



**McKenzie-Willamette**  
MEDICAL CENTER

# PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER



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*PulseBeat*  
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# Healthbriefs

## > Butter and margarine go head to head



You see them next to each other in the grocery store, but which one do you choose? And, more importantly, which type of fat is better for your heart? The decision is in: Most margarine choices are a healthier option than butter, according to the Mayo Clinic.

Because margarine is made from vegetable oils, it doesn't contain dietary cholesterol and it's higher in polyunsaturated and monounsaturated, or "good," fats, which, when substituted for saturated fats, help reduce low-density lipoprotein (LDL), or "bad" cholesterol. On the other hand, butter contains high levels of saturated fat and cholesterol because it's made from animal fat.

Buyers beware, though: Choose your margarine carefully. Solid margarine—which comes in stick form—isn't a good choice because it contains trans fat. Instead, choose soft or liquid margarine and check labels for the spread with the lowest calories, the least amount of saturated fat and no trans fat.



### Are you at risk?

Have you been checked for high cholesterol? Make an appointment with your doctor to discuss your risk factors and ways you can lower your risk.

## > Long commutes take toll on the heart

Do you have a long ride to and from work? Well, here's another drawback to the aggravation you may feel being trapped in your car: According to a study in the *American Journal of Preventive Medicine*, which looked at almost 4,300 Texas city workers, the longer you're behind the wheel during your commute, the worse your heart health. Waistlines expanded, exercise routines disappeared, and with these bad habits came higher blood pressure and excess pounds.

Even for those who did exercise, these heart disease risk factors didn't disappear, which means there's probably something to the commute itself that's harming hearts. Researchers hypothesize it could be that long-distance drivers are burning fewer calories overall and stress could be taking a toll. Researchers suggest finding other ways to add activity to your day, so don't hesitate to bring a pair of walking shoes to work and hit the sidewalks during your lunch break.



## > Could it be a pinched nerve?

Pinched nerves, which occur when too much pressure is applied to a nerve by surrounding tissues, such as bones, cartilage or muscles, can be painful and irritating. Understanding if you're at an increased risk of one day experiencing a pinched nerve is the best way to help prevent it. Here are five risk factors:

- 1 Posture.** Proper posture decreases the pressure to your spine and nerves.
- 2 Bone spurs.** Conditions like osteoarthritis can cause you to develop bone spurs. They can stiffen the spine and narrow the space where your nerves travel.
- 3 Overuse.** Activities that involve extensive use of your hands, wrists and shoulders can increase your risk of a pinched nerve.
- 4 Obesity.** Having excess weight adds more pressure from muscles and body tissue onto your nerves.
- 5 Pregnancy.** Weight gain from pregnancy can swell your nerve passages and pinch your nerves.





# Sleep and your brain

For optimal health, get your shut-eye

➤ Sleep is a time for you to rest and, hopefully, get refreshed and ready to face the new day. For your brain, sleep is a time for work.

During those blissful hours of shut-eye, your brain is playing an integral part in the maintenance of your nervous system, laying pathways to help you learn and create new memories. Some experts also think that sleep affords our brains the opportunity to rest hardworking neurons before they have a chance to malfunction. In addition, connections between neurons that aren't frequently used may finally get a chance to exercise during sleep as a way of preventing their deterioration.

If you cut your sleep sessions short (or get less than the recommended seven to eight hours), you're interrupting these vital processes and, as you probably know, making it more difficult to remember things or concentrate. You may find it more difficult to work, drive or function in general. Hallucinations and mood swings may also develop in more severe cases of sleep deprivation.

Some very preliminary research also seems to suggest that poor sleep habits may age your brain and contribute to cognitive health problems such as dementia, but more research is needed. On other, more definitive health fronts, lack of sleep has been linked to heart disease, obesity and diabetes.

## Here's to good sleep

Struggling to get that elusive sleep can be frustrating, but a good night's sleep isn't just a dream. To keep your brain in tip-top shape:

➤ **Schedule bedtime.** Going to sleep at the same time every night can help program your body into a healthy cycle.

➤ **Exercise regularly.** A good workout—if not timed too close to bedtime, or about five to six hours before you go to bed—can help you achieve a deeper sleep.

➤ **Skip the cigarettes, nicotine and alcohol,** all of which can negatively affect your quality of sleep.

➤ **Relax.** Read a book or soak in a nice, warm bath before going to sleep.

➤ **Avoid staying in bed if you can't sleep.** Find another low-key activity to do until you feel sleepy.

➤ **Keep your room cool, but not too cool.** Extreme temperatures that make you uncomfortable will keep you from getting sleep.

