A Gift from the Heart

Last month, Nike co-founder and chair Phil Knight and his wife Penny gave OHSU a historic $125 million gift—the largest in our history, and possibly the nation’s largest gift ever reported for cardiovascular medicine.

This gift will establish the OHSU Cardiovascular Institute. Under the leadership of noted cardiovascular researcher Sanjiv Kaul, M.D., and pioneering heart surgeon and heart-valve inventor Albert Starr, M.D., the Institute aspires to become the world’s leader in translational cardiovascular research. That means taking new research in heart and vascular disease and turning that into treatments and cures for patients—as quickly as possible.

This gift is the second transformative gift from Phil and Penny Knight; the first, a pledge of $100 million in 2008 to what’s now known as the OHSU Knight Cancer Institute allowed researchers to advance their work in developing personalized medicine—figuring out tumors on the DNA level, allowing doctors to better target patient treatments.

Our sincerest thanks go to Phil and Penny Knight for helping us to discover new hope and new cures.
Too much iodine while pregnant associated with congenital hypothyroidism

Congenital hypothyroidism is a thyroid hormone deficiency at birth that, if left untreated, can lead to neurocognitive impairments. Iodine supplements are encouraged during pregnancy for normal fetal thyroid hormone production, but the safe upper daily limit is considered to be 1.1 mg. A case series in The Journal of Pediatrics describes infants with congenital hypothyroidism whose mothers had taken 11 times more than the safe upper limit while pregnant and/or breastfeeding. Excess iodine ingestion from supplementation is often unrecognized because it is not routine practice to ask mothers of infants with congenital hypothyroidism about supplements taken during pregnancy. The OHSU Doernbecher Children’s Hospital physicians who participated in the study urge pregnant and breastfeeding women to discuss the safe dosages of nutritional supplements with their doctors before using them.

Could slow walking foreshadow early dementia?

Changes in walking speed among older adults may indicate the early stages of a type of dementia called mild cognitive impairment, according to an OHSU study. In the study, infrared sensors were installed in hallway ceilings of 93 people aged 70 or older to monitor their walking speed over a three-year period. People with non-memory-related mild cognitive impairment were nine times more likely to be slow than moderate or fast walker. This study was published in the June 12 journal of Neurology. Further studies need to be completed using larger groups, but doctors hope that by detecting dementia at its earliest phases, they can provide treatments and ultimately develop ways to prevent the disease from developing.

Mammograms at 40 may be worth the risks for some

New research suggests starting breast cancer screening at age 40 might be worthwhile for some women who have a higher-than-average risk of the disease. OHSU researchers reviewed 66 studies and found that having a mom or sister with breast cancer or having very dense breasts were each linked to a doubling of a likelihood of getting cancer. Women whose more distant relatives had breast cancer, or those who had kids after age 30 or not at all also had a slightly increased risk of cancer. Being aware of those risk factors may help doctors and patients create a more personalized screening strategy. This report was published in the April 30 Annals of Internal Medicine.
Q&A

your questions, our answers

What is a degenerative spine condition?

DEGENERATIVE SPINAL CONDITIONS ARE brought on by bony abnormal conditions such as osteopenia (when your bone mineral density is less than an agreed normal value) or osteoporosis (a condition making bones fragile, increasing risk of fractures). They are usually seen as part of the aging process without symptoms, but may also be accelerated by inflammatory processes such as infections or arthritis. Symptoms from nerve compression as a result of degenerative spinal conditions might include numbness, tingling, limb weakness, loss of dexterity and/or muscle atrophy. It is important to talk to your doctor if you have at least one of those symptoms prior to muscle atrophy. Treatments may include physical therapy, injections to reduce inflammation, medication or, in some cases, surgery.

How can I help my child adjust to the time change this fall?

THE SWITCH BACK TO STANDARD TIME from Daylight Savings Time will occur this year on November 4. It’s actually easier to transition to Standard Time—most people’s biological clocks run slower than 24 hours (closer to 24 hours and 20 minutes), so it’s easier to stay up a little later and then sleep in. You can help prep your child by gradually adjusting bedtime: A few days beforehand, have your child stay up a little later each day by 15 minutes. For example, if your child’s bedtime is 7:30 p.m., over the course of several days, move bedtime to 8:30 p.m. Also, even when you’re not switching the clocks back or forward, remember: no screens—including iPad, iPod, TV, computer—an hour before bed. The amount of light and stimulation make it difficult to fall asleep.

