Breaking news about ADHD p. 3

Should you take aspirin? p. 4

The knowledge of all for the care of one.
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Celebrating Nurses

OHSU nurses are a dynamic force.

More than 2,200 strong, this group of skilled and dedicated men and women demonstrate their commitment to patients every day – by providing excellent care, producing cutting-edge research, teaching the next generation of nurses and working as part of patient-centered health care team.

But OHSU nurses have something extra special. The depth of their commitment – to the quality of their work, to the success of their units, to positive patient and hospital outcomes – is not found at just any hospital or clinic. Whether in the waiting room or at the bedside, our nurses’ love of what they do comes through in every patient interaction. In fact, we know nursing is one strong reason why patients, our community and the state look to OHSU to make a difference.

During Nurses Week, May 6 -12, you can say thanks to the nurses who have touched your life. Tell your favorite nurse that you appreciate them or share a story about how a nurse made a difference to you, your family or your community on the OHSU Facebook page at www.facebook.com/OHSUedu. You can also follow us on Twitter @OHSUnews to hear more about how nurses are part of the knowledge of all for the care of one.

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What do ADHD and cancer have in common? Variety

The news is groundbreaking: according to new research at OHSU, Attention Deficit Hyperactivity Disorder (ADHD) is more than one disorder. It’s an entire family of them, much like the multiple subtypes of cancer. The research, which highlights various versions of the disease, demonstrates that there is likely not a “one-size-fits-all” approach to diagnosing and treating patients. The traditional diagnostic method for ADHD relies on secondary observations and does not recognize individual variability (the different reasons why any given child may behave similarly). OHSU researchers believe a series of cognitive tests can help subcategorize ADHD patients based on individual traits. This shows promise for future examinations of more personalized treatments. The study is being published in the Proceedings of the National Academy of Science.

Family history of alcoholism may affect teens’ brains

Could some brains be wired for risky behavior? A new OHSU study finds that teenagers from families with a history of alcoholism have brains that respond differently while making risky decisions. Brain scans were carried out on two groups of teens while performing decision-making tasks. The group with a positive family history of alcoholism showed weaker responses during risky decision making in the areas of the brain that are important for inhibition. The research could help clinicians who work with high-risk youth to develop effective strategies to promote healthy decision-making. The findings were published in April in the journal Alcoholism: Clinical and Experimental Research.

Finally, some proof: Lack of sleep hurts your brain

Scientists have long known about the correlation between the disruption of your biological clock and neurologic diseases, but it wasn’t clear which came first — until now. A new study by Oregon State University and OHSU researchers provides evidence for the first time that disruption of circadian rhythms — the biological “clocks” found in many animals — can clearly cause accelerated neurodegeneration, loss of motor function and premature death. Future research will focus on possible therapy to help prevent disease from biological clock damage. The study was published in the March issue of Neurobiology of Disease.
Q&A your questions, our answers

How do I know if my child has asthma?

**IF YOUR CHILD IS REPEATEDLY COUGHING** and wheezing, experiences shortness of breath with exercise or prolonged coughing with colds and coughs at night, he or she may have asthma. Asthma can be triggered by allergies, exercise, changes in weather or even stress. Children who have a family history of allergies or eczema may also be prone to asthma. While drugs can’t cure asthma, they can control symptoms: Medications that may help include inhaled steroids, albuterol or antihistamines. The vast majority of asthma can be managed by you along with your pediatrician, but if medication isn’t helping, you may need to see a pediatric pulmonologist to rule out anything else.

**About the Expert**

Dr. Danny Hsia
OHSU Doernbecher Children’s Hospital

Dr. Hsia is a pediatric pulmonologist who sees patients at OHSU Doernbecher Children Hospital’s specialty clinic — providing comprehensive care to infants, children and adolescents with a full range of lung and breathing (respiratory) disorders.

**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

I had a heart attack a while back and wonder if I still need to take aspirin every day. Can I stop?