➤ **Wake with the sun.** It helps reset your body's internal clock. ●

While you sleep, **your brain** is playing an integral part in the **maintenance** of your **nervous system**, laying pathways to help you learn and **create new memories.**





## From US TO YOU

**MAURINE CATE**  
Chief Executive Officer

### TOP HONORS FOR YOUR COMMUNITY HOSPITAL

One of the many reasons I enjoy the Eugene/Springfield area is the sense of community with amenities found in a larger metropolitan area. This is true for healthcare and specifically, McKenzie-Willamette Medical Center (MWMC). MWMC was named one of the nation's Top Performers on Key Quality Measures by The Joint Commission, the leading accreditor of healthcare organizations in America, for exemplary performance in using evidence-based clinical processes shown to improve care for the following core measures: heart attack, heart failure, pneumonia and surgical care. This is the second year in a row MWMC has been recognized as a Top Performer, and is 1 of only 244 hospitals that achieved the distinction two years in a row and the only hospital in Oregon to be recognized for its achievement in four core measures two years in a row.

#### What this means to you

Accreditation keeps us on our toes. We regularly receive standards updates, alerts and information about common areas for improvement. It gives us a structure from which to focus our quality improvement efforts. Achieving accreditation makes a strong statement to our community about MWMC's commitment to provide the highest quality care and services.

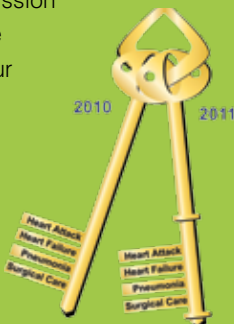
#### Expanding services

MWMC's Women's Health, Birth & Children's Center strives to offer a premier healthcare experience to women and families in our community. We've expanded our services and now offer pediatric inpatient care, too. MWMC has in-house pediatricians, allowing more time to be spent with pediatric patients and their families. Learn more about these services at [www.McKweb.com](http://www.McKweb.com).

Our recognition by The Joint Commission and expanded services in pediatrics are evidence of our dedication to serving our community. Thank you for your ongoing support of MWMC.

## Maurine Cate

Chief Executive Officer  
McKenzie-Willamette Medical Center



## Just for YOU

### Healthy Woman offers events and more!

➤ We know women have busy schedules and it's not always easy to keep up with friends and family, let alone health information and community programs. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of our hospital website. We have a new email program to keep women even more up to date. And, when registering for upcoming Healthy Woman events, you'll get a confirmation email. You can even register your friends as guests! ●



### Join today!

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits can last a lifetime. To sign up, find information about events or contact the program coordinator, visit [www.McKweb.com/HealthyWoman](http://www.McKweb.com/HealthyWoman).

HEALTHY WOMAN  
A MCKENZIE-WILLAMETTE MEDICAL CENTER RESOURCE

# Protect your prostate

## Annual checkups for early cancer detection

➤ Every three minutes, a man in the United States is diagnosed with prostate cancer. But regular testing can detect the disease in its earliest stages, when it's easier to treat.

A walnut-sized gland located in front of the rectum, the prostate produces fluid used in the formation of semen. Physicians are able to feel it during a rectal examination.

Advanced prostate cancer symptoms include:

- dull pain in the lower pelvic area
- problems with urination, weakened urine flow or blood in the urine or semen
- painful ejaculation
- pain in the bones, lower torso and upper thighs
- loss of appetite and weight

Once prostate cancer has advanced outside the prostate, it can never be completely cured. The key is to diagnose and treat early. After age 50, the likelihood of a man being diagnosed with prostate cancer greatly increases. According to one study, about 30 percent of men older than age 50 have prostate cancer (mostly undiagnosed).

A man's chance of being diagnosed doubles if his father or brother had the disease. If several family members have been diagnosed, the risk is even greater. Though it's not known why, African-American men are diagnosed 70 percent more often than Caucasians, usually in

a more advanced stage and at a younger age.

Men should begin annual prostate cancer screenings at age 50. Those at a higher risk should start screenings at age 40. Two tests are performed to check for prostate cancer. A prostate-specific antigen (PSA) blood test measures levels of PSA, a protein made by the prostate gland. A high PSA level indicates prostate cancer may be present, though men with normal PSA levels are sometimes diagnosed with the disease.

A digital rectal examination allows the physician to feel if the prostate is abnormally sized or hard. Often, other benign conditions may be diagnosed. If a slow-growing tumor is found, sometimes a patient will have the option to forego surgery. If a patient has a life expectancy of more than 10 years, the recommendation is to treat the prostate cancer.

