Making antidepressants more effective  p. 3

Flu Season! When should I take my child to the ER?  p. 6
We’ve got two years to raise $500 million. Are you in?

When OHSU’s Dr. Brian Druker proved that a drug (Gleevec®) could shut down cancer cells without harming healthy ones, it changed how the world viewed cancer. What’s next? Finding and treating cancer earlier — before it becomes deadly.

And we need your help.

Last fall, philanthropists Phil and Penny Knight pledged $500 million to OHSU to support cancer research — providing OHSU can raise an additional $500 million or more by February 2016. This $1 billion challenge is an ambitious one, but it’s essential to the goal of ending cancer as we know it.

Every dollar counts: If you make a donation to any area of cancer care or research at OHSU by February 2016, it will go toward our goal. Your contribution will help OHSU continue our breakthrough work and make new discoveries in crucial areas of cancer care, including early detection and personalized treatments. It will also provide funding to translate discoveries into treatments and next generation detection technologies through clinical trials.

For more information or to contribute, please visit ohsu.edu/knightcancerchallenge.
Multiple barriers to autism screening and diagnosis for Latino children

When Latino children are diagnosed with an autism spectrum disorder (ASD), it often happens less frequently and later in life than for Caucasian children. Latino children also show more severe symptoms at the time of ASD diagnosis. The reasons why have been poorly understood — until a new study published online by OHSU Doernbecher Children’s Hospital researchers in the journal *Pediatrics*. Researchers surveyed more than 290 pediatricians and discovered multiple obstacles to ASD diagnosis, including language barriers and a lack of access to ASD specialists. The study concluded that promoting language-appropriate screening, distributing culturally appropriate materials, improving availability of specialists and providing doctors with screening and referral support could improve early ASD diagnosis for Latino children.

Stroke surgery less effective than lifestyle changes and medication

A research study conducted at OHSU of people at risk for stroke has shown that changes in lifestyle (such as exercise, smoking cessation, dietary improvements and weight management) and/or medication (including blood thinners and blood pressure medications) are more effective than an invasive surgery preventing stroke. This surgery, called stenting, improves blood flow in narrowed brain arteries. While it may benefit a small percentage of those affected by stroke, research shows stenting is also associated with a higher risk of early strokes and death. This research was conducted in a multicenter national study with the OHSU Stroke Center as the top-enrolling site and published in *The Lancet*.

New research may mean more effective antidepressants

Research from OHSU’s Vollum Institute, published in *Nature*, provides scientists with a new view of how nerve cells communicate. The research focuses on the structure of the dopamine transporter, which helps control dopamine levels in the brain. Dopamine helps regulate the human body’s central nervous system; abnormal levels of dopamine are found in neurological disorders such as Parkinson’s disease, drug addiction, depression and schizophrenia. OHSU’s research better revealed how antidepressants act on the transporters. This new view can give scientists and pharmaceutical companies a better understanding of how antidepressants work in the human brain — possibly leading to the development of better antidepressants with few or no side effects.
**Q&A your questions, our answers**

I’m not a candidate for LASIK eye surgery. Are there any other options?

**LASIK ISN’T ADVISED FOR PEOPLE WHO HAVE** thin, irregularly shaped or scarred corneas. But a similar laser procedure called photorefractive keratectomy (PRK) can give the right candidates comparable results. During LASIK, two lasers are used: The first to create a flap to expose the cornea, and the second to reshape it. In PRK, a single laser is used to reshape the cornea, but no flap is created: This can leave the cornea with more supportive tissue and stability. Recovery time from PRK is slightly longer than with LASIK; you won’t need glasses or contacts, but your vision will improve gradually over several weeks. Side effects to PRK are similar to LASIK, and include dry eyes and mild halos around images at night.

**THE HEART HAS FOUR VALVES THAT HELP** it pump blood to the body efficiently. The four valves are called the aortic, mitral, pulmonary and tricuspid valves. Heart valves can wear over time and become narrowed or leaky. Many heart valve conditions can be managed with medicine, without surgery. However, people with advanced heart valve disease may need surgery to either repair or replace the affected valves. If you have advanced heart valve disease, you might not need open heart surgery. The OHSU Knight Cardiovascular Institute offers minimally invasive surgery for heart valve repair or replacement, which is as effective as traditional open heart surgery and offers a quicker recovery and return to your daily activities.

