A possible genetic link to autism  p. 3

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The OHSU Knight Cancer Institute: Tackling the challenge of early detection

The OHSU Knight Cancer Institute is raising $1 billion to take on the biggest unmet need in cancer care today: early detection. Why? Because when we find cancer earlier, patients live longer and suffer less. The illustration above is just a snapshot of how early detection influences survival rates. But today’s methods of finding cancers are not enough. Many cancers can grow for a long time before patients experience symptoms. By the time symptoms appear, many cancers have become deadly.

The Knight Cancer Institute aims to change that by developing better tests to detect subtle changes in the body that signal cancer is developing. We’ll find new ways to catch lethal cancers when they’re most curable. This approach will reduce the need for harsh treatments with long-term side effects. It will prevent over-treatment and unnecessary treatment. It will save lives. Every gift to the Knight Cancer Challenge brings us closer to this vision.

To learn more, visit onedown.org/why-focus-on-early-detection.
More Oregonians than ever have health care coverage

A study by OHSU and the Oregon Health Authority has shown that the number of uninsured Oregonians fell by 63 percent, from 550,000 to 202,000 people, since national health care reforms were implemented. Currently, approximately 95 percent of Oregonians have health coverage. Medicaid eligibility extensions and expanded access to individual health plans through Cover Oregon, Oregon’s health insurance marketplace, drove this substantial increase. Most of the newly insured are enrolled in the Oregon Health Plan, Oregon’s Medicaid program, which saw an increase of more than 360,000, or 59 percent. Participation in private non-group health plans saw a 20 percent increase in participation, primarily through Cover Oregon. Support for the study, called “Impacts of the Affordable Care Act on Health Insurance Coverage in Oregon” was provided by the Oregon Health Authority and the Robert Wood Johnson Foundation’s State Health Reform.

Found: New genetic risk factors for autism

Researchers have been studying the link between genetics and autism for almost four decades. Recently, OHSU scientists have identified 27 new genes that, if mutated, will cause or contribute to the chance of autism. Using new gene sequencing technologies, researchers have been exploring how new, or “de novo” mutations might play a role, especially in families with one affected child but no previous history of autism. De novo gene mutations are formed at conception and are not present in either parent, so it’s less likely the mutation is passed from parents to future children. Identifying the genes and types of mutations that increase autism risk will help researchers pursue more targeted autism research. The study was published in the journal Nature.

Car seats: Are you doing it wrong?

Car seats can be difficult to use correctly, as shown by a research study at OHSU. A study of 267 families has shown that 93 percent made at least one critical error — one that put their child at a fatal risk — when installing or positioning their infant in a car seat. A certified child passenger safety technician at the OHSU Doernbecher Tom Sargent Children’s Safety Center observed new parents positioning their newborn in the car seat and installing the seat. The technician recorded all misuses and then helped parents correct mistakes. The most common mistakes included a loose or too high harness, a too-low retainer clip or an after-market product not approved for the seat. Families who worked with a certified car seat technician prior to their child’s birth were 13 times more likely to install a car seat and position their child correctly.
Q&A your questions, our answers

I eat healthy, exercise and am not overweight — but I have high cholesterol. What can I do?

**AVERAGE LOW-DENSITY LIPOPROTEIN**
(LDL, or “bad”) cholesterol is below 125; when it is above 160, you may have been born with high cholesterol. Talk to your primary care provider; you may have a genetic condition called familial hypercholesterolemia (FH). People with FH cannot remove low-density lipoprotein (LDL, or “bad”) cholesterol from their blood, and thus have high LDL cholesterol levels. The most important thing you should do if you have FH is to scrupulously follow a healthy lifestyle: Exercise regularly, eat right, don’t smoke and keep your weight within a normal range. If your cholesterol remains high, you may eventually need a statin, a medication that’s very effective in lowering cholesterol. There are also options if you cannot tolerate statins.

What is Mobetron single-dose intraoperative electron radiation therapy (IOERT)?

**IOERT IS A TYPE OF RADIATION THERAPY**
that is used to treat certain types of cancer. It differs from conventional radiation because it is done during surgery instead of after. Intrabeam therapy, a type of radiation performed during surgery for breast cancer, is another example of an intraoperative radiation treatment. The OHSU Knight Cancer Institute now offers the Mobetron, the only electron beam form of intraoperative radiation therapy. During surgery, after a tumor is removed, Mobetron is used to deliver radiation directly to the area while surrounding healthy tissue is moved out of the way. Although Mobetron does not usually replace conventional radiation therapy, it may shorten the treatment cycle and prevent cancer from recurring.