Regular testing, a healthy lifestyle and a diet that includes five daily servings of fruit and vegetables are important tools to preventing and fighting prostate cancer. If you have concerns about prostate cancer, talk with your doctor. ●



### Urology care

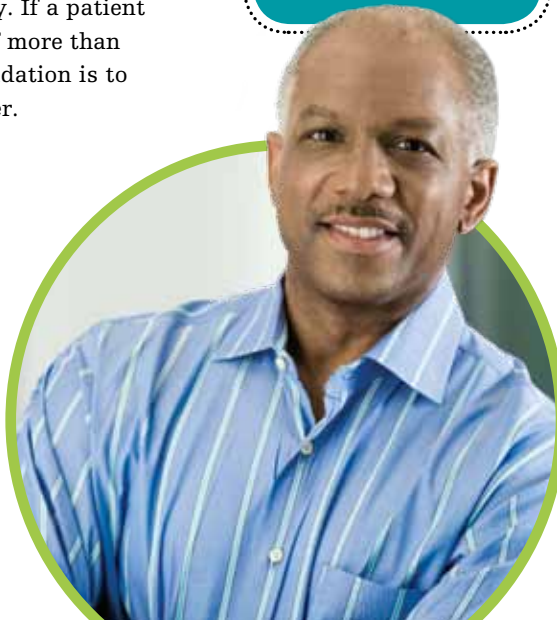
Urologists on the medical staff at McKenzie-Willamette Medical Center include:

Dawn M. Bodell, D.O.  
Mark R. Carson, M.D.,  
Ph.D.

Connie S. DiMarco, M.D.  
David S. DiMarco, M.D.  
David Esrig, M.D.  
Genoa G. Ferguson, M.D.  
Douglas G. Hoff, M.D.  
Thomas A. Kollmorgen,  
M.D.

Roger M. McKimmy, M.D.  
Bryan A. Mehlhaff, M.D.  
Brady R. Walker, M.D.  
Jeffrey B. Woolsey, M.D.

To find a doctor, visit [www.McKweb.com](http://www.McKweb.com) and choose "Find a Physician."



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<http://www.>



## HealthWise QUIZ

How much do you know about medication management?

> TAKE THIS QUIZ TO FIND OUT.



## Coping with stroke

> You didn't see it coming, but few people who have a stroke do. And as you may know by now, surviving a stroke is only half the battle. How do you cope with a life that's forever changed?

First off, know that there are many people facing the same situation as you. Almost 800,000 people have strokes every year. Some may recover with only minor residual effects, while others are left with permanent disabilities. Learning to cope with your individual situation is critical to recovery. Here are some strategies that may help:

> **Recognize the emotions.** You'll likely go through a range of emotions, from sadness about things you may no longer be able to do, to anger about why this happened to you, to frustration with the difficulty of communicating with loved ones. All of these are normal feelings. If you're experiencing extended periods of sadness, have lost interest in

life or have thoughts of suicide, seek help immediately because these are symptoms of depression. If you're a caregiver of someone with stroke, learn to recognize the signs.

> **Work with the new you.**

Recuperating will take time and a lot of hard work, and you may not totally get back to where you were before. Set small goals for yourself and celebrate as you reach them. And don't be afraid to rest. Remain active. You may not be moving the way you used to, but don't feel embarrassed by having to use a cane or wheelchair. You need to get out, even if only for a short time. If your loved one has had a stroke, encourage him or her to meet up with friends or engage in enjoyable activities, if he or she is up to it.

> **Ask for help.** Don't be afraid to reach out to friends and family to assist with errands or just stop by for a visit. ●

1 According to the FDA (U.S. Food and Drug Administration), splitting pills:

- a. is safe for all medications
- b. can affect the way a medication is absorbed
- c. should never be done unless the pills are approved for splitting and you have your doctor's OK
- d. both b and c

2 Which tip is not recommended for storing medication?

- a. Store it in a cool, dry place.
- b. Keep it in the original container.
- c. Keep the cotton plug in the bottle.
- d. none of the above

3 When talking with your doctor, you should let him or her know you take:

- a. vitamins
- b. over-the-counter medicines
- c. herbal supplements
- d. all of the above

4 Which of the following drugs can interact with St. John's wort?

- a. blood thinners
- b. antidepressants
- c. pain medications (narcotics)
- d. all of the above

5 When ordering medication online, you should only purchase from a website that:

- a. has an FDA seal of approval
- b. is accredited by the Verified Internet Pharmacy Practice Sites (VIPPS) program
- c. is based in Canada
- d. has testimonials

Answers: 1. (d) 2. (c) 3. (d) 4. (d) 5. (b)

# Just desserts

## Satisfying a sweet tooth—without the guilt

➤ You make it through dinner, keeping your promise to limit the calories and fat. But then comes the course that almost always gets you to cave: dessert.

