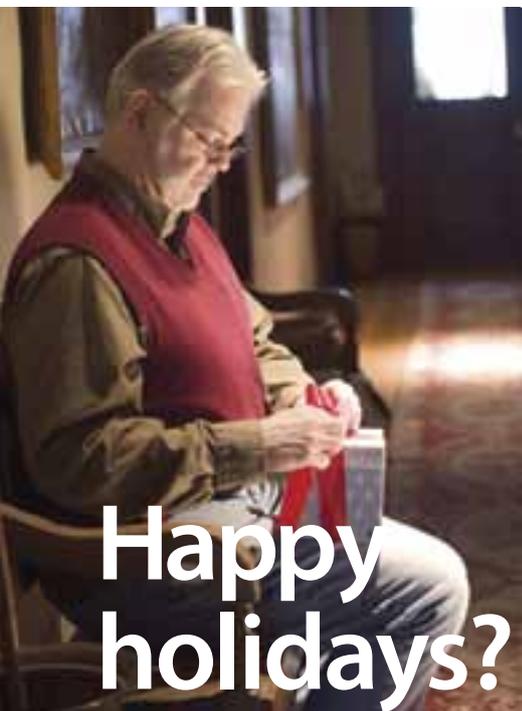


CMH HEALTH COMPASS™

A JOURNAL DEVOTED TO HEALTHFUL LIVING

FALL 2012



Happy holidays?

FOR many people, the holidays are a time of joy and celebration.

But for others, the holidays mean stress. Not only do the demands of shopping, cooking, cleaning, parties, houseguests and traveling add up, but other things, such as family tension or financial constraints, can lead to holiday burnout.

While it's normal to feel a little overwhelmed, these tips from Columbia Memorial Hospital (CMH) can help make the holidays more joyful:

Plan ahead. Get organized as far in advance as you can. List the things you want to accomplish, and prioritize them.

Set realistic goals. Rather than trying to do everything on your own, ask family and friends for help. Just remember to keep expectations simple for yourself and others.

Spend quality time with loved ones. Social ties can help relieve stress and contribute to a positive attitude. However, if you're experiencing family tensions, keep in mind that those feelings won't necessarily disappear because of the holidays. If you're not getting along with someone, it's probably best to spend less time around that person.

Know your spending limit and stick to it. Overspending can compound stress, so only spend what you can truly afford.

Take care of yourself. Though it may be tempting to overindulge, try to maintain healthful habits with a balanced diet, regular exercise and plenty of rest.

Know that it's OK to be a little blue. The holidays can be particularly hard if you've lost a loved one or

are dealing with a family transition, such as a divorce. It's OK to feel sad or lonely at times. However, if you're feeling especially down or having trouble coping, talk to your doctor.

Check out our healthy cooking classes! See the calendar on page 7 for more information.

CEO LINK

Plan for good health

AS the leaves begin to change and we prepare for the holiday season, I welcome you to the fall edition of *CMH Health Compass*.

In this issue, discover how planning ahead can reduce the stress of the holiday season, four reasons a colonoscopy should be on your to-do list, why shots are important for your little ones and why the number for expecting moms to remember is 39.

Plus, CMH is one of only five hospitals in the state of Oregon to receive the IBCLC Care Award—discover what that means for new moms and babies.

All of us at CMH wish you a wonderful and healthy holiday season.



Erik Thorsen,
CEO

Erik Thorsen, CEO

INSIDE

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COLORECTAL CANCER

4 reasons to say yes to a test

THERE might be a thousand things you'd rather do than get screened for colorectal cancer. But if you're 50 or older, it's time to say yes to a test.

Why? Consider these four facts:

- 1 Colorectal cancer is the second leading cancer killer of Americans. Getting screened helps you avoid becoming part of that statistic.
- 2 Screening can spot cancer early, when it's easiest to treat. If you wait for symptoms to develop, the disease is likely to be in an advanced state and much more difficult to deal with.
- 3 Screening may prevent cancer. That's because most cases of colorectal cancer start as a polyp—a growth inside the colon. Some screening tests allow a doctor to find and remove these growths long before they have a chance to become cancerous.
- 4 Getting screened can help those close to you. Colorectal cancer can run in families. If your test reveals polyps or cancer, your children or

Don't put it off! Screenings save lives. Call **503-338-4075** to make an appointment.



other close relatives may be at higher risk for the disease. Knowing that, they may choose to get screened sooner than the usually recommended age of 50, which can reduce their chances of developing the disease.