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**About the Expert**

**Sergio Fazio, M.D., Ph.D.**
OHSU Knight Cardiovascular Institute

Dr. Fazio is director of the Center for Preventive Cardiology, where he works to prevent and reverse heart disease through personalized care and research innovation. *U.S. News & World Report* ranks the OHSU Knight Cardiovascular Institute as the top cardiology and heart surgery hospital in Oregon.

**ACCEPTING NEW PATIENTS:** Yes

**INSURANCE:** Most major health plans

**APPOINTMENTS:** 503 494-1775

**WEB:** www.ohsuheart.com

**LOCATIONS:** OHSU Center for Health & Healing, 9th Floor, 3303 S.W. Bond Ave., Portland, OR 97239

**About the Expert**

**Charles Thomas, M.D.**
OHSU Knight Cancer Institute

Dr. Thomas is professor and chairman of the Department of Radiation Medicine, where he provides personalized cancer care and research that translates scientific findings into new treatment options. OHSU Knight Cancer Institute is the only National Cancer Institute-designated Cancer Center in Oregon — an honor earned only by the nation’s top cancer centers.

**ACCEPTING NEW PATIENTS:** Yes

**INSURANCE:** Most major health plans

**APPOINTMENTS:** 503 494-8756

**WEB:** www.ohsuknightcancer.com

**LOCATION:** OHSU Kohler Pavilion, 4th Floor, 808 S.W. Campus Drive, Portland, OR 97239
I’ve noticed a change in my menstrual cycle and frequent headaches: Could this be a pituitary issue?

**IF YOU ARE EXPERIENCING ABSENT OR INFREQUENT PERIODS** and other symptoms, such as frequent headaches and abnormal weight gain, talk to your doctor. While these symptoms certainly could be due to other causes, they also may be signs of a pituitary deficiency or a pituitary tumor that is overproducing a particular hormone. The good news is that pituitary tumors are rarely cancerous and are typically treated with medication or surgery. The pituitary is a pea-sized gland located at the base of your brain. It secretes prolactin, a growth hormone, and other hormones that control systems such as the thyroid, which regulates almost all metabolic processes; the adrenal cortex, which produces hormones, such as cortisol that help regulate metabolism and the body’s reaction to stress; and the ovaries.

What rehabilitation techniques for shoulder pain can quickly get me back to doing sports?

**THE MOST COMMON SOURCES OF SHOULDER PAIN** include impingement and rotator cuff tears; these are typically from overuse and general tendon wear-and-tear. They can usually be addressed with physical therapy, but may require surgery if the pain does not improve or if you suffer from weakness. Another injury is shoulder dislocation, which occurs suddenly in situations such as tackle football or an accident. Surgery often will be recommended for young, contact athletes to avoid further injury. Others may elect to focus on physical therapy to stabilize the shoulder, reserving surgery as a “last resort.” Surgeries for shoulder injuries can be either arthroscopic (minimally invasive) or open, and recovery can take from three to nine months, depending on your activity level and the extent of the injury.
Q&A
your questions, our answers

When is my child old enough to use an iPad or tablet?

IN GENERAL, CONSIDER ANY CHILD YOUNGER THAN 2 YEARS OLD TOO YOUNG.
Tablets may prevent infants and toddlers from engaging in the give-and-take of everyday exchanges with family as well as the “real” world of playing with physical objects that require and develop sensory and motor skills. iPads do offer some terrific “edutainment” apps to help young children learn, especially in spelling, reading and math. Tablets can also promote self-control. Before you use one for the first time, practice when it’s time to start and stop using it. Make its use dependent upon stopping on time, and let the child earn additional minutes with good behavior. Finally, lead by example: Children mirror what their parents do, and if you’re always on your phone (“app-sorbed”), your child may follow suit or sigh, cry or go to other great lengths to get your attention.

Is macular degeneration going to make me blind?

MACULAR DEGENERATION IS COMMON.
It affects more Americans than cataracts and glaucoma combined and is the main reason for vision loss in people over the age of 55. As we age, part of the retina — the inside layer that records what we see and sends these images from the eye to the brain — deteriorates, leaving you with a diminished ability to read, drive or see objects in detail. Although macular degeneration is rarely a totally blinding condition, it can significantly reduce your vision. The first sign of the disease is often a blurred area in your vision that increases over time. Researchers are studying what causes macular degeneration: It may run in families. Smoking, high blood pressure and obesity also can contribute. Talk to your doctor about your concerns and risk factors.

About the Expert

Craigan Usher, M.D.
OHSU Doernbecher Children’s Hospital

Dr. Usher joined the OHSU faculty in 2008 and specializes in psychiatry and pediatrics. OHSU Doernbecher ranks among the nation’s best children’s hospitals in 10 specialties.