Though it can be a calorie and fat trap, you don't have to skimp on the meal's finale. Instead, you need to find a way to satisfy that sweet tooth without guilt. And that's where nature's sweetest low-fat, low-calorie offering—fruit!—comes in:

- **Apple of your eye:** Slice up some apples and sprinkle with a little bit of cinnamon, then bake.
- **Layer:** Alternate layers of nonfat yogurt with fresh fruit in a parfait glass.
- **Get your calcium, too:** Keep low-fat

or nonfat fruit yogurt on hand for an afternoon pick-me-up.

➤ **The grill isn't only for meat:** Slice up peaches, bananas and pineapples and give them a little heat, which will bring out their natural sweetness.

➤ **Try an even quicker sweet fix:**

Pop open some canned fruit (canned in its own juice or water—no heavy syrup!) and enjoy.

➤ **Think heavenly:** Not all cakes are created equal.

Angel food cake is a healthy option that's made even better with the addition of some fresh fruit or fruit puree on top.

➤ **Make your own icy treat:** Freeze grapes and bananas for an ice cream alternative. Choose wisely: If your dessert options are limited to a restaurant menu, look for a fruit salad or sorbet, sherbet or meringues and skip the chocolate lava cake.

➤ **Get creative:** OK, so you really want to make that brownie recipe. You can still cut down on the sugar intake by substituting equal amounts of unsweetened applesauce, or cutting the amount of sugar in half. ●



## 'V' is for vitamin

### Do your kids need vitamin supplements?

➤ Growing up, health sources touted that getting all your vitamins and minerals was your ticket to a life spent big and strong. Today, parents have a multitude of vitamin choices to help their children get all those necessary

nutrients. But does your child really need them?

It's a question with no easy answer, experts say. Research has only seemed to make things more confusing for parents. A recent study led by the National Institutes of Health found that children who could have benefited the most from vitamins often weren't getting them, and those children who didn't need them were taking them. The study also found that some children—whether their parents supplemented their diet with vitamins or not—were deficient in the nutrients vitamin D and calcium while many took in too much iron and vitamin A, leading researchers

to hypothesize that those pills may not be a good match for today's childhood diets.

#### What should you do?

The general recommendation from the American Academy of Pediatrics is that supplements are rarely needed in children ages 5 to 10 because most children can get all the vitamins and minerals they need through diet alone. But for children who may have more erratic or poor eating habits, or follow a certain diet (for example, vegetarian without dairy), a supplement may be necessary.

Start by talking with your pediatrician about your child's habits to see if a supplement might be beneficial. Your pediatrician might have other suggestions about how your child can meet nutritional goals (for example, finding alternative food sources that your child enjoys). ●



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WINTER 2013



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# Don't be sore

## What to do when wounds won't heal

➤ Sores on your body can be frightening—especially when they don't go away. Persistent wounds that don't heal can result from a variety of causes, such as illness, burns or pressure.

The most typical include diabetic skin sores, pressure sores, vessel disease wounds, surgical incisions, spinal injury wounds and chemical wounds.

Chronic sores can become seriously infected. These openings in the skin allow in foreign pathogens, further damaging the deeper layers of skin and underlying tissue. This can limit blood flow and slow the body's healing process. Preventing infection is the key to rapid and successful recovery.

Treatment varies depending on the type and severity of the wound. The most important steps are to remove necrotic tissue to minimize the risk of infection, relieve pressure and dress the wound.

It's important to seek medical attention if you have a wound that won't heal. Most patients who seek help from a wound care program find their sores heal in a few months. However, changing dressings and monitoring progress are only part of the plan. Other common

treatments include applying growth factors (natural substances applied topically to stimulate healing) and high-pressure (hyperbaric) oxygen treatment. Nutrition counseling and antibiotic treatment may also be part of the care plan. Your doctor will know what's best for you.

### When to call the doctor

If your wound has any of the following conditions, call your doctor as soon as possible:

- it's jagged
- the area around it feels numb
- it contains dirt that won't come out
- it's tender, inflamed or the edges gape open
- a thick, creamy, grayish fluid is draining from it
- you have a temperature higher than 101 F
- red streaks appear near the wound
- it's very deep and you haven't had a tetanus shot in five or more years
- blood continues to leak through your bandage after you've applied direct, firm pressure for 10 minutes ●



## We can help you heal

Wound care services at McKenzie-Willamette Medical Center include:

- removal of dead or damaged tissue (debridement)
- vacuum-assisted closure (wound vac)
- preparation and application of skin substitutions
- incision and drainage procedures
- skin biopsy
- hyperbaric oxygen
- bio-engineered skin substitutes
- total contact casting
- advanced topical wound care

Learn more at [www.McKweb.com](http://www.McKweb.com), choose "Services," then "Adv. Wound Healing."