart’s ability to pump blood. Before you begin a cancer treatment that might affect the heart, you will have basic tests like an electrocardiogram (ECG) or tests to measure your heart function like a cardiac ultrasound (echocardiogram). By finding heart problems before starting treatment, and by monitoring them during carefully, we can help to prevent heart issues. Make sure to talk to your oncologist if you have a pre-existing heart condition, or if heart disease runs in your family.

How can I help my child prepare for surgery?

**ALTHOUGH SPECIFIC DETAILS** will depend on your child’s age and the surgical procedure, it’s always best to be clear and honest, as well as reassuring. In other words, don’t baby your child — explain what the surgery is for, what’s going to happen during it, and how he or she might feel after waking up. You don’t need to explain every potential complication, but you do need to be truthful so your child knows what to expect: Kids are tougher than we sometimes give them credit for. If you are concerned about your child’s fear or apprehension regarding surgery, our OHSU Doernbecher Children’s Hospital’s Child Life program specialists use age-specific approaches to help lessen a child’s anxiety about any aspect of a hospital or surgery.

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**About the Expert**

**Maros Ferencik, M.D., Ph.D.**
OHSU Knight Cardiovascular Institute

Dr. Ferencik sees patients at the OHSU Beaverton Cardiology Clinic, where he specializes in cardio-oncology (treatment of the cardiovascular side effects of cancer therapy) and general cardiology. *U.S. News & World Report* ranks the OHSU Knight Cardiovascular Institute as the top cardiology and heart surgery hospital in Oregon.

**Kenneth Azarow, M.D.**
Doernbecher Children’s Hospital

Dr. Azarow specializes in pediatric surgery and is the surgeon-in-chief at OHSU Doernbecher Children’s Hospital. Doernbecher has the most pediatric specialists in Oregon and ranks among the nation’s best children’s hospitals.

**ACCEPTING NEW PATIENTS:** Yes
**INSURANCE:** Most major health plans
**APPOINTMENTS:** 503 346-0640
**WEB:** www.ohsudoernbecher.com
**LOCATION:** OHSU Doernbecher Children’s Hospital, 700 S.W. Campus Dr., Portland, OR 97239

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Ask the Health Experts Seminars

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

Sept. 9  7 p.m.
Prostate cancer: Surgical and radiation therapy options for the newly diagnosed
Christopher Amling, M.D. and Arthur Hung, M.D.
Learn about OHSU Knight Cancer Institute treatment options for those newly diagnosed with prostate cancer including robotic prostatectomy and Calypso® radiation therapy.

Sept. 10  7 p.m.
Hand, elbow and shoulder — diagnosis and treatment
Adam Mirarchi, M.D.
Learn about the common conditions of the upper extremities along with the latest advancements in diagnosis, treatment and rehabilitation.

Oct. 1  7 p.m.
Running for a lifetime
Ryan Petering, M.D.
Learn how to run smarter, prevent injuries and improve performance from a sports medicine expert.

Oct. 15  7 p.m.
Living with heart failure
Jill Gelow, M.D., M.P.H.
Advances in treatment are helping people with heart failure live longer, fuller lives. Learn more from a team of experts in cardiology, cardiac rehab, pharmacy and nutrition.

Nov. 4  7 p.m.
A lasting memory
Deniz Erten-Lyons, M.D. and Lisa Silbert, M.D., M.C.R.
Alzheimer’s disease and other dementias may have a surprising link to your cardiovascular health. Learn more about how you may be able to prevent Alzheimer’s with some simple lifestyle changes.
Science and medicine get a new home

In autumn of 2011, Gov. John Kitzhaber and OHSU, Portland State University (PSU) and Oregon State University (OSU) broke ground on the Collaborative Life Sciences Building (CLSB), an innovative project to bring cutting-edge science education and research to Portland’s South Waterfront.

Fast forward to today: The building is up and running. The $295 million, nearly 650,000-square-foot building combines the resources of multiple universities to offer science education and research opportunities for students from all health care professions. The facility will strengthen partnerships between the universities while expanding teaching facilities, class sizes and research activities.

In addition to the latest technologies, the building itself is welcoming: Open laboratories put research on display. Atriums inspire conversation and collaboration, providing opportunities for conversation and informal meetings. Sustainable features include green roofs, storm water collection, and energy-efficient lighting and climate control.

The building is located at the OHSU Schnitzer Campus. To learn more, visit www.ohsu.edu/clsb