



**Seeing you through.** Meet LaLonnie Hurliman, RN, our new nurse navigator.

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# Life & Health

EXCELLENCE IN COMMUNITY HEALTH • FALL 2013



Sandy Earhart receives care at Tillamook Regional Medical Center from oncology nurse Sherah Berthelsen, RN.

## Compassionate CANCER CARE

**Right  
where  
you  
need it**

Did you know that excellent cancer care services are offered right here in Tillamook? Many local cancer patients think they have to drive to the valley for surgeries and treatment. In many cases that is not so. You can receive state-of-the-art cancer care services at Tillamook Regional Medical Center. ♦ Anyone who has received a cancer diagnosis can tell you that the implications are devastating and the associated to-do list is overwhelming.

There are tests and biopsies, oncology appointments and surgeries, post-op appointments, and sometimes chemotherapy and physical therapy following surgery. When a patient has to travel to the valley for these services, it is time-consuming, expensive and stressful—and usually involves a stay away from home for the patient and the family member or loved one who is doing the driving. The drive alone can be uncomfortable and exhausting for the patient and dangerous in the winter.

“People don’t need to be traveling to the valley for things like chemotherapy, especially when they don’t feel good,” says Gina Seufert, RN, Vice President of Physician and Clinic Services. “We want to help patients receive the care they need in their own community, so that they can stay at home and sleep in their own beds at night.”

**WHAT WE DO** At the medical center, cancer patients can receive diagnostics, surgery and oncology care, including chemotherapy. For example, women can have state-of-the-art digital mammography in Tillamook. If a suspicious lump is detected, breast biopsy and sentinel lymph node biopsies are performed in Tillamook. With a cancer diagnosis, surgeons Todd Pitts, MD, and Frederick Foss, MD, perform breast-conserving surgery (lumpectomy) or mastectomy right here in Tillamook.

“About 80 percent of the breast cancer surgeries we perform are breast-conserving surgery, or lumpectomy,” says Dr. Pitts. “The other 20 percent are mastectomy. In terms of life-saving breast cancer surgery, we can do everything that needs to be done.”

Drs. Pitts and Foss refer patients to a plastic surgeon for breast reconstruction following mastectomy. They also work with the plastic surgeon to perform tissue expanding procedures in preparation for breast reconstruction.

Gerald Gibbs, MD, an experienced oncology specialist, works with cancer patients on a treatment plan. Cancer patients find him compassionate, knowledgeable and open to their concerns. He gives his patients his cellphone number and encourages them to call him if they have questions or concerns. He takes the time to explain things to his patients and is careful to make sure they understand what he is saying. His attention to detail inspires confidence. Patients can receive chemotherapy at the medical center, administered by Dr. Gibbs and the highly skilled and compassionate nursing staff in Outpatient Therapy Services.

Sherah Berthelsen, RN, is chemotherapy-certified. She has been working with Dr. Gibbs for almost four years. “I feel like I’m making a difference for people,” she says. “This is a good fit for me. I provide the kind of care I would want my family members to receive.”

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## TILLAMOOK NEWS, VIEWS &amp; TIPS

## Diabetes reversed

In just six months, Tillamook County Commissioner Tim Josi reversed his diabetes diagnosis; brought his blood pressure, cholesterol, lipids and triglyceride counts to within normal ranges; and lost 30 pounds by changing his diet and increasing his exercise.

Commissioner Josi credits the Tillamook Regional Medical Center's Complete Health Improvement Project (CHIP)



**Tillamook County Commissioner Tim Josi completed the CHIP program and took care of his diabetes.**

for this dramatic improvement.

"Dr. Hans Diehl came to the hospital to talk to people about CHIP," he says. "He developed the program. I didn't really know what his talk was going to be about; I just went to support the hospital. I didn't go there planning to sign

up for anything. But he was talking about managing diabetes and heart disease, and that got my attention. I had three brothers with diabetes, both of my parents were diabetic—aunts, uncles, grandparents—diabetes is pervasive in my family. I was earmarked for becoming a diabetic. I was secretly afraid that I already had diabetes. I was also afraid that I was a heart attack waiting to happen. My dad died of a heart attack."

Commissioner Josi talked with Dr. Diehl, who asked about his health concerns. He listed high blood pressure, high cholesterol, high lipids and triglycerides, and fear of diabetes and heart disease. Dr. Diehl told him that it was within his power to take control of his health by making a few simple changes. So he signed up for the program.

**CHIP away at bad habits** CHIP is a four-week program that includes two health screenings, 12 lectures, a cookbook, cooking demonstrations, delicious meals each evening and support group meetings.

"The CHIP program does a really thorough job of explaining what you should eat and why," Commissioner Josi says. "Basically, you cut out animal products, prepared foods, and fats and

oils. The idea is that the pancreas produces insulin, which is the key that opens the lock that allows glucose into the cells. Eating fatty products gums up the lock.

"Before the class started, I had my annual physical with Dr. Betlinski, and sure enough, I was diagnosed with diabetes. My A1C blood glucose level was 6.6, and 5.5 is normal. But Dr. Betlinski said that he would wait to prescribe diabetes medication for me because I told him I had signed up for the CHIP program.

"I'm not a vegetarian, but I try really hard. I've reduced meat in my diet to about three times a week, just lean meats, in moderate amounts. I'm not a fanatic. I still eat potato chips once in a while, but just a little bit if I'm at an event where someone is serving them, and I don't buy them. At the grocery store, I stay away from the meat counter. I'm eating a lot more fruits and vegetables, beans, and nuts. If I'm going out to eat, I look for a vegetarian burger and a salad rather than chips. If I go out for dinner, I splurge on a Cobb salad and avoid the bacon. I'm not hungry, and I'm not missing anything."