About the Expert

Dr. D. Kojo Hamilton
OHSU Spine Center

Dr. Kyle Johnson
OHSU Doernbecher Children’s Hospital

About the Expert

Dr. Hamilton is a neurological surgeon at the OHSU Spine Center, where experts in every type of back, neck and spine care are dedicated to treat your pain and improve your quality of life. The OHSU Spine Center takes a conservative approach to surgery.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 418-9888
WEB: ohsuhealth.com/spine
LOCATION: OHSU Center for Health & Healing, 8th Floor.
At the base of the Portland Aerial Tram.
3303 S.W. Bond Ave., Portland, OR 97239

Dr. Johnson specializes in caring for kids with emotional and behavioral problems, and he has advanced training in a wide range of pediatric sleep disorders. He sees patients at OHSU’s Sleep Disorders Clinic. OHSU 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: 503 346-0640
WEB: ohsudoernbecher.com
LOCATION: OHSU Hatfield Research Center, 13th Floor.
3181 S.W. Sam Jackson Park Rd., Portland, OR 97239
What’s new in hip replacements?

**HIP SURGERY TECHNIQUES HAVE EVOLVED**

to become less invasive (smaller incisions and muscle-sparing) and more bone-preserving. This means a better recovery process and options down the road. During conventional total hip replacement, the femoral head (or ball) is removed and replaced with a metal or ceramic prosthesis. The socket is also resurfaced. Hip resurfacing is the most bone-preserving: cartilage is shaved from the head of the femur and then covered with a metal cap; this preserves more of the patient’s anatomy and allows for greater stability of the hip. Hip resurfacing is metal on metal, which has fallen out of favor, but resurfacing remains a very good option for some patients. Future technological advances may lead to ceramic parts being used instead of metal; OHSU is currently participating in this research.

Does a heart attack always feel like a sharp chest pain?

**WHILE A HEART ATTACK IS OFTEN**

portrayed in TV and movies as someone clutching their chest and falling to the ground, there are actually many subtle symptoms that can indicate a heart attack. Some early heart attack symptoms might include chest discomfort, shortness of breath, shoulder or arm pain—but others you might not expect are nausea, a feeling of fullness, fatigue, back or jaw pain, anxiety and pain that travels down one or both arms. Early heart attack signs may occur hours or weeks before the actual heart attack. It’s important to know these less obvious signs and know to act upon them: If you recognize these symptoms, call 911 immediately. 85 percent of heart damage occurs within the first two hours of a heart attack.
Q&A

your questions, our answers

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

My baby is only two months old. Does he need the flu vaccine?

**Babies younger than six months are too young to receive the vaccine for influenza.** One way to decrease their chances of getting the flu is to make sure their close contacts, family members and caregivers get the vaccine. OHSU Doernbecher Children’s Hospital is now in its third season of offering free flu shots to the parents and other adult close contacts of established OHSU Doernbecher patients. This “Free Vaccine for Parents Cocooning Project” is intended to protect OHSU Doernbecher’s youngest and most vulnerable patients by “cocooning” infants and other high-risk children, insulating them from infection by ensuring everyone they come into contact with has been immunized. Vaccinations are administered to patient family members Monday through Thursday from 1 to 3 p.m. in the OHSU Doernbecher lobby.

I’m in my thirties. How old should I be when I get my first mammogram?

**The U.S. Preventive Task Force** recommends mammograms starting at age 50, while the American Cancer Society recommends at 40. The reason for this controversy is because mammograms aren’t as sensitive for younger women: their breast tissue is denser. Mammograms are also more useful for catching slower growing cancers. For younger women—especially those who’ve had breast cancer or are higher risk or BRCA carriers—we sometimes recommend MRI screening, though it’s more expensive and can occasionally produce a “false positive.” You should understand how your breasts normally should feel and talk to your doctor about what’s best for you.

About the Expert

**Dr. Judith Guzman-Cottrill**

OHSU Doernbecher Children’s Hospital

Dr. Guzman-Cottrill is a pediatric infectious disease physician at OHSU Doernbecher Children’s Hospital. She provides care for children and adolescents with all types of infections. The “Free Vaccine for Parents Cocooning Project” is organized by OHSU Doernbecher pediatric residents, nurses, students, pharmacists and physicians and is funded by the OHSU Doernbecher Children’s Hospital Foundation.

