



McKenzie-Willamette
MEDICAL CENTER

PulseBeat

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Healthbriefs

› Multivitamins may lessen cancer risk

Ever wonder if that multivitamin you take every morning is actually having a health benefit? Well, for men, it may lower the risk of cancer, according to a new study published in *The Journal of the American Medical Association*. The study tracked more than 14,000 male doctors, all at least 50 years old, who were randomly assigned to take either a multivitamin or a placebo each day. After about 11 years, researchers found an 8 percent reduction in total cancers among men who took the multivitamins. However, the study found no impact on rates of prostate cancer, the most common type of cancer among the men in the study.

While the connection between multivitamins and cancer risk is still unclear, scientists hypothesize that multivitamins may help because they mimic the content of fruits and vegetables, which have been linked with cancer reduction. Multivitamins are beneficial in preventing vitamin and mineral deficiencies.

› What's the beef?

A juicy, pan-fried steak can sure hit the spot. But that delicious piece of red meat may actually increase your risk of prostate cancer by up to 40 percent. A new study examined the data of nearly 2,000 men involved in a prostate cancer study and asked them questions about the types of meat and poultry they ate, how they cooked it and how well done they liked their meat. The results showed that men who ate more than 1.5 servings of pan-fried meat per week increased their risk of advanced prostate cancer by 30 percent, and those who ate more than 2.5 servings per week increased the risk by 40 percent.

Researchers think that the increased risk results from cancer-causing chemicals that are formed when sugars and amino acids are cooked at higher temperatures for longer periods of time. To lower your cancer risk, limit the amount of fat you consume from animal sources, and instead eat plenty of fruits and vegetables and foods such as whole grains and beans.



› Secondhand smoke affects more than your lungs

If you misplaced your keys this morning, don't be so quick to blame your age. In addition to affecting your lungs, new research suggests that secondhand smoke may contribute to memory lapses, too. When comparing the memory function of a group of smokers to two groups of nonsmokers, scientists found that smokers performed the worst on memory tests, forgetting 30 percent more than nonsmokers who weren't exposed to secondhand smoke. Interestingly, one group of nonsmokers—people who had been regularly exposed to secondhand smoke for an average of more than four years—forgot almost 20 percent more in the memory tests than the nonsmokers who weren't exposed to secondhand smoke.

Avoiding secondhand smoke can have numerous benefits because smoking is also linked to other serious conditions, such as lung cancer. For some, memory loss may be unavoidable, but keeping your mind active may help strengthen your memory. Change up your routine and challenge your mind with new situations. Exercise, such as walking, and games, such as puzzles, are a great way to work out your mind.





The game plan: Avoid sports injuries

➤ While physical activity is key to overall health, doing too much too quickly—or without proper training or equipment—can take a toll on your health in the form of an injury. But fear not: You can help prevent sports injuries by taking a few simple precautions.

Gain without pain

Middle-aged athletes are particularly vulnerable to injury. Why? With age comes a loss of agility and resilience, especially if it's been a while since you've been active. While you can certainly gain strength, flexibility and balance through exercise, slow and steady is the name of the game. To help prevent injury, follow these do's and don'ts:

- **Don't try to pack a week's worth of activity into a weekend.** Aim to maintain a moderate level of activity throughout the week.
- **Do warm up before exercise,** even before less vigorous activities like golf. Cool down after vigorous activities to

bring your heart rate down gradually.