**Don't just sit there!** Commissioner Josi increased his exercise to about 4 hours

a week. "I try to exercise every day, but with my schedule, it doesn't always work," he admits. "I'd say I make it at least four times a week."

Six months after he began CHIP, Commissioner Josi had a checkup with Dr. Betlinski, who told him that his diabetes was under control. "My blood glucose level is down to 5.6, and 5.5 is normal," he says. "I don't need medication, and I don't even have to keep testing myself regularly. My cholesterol has fallen to below 150, and my blood pressure is down to the 120s. They are both within normal ranges for the first time in years—same with my lipids and triglyceride levels.

"I recommend this program for anybody," Commissioner Josi says. "The U.S. is having a health care crisis, and a lot of it is because of what we eat. Obesity is and will cost the health care system billions of dollars. You can manage diabetes and heart disease. People can live longer, healthier lives just by making different choices. We can turn this stuff around, and it's not that hard."

Call Tillamook Regional Medical Center at **503-815-2270** for more information on CHIP and to sign up for the next CHIP class.

## Metabolic syndrome

### Are you at risk?

As many as 1 in 3 American adults may have metabolic syndrome, according to the American Heart Association. This syndrome is a collection of factors that increase a person's risk of heart disease, type 2 diabetes and stroke. Fortunately, it is treatable—and it may be preventable.

### Syndrome signs

According to the National Heart, Lung, and Blood Institute (NHLBI), metabolic syndrome includes these factors:

- A large waistline.
- High blood pressure.
- High triglycerides (a type of fat in the blood).
- Low levels of HDL (good) cholesterol.
- High blood sugar.

A person with three or more of these factors is considered to have metabolic syndrome. In general, having this syndrome doubles a person's risk of heart disease, reports the NHLBI.

**Reduce your risk** A healthy lifestyle is the first line of defense against metabolic

syndrome, according to the NHLBI. It's also the first line of treatment for people who already have it. That includes:

**A heart-healthy diet.** Eat a variety of fruits, vegetables and whole grains; lean meats, poultry, fish and beans; and low-fat or nonfat dairy. It's also important not to overeat and to limit your intake of salt, cholesterol and unhealthy fats.

**A healthy body weight.** Visit [www.morehealth.org/bmi](http://www.morehealth.org/bmi) to calculate your BMI (body mass index), which measures your weight in relation to your height and gives an estimate of your total body fat. To lower your risk of metabolic syndrome, aim for a BMI of less than 25.

**Regular exercise.** Physical activity helps strengthen your heart and lungs. The more you do, the more benefits you'll see. If you're inactive, talk with your doctor about the best way to start.

**Not smoking.** Smoking raises your risk of heart disease and worsens other risk factors.

**Getting screened.** Know your cholesterol, blood pressure and blood sugar numbers. Keep them in a healthy range. This will help you reduce your risk of metabolic syndrome and other health problems.

If lifestyle changes aren't enough to control risk factors, your doctor may prescribe medication.

## Cancer care

—Continued from front page

Berthelsen is passionate about informing people that they can receive top-quality cancer care right here in Tillamook. "People don't feel good when they're on chemo, and the road to Portland is terrible. We can take care of them here. Because we're a smaller facility, the care that they receive here will be more personal than in a big hospital. In many cases we know our patients because it's a small community. That helps people feel more comfortable."

**After chemo** Radiation treatment is not available at the medical center, but follow-up care is. When patients have to leave the area for a particular procedure or treatment, they can usually be referred back to Tillamook providers for the next step in treatment.

A recent review indicated that when local cancer patients are referred to a provider in the valley for a particular procedure, that provider will usually refer them to another provider in the valley for the next stage in treatment. Patients get caught in the cycle of driving out of town for services they could receive right here at home. If you find yourself in this situation, ask the doctor to refer you back to a Tillamook physician.

To schedule an appointment with Dr. Gibbs, call **503-815-7510**. For an appointment with a surgeon, call Dr. Foss or Dr. Pitts at **503-815-2292**.



# D

o you have your diabetes under control?

- Absolutely.
- I think so.
- I don't know.

No matter which box you checked, the real answer may be *I don't know* if you're not current with some of the key tests and exams needed for the disease.

Staying up-to-date with these medical must-do's is one of the most effective ways to prevent, or at least delay, some of the complications of diabetes—complications like stroke, heart disease, or kidney or eye damage.

The examinations listed are performed in medical offices. Some should be done every time you see your doctor. Others can be checked every few months or even just once a year.

But all of them are in addition to—not instead of—your own daily blood glucose (sugar) tests.

The list includes the what, why and frequency of each test or exam. The target numbers recommended by the American Diabetes Association (ADA) are added where appropriate. Your doctor may suggest different goals for you.