**About the Expert**

**Winston Chamberlain, M.D., Ph.D.**
OHSU Casey Eye Institute

Dr. Chamberlain specializes in corneal and external diseases, cataract and intraocular lenses and laser vision correction. Casey Eye Institute attracts top specialists from around the globe and is dedicated to promoting the best possible eye health through education, research, clinical leadership and service to the community.

**Howard Song, M.D., Ph.D.**
OHSU Knight Cardiovascular Institute

Dr. Song performs surgery for patients with all types of adult cardiovascular disease, including coronary artery disease, valvular heart disease, heart failure and aortic aneurysms. He also serves as the Chief of Cardiothoracic Surgery. The Knight Cardiovascular Institute is an integrated center of translational research, clinical care, education and disease prevention.

I have heart valve disease. Will I need surgery?

**About the Expert**

I have heart valve disease. Will I need surgery?
I had surgery a while ago, and now I feel a burning pain in my foot. Is this a nerve injury?

**NEUROPATHIC PAIN CAN OCCUR AFTER A** nervous system injury. It can happen after you’ve been injured or undergone an operation. Symptoms of neuropathic pain include a burning sensation and sometimes “allodynia,” which means sensitivity to things that wouldn’t normally provoke pain, such as a light touch or the feel of clothing on your skin. Sometimes neuropathic pain starts with numbness, and then progresses to a more intense pain that isn’t improved by ibuprofen, aspirin or even other stronger painkillers: That’s why it’s important to see your doctor sooner rather than later so a correct diagnosis can be made, and treatment can be started. Treatments for neuropathic pain may include a variety of pain management techniques, medications and sometimes even special surgical procedures.

Is there a way to get top cancer treatment closer to home?

**CANCER THERAPIES CAN BE VERY HARD ON** your body, making it difficult to travel far for treatment. At the OHSU Knight Cancer Institute, our five community cancer clinics located throughout Portland (in Beaverton, East Portland, Gresham, Northwest Portland and Tualatin) provide expert cancer care, close to your home. Many of these clinics are located at hospitals in the community; this helps OHSU doctors collaborate with your primary care provider and your other doctors if additional health issues arise. Finally, not only are the providers nearby, but they also teach the next generation of doctors, so they are knowledgeable in the newest cancer therapies and have access to research and clinical trials offered through the OHSU Knight Cancer Institute and Knight Diagnostic Laboratories.

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**About the Expert**

**Dr. Burchiel**

Specializes in functional and stereotactic neurosurgery, pain surgery and epilepsy surgery. The OHSU Brain Institute has over 400 healthcare providers and researchers treating people with diseases of the brain, teaching the next generation of health care professionals and scientists doing research. Dr. Burchiel also serves as the chairman of the Department of Neurological Surgery.

**Accepting New Patients:** Yes  
**Insurance:** Most major health plans  
**Appointments:** 503 494-4314  
**Web:** www.ohsubrain.com  
**Location:** Center for Health & Healing, 8th Floor At the base of the Portland Aerial Tram  
3303 S.W. Bond Ave. Portland, OR 97239

**About the Expert**

**Dr. Vuky**

Treats all cancers and has a special interest in genitourinary (prostate, bladder, testis and kidney) and breast cancers. Community Hematology Oncology clinics provide cancer and blood disease care, close to home — with all the benefits of OHSU Knight Cancer Institute. At any of our five community locations, we offer personalized, tailored treatment.

**Accepting New Patients:** Yes  
**Insurance:** Most major health plans  
**Appointments:** 503 299-6500  
**Web:** www.ohsuknightcancer.com  
**Location:** OHSU Knight Cancer Institute, NW location at Legacy Good Samaritan, 1130 N.W. 22nd Avenue, Suite 100, Portland, OR 97210
Q & A  
your questions,  
our answers

I think my child has the flu. Should we go to the Emergency Room?

