

summer 2011 OREGON HEALTH & SCIENCE UNIVERSITY

health



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HEALTH
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UNIVERSITY

Fetal nutrition and
healthy babies

p. 3

Ready for back-
to-school

p. 5

The knowledge of all for the care of **one**.



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503 494-8311
ohsuhealth.com/magazine

Autumn is here. And this fall, OHSU is at the head of the class.

Recently, *U.S. News & World Report* released its Best Hospitals 2011-12 rankings. OHSU ranked #1 in the Portland-metro area. We are the only hospital in Oregon to be nationally ranked.

Our Ear Nose & Throat specialty ranks among the top 50 in the nation, rising from 34th to 23rd. *U.S. News* also recognizes OHSU as “high-performing” nationally in adult specialties including cancer; cardiology and heart surgery; diabetes and endocrinology; gastroenterology; geriatrics; gynecology; nephrology; orthopaedics; and urology.

OHSU Doernbecher Children’s Hospital has also received accolades: *U.S. News* ranked Doernbecher among the country’s top 50 in specialties including cancer; cardiology and heart surgery; diabetes and endocrinology; neonatology; nephrology; neurology and neurosurgery; pulmonology; and urology.

These awards are prestigious, but even more so is the work that goes into deserving them. Each day, our doctors, nurses, researchers and medical staff provide quality healthcare to those from our region — and beyond.

In this issue of *OHSU Health*, they share advice on topics such as women’s health, seasonal mood swings, sleep and exercise. Plus, learning shouldn’t stop after graduation: Check out our calendar featuring useful seminars.

At OHSU, we help our community live a healthier life. And it starts with you.



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High-fat diet linked to some birth defects

Eating a high-fat diet during pregnancy increases the chance of adverse pregnancy outcomes, such as stillbirth, according to new research from OHSU. The data show eating a typical American diet, which is high in fat, decreases blood flow from the mother to the placenta, the temporary organ that nourishes the unborn fetus. But it's not about weight: The findings suggest that what a woman weighs during pregnancy is actually less of a factor. For example, an overweight woman who eats a healthy diet during pregnancy is likely to have a healthy child, while a normal-weight woman who eats poorly during pregnancy may be at greater risk. The study was conducted at the OHSU Oregon National Primate Research Center and was published in the June edition of the journal *Endocrinology*.

Good fertility news for women at risk of ovarian cancer

Researchers at OHSU's Oregon National Primate Research Center may have good news for women with a high-risk for ovarian cancer who also want to have children. The research suggests that a layer of cells, which serve as the "breeding ground" for ovarian cancer, may be removed yet allow the women to have children. This would be a vast improvement over the current prevention strategy for women at high risk for ovarian cancer: removal of the ovaries entirely. While additional studies are necessary, scientists are optimistic. OHSU's Jay Wright, Ph.D., a scientist in the Division of Reproductive Sciences says, "This is a key finding in monkeys because their reproductive system is so similar to the human female reproductive system."



Are you SAD in the summer?

Most of us have heard of Seasonal Affective Disorder (SAD), the wintertime depression that causes sufferers to sleep more and gain weight. But did you know that one percent of the population actually get SAD in the summer? They suffer from extreme irritability, sleep less and lose weight. OHSU's Dr. Alfred Lewy was interviewed by MSNBC.com in July about summer SAD and said that he suspects the body's natural clock gets misaligned in the summer for these people. He has successfully treated a patient through a combination of getting early morning sunlight (to shift the body clock forward) and low-dose melatonin to help regulate sleep-wake cycles. Severe symptoms may also benefit from antidepressants.

Q & A

your questions, our answers

Is it more important to raise good cholesterol or lower bad cholesterol?

FIRST, CHOLESTEROL ITSELF ISN'T good or bad. It's a natural substance that's created by the body to keep us healthy. Cholesterol and other fats can't dissolve in the blood; they are carried to the cells by carrier particles called lipoproteins, including Low-Density Lipoprotein (LDL) and High-Density Lipoprotein (HDL). Too much LDL can clog arteries, increasing your risk of heart attack and stroke; HDL helps remove cholesterol deposits from the lining of your arteries. Men's HDL levels should be more than 40 mg/dL, and women's more than 50 mg/dL. Your ideal LDL cholesterol level depends on many factors, including age, activity level, blood pressure, whether you smoke or have diabetes, and family medical history.