- **Do use proper form** to reduce your risk of overuse injuries like tendinitis and stress fractures.
- **Do use appropriate safety gear.** Depending on the sport, this may mean knee or wrist pads or a helmet. Make sure your equipment is the correct size, fits well and is in good repair.
- **Do accept your body's limits.** You may not be able to perform at the same level you did 10 or 20 years ago. Modify activities as necessary.
- **Don't increase your exercise level too quickly.** Build up gradually, especially if you've been inactive.
- **Do cross-train.** Not only does striving for a total body workout of cardiovascular, strength training and flexibility exercises promote overall fitness, it also reduces injury risk.
- **Do stay hydrated.** Drink water before, during and after your workout—aim for about a cup of fluid every 20 minutes while exercising. ●



Injury symptoms

Never try to “play through” pain. Exercising after an injury may worsen the injury. Sports injuries can be classified into two types: acute and chronic. Acute injuries, such as sprained ankles or fractures, occur suddenly. Symptoms may include:

- a bone or joint that's visibly out of place
 - extreme leg or arm weakness
 - inability to move a joint or place weight on a leg, knee, ankle or foot
 - sudden, severe pain
 - tenderness or swelling
- Chronic injuries, such as tendinitis or stress fractures, occur over time due to repeated use or overuse. Symptoms may include:
- a dull ache at rest
 - pain when you play or exercise
 - swelling



Worried about an injury?

Call your doctor if you experience any of the symptoms listed above.



From US TO YOU

**MAURINE
CATE**
Chief Executive
Officer

HAVE A STRESS-FREE HOSPITAL STAY

McKenzie-Willamette Medical Center knows a stay in the hospital can be stressful, whether it's for an emergency visit, the birth of a child or a planned surgery, but there are ways for patients and their loved ones or friends to participate and reduce the anxiety associated with the hospital stay.

What you can do

The more you know, the less angst you'll feel, so if you're going to the hospital for a planned visit, research your condition and treatment options. Information provided by your doctor can be supplemented by reliable resources, such as websites run by government health agencies.

When possible, ask a relative or close friend to accompany you to the hospital. This person can become your advocate and can, for example, help with communications during your stay. Your advocate may keep a log of each treatment, names and titles of doctors involved, when tests are due, the results of those tests, questions to ask and what answers were given. Furthermore, this person can comfort you during your stay in the hospital.

Our approach

At McKenzie-Willamette, we've taken a proactive approach by implementing hourly rounding and

bedside shift reporting, two processes to help keep you informed, meet your needs and reduce anxiety. Hourly rounding is an opportunity for the nurse to check in on the patient and for the patient to ask questions, such as current medications being given, possible side effects and how to care for wounds. Rounding also sets patients' expectations, since they know a nurse will be by to check on them again in approximately an hour.

Important information is exchanged from one caregiver to the next during a shift change. Traditionally this important process has been done in the nurses' station or break room. At McKenzie-Willamette, we wanted to include the patient and family in this exchange of information to further engage them in decision-making regarding their care. The report consists of: introductions of oncoming staff to the patient and/or patient advocate; a review of the treatment and medication history; an assessment of current status; a review of current orders and plan of care; and an opportunity for the patient to ask questions of both going and oncoming staff.

At McKenzie-Willamette, we encourage patients to take an active role in their healthcare. Quality care and patient safety are our priorities, which is why we have implemented hourly rounding and bedside shift reporting into our healthcare protocols, to support optimal recoveries for our patients.

Maurine Cate

*Chief Executive Officer
McKenzie-Willamette Medical Center*



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To sign up for our online issue, visit our website at www.McKweb.com and choose our *PulseBeat* banner. You'll receive an email notification when the next issue is available to read online—before it arrives in your mailbox.

Advancing emergency care

When seconds count, we're here for you

It's a scene played out every day at McKenzie-Willamette Medical Center's emergency department (ED): There's been an automobile accident, a fall at home or an injury on the job. Friends, family or ambulance transports the patient. The ED staff quickly evaluates and treats the injured person, and then either releases or admits him or her for care within the hospital.

McKenzie-Willamette successfully meets this challenge through initiatives that accelerate the pace and raise the quality of our ED care. The positive effects of these efforts are evident even before the patient reaches the ED: The hospital now conducts formal information sharing and communication sessions with the area's emergency medical service teams. These group discussions help ensure that thorough and accurate information is relayed from first responders to the ED team as soon as possible, so treatment begins when the ambulance doors open.