# Testing, testing

## 7 diabetes **checkups** you can't pass up

TEST OR EXAM	WHY YOU NEED IT	HOW OFTEN YOU SHOULD HAVE IT DONE
<b>A1C (or eAG, for estimated average glucose)</b>	Your blood cells carry the memory of high glucose contents. The A1C determines average glucose levels from the past few months. It can help determine how well your treatment plan is working for you. A1C results are reported as percentages; eAG results use the same measuring unit as your glucose meter. The ADA recommends: ■ A1C: Less than 7 percent for most people. ■ eAG: Below 154 mg/dL of blood.	Have an A1C test when your diabetes is first diagnosed or when treatment begins. Repeat the test at least every 3 to 6 months.
<b>Blood pressure</b>	High blood pressure, or hypertension, measures the force of blood moving through your vessels. Too much force can damage vessels and arteries over time, raising your risk for heart attack, stroke and other problems. Most adults with diabetes have high blood pressure. Blood pressure is reported in two numbers: systolic (top number) and diastolic (bottom number). The ADA recommends: ■ Below 130/80 mm Hg. That means systolic should be less than 130, and diastolic should be less than 80.	Your blood pressure should be checked at every doctor visit.
<b>Cholesterol (lipid profile)</b>	This test measures the amount of various fats (lipids) in your blood. LDL cholesterol is a bad fat that can clog and narrow your arteries, causing heart disease. HDL cholesterol is good because it essentially cleans LDL from your arteries. Triglycerides are a different type of blood fat that can also raise your risk for heart attack and stroke. The ADA recommends: ■ LDL: Below 100 mg/dL. ■ HDL: For men, above 40 mg/dL; for women, above 50 mg/dL. ■ Triglycerides: Below 150 mg/dL. Note: Hitting your LDL target is the most effective way to protect your heart and blood vessels, according to the ADA.	Your cholesterol levels should be checked at least once a year.
<b>Urine microalbumin (or urine albumin)</b>	Most protein should remain in your blood. This test looks for small amounts of a protein (albumin) in your urine, suggesting leakage from your kidneys. The test can be an early alarm bell for kidney problems. Too much protein over time can damage your kidneys to the point of failure. The ADA recommends: ■ Below 30 µg/mg.	<b>Type 2 diabetes:</b> Have this urine test at diagnosis since you may have had diabetes for years without knowing it. Get tested once a year after that. <b>Type 1 diabetes:</b> You should have your first test 5 years after diagnosis. Then once a year after that.
<b>Foot exam</b>	A foot check looks for injuries, sores or blisters. A comprehensive foot exam checks the skin on your feet, your foot muscles and bones, and blood flow to the feet. Nerve damage from diabetes often begins in the feet.	Ask your doctor for a basic foot check at every visit. Have a comprehensive exam once a year or more often if you have foot problems.
<b>Dilated eye exam</b>	An eye doctor puts drops in your eyes that enlarge your pupils. This lets him or her see the retinal tissue at the back of your eye. Having diabetes puts you at high risk for eye problems, including diabetic retinopathy. Finding eye problems early, however, can help prevent serious complications that may lead to poor vision or blindness.	See an optometrist or ophthalmologist—not an optician—at least once a year.
<b>Dental exam</b>	People with diabetes are at increased risk for gum disease.	See a dentist every 6 months or as often as recommended by a professional.

Additional sources: Lab Tests Online; National Diabetes Education Program

## Diabetes resources

### Foot care

Two options are available in Tillamook to help keep diabetic feet healthy:

- Podiatrist Scott Doherty, DPM, provides professional assessment and foot care services that may be covered by insurance. For an appointment, call 503-815-2292.
- Outpatient Therapy Services at the hospital

provides skilled foot care services. A nominal fee of \$25 is charged per visit. For an appointment, call 503-815-7510.

### Support and education

- “Diabetes & All That Jazz,” a free monthly support group that features a short presentation on a diabetes-related topic.
- “Living Better With Diabetes,” a four-session class providing in-depth information about diabetes.

■ “Diabetes and You,” a free one-day seminar highlighting new developments in diabetes care and prevention. The hospital also offers, at no charge, presentations to the community about diabetes. To schedule a presentation to your group, call Sue Phillips-Meyer at 503-815-2443.

### Additional resources

Sue Phillips-Meyer RD, RN, CDE, Diabetes Program

Coordinator, coalition Chairwoman and Outpatient Dietitian  
Phone: 503-815-2443  
Email: PhilliSM@ah.org  
Janice Wolk, RD, CDE, Certified diabetes educator, diabetes program and nutritional services director  
Phone: 503-815-2287  
Email: WolkJC@ah.org  
Ginny Gabel, RN, Community Health Education Coordinator  
Phone: 503-815-2270  
Email: GabelGL@ah.org



## Knowledge is power

Diabetes and You  
Monday, November 4  
10 a.m. to 3 p.m.  
Tillamook Seventh-day Adventist Church, lower level

The seminar focuses on living with diabetes with informative presentations. Mark Hart, MD, will be speaking about diabetes and heart health; Mark Bowman, MD, on symptoms of a myocardial infarction (MI) and stroke and what happens if you come to the emergency room with these symptoms; Tillamook Regional Medical Center pharmacist Kyle Connaughton, about medications relating to diabetes and heart conditions; and Janice Wolk and Sue Phillips-Meyer, on meal planning.

A delicious heart-healthy lunch is included. There is no charge, but registration is required. Call 503-815-2443.