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 Drive, Portland, OR 97239

Christina Flaxel, M.D.
OHSU Casey Eye Institute

Dr. Flaxel specializes in macular degeneration and retinal and vitreous diseases. At the OHSU Casey Eye Institute, every team member is dedicated to providing the best possible eye health through education, research, clinical leadership and service to the community. Casey is a world-recognized academic regional eye center that attracts top specialists from around the globe and uses the very latest treatments and technologies.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 494-7891
WEB: www.ohsucasey.com
LOCATION: OHSU Casey Eye Institute, 3375 S.W. Terwilliger Blvd., Portland, OR 97239
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.

Feb. 18 7 p.m.

Women and Pituitary Disease: Know the Facts
Maria Fleseriu, M.D., F.A.C.E.
The signs of pituitary disease in women might frequently differ from the signs for men. Learn about the various kinds of pituitary disorders in women — including hyperprolactinemia, Cushing’s disease, acromegaly, hypophysitis and pituitary tumors in pregnancy — and how they are diagnosed and treated.

March 4 7 p.m.

What is Shoulder Instability?
Jacqueline L. Munch, M.D.
Shoulder instability doesn’t only affect contact athletes: Rotator cuff and labral tears, bone loss and more can affect athletes of various ages and activity levels. Learn about different types of shoulder injuries, surgical procedures for treating severe or recurrent problems, and the rehabilitation techniques that can help you return to doing what you love.

March 10 7 p.m.

Colorectal Cancer Screening: Prevent or Detect It Early
Daniel Herzig, M.D.
According to the Centers for Disease Control and Prevention, if everyone aged 50 years or older had regular screening tests for colorectal cancer, at least 60 percent of deaths from this disease could be avoided. Learn about the various screening options available to you through OHSU.

March 18 7 p.m.

Latest Treatment Options for Colorectal Cancer
Liana Tsikitis, M.D.
Personalized medicine can help prevent, screen and treat colorectal cancer and even benign conditions such as polyps or inflammatory bowel disease. Find out about the latest treatment options that can be more effective with fewer side effects than standard treatments.

Marquam Hill Lectures
Since 1981, the Marquam Hill Lectures have brought together leading members of the OHSU faculty in a public lecture series about today’s research and tomorrow’s treatments. Lectures are held at the OHSU Auditorium, unless otherwise noted. To register, please visit ohsu.edu/mhlectures.

Feb. 19, 7 p.m.
Ending an Epidemic: OHSU’s Hunt for an HIV Vaccine
Louis Picker, M.D.
Collaborative Life Sciences Building
(Complimentary parking is available in the Schnitzer Lot at S.W. Moody Ave. and S.W. Sheridan St.)

April 16, 7 p.m.
The Magic of Microbubbles
Sanjiv Kaul, M.D.
OHSU Auditorium

May 21, 7 p.m.
Declaring War on Melanoma
Sancy Leachman, M.D., Ph.D.
OHSU Auditorium

Schedule your colonoscopy on a Sunday
The OHSU Digestive Health Center is offering colonoscopy appointments the second Sunday of every month so you can fit a screening into your busy schedule.

Space is limited. For more information, visit www.ohsuhealth.com/get-screened.
February is Heart Month
Heart disease remains the most common disease in the United States. At the OHSU Knight Cardiovascular Institute, we aim to change that. We bring together multiple programs, including heart disease and diabetes prevention, cardiac rehabilitation, surgery, transplant and the latest research to help prevent and even reverse heart disease. Attend one of our free events this month and learn more about what you can do to make your heart healthy.

OHSU Heart Month Lectures
OHSU Center for Health & Healing, 3rd Floor (where noted)
3303 S.W. Bond Ave., Portland, OR 97239
Beaverton Cardiology Clinic (where noted)
Located inside the OHSU Knight Cancer Institute Building
15700 S.W. Greystone Court, Beaverton, OR 97006
To register, visit ohsuhealth.com/seminar or call 503 494-1122.

Feb. 10    6:30 p.m.
Help! I’ve Been Diagnosed with High Blood Pressure
OHSU Beaverton Cardiology Clinic
Christopher T. Sibley, M.D.
Learn what hypertension means, symptoms of the “silent killer” and how to create an effective treatment program.

Feb. 11    7 p.m.
Living with Heart Failure
OHSU Center for Health & Healing
James Mudd, M.D.
Find out more about treatment from a team of experts in cardiology, cardiac rehab, pharmacy and nutrition.