So don't wait. For your health's sake, make getting screened your priority this year. For an appointment, call **503-338-4075**.



Sources: American Cancer Society; Centers for Disease Control and Prevention

3 quick questions about colorectal cancer screening

Q. Who needs screening?

A. If you're age 50 or older, you do. But people at higher risk should start sooner. Ask your doctor what's best for you.

Q. What tests are available?

A. Several, including:
▶ Colonoscopy. A thin tube tipped with a

tiny light and camera is threaded through the entire colon, allowing your doctor to see and remove polyps or biopsy other problem spots.

▶ Sigmoidoscopy. A similar test to colonoscopy, but only the lower portion of the colon is examined.

▶ Fecal occult blood test (FOBT). A lab test to find hidden blood in the stool, which may indicate cancer.

Q. How often are tests needed?

A. Usually, colonoscopies are repeated every 10 years, sigmoidoscopies every five years and FOBTs yearly.

Why kids need shots

THERE'S a lot of information out there about children and vaccines. But perhaps the most important thing you need to know is this: Vaccines save kids' lives.

Immunizations help protect kids against potentially debilitating and deadly diseases, such as polio and measles. According to the American Academy of Pediatrics, vaccines have reduced the number of these vaccine-preventable illnesses by more than 90 percent.

It's true that many of these diseases are rare—in part due to the effectiveness of immunization. But that doesn't mean that children don't need protection.

The viruses and bacteria that cause these diseases still exist. Also, some vaccine-preventable illnesses are still common outside of the U.S., so travelers could carry diseases with them. That's why it's important for kids to be up-to-date on their shots.

Are they safe? Vaccines are both effective and safe. Serious side effects are rare—about as common as with other types of medication. Side effects are usually mild and can include swelling, redness and tenderness at the site of the injection. Also, children may have a slight fever or fussiness for a little while after a shot.

Immunizations help protect kids against potentially debilitating and deadly diseases.



Most children—even those with a minor illness, such as a cough or ear infection—can be immunized safely. Kids who have a more serious illness may need to delay or avoid certain shots. Your child's health

care provider can give you more information.

For a complete schedule of recommended immunizations, visit



www.columbiamemorial.org/vaccines.

Defend your kids against the flu

The flu (influenza) virus causes fever, cough and body aches. But it doesn't always stop there.

For some people, it can lead to serious complications, such as pneumonia. It can also worsen chronic conditions like asthma and diabetes.

Children—especially the very young and those with certain health problems—have a high risk of developing the more dangerous effects of the flu.

That's why the Centers for Disease

Control and Prevention recommends that nearly everyone 6 months and older get a flu vaccination, which protects against the three flu viruses that are most likely to cause illness.

Some kids may need more than one dose of the vaccine. Talk with your child's health care provider about what's right for your child.

If you have questions or if you are looking for a pediatrician, visit us at www.columbiamemorial.org.



Give baby time to grow

Reduction of elective deliveries prior to 39 weeks

By Robert L. Holland, MD, PhD

WE have all heard about babies who were born very early and do very well. It is important to realize that these babies are an exception. Too often women want to plan their delivery date or simply do not want to be pregnant any more. By the end of pregnancy, most women can't wait to give birth. A new campaign asks them to hold on as long as they can.

Statistics show that from 1990 to 2006 the percentage of women who induced labor more than doubled. The increase was not because of emergencies but because women and doctors began scheduling deliveries for convenience—convenience for the mother, for the family and for the physician. Often it's because patients say to themselves: "I want only my doctor to be there. I don't want the person who's on call."

To learn more about Dr. Holland or the CMH Women's Center, visit us on the web at www.columbiamemorial.org.

Early delivery increases risks

Having a baby takes a lot of planning. However, experts are now saying that planning too far ahead for the arrival date of the baby can do more harm than good.

A full-term pregnancy lasts 40 weeks. Elective deliveries, including repeat cesarean sections, are often planned for two or three weeks earlier. Recent studies have shown

that infants born between 37 and 39 weeks have an increased risk of digestive, lung and learning problems as well as seizures and an increased chance of sudden infant death syndrome (SIDS).