**BLOOD CLOTS CAN CAUSE HEART ATTACKS:** aspirin interferes with your blood’s clotting action by making blood cells less likely to clot. Taking aspirin daily is a proven treatment for conditions including heart attack and stroke, and for patients with coronary artery stents or heart bypass surgery. Daily aspirin may also be used to reduce the risk of heart attacks and stroke for patients with diabetes or peripheral vascular disease. Discuss with your doctor if you have conditions that increase your risk of bleeding. If gastrointestinal or other side effects concern you, don’t stop taking aspirin without first talking to your doctor: suddenly stopping aspirin can increase your risk of heart attack.

**About the Expert**

Dr. Joaquin Cigarroa
OHSU Heart & Vascular Care

Dr. Cigarroa is associate chief of clinical affairs for OHSU Heart & Vascular Care — Oregon’s most comprehensive heart program. From research to prevention to more than 500 heart transplants, we are dedicated to stopping the #1 killer of men and women in Oregon and Washington.

**ACCEPTING NEW PATIENTS:** Yes  
**INSURANCE:** Most major health plans  
**APPOINTMENTS:** 503 494-1775  
**WEB:** ohsuheart.com  
**LOCATION:** OHSU Center for Health & Healing, 9th Floor. At the base of the Portland Aerial Tram. 3303 S.W. Bond Ave., Portland, OR 97239
How do I know if someone might be having a stroke? And what can I do?

**A STROKE HAPPENS WHEN BLOOD FLOW**
to the brain is disrupted, either when a blood clot
blocks one of the blood vessels in the brain (ischemic),
or when a blood vessel in the brain bursts, spilling
blood into surrounding tissues (hemorrhagic). Stroke
symptoms include a sudden onset of weakness or
numbness in the face, arm, or leg; trouble speaking
or slurred speech; loss of vision or double vision;
spinning sensations or dizziness; or loss of balance
or coordination. If you or someone around you is
experiencing this, call 911. A sudden, severe headache
can indicate a hemorrhagic stroke – ischemic strokes
are often painless. To lower your risk, keep your
blood pressure under control, exercise, quit smoking,
and control your diet and alcohol consumption.
If you would like to learn more, take an online
stroke risk assessment or receive a free stroke

My child has bad posture. Could it be scoliosis?

**SCOLIOSIS IS CURVATURE OF THE SPINE.**
When your pediatrician evaluates your child for
scoliosis, he is looking to see if the shoulders and
pelvis are level, and check for any asymmetries. If
your child bends forward and a curve in the spine
is evident, your child may have scoliosis. An X-ray
will confirm the diagnosis. There are three basic
treatments: observation, bracing, and surgery.
Observation is used when the curve is not large, and
the child is nearly grown. If the curve is medium-
sized and the child is rapidly growing, a brace may
be used to keep the curve from worsening. A brace is
like a plastic jacket; it’s worn under the clothes and
most do not show through. Surgery to straighten
the curve is considered if the curve is severe and
if the child is mature, usually 12 years or older.

*Dr. Helmi Lutsep*
*The Oregon Stroke Center at OHSU*

**About the Expert**

Dr. Lutsep is Vice Chair of Neurology and sees patients at The Oregon Stroke Center at OHSU, which was recently recognized by the American Heart and Stroke Associations for achieving the highest level of performance in stroke care.

**ACCEPTING NEW PATIENTS:** Yes

**INSURANCE:** Most major health plans

**APPOINTMENTS:** If you or someone with you may be having a stroke, call 911 immediately. For an appointment, call 503 494-7772.

**WEB:** oshubrain.com/stroke

**LOCATION:** The Oregon Stroke Center at OHSU, OHSU Hatfield Research Center, 13th Floor, 3251 S.W. Sam Jackson Park Rd., Portland, OR 97239

*Dr. Matthew Halsey*
*OHSU Doernbecher Children’s Hospital*

**About the Expert**

Dr. Halsey is a pediatric orthopaedic surgeon at OHSU Doernbecher Children’s Hospital. Doernbecher’s bone and joint experts treat a full spectrum of pediatric bone, muscle and joint problems and understand how these conditions affect growing bones.

**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
My doctor told me I need to see a vascular surgeon. What do they do?