Comprehensive care from the start

Upon arrival, patients and their families will find a rapid assessment process and faster diagnostic testing. As a result

of this process, the hospital's ED has achieved a door-to-balloon time for emergency coronary cases requiring balloon angioplasty treatment well below that recommended by the American College of Cardiology. Patients benefit from improved heart function preservation.

The ED also consults with the patient's primary care doctor, gathering important details about prior conditions and ensuring continued care after emergency treatment.

Enhanced ED services

Even after discharge from the ED, patients continue to benefit from McKenzie-Willamette's commitment to care. We make follow-up telephone calls to give patients and families the opportunity to ask questions about discharge instructions, get help making doctor appointments or offer comments that help the hospital refine its emergency services.

In 2012, we made 16,000 follow-up calls, and we will continue to do so in 2013. We're working hard to ensure that efficiency, accuracy and advanced treatment continue to be the hallmarks of our emergency care. ●



Call 911

immediately if you or a loved one is experiencing a medical emergency; do not drive yourself to the hospital.



Get help fast

McKenzie-Willamette Medical Center's emergency department (ED) provides 24/7 emergency care, including a 30-Minutes-or-Less ER Service Pledge. (Our pledge is that an ED doctor or clinical professional will initially see patients within 30 minutes of their arrival in the ED.) To learn more about our emergency services, call (541) 726-4400 or visit www.McKweb.com.





HealthWise QUIZ

How much do you know about allergies and asthma?

> TAKE THIS QUIZ TO FIND OUT.

Heart palpitations: Causes and treatments

If you've ever felt your heart pounding in your throat during a tough workout, you know what heart palpitations feel like. In fact, most of us have felt heart palpitations at one time or another—the heart flutters, pounds, races or seems to skip a beat. While episodes of irregular heartbeat are common and often harmless, they can sometimes signal a more serious condition.

Heart palpitations can have a variety of everyday causes, including:

- asthma, cold and cough medications that contain stimulants
- caffeine
- fever
- hormone changes during menstruation, pregnancy or menopause
- nicotine
- strenuous exercise
- stress or anxiety

Sometimes heart palpitations are a symptom of another condition, such as hyperthyroidism, an overactive thyroid gland, or arrhythmia, an abnormal heart rhythm.

The beat goes on

If your doctor determines that your palpitations result from another medical issue, treatment will focus on managing the underlying condition. If your doctor has ruled out other conditions, the best way to prevent heart palpitations is to avoid your triggers. Try these strategies:

- > **Avoid stimulants.** Limit caffeine intake and talk with your doctor before taking any over-the-counter medicine or supplements. Your doctor may suggest changing your current medication if a drug you take regularly is found to be the source of the palpitations.
- > **Reduce stress and anxiety.** Try exercising more, talking with a friend or practicing relaxation techniques like meditation.
- > **Don't smoke.** If you currently smoke, talk with your doctor about getting help to quit. ●

When do I need a doctor?

If you've never experienced palpitations before, see your doctor to put your mind at ease. If your palpitations are infrequent and last only a few seconds, evaluation usually isn't necessary. If you have a history of heart disease or have frequent palpitations, talk to your doctor. Call your doctor right away if you have:

- > more than six extra heartbeats per minute or they come in groups of three or more

- > risk factors for heart disease, such as high cholesterol, diabetes or high blood pressure
- > new or different heart palpitations
- > a pulse more than 100 beats per minute at rest

Seek emergency medical help if heart palpitations are accompanied by:

- > chest discomfort or pain
- > fainting or severe dizziness
- > severe shortness of breath

1 All of the following are common allergens except:

- a. pollen
- b. dust
- c. wood
- d. food

2 Anaphylaxis is:

- a. an allergy to latex
- b. a serious, life-threatening allergic reaction
- c. a type of asthma
- d. a minor allergic reaction that doesn't require treatment

3 Which of the following is a type of asthma?

- a. exercise-induced asthma
- b. allergic asthma
- c. occupational asthma
- d. all of the above