YOU SHOULD FIRST CONTACT YOUR pediatrician, but if your child has an extremely high fever (more than 104 degrees), or is acting unusual (for example very sleepy or irritable), you should consider seeking immediate medical attention. If your child does need emergency care, OHSU Doernbecher Children’s Hospital has an ER just for kids, offering very short wait times 24/7 and staffed by specially trained emergency medicine doctors and nurses who treat only children. Winter is a common time for infectious illnesses such as pneumonia, bronchiolitis (lung infections) or influenza (the “flu”); ensuring your child gets a flu shot can prevent or reduce the severity of influenza. Flu shots are especially important for children with chronic illnesses, such as asthma.

About the Expert

David Spiro, M.D., M.P.H.  
OHSU Doernbecher Children’s Hospital

Dr. Spiro sees patients at the ER just for kids at OHSU Doernbecher Children’s Hospital — where pediatric specialists in every field are available 24/7. 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: 24-hour emergency care, 503 494-7551. In an emergency, call 911.
WEB: www.doernbecher.com/emergency
LOCATION: OHSU Doernbecher Pediatric Emergency, 3181 S.W. Sam Jackson Park Rd., Portland, OR 97239

Are the steroids in my daughter’s asthma inhaler safe?

IF YOUR DAUGHTER HAS CHRONIC asthma, it means that the airways that carry air to and from her lungs are inflamed, so that inflammation needs to be reduced to help her breathe. Inhaled corticosteroids help ease inflammation in the lungs. The steroid in an inhaler is set at an extremely low dose and is not absorbed in any significant amount. Even if your daughter is feeling better, being consistent with medication for childhood asthma is important: She still needs to continue using the inhaler to prevent the inflammation in her lungs from returning. If you have more questions about dosage and long-term use of corticosteroids, talk to your child’s doctor.

About the Expert

Alexandra Cornell, M.D.  
OHSU Doernbecher Children’s Hospital

Dr. Cornell specializes in the treatment of asthma and cystic fibrosis, as well as more rare conditions. Doernbecher Children’s Hospital has more than 1,000 doctors, nurses and staff all specialty trained in pediatric care.

ACCEPTING NEW PATIENTS: Yes
INSURANCE: Most major health plans
APPOINTMENTS: 503 346-0640
WEB: www.ohsudoernbecher.com
LOCATION: OHSU Doernbecher Children’s Hospital, 7th Floor, 700 S.W. Campus Dr., Portland, OR 97239
**Ask the Health Experts Seminars**

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

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

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**February 11** 7 p.m.  
**Treating sciatica and bulging discs**  
Alex Ching, M.D.  
Learn about new treatments and therapies for easing leg pain and sciatica caused by disc problems.

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**March 5** 7 p.m.  
**Learn about colorectal cancer screening options**  
Daniel Herzig, M.D.  
Screening can prevent or help diagnose colorectal cancer earlier — when it is often curable. Learn about your screening options and the treatments the OHSU Knight Cancer Institute provides for cancerous and non-cancerous diseases of the colon and rectum.

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**March 11** 7 p.m.  
**Improve cancer survivorship with a healthy lifestyle**  
Kerri Winters-Stone, M.D., Ph.D.  
Learn about OHSU Knight Cancer Institute’s well-being initiatives that address the specific wants, needs and interests of cancer survivors.

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**March 12** 7 p.m.  
**Learn more about the cause, diagnosis and treatment options for Irritable Bowel Syndrome (IBS)**  
Kian Keyashian, M.D.  
IBS is a common diagnosis that can affect a patient’s quality of life. Learn about the cause, diagnosis and treatment options available.

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**March 19** 7 p.m.  
**Back pain and injection treatment**  
Grace Chen, M.D.  
Spine, neck and back pain can affect every aspect of your life. The OHSU Spine Center can help patients treat pain in the neck or lower back caused by leaking or bulging discs. Learn how injection treatment can help you.

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**April 18** 7 p.m.  
**Conservative management of arthritis**  
Nels Carlson, M.D.  
Hear about the newest research advances and non-invasive options for treating arthritis.

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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.

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**February 20** 7 p.m.  
**Unlocking the secrets of cancer growth**  
Lisa Coussens, Ph.D.