Feb. 24    6:30 p.m.
If Heart Disease is in Your Genes, Are You Out of Luck?
OHSU Beaverton Cardiology Clinic
Sergio Fazio, M.D., Ph.D.
Your risk of heart disease may be influenced by your ancestors. Learn steps for managing this danger.

Free Heart Month Screenings
Thursday, Feb. 12, 10 a.m. – 2 p.m.
Location: OHSU Beaverton Cardiology Clinic
15700 S.W. Greystone Ct., Beaverton, OR 97006
No appointments necessary: first-come, first-served.
As part of American Heart Month, the OHSU Knight Cardiovascular Institute is offering free heart health screenings. You’ll receive testing for the following:
- Lipid panel (HDL and LDL cholesterol, triglycerides)
- Glucose
- Blood pressure
Screenings include a finger prick blood draw. Fasting is not required for this screening; however, fasting can give more accurate results. If you choose to fast, avoid all food and caloric liquids eight hours prior to your screening.

www.ohsuheart.com
Ranked among best neurosurgery, spine programs

OHSU made the 2014 list of “100 hospitals with great neurosurgery and spine programs,” as ranked by Becker’s Hospital Review. To make the grade, OHSU had to be recognized for excellence by U.S. News & World Report, Healthgrades, Blue Cross Blue Shield, CareChex and the American Nurses Credentialing Center.

OHSU Hospital has been ranked as high performing in neurology and neurosurgery by U.S. News & World Report. Along with one of the largest neuroscience intensive care units in the Northwest, OHSU offers programs for facial pain, movement disorders and pediatric neurological disorders. In 2014, we received the Neurosurgery Excellence Award from Healthgrades. OHSU is also actively involved in research, as the U.S. National Institutes of Health ranks OHSU in the top 1 percent in the nation for neuroscience research funding.

The Curse of the Brain: How to Repair or Prevent Damage from Hypertension and Dementia

March 6, 7 p.m.

OHSU Auditorium, Marquam Hill campus
3181 S.W. Sam Jackson Park Road
Portland, OR 97239

Costantino Iadecola, M.D., director, Feil Family Brain and Mind Institute, Weill Cornell Medical College, New York

Is there a connection between Alzheimer’s disease and stroke? What causes devastating brain disorders, and are there new ways to treat them? Learn about new therapies from one of the country’s experts in hypertension and dementia.

Free, but pre-registration is required. To register visit www.ohsubrain.com/brain-repair or call 503 494-1122.

Baby Talk, with OHSU Fertility Consultants

Thurs., Feb. 12, 6 – 7:30 p.m.
Thurs., March 12, 6 – 7:30 p.m.
Thurs., April 9, 6 – 7:30 p.m.
Thurs., May 14, 6 – 7:30 p.m.

OHSU Center for Health & Healing
3303 S.W. Bond Ave., 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.
Let’s do amazing things

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 health care provider.

The OHSU Brain Institute’s
2015 Brain Awareness Lecture Series

The Infinite Brain

The universe is full of unlimited connections and possibilities. But the world inside our heads is as equally fascinating and infinite. Our brains not only affect how we think, feel and act, but also how society develops and evolves. Join us and learn how neuroscience can make a world of difference.

MARCH 9
The Quest for Consciousness
Christof Koch, Ph.D., chief scientific officer, Allen Institute for Brain Science

MARCH 31
Alzheimer’s Disease is a World Affair
Nicolas Bazan, M.D., Ph.D., director, Neuroscience Center for Excellence, Louisiana State University

MAY 11
Touching a Nerve: The Self as Brain
Patricia Churchland, B.Phil., professor and author, Department of Philosophy, University of California San Diego

MAY 18
Breaking the Brain:
The Impact of Concussion at Any Age
Robert Stern, Ph.D., professor of neurology and neurosurgery, anatomy and neurobiology, Boston University School of Medicine; director, BU CTE Center and BU Alzheimer’s Disease Center

JUNE 1
Art and the Learning Brain
Mariale Hardiman, Ed.D., vice dean, academic affairs; professor of clinical education; co-founder and director, Neuro-Education Initiative (NEI), Johns Hopkins University School of Education

OHSU Brain Institute is a national leader in neuroscience patient care, research and education. We provide the most comprehensive care of neurological illness in the Pacific Northwest. Our nationally recognized neurological programs and centers offer comprehensive clinical and surgical services that are available nowhere else in Oregon.

All lectures begin at 7 p.m. at the Newmark Theater, 1111 SW Broadway, Portland.

OHSU Health Magazine subscribers can use promo code OHSU20 and receive a 20 percent discount on your entire purchase.

To purchase tickets or for more information visit www.ohsubrain.com/healthmag or call 800 273-1530.