4 Symptoms of an asthma attack may include:

- a. wheezing, shortness of breath and chest pain or tightness
- b. sudden numbness, especially on one side of the body
- c. memory loss and difficulty learning new information
- d. a bright red rash that covers most of the body

5 Asthma medications may include:

- a. inhaled corticosteroids ("control" medicine)
- b. short-acting beta-agonists ("rescue" medicine)
- c. both a and b
- d. none of the above

Answers: 1. c, 2. b, 3. d, 4. a, 5. c



Women: Screenings for you

➤ Your best weapon in the fight against disease? Early detection. Generally, the earlier a condition is caught, the more effective the treatment and the more likely you'll be to ward off any complications.

Numerous medical organizations have developed screening recommendations, and opinions vary on the timing and frequency of these screenings. Because of your personal or family medical history, your doctor may recommend a different schedule than the one below. As always, talk with your doctor about the screening schedule that's right for you. ●

Test	What it does	When to get it	Recommendations from ...
Blood pressure screening	Measures the force of blood against artery walls	➤ Age 18+, at least every 2 years	Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure
Bone mineral density test	Screens for osteoporosis (weak, brittle bones)	➤ Age 65+, at least once	National Osteoporosis Foundation
Clinical breast exam	Physical exam for breast lumps or irregularities	➤ Age 20–39, every 3 years ➤ Age 40+, yearly	American Cancer Society
Colon cancer screening	Tests for colon cancer	➤ Beginning at age 50, women should follow one of two schedules: ① Tests that find polyps and cancer: flexible sigmoidoscopy every 5 years, colonoscopy every 10 years, double-contrast barium enema every 5 years or CT colonography (virtual colonoscopy) every 5 years ② Tests that mainly detect cancer: fecal occult blood test every year or fecal immunochemical test every year	American Cancer Society
Diabetes screening	Tests for high blood sugar	➤ Age 45+, every 3 years	American Diabetes Association
Eye exam	Tests vision and eye health	➤ Age 18–60, every 2 years ➤ Age 61+, yearly	American Optometric Association
Fasting lipoprotein profile	Tests cholesterol levels, a measure of heart health	➤ Age 20+, every 5 years	National Cholesterol Education Program Expert Panel
Mammogram	Tests for breast cancer	➤ Age 40+, yearly	American Cancer Society
Pap test	Tests for cervical cancer	➤ Age 21–29, every 3 years ➤ Age 30–65, Pap test plus HPV test every 5 years	American Cancer Society

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Get a leg up on pain

Vein care offered by specialists at Pacific Cascade Surgery

➤ If you have varicose veins and are experiencing pain, swelling, heaviness, achiness or restlessness in your legs, you may be experiencing a condition known as venous disease or venous insufficiency. Left untreated, these conditions most often worsen with time and can potentially lead to other serious complications.

We can help

We know all too well how the pain and associated symptoms related to varicose veins affects your ability to live out the active life you desire. Joe Viramontes, M.D., at the Pacific Cascade Vascular and Vein Center offers minimally invasive options that help relieve these symptoms. "Our dedicated and compassionate team provides mostly office-based procedures that are highly effective, long-lasting and cause little or no pain," Dr. Viramontes



Pacific Cascade Surgery can **provide relief** from **varicose veins** **without** the **pain and discomfort** of traditional **treatments.**

says. "This allows for a quick recovery."

Dr. Viramontes, a board-certified general and vascular surgeon and a member of the medical staff at McKenzie-Willamette Medical Center, also has expertise in minimally invasive vein treatments such as endovenous ablation, foam sclerotherapy and microphlebectomy. Over his eight-year medical career, he estimates that he has helped more than 1,000 women and men find relief from varicose veins. His dedication to the treatment of venous disease has earned him recognition as one of the top vein surgeons in Lane County. ●



Be pain free

Most treatments are covered by insurance, including Medicare.

To schedule a consultation at Pacific Cascade Surgery, call **(541) 345-2205**. The practice is located at 360 S. Garden Way, Suite 290, in Eugene.