New view for OHSU Dental Clinics

It’s an exciting time for anyone seeking world-class dental treatment in OHSU’s dental clinics. The dentistry school’s clinics have moved into Skourtes Tower, part of the new Collaborative Life Sciences Building on OHSU’s South Waterfront campus.

Professionals at our Faculty Dental Practice provide state-of-the-art care with leading-edge technology, leveraging their professional and educational experience to serve you.

Our practitioners (general and pediatric dentists, orthodontists, periodontists, endodontists and oral surgeons) are available for routine exams, aesthetic treatments, complex reconstructions, TMD, sleep apnea and more. Appointment times and fees are comparable to private practice. For more information or to make an appointment, call 503 494-8867.

You can find the OHSU Dental Clinics at 2730 S.W. Moody Ave. in Portland. For detailed directions, go to ohsu.edu and click on “Visit OHSU.” Patient parking is free in the center’s parking garage and valet parking is available. Public transportation also is easy and accessible.

We are proud to have the teachers of future dentists from one of the nation’s top dental schools delivering top-notch care. And now they’re in a beautiful new home. That’s worth a smile.
Take heart: New research for post-heart attack treatment

Millions of people have heart attacks each year, and heart attack survivors have an increased risk of arrhythmia (irregular heart rhythm). Currently, surgical implantation of a defibrillator is one of the only therapies proven effective for the treatment of life-threatening arrhythmias following a heart attack. Yet OHSU researchers have found that a therapy in development for spinal cord injuries can stimulate nerve regeneration in the heart: This may fight arrhythmia. This research can help science better predict who is most likely to benefit from implantable cardioverter defibrillators (ICD) and provide alternative treatments. The study was published in the journal Nature Communications.

Progesterone offers no benefit in treating traumatic brain injury

In previous research trials, the hormone progesterone appeared to benefit brain cells in people who had suffered a traumatic brain injury (TBI). However, larger and more recent research trials indicate that progesterone provides no advantages in the treatment of TBI. OHSU was one of 48 trauma centers nationwide that participated in the trial from July 2009 to November 2013. The study was designed to include 1,140 patients but was stopped after 882 patients because there was no difference in patient survival or favorable outcomes in the progesterone-treated group versus the placebo-treated group. The study was funded by the National Institute of Neurological Disorders and Stroke, part of the National Institutes of Health, and results were published in January in the New England Journal of Medicine.

Taking iron supplements in pregnancy: Benefit or no?

A new study led by OHSU has found that taking iron supplements during pregnancy doesn’t appear to significantly change any health results for mom or baby. It is often not harmful to take an iron supplement, but it may be unnecessary. In this study, researchers analyzed evidence from 11 trials on pregnant women taking iron supplements. It found that supplements didn’t change women’s quality of life or rates of C-sections, underweight newborns, preterm birth or infant death. While women’s iron levels improved, it was unclear whether that was a benefit. Generally, a healthy pregnant woman who does not have symptoms of low iron does not need any more than the 27 milligrams per day of iron that the Institute of Medicine recommends. The study was released in March in the Annals of Internal Medicine.
What is chronic liver disease?

**CHRONIC LIVER DISEASE** means injury to your liver from an existing condition, such as viral hepatitis, alcohol-induced hepatitis, fatty liver disease or genetic disorders such as iron or copper overload. In chronic liver disease, scar tissue can build up until you have more scar tissue than liver: This is called cirrhosis, and can put you at risk for liver cancer. Chronic liver disease has few or no symptoms until cirrhosis develops; it’s often found by abnormalities on routine blood tests. If your primary care provider (PCP) suspects it, you may want to see a specialist to confirm the diagnosis, develop a treatment plan and collaborate with your PCP to help you manage the disease: At OHSU, we have a team who can help with this. Herbs or nontraditional medicines should be used carefully, as some can cause serious liver problems. While milk thistle is an herb that appears to be safe, it has not shown any long-term benefit.

How can I manage stress?

**STRESS AFFECTS OUR LIVES** through worry, comparison and perfection around issues including finances, parenting, work performance, relationships, health and self-esteem. Small amounts of anxiety may propel us to move forward. But when it becomes chronic, our ability to manage stress lessens. This affects our most basic functions: sleep, focus, vitality, health, relationships, joy and balance. Think about what works best for you, and consider re-evaluating your needs. Reset high expectations to realistic ones. Let planning replace worrying. Set boundaries and limits that promote self-care in the form of relaxation, time management, rest, good food and simple activity. Deep breathing, focusing on the present and appreciating yourself more for who you are than what you do can help calm the heart-pounding “fight or flight” experience that occurs with stress and let you feel more at ease.
I’ve started having hip pain. How do I know if it’s arthritis?