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**April 17** 7 p.m.  
**Healthy mouth, healthy body: the link between gum disease and diabetes**  
James Katancik, D.D.S., Ph.D.

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**Schedule your colonoscopy on a Sunday**

Too busy during the work week to get screened? We're here to help! **OHSU Digestive Health Center** is offering Sunday colonoscopy appointments throughout March so you can fit a screening into your busy schedule.

Space is limited. For more information and to download a doctor referral form, visit www.ohsuhealth.com/get-screened.
February is Heart Month

Heart disease remains the most common disease in the U.S. 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 Heart Month events and learn more about what you can do to make every day heart-healthy.

Free Heart Month Screenings

**Friday, February 14, 10 a.m. – 2 p.m.**
Location: OHSU Beaverton Cardiology Clinic
15700 S.W. Greystone Ct. Beaverton, OR 97006

**Monday, February 24, 10 a.m. – 2 p.m.**
Location: OHSU Center for Health & Healing Lobby
3303 S.W. Bond Ave. Portland, OR 97239

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
- BMI

Screenings are on a first-come, first-served basis and 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.ohsuknightheart.com

OHSU Heart Month Lectures

**OHSU Center for Health & Healing, 3rd Floor**
3303 S.W. Bond Ave. Portland, OR 97239

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

**February 12**
7 p.m.

**New treatments for heart valve disease**

Saurabh Gupta, M.D.
Whether you have stenosis, regurgitation or prolapsed valves, learn about exciting new therapies to treat diseased heart valves.

**February 19**
7 p.m.

**How to reduce stroke risk in atrial fibrillation**

Charles Henrikson, M.D.
Do you have atrial fibrillation (Afib)? Afib greatly increases the risk of a stroke. Learn how you can help beat those odds.

**February 12**
7 p.m.

**Peripheral Artery Disease (PAD) – more than “poor circulation”**

Greg Moneta, M.D.
Learn more about this life-threatening condition and how it can be managed or even reversed.
THE OHSU BRAIN INSTITUTE PRESENTS

2014 BRAIN AWARENESS LECTURE SERIES
Building Brain Bridges

Brain connections and control: How does your brain affect your body?

The brain is the boss. It oversees and connects everything that happens in your body, from the everyday to the unusual.

This year, our lecture series also makes important connections: What takes place in your brain can influence illnesses, behaviors, injuries, emotions, discoveries and more.

Join us as neuroscience’s top researchers explore the brain’s profound questions and astonishing connections.

MONDAY, FEBRUARY 10
Brains across the Atlantic: How do countries on the other side of the Atlantic investigate brain diseases?

TUESDAY, FEBRUARY 18
The brain and concussion: What is the impact of traumatic brain injury on soldiers and society?

MONDAY, FEBRUARY 24
The brain and the heart: Does brain health equal heart health?

MONDAY, APRIL 7
The brain and the adolescent mind: Why is it so special and vulnerable at the same time?

MONDAY, MAY 12
The brain and cancer: How does your brain affect cancer — and its future treatments?

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 S.W. Broadway, Portland.

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

Baby talk, with OHSU Fertility Consultants

Considering fertility treatment? Want to learn about what 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.

OHSU Center for Health & Healing
3303 S.W. Bond Avenue, ohsu.edu/health/maps
10th Floor, fertility clinic lobby

February 13, 6 – 7:30 p.m.
March 13, 6 – 7:30 p.m.
April 10, 6 – 7:30 p.m.

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

We asked you how you were ringing in the New Year. Here's what you said...

Tim
Up in the PICU in November for emergency craniotomy for our 10 yo daughter. She is now 11. She is recuperating and we will celebrating with close friends and their daughters. Keep up the good work!

Rob
We were in the Doernbecher PICU last New Years Eve. Your amazing staff was treating my 4 year old daughter for a cranial flap and stroke. This year, we plan to stay at home with my healthy 5 year old daughter and her little brother. Thank you.

Christina
Every year is different, except watching the ball drop on Dick Clark's rocking the new year... with our family.

Facebook.com/OHSUedu @OHSUNews
All original comments can be found here: https://www.facebook.com/doernbecher/posts/10151887906243963

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.

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.