**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 S.W. Campus Drive, Portland, OR 97239

About the Expert

**Dr. Kevin Yee**

OHSU Knight Cancer Institute

Dr. Yee sees patients at the OHSU Knight Cancer Institute’s Tualatin Cancer Center — one of five community clinics located throughout the Portland area, including Beaverton, Northwest Portland, East Portland and Gresham. The OHSU Knight Cancer Institute’s community clinics provide advanced cancer care close to home.

**Accepting New Patients:** Yes
**Insurance:** Most major health plans
**Appointments:** 503 203-1000
**Web:** ohsuknightcancer.com/community
**Location:** OHSU Knight Cancer Institute’s Tualatin Cancer Center. 19260 S.W. 65th Ave., Tualatin, OR 97062
Ask the Health Experts Seminars

**OHSU Center for Health & Healing,**
3rd Floor, 3303 S.W. Bond Avenue, ohsu.edu/health/maps

### November 7 7 p.m.

**Unsightly or Symptomatic Varicose and Spider Veins?**
Gregory Landry, M.D. and Timothy Liem, M.D.
Learn about the latest advancements in treating varicose and spider veins.

### November 13 7 p.m.

**Gotta Go!: Break Free from Bladder Disorders**
Tom Gregory, M.D. and Mary Anna Denman, M.D.
Urinary incontinence in women includes everything from frequent urges to urinate to losing a few drops when you cough or sneeze. The good news is that much can be done about it.

### November 14 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 SI joint pain.

### November 28 7 p.m.

**New Treatments for Advanced Prostate Cancer**
Joshi Alumkal, M.D.
Learn the recent progress in the treatment of advanced, metastatic prostate cancer and about OHSU's current clinical trials.

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**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.

### November 15, 7:30 p.m.

**Thinking Outside the Box to Treat Late-Stage Cancer** - Melissa Wong, Ph.D.

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**Diabetes Education**
Free and low-cost events from the Harold Schnitzer Diabetes Health Center

**Type 1 Diabetes Support Group**
November 7 and December 5
5:30 – 6:30 p.m.
FREE for adults age 16 and older with type 1 diabetes. For additional information and to RSVP, please call 503 494-8664.

**Pacific Northwest Diabetes Summit**
November 17, 2012
9 a.m. – 1 p.m. Type 1 Diabetes Session
12 p.m. – 4 p.m. Type 2 Diabetes Session
Increase your knowledge about diabetes through educational seminars and breakout sessions that will provide up-to-date information and ideas for diabetes management for adults, families, community members, and providers. A learning lunch will be provided for both sessions. Registration is required for this free event. For more information or to register call 503 494-1226.

**Pre-Diabetes Class: Know Your Risk, Reduce Your Risk**
November 27, 5:30 – 8:00 p.m.
For more information and to register, please call 503 494-3273. $25 per person

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**Baby talk, with OHSU Fertility Consultants**
At OHSU Fertility Consultants, we’re dedicated to helping you create the family you’re dreaming of. OHSU offers a full range of services not found at other fertility programs in the Portland area. Learn about your options, talk to our fertility specialists and get your questions answered at an upcoming open house.

10th floor, Fertility clinic lobby
November 8, 6-7:30 p.m.
Register at: www.ohsuhealth.com/babytalk or by calling 503 418-3700. Refreshments provided.

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

for supporting OHSU in our pursuit to translate complex information into better health since 1887. Because of you we have been able to build a world-class academic health center where healing, teaching and discovery come together every day to improve the health of people in Oregon — and around the world.

We want to show our appreciation with these upcoming events:

The Future Body
A lecture by Juan Enriquez
Nov. 14, 2012
Portland Art Museum
1219 S.W. Park Ave., Portland
Tickets are $10 and are available at the museum box office or online at portlandartmuseum.org.

Imagine the Future Lecture Series
Hosted by the School of Medicine
Various OHSU locations
Details at www.ohsu.edu/125/lectures.

The History of OHSU
March 14 through June 3, 2013
Oregon History Museum
1200 S.W. Park Ave., Portland
Exhibit cost is $11. Oregon Historical Society members and Multnomah County residents are free.