**ARTHRITE IS THE WEARING OUT OF CANTILAGE,** the cushion-like substance in your joints. Symptoms of hip arthritis include pain, stiffness and aching. However, many conditions can cause pain around the hip, such as bursitis (inflammation of the bursa, a fluid-filled sac by a joint), tendinitis of the iliotibial (IT) band on the outside of the hip, a pinched nerve, piriformis syndrome from irritation of the sciatic nerve, or degeneration of the sacroiliac (SI) joint. A hip labrum tear can also cause stiffness or a feeling of “popping” or “catching.” Talk to your doctor: If you have arthritis, it’s best to start treatment early. Activity modifications, low-impact exercise, weight management, anti-inflammatory medication and cortisone injections can all help pain. For advanced hip arthritis — in which pain has continued or worsened over time and affects daily activities — your doctor may recommend hip replacement.

**What kind of sunscreen is best for my child?**

**WHILE OUTSIDE,** your first line of sun protection should be seeking shade and wearing hats or clothing; for uncovered skin, the American Academy of Pediatrics recommends physical sunscreens for infants of any age. You can choose between two main sunscreen categories: Physical blockers (zinc oxide and titanium dioxide) and chemical sunscreens. Physical blockers tend to be less irritating for sensitive skin, though they may look white on the skin. Chemical sunscreens are sheerer, but they can be irritating. For kids under 2 years old and those with sensitive skin, use physical blockers only. Use a sunscreen labeled “broad-spectrum” to protect against both UVA and UVB rays, with an SPF of at least 30. (Higher SPFs correlate with a longer amount of time you can stay in the sun without getting sunburned.) Use liberally and reapply every two hours, and after swimming or sweating.

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**About the Expert**

**Kathryn Schabel, M.D.**
**OHSU Orthopaedics and Rehabilitation**

Dr. Schabel specializes in orthopaedics, rehabilitation and orthopaedic surgery. At OHSU, our orthopaedic experts use minimally invasive joint replacement surgery techniques backed by leading-edge joint replacement therapy research and technology. Our goal is to provide you with the most successful outcomes and the shortest recovery times.

**About the Expert**

**Sabra Leitenberger, M.D.**
**Doernbecher Children’s Hospital**

Dr. Leitenberger specializes in pediatric dermatology including psoriasis, genetic skin disorders, hemangiomas and vascular malformations.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 346-0644  
**WEB:** [www.ohsudoernbecher.com](http://www.ohsudoernbecher.com)  
**LOCATIONS:** OHSU Center for Health & Healing, 16th Floor, 3303 S.W. Bond Ave., Portland, OR 97239  
OHSU Dermatology – Lake Oswego Dermatology  
16699 Boones Ferry Road, Suite 210, Lake Oswego, OR 97035
Stroke runs in my family: What can I do to lower my risk?

THE MOST IMPORTANT THING you can do to lower your risk of stroke is to keep your blood pressure under control. Also, conditions such as high cholesterol and diabetes can run in families and increase your stroke risk. If you have an irregular heartbeat (atrial fibrillation), talk to your doctor because it can increase your chance of stroke, especially as you age. Your lifestyle plays a part, too. For example, quitting smoking cuts your risk of stroke in half. Moderate exercise, such as brisk walking for 30 minutes daily, also can help keep you healthy. Diet counts, too. Reduce your consumption of red meat and processed foods, and eat more fruits and vegetables instead. Managing stress also can lower your blood pressure, thus lowering your risk.

How can I treat seasonal allergies?

IF YOU HAVE SEASONAL ALLERGIES, you might notice they’ve started sooner this year: Our warm winter has led plants to bloom earlier. But allergies can occur year-round and may include pets and environmental factors such as carpet, perfumes or detergents. Many allergies can be treated with over-the-counter medications, including Claritin (loratadine), Zyrtec (cetirizine) or Allegra (fexofenadine). Topical steroid nasal sprays such as Flonase (fluticasone nasal) and Nasacort (triamcinolone acetonide) treat nasal passages and provide the advantages of steroids without side effects. Allergic reactions might make your eyes red or watery: Patanol (olopatadine), Pataday (olopatadine hydrochloride) or Cromolyn are prescription eye drops that can help. Non-prescription eye drops include Alaway (ketotifen). If these don’t work, talk to your primary care provider; you may need to see a specialist.
### Ask the Health Experts Seminars

OHSU Center for Health & Healing, 3rd Floor  
3303 S.W. Bond Ave., Portland, OR  
www.ohsu.edu/health/maps

OHSU Beaverton Clinics in the Knight Cancer Institute building (when noted)  
15700 S.W. Greystone Court, Beaverton, OR