These early babies have trouble maintaining their body temperature, which increases the risk of infection or readmission to the hospital. They may have issues with normal blood sugar, or they may become significantly jaundiced. They may also have difficulty with breathing, and there is an increased risk of being transferred to the neonatal intensive care unit (NICU).

When it may be necessary

The American Congress of Obstetricians and Gynecologists (ACOG) does not recommend nonurgent elective delivery before 39 weeks of gestation. There are, however, a number of medical reasons that earlier delivery may be warranted. These can include: ▶ Abnormal bleeding. ▶ Sudden detachment of the placenta, or placental abruption. ▶ Infection.

- ▶ High blood pressure, or hypertension.
- ▶ Lack of space for the baby to grow within the uterus, or intrauterine growth restriction.
- ▶ Abnormalities in the baby.
- ▶ Multiple gestation, such as twins.
- ▶ Other high-risk conditions.

Worth the wait

People are seeing their friends have babies early, and women

often go into natural labor at 37 or 38 weeks and have babies who seem to do fine. As medical care improves—resulting in better outcomes at lower gestational ages—and life becomes more hectic, people perceive the risks that come with choosing to deliver before 39 weeks as negligible, and they opt for convenience, decreased discomfort or relief of anxiety.

However, a baby's brain and other organs do a lot of growing between 35 and 39 weeks in the womb.

"Thirty-seven weeks is term, but babies born at that time become the most common occupants of neonatal intensive care nurseries," says James Iams, MD, a maternal-fetal medicine specialist at Ohio State University. "Pediatricians naturally have said, 'They could have waited.'"

What's best for baby

The providers at the CMH Women's Center, in cooperation with the hospital maternity staff, are actively supporting the efforts of ACOG and the March of Dimes to reduce the number of elective deliveries before 39 weeks. It takes a change in the attitude and expectations of both mothers and providers, but we continue to strive for what is best for newborn babies.



More about Dr. Holland

Robert Holland, MD, PhD, is certified by the American Board of Obstetrics and Gynecology and is a fellow of the American College of Obstetricians and Gynecologists. He attended medical school at Texas A&M University and received his PhD in health sciences/biophysics and physiology from The University of Texas.

Dr. Holland completed his internship at the University of South Dakota Sanford School of Medicine and his residency at the University of South Dakota Affiliated Hospitals.

He specializes in obstetrics and gynecology with additional specialties and medical interests in general gynecology, gynecological surgery, high-risk pregnancies, laparoscopic surgery, reproductive endocrinology, ultrasound-assisted uterine fibroid surgery and women's health.

Dr. Holland is currently the president of the professional staff at CMH and represents the professional staff on the Board of Trustees.



To make an appointment with Dr. Holland, please call **503-338-7595**.



Robert Holland, MD, PhD

Help for moms who breastfeed

BREASTFEEDING

is the best start for you and your baby. It can be normal, though, to have questions or feel overwhelmed in the beginning. You don't have to struggle. Through Columbia Memorial Hospital (CMH), you have access to an international board-certified lactation consultant (IBCLC) seven days a week.

The IBCLC at CMH is available by appointment to meet with you before or after you have your baby—even if you delivered at a different hospital. Appointments usually last 60 minutes and may be covered by your health insurance.

You can get help before your baby is born if:

- ▶ You had a hard time nursing a baby in the past.
- ▶ You expect more than one baby or a baby who may be sick or early.
- ▶ You have had breast surgery and wonder if it will affect your breastfeeding.
- ▶ You worry that something about your health might make it hard to breastfeed.

You can get help after your baby is born if:

- ▶ You or your baby is having a hard time with breastfeeding.
- ▶ Your breasts or nipples hurt.
- ▶ Your baby is not gaining weight very well.
- ▶ You are worried about how your baby acts during or after feeding.
- ▶ You are worried that you might have too much or too little milk.
- ▶ Your doctor or your baby's doctor sends you for help.
- ▶ You or your baby is hospitalized during the time you are breastfeeding.

In 2011, CMH was one of five hospitals in Oregon to receive the IBCLC Care Award.