What is robotic surgery? Does it mean my doctor won't be performing the surgery hands-on?

IT MIGHT BE EVEN MORE HANDS-ON, IN FACT.

Robot-assisted surgery was developed to overcome limitations of minimally invasive surgery, including limited mobility of standard laparoscopic instruments and the usual limitations of 2-D surgery. At OHSU, the daVinci Surgical System gives our surgeons better control over the surgical instruments and a better view of the surgical site. Your surgeon operates while seated comfortably at a console viewing a 3-D image of where he or she is operating – this allows for depth perception, something a surgeon can't get with a laparoscope. The system seamlessly translates the surgeon's hand, wrist and finger movements into precise, real-time movements.



Dr. Michael Shapiro
OHSU Cardiovascular Medicine

About the Expert

Dr. Shapiro is director of OHSU Preventive Cardiology, where he works to prevent and reverse heart disease through a program that includes comprehensive cardiovascular risk assessment and state-of-the-art diagnostic testing.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 494-1775

WEB: ohsuhealth.com/heart

LOCATION: OHSU Center for Health & Healing, 9th Floor.
At the base of the Portland Aerial Tram. 3303 SW Bond Ave.,
Portland, OR 97239



Dr. Christopher Amling
OHSU Knight Cancer Institute

About the Expert

Dr. Amling is an expert in minimally invasive cancer treatments, and an international authority on the latest urologic cancer treatments, including robotic surgery for prostate, bladder and kidney cancer. Dr. Amling has performed more than 700 robotic surgeries using the daVinci robotic system.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 346-1500

WEB: ohsuhealth.com/cancer

LOCATION: OHSU Center for Health & Healing, 10th Floor.
At the base of the Portland Aerial Tram. 3303 SW Bond Ave.,
Portland, OR 97239

Are vaccinations safe? And what vaccinations do my kids need before going back to school?

VACCINATIONS PREVENT AGAINST infections that cause serious health problems – even death. Claims linking vaccines and autism or developmental delays have been debunked by many research studies. Vaccinations depend on your child's age: Infants and toddlers need protection against polio, hepatitis B, rotavirus, DTaP (diphtheria, tetanus, pertussis), MMR (measles, mumps, rubella), Haemophilus influenzae type b (a cause of meningitis), pneumococcus (causing ear infections and pneumonia) and varicella (chicken pox). Around four- to six-years-old, children should have booster shots for continued protection against polio, MMR, varicella and DTaP. Kids 11-12 years old should get two vaccines to help prevent Neisseria meningitidis and HPV (human papilloma virus). Vaccines should be part of your child's comprehensive care and something to discuss with your doctor.

Now that summer's ending, how can I get my kids ready to wake up early for school again?

THE PACIFIC NORTHWEST'S long summer days can become problematic with early school wake-up times. Adjust your child's bedtime routine slowly and early; if you wait until the night before school, your child will feel jet-lagged. About three weeks before school starts, determine your child's sleep schedule: Elementary school children need 11-12 hours of sleep a night, junior high students require 10-11 hours, and high school kids should ideally get nine hours of sleep. Start by adjusting bedtime 15 minutes earlier every two days, and move wake-up time gradually – this eases the transition from a summer to fall schedule. Also, practice your morning routine before school starts to decrease anxiety for your child and you.