To register, visit [www.ohsuhealth.com/seminar](http://www.ohsuhealth.com/seminar) or call 503-494-1122.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Speaker</th>
<th>Description</th>
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<tbody>
<tr>
<td>April 29</td>
<td>7 p.m.</td>
<td>Sports Injuries and the Weekend Warrior</td>
<td>Ryan Petering, M.D.</td>
<td>A lecture for those who refuse to slow down. Learn about preventing and treating sports injuries for recreational and aging athletes.</td>
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<tr>
<td>May 1</td>
<td>10 a.m. to 2 p.m.</td>
<td>Free Head and Neck Cancer Screening</td>
<td>OHSU Center for Health &amp; Healing Lobby</td>
<td>Screening is quick and painless. You’ll receive risk assessment for: skin cancer (face and scalp), including melanoma; oral (mouth and throat) cancer; thyroid cancer and neck cancer.</td>
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<tr>
<td>May 6</td>
<td>7 p.m.</td>
<td>Hip Pain and the Active Young Patient</td>
<td>Andrea Herzka, M.D.</td>
<td>Learn about the causes and treatments of non-arthritic hip pain, femoral acetabular impingement, labral tears and cartilage injuries.</td>
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<tr>
<td>May 13</td>
<td>7 p.m.</td>
<td>Understanding Pelvic Floor Conditions</td>
<td>Mary Anna Denman, M.D., F.A.C.O.G., F.A.C.S.</td>
<td>Learn about common pelvic floor conditions, treatment options and ways to strengthen these important muscles to prevent injury or dysfunction.</td>
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<tr>
<td>May 19</td>
<td>6:30 p.m.</td>
<td>Women and Heart Disease: Know the Facts</td>
<td>Shimoli Shah, M.D. — Beaverton location</td>
<td>Heart disease remains the most common disease in the United States — for women as well as men. Learn about symptoms, risk factors and prevention that are specific to women. The latest research can help keep your heart healthy.</td>
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<tr>
<td>May 20</td>
<td>7 p.m.</td>
<td>The Power of Nutrition and Cancer</td>
<td>Amanda Bryant, R.D., C.S.O., L.D.</td>
<td>Learn how nutrition plays a role in cancer development and what steps you can take to lower your risk.</td>
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<tr>
<td>May 30</td>
<td>10 a.m. to 3 p.m.</td>
<td>Free Skin Checks and Sun Safety Event</td>
<td>OHSU Center for Health &amp; Healing Lobby</td>
<td>Skin cancer can be prevented and even cured, if caught early. Join us for a research expo, skin cancer health education and skin check. Information at: <a href="http://www.ohsu.edu/skincancerevent">www.ohsu.edu/skincancerevent</a></td>
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<tr>
<td>June 9</td>
<td>7 p.m.</td>
<td>Hands, Elbows and Shoulders: Diagnosis and Treatment</td>
<td>Adam Mirarchi, M.D.</td>
<td>Learn about the common conditions of the upper extremities along with the latest advancements in diagnosis, treatment and rehabilitation.</td>
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<tr>
<td>June 10</td>
<td>7 p.m.</td>
<td>Dealing with Stress</td>
<td>Lisa A. Schimmel, Ph.D.</td>
<td>We all experience stress. Having the tools to reduce it and soothe ourselves makes navigating our daily lives just a bit easier. Learn a few simple ways to help manage stress.</td>
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<tr>
<td>June 16</td>
<td>6:30 p.m.</td>
<td>Battling Obesity with Research and Medication</td>
<td>Jonathan Purnell, M.D. — Beaverton location</td>
<td>The U.S. has one of the highest rates of obesity in the world. But it’s never too late to seek help. Find out the facts, including how you can take your first steps toward tackling the disease.</td>
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Heart failure program achieves first advanced certification in the Pacific Northwest

This winter, OHSU Knight Cardiovascular Institute’s heart failure program became the first in the Pacific Northwest to earn Advanced Certification in Heart Failure. The recognition came from the Joint Commission hospital accreditation organization.

This certification represents consistent achievement of the highest levels of safety and quality outcomes for heart failure patients. Nationally, only 54 centers have attained this honor.

We are committed to your heart health. For more information, please visit www.ohsuheart.com.

Baby talk, with OHSU fertility consultants

Thurs., May 14, 6 – 7:30 p.m.
OHSU Center for Health & Healing
10th Floor, fertility clinic lobby
3303 S.W. Bond Ave., Portland, OR 97239

www.ohsu.edu/health/maps

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.

Register at: ohsuhealth.com/babytalk or by calling 503 418-4500. Refreshments provided.