"The IBCLC Care Award recognizes hospitals and birthing facilities that hire IBCLCs and have a dedicated lactation support program available five to seven days per week," says Laura Brown, Lactation Consultant at CMH. "These facilities have demonstrated that they have

provided training for their nursing, medical and other staff members who care for breastfeeding families and have implemented special projects that promote, protect and support breastfeeding."

If you have any questions or would like to schedule an appointment, please call Lactation Services at CMH at **503-791-9140**. We are here to assist you in meeting your own breastfeeding goals.



CMH Foundation funds improve cancer care

The CMH Foundation has raised \$185,000 for the CMH/OHSU Cancer Care program. The funds support cancer care at the CMH/OHSU Oncology Center.



▲ **Max Bigby (left)**, past Chairman of the CMH Foundation, presents a check for the Cancer Care phase 1 project to Erik Thorsen, CEO of Columbia Memorial Hospital.

Furniture, fittings and fixtures were installed at the center to provide the most comfortable and enhanced treatment experience for chemotherapy patients.

Women in need now have access to mammograms without charge.

A navigator position has been established, which will assist patients who receive a cancer diagnosis to understand treatment options and select providers.

Post-treatment cancer patients can attend a survivorship clinic for support through survivor groups and individual consultations.

The CMH Foundation is now raising funds to further enhance and expand the CMH/OHSU Cancer Care program. The CMH/OHSU Cancer Center intends to provide as much treatment locally for its oncology patients as possible. Planning for this next phase is under way and will continue through the next several years.



COLUMBIA
MEMORIAL
HOSPITAL

FOUNDATION

503-325-3208

Email foundation@columbiamemorial.org

Potiowsky to speak at Economic Forum

The CMH Foundation Business Relations Committee will present its third annual Economic Forum on Nov. 15 in the Coho Room at the CMH Community Center.

Tom Potiowsky, PhD, former Oregon State Economist and Chairman of the Economics Department at Portland State University, will present his assessment of the state of the economy for the third year. Dr. Potiowsky's talks are informative, enlightening and entertaining.

For more information, call the CMH Foundation at **503-325-3208**.



AHS students help CMH cancer program

Two Astoria High School (AHS) students demonstrated an excellent example of how CMH, AHS and the community can be involved in neighbors helping neighbors. The two students, Marilisa Pena and Becca Alfaro, chose senior projects that benefited cancer care at CMH.

Pena first became interested in breast cancer during her junior year in 2010 because of her Health Occupations class, taught by Kendra Gohl, RN, of CMH. Pena provided five-minute talks titled "Five Quick Facts About Breast Cancer" to 10 classes at AHS. She placed jars around the school and raised \$160 for the CMH breast health program. She continued her interest during her senior year, when she did research on breast cancer treatments as her senior project. She sponsored a walk as part of the Komen Race for the Cure and raised \$202 for that cause.

"Girls my age don't get enough information about breast cancer early enough—no one reaches out to us," Pena says. "The earlier information gets to us, the earlier we can catch breast cancer."

Pena is studying criminal justice at Clatsop Community College.

Alfaro created Coffee for the Cure for her senior project in 2011. She contacted local coffee shops and asked them to select a drink from their menu for which they would donate a portion of the sale price to her project. Alfaro also placed Coffee for the Cure donation bins at various locations.

Alfaro's father and grandmother have both had cancer and been treated at the OHSU/CMH Oncology Center. "My dad and grandma were helped by the CMH Cancer Center, so I wanted to give back," she says.

Alfaro's project raised \$235. She is currently a nursing student at the University of Portland.



▲ **Marilisa Pena (left) and Becca Alfaro** created their senior projects at Astoria High School to benefit CMH Cancer Care.

TAKE TIME FOR YOUR HEALTH!

Call 503-338-7564, email cheryl_ham@columbiamemorial.org, or visit www.columbiamemorial.org to register or to learn more about the exciting opportunities at CMH.

CHILDBIRTH/ FAMILY PREPARATION

Childbirth Classes

► Weekly classes: Wednesdays, Nov. 7 to Dec. 12, 6:30 to 8:30 p.m.

► Weekend Fast Track: Friday, Dec. 14, 6 to 8:30 p.m., and Saturday, Dec. 15, 10 a.m. to 4:30 p.m.

Free for couples delivering at CMH; \$75 for others

This course is offered as a weekly series or as a weekend “fast track.”