**A VASCULAR SURGEON TREATS** diseases of your arteries and veins that affect blood circulation. Conditions helped by vascular surgeons include narrowing of the carotid artery, aneurysms of the arteries of the chest, abdomen and extremities as well as diseases limiting blood flow to your legs and hands, intestines or kidneys. Patients with foot problems related to diabetes, tumors involving major blood vessels, and lymphatic disorders may also benefit from care by vascular surgeons. The good news is that many vascular problems can be addressed using minimally invasive treatments.

I have irregular menstrual cycles. Can that affect my ability to get pregnant?

**AN OCCASIONAL SKIPPED PERIOD** may not be significant, but if you continue to have irregular cycles, you should see your gynecologist. A normal menstrual cycle is 25-35 days. If your cycles last less than 21 or more than 35 days, or if you’re missing periods or experiencing irregular cycles from month to month, check with your doctor. Some causes of irregular periods include hormonal disorders, such as a thyroid conditions or polycystic ovarian syndrome (PCOS). Other factors could be weight gain or loss, stress, eating disorders, or certain medications. Women with irregular menstrual cycles who want to conceive should seek the help of a specialist; for example, if irregular cycles are due to an inability to ovulate, you may benefit from oral fertility medicine to induce ovulation.
Ask the Health Experts Seminars

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

April 25  7 p.m.
Sports Injuries & the Weekend Warrior
Ryan Petering, M.D.
For those of us who refuse to slow down. Learn about preventing and treating sports injuries for recreational and aging athletes.

May 16  7 p.m.
Causes & Treatments for Neck & Arm Pain
Brian Ragel, M.D.
Acute arm or neck pain, tingling, or loss of sensation is often caused by spine inflammation or injury. Hear more on the latest treatments and therapies that can dramatically decrease pain and increase function.

June 13  7 p.m.
Female Athlete Injury Prevention
Andrea Herzka, M.D.
Proper nutrition and smart exercise strategies are essential to avoid injury and perform your best. Learn about the right ways to stay running strong.

July 18  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.

Brain Awareness Lecture Series

World-renowned neuroscientists and researchers share insight on issues surrounding the brain. Find ticket information at oregonbrains.org.

April 26, 7 p.m.
Addiction and the brain: What is the toll it can take on the brain and on society?
– Nora Volkow, M.D., Director, National Institute on Drug Abuse

June 25, 7:30 p.m.
The brain on fire: Can inflammation cause diseases that destroy the brain?
– Story Landis, Ph.D., Director, National Institute for Neurological Disorders and Stroke

OHSU Radio Show

Tune into the latest healthcare discoveries with The OHSU Effect: Inside Health & Science at OHSU, a new radio program on KXL 101.1 FM. Recordings of past shows can be found at ohsueffect.org.

Saturdays, 8 a.m.

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.

2nd Thursday of the month,
10th floor, Fertility clinic lobby

May 10, 6 - 7:30 p.m.
June 14, 6 - 7:30 p.m.

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

Have a Heart for Mom Bazaar
Benefitting the OHSU Heart Research Center
Just in time for Mother’s Day. Shop for amazing gifts by northwest artists and craftsman while supporting a good cause.

May 1-3, 10 a.m. – 5:30 p.m.
OHSU Center for Health & Healing Lobby

Free heart screenings on Thursday
(blood pressure, glucose, cholesterol)
May 3, 10 a.m. – 2 p.m.
OHSU Center for Health & Healing, 3rd floor
Free Head & Neck Cancer Screening

Friday, April 27, 7 a.m. – 3:30 p.m.
No appointments necessary.
OHSU Center for Health & Healing Lobby,
3303 SW Bond Ave. – Near the Portland Aerial Tram

As part of national Head and Neck Cancer Awareness Week, the OHSU Knight Cancer Institute is offering FREE head and neck cancer screenings.

Screening is quick and painless. You’ll receive a personalized risk assessment for the following:
• Skin cancer (face and scalp), including melanoma
• Oral (mouth and throat) cancer
• Thyroid cancer
• Neck cancer

OHSU doctors will also answer your questions and help you identify the signs of cancer. You can also opt to participate in a clinical trial on HPV-associated head and neck cancers.

For more information, call 503-418-9235 or visit www.ohsuknightcancer.com/headandneck.