Dr. Dawn Nolt
OHSU Doernbecher
Children's Hospital

About the Expert

Dr. Nolt is a pediatric infectious diseases physician. She is expert and experienced in treating and preventing infections in children of all backgrounds and medical concerns. She sees patients at Doernbecher's Children's Hospital.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 346-0640
WEB: ohsudoernbecher.com
LOCATION: OHSU Doernbecher Children's Hospital, 7th Floor, 700 SW Campus Drive, Portland, OR 97239



Dr. Elizabeth Super
OHSU Doernbecher
Children's Hospital

About the Expert

Dr. Super is a pediatrician with a special board-certification in Sleep Medicine. She finds the evaluation and treatment of sleep disorders incredibly rewarding, as problems with sleep affect many aspects of children's lives. She sees patients at Doernbecher Children's Hospital and at OHSU's Sleep Disorders Program clinic.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 346-0640
WEB: ohsudoernbecher.com
LOCATION: OHSU Doernbecher Children's Hospital, 7th Floor, 700 SW Campus Drive, Portland, OR 97239

Q&A

your questions,
our answers

Do you have a question for our
OHSU physicians? Ask us at
ohsuhealth.com/magazine

I have trouble urinating.
Could it be prostate cancer?

EARLY-STAGE PROSTATE CANCER generally does not cause urinary symptoms. Causes of urinary symptoms, such as benign enlargement of the prostate or infection, should be evaluated by your primary care doctor, who may refer you to a urologist. Prostate cancer is often found through a blood test called PSA (prostate specific antigen) or by a digital rectal exam (DRE). While the PSA is prostate-specific, it is not cancer-specific: PSA levels can be elevated for reasons other than cancer, such as infection or enlargement. Men with a family history of prostate cancer and African-American men are at higher risk for developing prostate cancer; if you are a man over 50 years old, have a conversation with your doctor to determine if a PSA test and DRE are appropriate for you.

I haven't exercised in years.
How do I start a new exercise
program?

REMEMBER: SOME EXERCISE IS BETTER THAN NONE. If you haven't been exercising in a while, start slow: Do just 10-15 minutes a day, three times a week. Gradually build up the number of days to ideally five days a week, and then as you feel stronger, try to increase your time in five-minute increments each week with a goal of 30 minutes, five days a week. The type of exercise you choose (such as walking, cycling or swimming) should be something that you enjoy and can sustain in the long term. To lose weight or improve fitness, you will need to exercise 60-90 minutes a day. The intensity of your exercise should be just enough to get you breathing a little harder, but still comfortable having a conversation.



Dianne Lemmon, R.N.
OHSU Knight Cancer Institute

About the Expert

Dianne Lemmon is the coordinated prostate cancer clinic nurse navigator for the OHSU Knight Cancer Institute. She works with patients and their families to help access the latest treatment options and cancer care resources every step of the way.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 418-5129

WEB: ohsuhealth.com/cancer

LOCATION: OHSU Center for Health & Healing, 7th Floor.
At the base of the Portland Aerial Tram. 3303 SW Bond Ave.,
Portland, OR 97239



Tina Kaufman, Ph.D., PA-C
OHSU Preventive Cardiology

About the Expert

Tina Kaufman works in partnership with Dr. Michael Shapiro in OHSU Preventive Cardiology. Her specialty is exercise, nutrition and lifestyle modification. Within the preventive cardiology practice, she assesses cardiovascular risks, counsels and treats patients with specific dietary goals, and provides exercise prescriptions, smoking cessation, and blood pressure and cholesterol management.

ACCEPTING NEW PATIENTS: Yes

INSURANCE: Most major health plans

APPOINTMENTS: 503 494-1775

WEB: ohsuhealth.com/heart

LOCATION: OHSU Center for Health & Healing, 9th Floor.
At the base of the Portland Aerial Tram. 3303 SW Bond Ave.,
Portland, OR 97239

To register, visit ohsuhealth.com/seminar
or call 503 494-1122

Ask the Health Experts Seminars

OHSU Center for Health & Healing ohsu.edu/health/maps

September 7 7 p.m.

Pelvic Organ Prolapse: When Something Falls

Renee Edwards, M.D., Tom Gregory, M.D., Mary Anna Denman, M.D.

Learn about the common, yet bothersome problem of uterine and vaginal prolapse. Understand what can be done to treat it, and what can be done to prevent it from happening in the first place.

September 21 7 p.m.

Hip and Knee Replacements

Kathryn Schabel, M.D.

Learn about important advances in joint replacement — for arthritis, sports injuries and aging joints — and whether they can help you.