New! Online Childbirth Preparation Course

16-week access, \$60

Are you unable to attend weekly or weekend classes in person? The online program is an option for you. You can complete modules and watch videos at your own pace in the comfort of your home. You will also be invited to join in our hospital tour.

Infant Safety and Development Milestones

free Tuesdays, Oct. 16, Nov. 20 or Dec. 18, 10:30 a.m. to noon

This course is for new parents to begin discussion of important infant safety measures, including infant choking and how to enhance developmental milestones in your infant's first year.

HEALTH AND WELLNESS

Better Breathers

free Tuesdays, Nov. 6, Dec. 4, 2 to 3 p.m.

CMH Health & Wellness PAVILION, third floor

Monthly educational program and group discussion for people who have chronic respiratory conditions such as emphysema, COPD and asthma.

Get a Grasp on Medicare

free Thursday, Oct. 18, 4 to 5:30 p.m.

CMH Columbia Center, Coho Room

This course is appropriate for those new to Medicare and those who are already enrolled in Medicare with questions about benefits. Preregistration is requested.

Healthy Cooking With CMH: Cooking It Healthy

Tuesday, Oct. 23, 12:30 to 1:30 p.m. or 5:30 to 7 p.m., \$15 per person/\$20 per couple

Learn basic techniques in healthy food preparation.

Healthy Cooking With CMH: Healthy Holiday Baking

Tuesday, Nov. 13, 12:30 to 1:30 p.m. or 5:30 to 7 p.m., \$15 per person/\$20 per couple

Get tips on healthy and good-tasting holiday baking.

Living Well With Chronic Illness

Tuesdays, Oct. 16 to Nov. 20, 5:30 to 8 p.m.

Columbia Memorial Hospital

This six-week course provides individuals with the tools for living a healthy life with a chronic condition. Topics include relaxation techniques, managing emotions, fitness, nutrition, communication, working with your health care team and more.

Tai Chi

Tuesdays, Oct. 23 to Nov. 27, 9 to 10 a.m., \$25 for six-week series

These six-week programs provide training for beginning tai chi techniques to promote balance and strength. Programs can be repeated to enhance technique.

Trying to Quit Tobacco? Join in the Great American Smokeout!

Thursday, Nov. 15

Our CMH Mayo Clinic-certified tobacco cessation coordinator will help you develop a plan and identify techniques to help you quit using tobacco, including smokeless. Individual and group programs are available. Pharmacist-assisted—contact her today!



Call 503-338-7564, visit www.columbiamemorial.org or email cheryl_ham@columbiamemorial.org to register or to learn more.



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Did you know?

AS a Planetree hospital, Columbia Memorial Hospital (CMH) offers the following services to make sure you have an excellent, 10 out of 10 hospital stay.

Open visitation. Your family, your friends and even your pet are welcome to visit you during your hospital stay, anytime day or night.

Open chart policy. If you would like to learn about what is recorded in your medical chart, your nurse or physician will walk through it with you and answer any questions you may have about the content.

Patient education. CMH caregivers may access educational materials about your condition and provide you with printed materials

to take home with you. In addition, your loved ones are encouraged to take advantage of free online educational resources available here at CMH to support you in your recovery.

Care partners. One of your loved ones may be assigned as your care partner, and he or she is invited to stay at the hospital with you and assist you throughout your stay.

Room service. A room service menu with many delicious choices is provided to you, and you may order meals that sound good to you when you are ready to eat.



A Planetree Hospital

Spiritual care. Our caregivers and our hospital chaplain are available to support you with any spiritual need requests, including contacting other local clergy to visit with you during your stay.

Massage therapy. A massage therapist is available certain hours during the day for a gentle, light-touch massage in your room.

Pet therapy dogs. If you don't have a pet of your own but would like to receive a visit from one of our Delta-certified pet therapy dogs, just ask your nurse!

Volunteer services. Our volunteers have put together an activity cart full of free comfort items to help make your stay a more pleasant experience, including music, puzzles, fuzzy socks, aromatherapy and other care items.

Pharmacy. A pharmacist is available to fill your take-home prescriptions right from your room and provide them for you at discharge when you are ready to go home.

Patient advocate. If for any reason you are not experiencing a 10 out of 10 stay and you need some assistance, you may call the patient advocate hotline.

For more information about Planetree hospitals, please go to the website at www.planetree.org.