## FEATURE



*“There are so many things related to having cancer that you don’t want to talk about in normal conversation because it’s embarrassing. Our group is a safe place to talk about things with no fear at all. No question is a stupid question. People are so willing to share about their experiences, and we learn from each other. When I was going through my treatment, three of us in the group were having drug side effects, and together we were able to address them, whereas if something is happening to you alone, you’re more likely to feel powerless.”*

—Cecilia Dwigans, cancer-free for seven years

*“The Women’s Cancer Support Group saved my life. When you’re told you have cancer, you think it’s over. It is a lifesaver to talk about it and listen to other people’s stories and realize you’re not alone. We draw strength from each other; we help each other; we’re like family. I’m so thankful, I can’t say enough about the whole group.”*

—Kay Winfrey, cancer-free for four years

# Healing TOGETHER

Did you know that there is a Women’s Cancer Support Group in Tillamook? The group has been meeting since 1998 under the leadership of Jan Bartlett. In the past 15 years, 120 local women have participated in the monthly group with the aim of supporting one another through their struggle with cancer. ♦ The group was started by a woman who was diagnosed with ovarian cancer. She wanted to be able to talk with other women who were going through the same thing. Jan Bartlett, a licensed clinical social worker and a breast

cancer survivor herself, now 29 years cancer-free, volunteered to donate her time and office space to facilitate the group, little imagining that it would grow into a 15-year commitment.

“I saw the need,” Bartlett says. “I understood what they were going through, and I knew how helpful it is to be in a group of other women who ‘get it.’”

**SHARING IS EMPOWERING** The women who attend the group tell one another their stories and describe what is happening to them, how they feel and what they fear. In the telling and in the hearing, people recognize that they are not alone. They share their experiences with treatments, drugs and side effects, so that the women coming along behind them will know what to expect. They talk frankly about the things that would be embarrassing to say to family and friends who weren’t going through the same things.

They celebrate one another’s milestones and successes, laugh together at things only other cancer survivors would find funny and prop one another up when needed. In the process, they become lifelong friends. They also grieve together when someone doesn’t make it. But Bartlett said that her group has had an impressive survival rate: In 15 years and with 120 members, they have lost only six to cancer (ovarian, lung and breast).

**PASSING ON THE TORCH** Over the years, women of all ages and with all types of cancer have joined the group, but the highest numbers by far have been women with breast cancer. Last year, Sherah Berthelsen, RN, a Tillamook Regional Medical Center oncology nurse, asked if she could attend the group so that she could better understand what her cancer patients were going through and gain new insight into how to support them. The group welcomed Berthelsen and embraced her.

When Bartlett decided to retire, Berthelsen stepped up and offered to facilitate the group so that it will continue. Tillamook Regional Medical Center offered the use of the Medical Plaza conference room so that the group will have a permanent home. They meet every first Wednesday of the month from 10:30 a.m. to noon. You do not have to apply to join—just show up! There is no charge.

Do you want to read more? For an expanded version of this story and more testimonials, go to [www.TillamookRegionalMC.org](http://www.TillamookRegionalMC.org).

**There is incredible power in stories. In the telling and in the hearing, people recognize that they are not alone.**

## What does the Breast Health Coalition do?

**O**ur mission is to promote breast health in Tillamook County and support those diagnosed with breast cancer. The volunteer organization is

coordinated by the Breast Health Coordinator from the Rinehart Clinic and staffed by volunteers from the medical community.

Our work includes:

■ Helping women who are uninsured to get mammograms. This year the coalition helped many women facing barriers to mammogram screening.

■ Providing patient navigator services for breast cancer patients. Over 150 patients residing in Tillamook County have received support from the breast health coordinator after a suspicious mammogram or a breast cancer diagnosis.

■ Assisting with transportation expenses by providing gas cards.

Over 2,000 gas cards were distributed from Breast Health Coalition funding.

## Upcoming events

• **Tillamook in Pink: Support the coalition through a fun office participation event. One of the best ways to support those with breast cancer is to show you care.**

# Your personal nurse navigator



Tillamook Regional Medical Center has just launched a nurse navigator program. The nurse navigator will help patients navigate their cancer treatment.

The diagnosis of cancer is shocking and often terrifying, and like any person in shock, patients may find it hard to absorb detailed information, understand what they're hearing, advocate for themselves, learn new science regarding cancer, keep track of numerous appointments, navigate the system and know how to take care of themselves in the process.

**SOMEONE TO RELY ON** Imagine having your own personal nurse to help you through the process, both emotionally and practically, providing support and assistance in the ways that you need it. This is where the nurse navigator comes in. LaLonnie Hurliman, RN, will begin working with two breast cancer patients this fall as the program gets underway.

Hurliman will provide personal support to patients from the time that they receive a callback for diagnostic testing after an abnormality is identified in their mammogram. She will walk them through the process from diagnosis through treatment and into aftercare. She'll help them with information, resources, referrals, appointments and advice. She'll provide

tangible support, such as transportation assistance, wigs and personal care, and intangible whole-person care that recognizes her patients' spiritual and emotional needs. She will act as the coordinator of all of the providers involved in the patients' care.

**MAKE IT PERSONAL** "I start from the side of empathy," Hurliman says. Cancer is prevalent in her family. Her mother died of breast cancer five years ago, and her father has prostate and bone cancer now. "It is an amazing honor to be asked to pilot this program," she says. "Everything I have learned and experienced with my parents' cancers will be put to good use as I help patients navigate their cancer. There are so many details they have to deal with, and I can help with that. I dedicate my work to my mom, and I think she must be smiling right now."



LaLonnie Hurliman, RN

The nurse navigator program will unfold in stages. Once the pilot project is complete and the program is up and running, the nurse navigator program will be offered to all breast cancer patients. When the nurse navigator program is fully operational the medical center plans to offer these services to all cancer patients, in keeping with the Adventist Health mission, "To share God's love by providing physical, mental and spiritual healing."

## Breast health resources in Tillamook County

■ **Tillamook Regional Medical Center mammography:** Food and Drug Administration- and American College of Radiology-certified site. For an appointment, call **503-815-2292** or **503-368-2292**.