October 11 7 p.m.

Gotta Go!: Overactive and Leaky Bladders in Women

Renee Edwards, M.D., Tom Gregory, M.D., Mary Anna Denman, M.D.

Learn about the problem of going to the bathroom too frequently, and losing urine when you cough or sneeze, as well as what can be done to give it a tune-up.

October 19 7 p.m.

Physical Therapy Management of Back and Neck Pain

Rachel Gross, DPT

Learn how to take control of your back or neck pain and achieve positive long-term results through physical therapy.

Baby Talk with OHSU Fertility Consultants

Interested in having a baby? Want to find out more about your options? OHSU offers a full range of services not found in other fertility programs in the Portland area. Learn from our fertility experts and meet staff at our open house.

10th floor, Fertility Clinic lobby

September 8, 6 – 7:30 p.m.

October 13, 6 – 7:30 p.m.

Register at: www.ohsuhealth.com/babytalk or by calling 503 418-3700. Refreshments will be provided.

Additional Events

Adult Congenital Heart Celebration

September 9, 6:00 – 9:00 p.m.

FREE for patients and families. Includes discussion of latest research and ACHD Lobby Day presentation. Register at www.ohsuhealth.com/seminar.

OHSU Parkinson Center of Oregon

September 10, 9 a.m. – 3:30 p.m.

28th Annual Options & Opportunities Symposium

Join us to hear experts present the latest information on research and treatment for people with Parkinson's disease, their families, and healthcare providers. \$32 per person. For details and to register, visit www.ohsu.edu/pco.

OHSU Brain Awareness Lecture

September 15, 7:00 pm

The Brain and Drug Addiction - Nora Volkow, M.D., Director, NIDA

Tickets must be purchased in advance, please visit www.oregonbrains.org for more information.

Marquam Hill Lecture

October 20, 7:30 p.m.

Breakthroughs in Cardiovascular Imaging - Jonathan Lindner, M.D.

FREE. To register, please visit www.ohsu.edu/mhlectures.

Join Team OHSU

OHSU welcomes everybody who wants to participate.

Susan G. Koman Race for the Cure

September 18

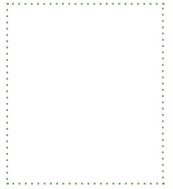
Register as part of Team OHSU by noon on August 29 and receive a FREE Team OHSU t-shirt. Anybody can join. For information, contact Katie Hennis at 503 494-4580.

Leukemia & Lymphoma Society

Light the Night Walk

October 1

Register at <http://pages.lightthenight.org/oswim/PortlandL11/ohsu>. For information, contact lwarenc@ohsu.edu.

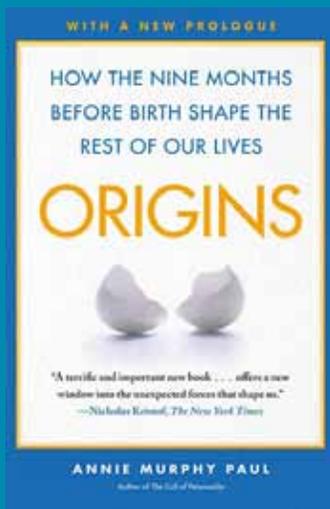


The knowledge of all for the care of **one**.

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.

mailing area for printer

No woman will want to miss this free public lecture



What Makes Us the Way We Are? *The New Science of Fetal Origins*

New York Times Best Selling Author Annie Murphy Paul

Thursday, September 22, 7:00 p.m.

Lincoln Hall, Portland State University

1620 SW Park Avenue, Portland, OR 97201

How we develop in the womb is changing the way we practice medicine. This lecture is in affiliation with the 7th World Congress on Developmental Origins of Health and Disease. OHSU is the first U.S. host of the international conference that will feature researchers from OHSU and around the world, all of whom concentrate on discoveries related to developmental programming.

Pre-register to guarantee seating at www.ohsuhealth.com/seminar

Sponsored by The Struble Foundation / Music for the Heart, OHSU Heart Research Center, March of Dimes (Greater Oregon Chapter)