■ **Tillamook Regional Medical Center Outpatient Therapy Services:** Chemotherapy, medical infusions, medication management, wound care and more. For information, call **503-815-7510**.

■ **The Rinehart Clinic Breast Cancer Program:** Information about breast health and breast cancer screenings, confidential patient navigation services, primary care, and mammography screening vouchers. Funding for outreach activities is from the Oregon Health Science University Knight Cancer Center and the Oregon Breast and Cervical Cancer Program. For information, call **503-368-5182**.

■ **Women's cancer support group:** A monthly meeting of women battling all types of cancer, including breast cancer. The group meets every first Wednesday of the month from 10:30 a.m. to noon at the Tillamook Medical Plaza in the conference room. There is no charge, and registration isn't necessary.

■ **Francie Kirk memorial fund:** Financial assistance for breast cancer patients to help with costs during treatment. For information, call **503-368-5182**.

■ **Tillamook County Breast Health Coalition:** A local partnership of health providers that promotes breast health throughout Tillamook County and especially during October Breast Cancer Awareness Month events.

■ **Expressions of Hope breast cancer assistance fund:** Financial assistance for breast cancer patients with needs incurred while fighting breast cancer. For information, call **503-368-5182**.

■ **American Cancer Society:** A range of services is available to those who are battling any type of cancer. For information, call **800-227-2345** and ask for a patient navigator.

## Let us pamper you!

### Bosom Buddies Spa Day

October is Breast Cancer Awareness Month, and Tillamook Regional Medical Center invites women to come in and get a mammogram. Mark your calendar for Tuesday, Oct. 8, call your sister or best friend, and invite her to come with you to Bosom Buddies Spa Day, where you'll get a screening mammogram followed by a shoulder and neck massage, chocolates, door prizes and more.

Each one of us has a friend or family member who is not up-to-date on her breast screening. Encourage that special person in your life to come to Spa Day with you. We will have gifts for buddies who come together and support each other. Let us know when you come in that you are "bosom buddies"—and we will be extra nice to you!

Bosom Buddies Spa Day is for women age 40 and older whose most recent mammogram was more than a year ago, who have no history of breast cancer in the past two years and who have no current symptoms.

Call **503-815-2292** to make an appointment for Spa Day.



Many organizations have pink T-shirts, race teams and pink decorations in the month of October.

Get everyone together at the office for a wear-pink day, take a photo and send it to us—by email or on Facebook. The best and pinkest will be awarded a special hosted coffee break at your place in November.

• **Expressions of Hope:** Each year the coalition has fun artistic contests to promote breast cancer awareness in our annual Expressions of Hope event. This year we will have a pumpkin decorating contest. Find the details on our Facebook page.

• **Pilates:** Debbie Crosman, of the North Coast Recreation District (NCRD), will have a Pilates and

fitness fundraising event to benefit the coalition, and there will be a gallery display at NCRD of survivor stories, art and more.

• **Paint the School Pink:** Young people are getting in the spirit. Neah-Kah-Nie High School seniors Libby Eckstrom and Tasha DeRoest are also planning fundraising events this fall for their senior projects.

The girls plan to have outreach and education information to encourage girls to be aware of their annual exams and to encourage friends and family over 40 to get a mammogram.

But there is much more! For information about what we do and how you can get involved, find us on

 Facebook: Tillamook-Breast Health-Coalition.



# NORTHWEST REGIONAL HEART AND VASCULAR

## A team of experts working for you

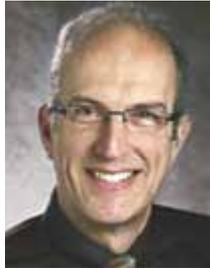
**AS A PARTNER** in Adventist Health Northwest Regional Heart and Vascular, Tillamook Regional Medical Center is able to offer local patients access to world-class cardiac surgeons and state-of-the-art equipment and services.

Cardiologists see patients in Tillamook and Manzanita several days a month. When you trust your care to Northwest Regional Heart and Vascular, you're placing your heart in the hands of a team that's dedicated to you.

Each person you encounter will use their training and experience and your personalized treatment plan to make sure you get exactly what you need. Though every step of the process, you'll be receiving the best care possible from a team that's working together just for you.

We know how important heart care is to you and your loved ones, especially during a cardiac emergency. Our clinics offer convenient, local appointments with a board-certified cardiologist, and the medical center is here 24 hours a day, 7 days a week for rapid response to any cardiac emergency.

Visit our website, [www.NWregionalheart.com](http://www.NWregionalheart.com), for more information and to take the online heart assessment.



**Ronald Chelsky, MD**



**Gary Greenberg, MD**



**Mark Hart, MD**



**YOUR HEART IN GOOD HANDS: Ron Chelsky, MD, is a cardiologist with Northwest Regional Heart and Vascular.**

### LOCAL SERVICES INCLUDE:

- Electrocardiography (EKG).
- Echocardiography.
- Cardiac stress tests (based on your individual mobility needs).
- The Holter monitor (a portable 24- and 48-hour heart activity monitor).
- 30-day event monitor (records your cardiac activity in the event of any heart abnormality).
- Oximetry testing.
- Arterial blood gas testing.
- Mechanical ventilation.

### Tillamook Medical Plaza

1100 Third St.  
Tillamook

Phone: 503-842-5546

### Manzanita Primary & Specialty Care

10445 Neahkahnne Creek Road  
Manzanita

Phone: 503-368-2292

### Bayshore Medical—Pacific City

38505 Brooten Road, Suite A  
Pacific City

Phone: 503-965-2292

## EMERGENCY ANGIOPLASTY

# HELP FOR A HEART IN TROUBLE

**YOU'VE NO DOUBT** heard the saying “There’s no time like the present.” But if you’re having a heart attack, there’s no present like time.

When your heart isn’t getting enough blood, time truly is a gift, because minutes can mean the difference between life and death.

By acting fast during a heart attack, you increase your chances of restoring the heart’s blood flow—and surviving. Emergency angioplasty is one of the treatments that helps make both of those things possible.

**BREAKING THROUGH** Emergency angioplasty is usually reserved for heart attacks caused by the complete blockage of a coronary artery, explains Alice Jacobs, MD, professor of medicine at Boston University and a past president of the American Heart Association (AHA).

This kind of heart attack is known medically as an ST-segment elevation myocardial infarction (STEMI). Roughly 400,000 Americans each year have a STEMI,

according to the AHA.

Angioplasty usually involves a tiny, balloon-tipped tube called a catheter. The catheter is inserted into an artery—most often in the groin—and threaded to the heart blockage. Once there, the balloon is inflated. This compresses the blockage and makes it easier for blood to flow again.

In most cases, a metal stent that helps keep the artery open is inserted at the same time.

**SPEED MAKES A DIFFERENCE** All of this is done as quickly as possible.

“Studies have shown that the faster the [blocked] artery is opened and blood flow to the heart muscle restored, the smaller the chance that the heart attack will result in death,” says Dr. Jacobs. And that’s true both while in the hospital and in the year after the heart attack.

Once a patient reaches the doors of the emergency department and is confirmed to be having this type of

heart attack, the goal is to perform angioplasty and open the blocked artery within 90 minutes, according to the AHA.

But it’s not only how quickly things happen at the hospital that matters.

Getting to the hospital at the earliest sign of a heart attack is also key to a successful outcome. That means calling 911 at the first sign of chest discomfort; shortness of breath; pain or discomfort in the back, neck, jaw or stomach; nausea; light-headedness; or breaking out in a cold sweat.

**TRAVEL BY AMBULANCE** Being transported by ambulance generally gets you to the hospital fastest. It also increases the speed with which you are seen once you arrive, and it gives you access to emergency care that may become necessary while en route. In many cases, the electrocardiogram needed to diagnose a STEMI can be performed in the ambulance, saving crucial time at the hospital.

The take-home message is that by acting fast when you suspect a heart attack, you give yourself or your loved one the best chance of surviving. There’s no question: That’s a gift worth giving.

Tillamook Regional Medical Center • Look us up at [www.TillamookRegionalMC.org](http://www.TillamookRegionalMC.org).



# DON'T MISS THESE COMMUNITY EVENTS

For more information or to register, call 503-815-2270 or toll-free from North Tillamook County at 503-368-6544, ext. 2270, unless otherwise noted.

## Better Health

### POWERFUL TOOLS FOR CAREGIVING

Tuesdays, Oct. 8 to Nov. 12, 10:30 a.m. to 12:30 p.m. NW Seniors & Disability Services, Tillamook  
To register, call 509-815-2062.

### RELIEF FROM JOINT PAIN

Thursday, Oct. 10, 4:30 to 6 p.m. Hospital conference room A Presented by Ronald Teed, MD, and Danielle Nightshade, PT. No charge; please call 503-815-2270 to register.

### LIVING BETTER WITH DIABETES

Tuesdays, Oct. 15 to Nov. 5, 6:30 to 9 p.m.

### Manzanita Primary and Specialty Care clinic

Referral by health care provider required. To schedule one-hour nutrition counseling session before class, call 503-815-2292 or 503-368-2292. Most health insurance plans are accepted. For information, call 503-815-2443.

### A1C SCREENING

Monday, Nov. 4, 9 to 10 a.m. Tillamook SDA Church, lower level  
Call 503-815-2443 to register.

### DIABETES AND YOU ANNUAL SEMINAR

Monday, Nov. 4, 10 a.m. to 3 p.m. Tillamook SDA Church,

### lower level

No charge; lunch is provided. To register, call 503-815-2443.

### FAST TRACK TO CONTROL OF PREDIABETES

Thursday, Dec. 5, 6:30 to 9 p.m. Hospital conference room A Nutrition and lifestyle tips for controlling, preventing and even reversing diabetes. Cost: \$30. To register, call 503-815-2443.

### Prenatal Care and Women's Health

MAMMOGRAPHY THEME DAY: BOSOM BUDDY!  
Tuesday, Oct. 8, 8 a.m. to 6 p.m. Diagnostic Imaging

Take care of your health—get your annual mammogram. We have special things planned for those who come in pairs. Financial assistance is available. For an appointment, call 503-815-2292, 503-368-2292 or 503-965-2292.

### CHILDBIRTH PREPARATION CLASS

Wednesdays, Oct. 23 to Nov. 13 or Jan. 8 to 29, 7 to 9 p.m. Hospital conference rooms \$40 for mom and one support person.

### MAMMOGRAPHY—COMMUNITY SPA DAY

Wednesday, Dec. 4, 8 a.m. to 6 p.m. Schedule a mammogram, and get a shoulder and neck massage, chocolate, and more. Financial assistance available. For an appointment, call 503-815-2292, 503-368-2292 or 503-965-2292.

## Respite Care

### WELLSPRING ADULT RESPITE CARE

■ Second and fourth Tuesdays of each month, Tillamook United Methodist Church  
■ First and third Wednesdays of each month, Tillamook SDA Church 10 a.m. to 4 p.m. \$30 per day; financial assistance is available. Call Faith in Action at 503-815-2272.

## Support Groups

DIABETES & ALL THAT JAZZ  
Second Tuesday of each month, 1:30 to 3 p.m. Hospital third-floor conference room  
For more information, call 503-815-2443.

### CLUBCHIP

Second Monday of each month, 5:45 to 8 p.m. Tillamook SDA Church, lower level in back  
To RSVP, call 503-815-2270.

### GRIEF SUPPORT GROUP

■ Tillamook: First and third Tuesdays of each month, 3 to 4:30 p.m. Hospital conference room A  
■ North County: First and third Thursdays of each month, 3 to 4:30 p.m. Calvary Bible Church, Manzanita

### WOMEN'S CANCER SUPPORT GROUP

First Wednesday of each month, 10:30 a.m. to noon  
Medical Plaza conference room, Tillamook Regional Medical Center

## Wellness Screenings

### CHOLESTEROL & BLOOD SUGAR

■ Tillamook YMCA  
Wednesday, Oct. 9, 7 to 9:30 a.m.  
■ North Coast Recreation District, Nehalem  
Wednesday, Oct. 16, 8 to 9:30 a.m.,  
■ Tillamook Pharmacy  
Thursday, Nov. 14, 9 to 10:30 a.m.  
■ Tillamook YMCA  
Wednesday, Jan. 8, 7 to 9:30 a.m. Results in 5 minutes! \$20 fee. A 12-hour fast is required. An appointment is recommended, but not required. Call 503-815-2272.

### FREE BLOOD PRESSURE CLINIC

Wednesdays, 2 to 3 p.m. Hospital cafeteria  
No charge.

## COMMUNITY EVENTS

### HOSPICE LIGHT UP A LIFE TREE LIGHTING CEREMONY

Monday, Nov. 25, noon  
Tillamook County Creamery Association Visitors Center  
This event is a kick-off for the Light Up a Life fundraising campaign that runs through the first week of January. For information, call 503-815-2486.

### HOSPICE READING OF THE NAMES

Monday, Jan. 6, noon  
Tillamook County Creamery Association Visitors Center  
This ceremony marks the conclusion of the Light Up a Life campaign. For more information, call 503-815-2486.

### RED CROSS BLOOD DRIVE

Wednesday, Dec. 18, 1 to 6 p.m.  
Tillamook Adventist School

### ADVENTIST HEALTH FLU SHOT CLINICS

Flu shots are available throughout the county at Adventist Health facilities. Many insurance policies cover flu vaccinations; alternatively the out-of-pocket cost is \$20. No appointment necessary.

■ Manzanita Primary and Specialty Care  
Mondays, Oct. 7 and 14  
■ Tillamook Medical Plaza  
Mondays, Tuesdays and Wednesdays, Oct. 7 through Nov. 13  
■ Bayshore Medical, Lincoln City  
Fridays, Oct. 11 and 18  
■ Bayshore Medical, Pacific City  
Fridays, Oct. 11 and 18  
All flu shot clinics are during business hours.

# Light Up a Life

Join us at noon on Monday, Nov. 25, at the Tillamook County Creamery Association (TCCA) Visitors Center for a holiday tree-lighting ceremony to kick off the annual Light Up a Life fundraising campaign!

The Light Up a Life fundraiser runs through Monday, Jan. 6, when the fundraiser closes with the reading of the names ceremony at noon at the TCCA Visitors Center.

Those who contribute \$10 or more to Hospice during the Light Up a Life campaign receive a sand dollar ornament, lovingly decorated by hospice volunteers.

But more important than any ornament is the help you're giving to community members who are facing a terminal illness. Last year, the hospice service cared for more than 100 local patients.

You can make a donation in person or by check at the hospice office at 1015 Third St. in Tillamook or online at [www.TillamookRegionalMC.org/make-a-donation](http://www.TillamookRegionalMC.org/make-a-donation). Your gifts help us help others!



# HOSPITAL RECOGNITION



## YOU CAN EXPECT THE EXCEPTIONAL

### Adventist Health Medical Group—Manzanita Primary and Specialty Care

The State of Oregon recently recognized the Adventist Health Medical Group—Manzanita Primary and Specialty Care clinic as a Patient-Centered Primary Care Home, tier 3, for “demonstrated excellence in providing high-quality person- and family-centered care.”

This program is part of Oregon’s efforts to fulfill a vision for better health and better care at lower costs. When you visit the Manzanita clinic, you can expect several things that make the clinic and the services it provides stand out as exceptional. In most cases, you can get an appointment within a few days. When you arrive, you will be greeted warmly and your waiting time will be minimal. The providers who see you are thorough and kind and experts in their field. The facility itself is beautiful and tranquil.

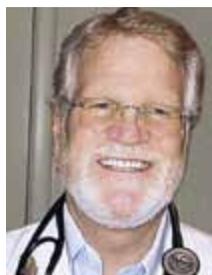
#### FAMILY CARE, PEDIATRICS AND SPECIALTY SERVICES

A wide range of medical services such as cardiology, family care, internal medicine, pediatrics, podiatry, surgery, and obstetrics and gynecology (OB-GYN) are available at the Adventist Health Medical Group—Manzanita Primary and Specialty Care. The full-time clinic staff on duty includes



Jim Rushing, MD

Jim Rushing, MD, Internal Medicine and Pulmonary Diseases, as well as Rob Soans, PA, Family Care. Mark Scott Smith, MD, Pediatrics, is available on Mondays.



Mark Smith, MD

#### URGENT CARE SERVICES

The Manzanita urgent care facility offers walk-in services for life’s sudden illnesses and injuries, such as fever, ear infection, cuts, vomiting, asthma and allergy flare-ups. In case of significant pain, injury or difficulty breathing, always dial 911 for emergency care.



Rob Soans, PA

#### HOURS

The family and urgent care clinic is open 8 a.m. to 6 p.m. Monday through Friday. (During the winter months, we close at 4 p.m. on Fridays.) Weekend hours are available during the summer months. To make an appointment, call 503-368-6244.

## WELCOME NEW PROVIDERS

#### Donna Jose, ANP

With 20 years of experience as a nurse practitioner and over 30 years as a nurse, Donna Jose brings a wealth of experience to the Adventist Health Medical Group.



Donna Jose, ANP

Since 2007, Jose has provided primary health care in Tillamook County for the Tillamook County Health Department. Prior to that, she worked in large urban settings specializing in holistic care, health promotion and disease prevention and served for many years as a hospice nurse.

Beginning September 2013, Jose is providing primary health care at the Tillamook Medical Plaza and at Bayshore Medical in Pacific City.

Jose and her husband live in Neskowin with their two yellow labs—“and we love it,” she says. She is a half-marathoner and a musician. She writes music; plays the piano, guitar and flute; and sings with a local band. She has recorded music and toured the UK.

**Education:** Master of science, nursing, University of Portland

**Tillamook medical staff member since:** 2013



Stephen Slattery, MD

#### Stephen Slattery, MD, Urgent Care

Stephen Slattery, MD, has almost 20 years of experience in health care. He is a weekend Urgent Care physician at the Tillamook

Medical Plaza and has a full-time Urgent Care practice in Gresham. Dr. Slattery is also a physical therapist, which brings an added level of knowledge and expertise to his practice.

“I like physical therapy, and I wanted a new challenge,” he says. “As a physician, I can do both.”

In his spare time, Dr. Slattery likes to hike, surf and ski. His wife and stepdaughter enjoy spending weekends with him in Tillamook, where they take advantage of the abundant outdoor recreation opportunities. He and his wife bought a Craftsman house, which they’re restoring together, and they like to travel when they can.

**Medical school:** Western University of Health Sciences, Pomona, Calif.

**Residency:** Pacific Hospital of Long Beach, Long Beach, Calif.

**Board certification:** Family Practice Physician

**Tillamook medical staff member since:** 2013

## NEED A HEALTH PARTNER?

### Adventist Health Medical Groups

#### Cardiology

Ronald Chelsky, MD  
Gary Greenberg, MD  
Mark V. Hart, MD

#### Family Medicine

Shirley Arneson, ANP  
Ann Batchelder, ND, FNP  
David Bradburn, MD  
Craig Brown, MD  
Ben Douglas, MD  
Brian Handley, MD  
Donna Jose, ANP  
Irene Martin, MD  
Karl Meier, MD  
Brandon Mitchell, DC, MD  
Glen Saylor, MD  
Stephen Slattery, MD

#### Rob Soans, PA

Gregory Steinke, MD  
Albert Thompson, MD  
Myra Thompson, DNP

#### General Surgery

Frederick Foss Jr., MD  
Todd Pitts, MD

#### Internal Medicine

John Bohlman, MD  
Calvin Hill, MD  
James Rushing, MD

#### Obstetrics and Gynecology

Brittany Gerken, MD  
Paul Welch, MD

#### Oncology

Gerald Gibbs, MD

#### Orthopedic Surgery

Ronald Teed, MD

#### Pediatrics

Mark Scott Smith, MD

#### Podiatry

Scott A. Doherty, DPM

#### Other Specialists Available:

#### Electrodiagnostics

Patrick Radecki, MD

#### Nephrology

Chester Ching, MD  
Nicole Kemper, MD

#### Ophthalmology

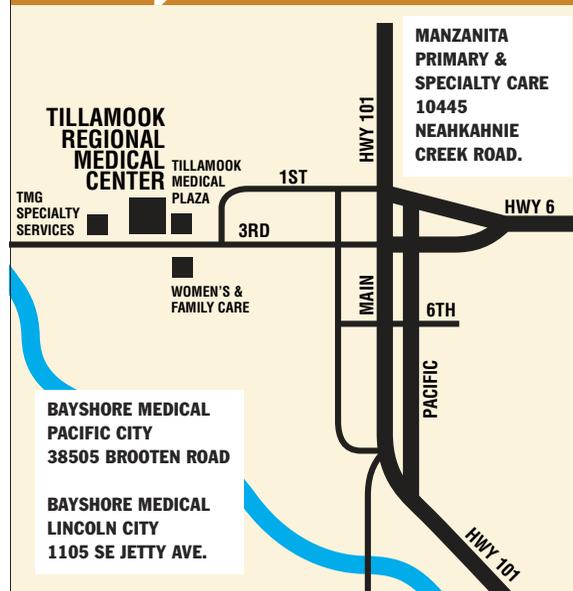
Martin Balish, MD  
Jennifer Ballentine, MD

503-815-2292

503-965-2292

503-368-2292

## WHERE TO FIND US



LIFE AND HEALTH is published as a community service for the friends and patrons of TILLAMOOK REGIONAL MEDICAL CENTER, 1000 Third St., Tillamook, OR 97141, telephone 503-842-4444, www.TillamookRegionalMC.org.

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