

# LIFE & HEALTH<sup>®</sup>

FALL 2005

EXCELLENCE IN COMMUNITY HEALTH

## Swallow and say cheese

### TCGH'S PILL CAMERA SPIES ON THE SMALL INTESTINE

**U**NTIL RECENTLY, the small intestine has been notoriously camera-shy. But a new system is making it easier for doctors at Tillamook County General Hospital to get up close and personal with that bashful organ.

The system, called capsule endoscopy, includes a camera, light source and batteries packed inside a pill the size of a large vitamin. You swallow the pill, and the camera starts shooting pictures—twice a second—through a tiny window as it naturally tours your insides. The camera sends the color images to a data recorder you wear on your belt.

While you go about your normal routine of working, shopping or even eating, the photo shoot goes on, lasting until the batteries wear out, or about eight hours.

After that, the images—about 57,000 of them—are transferred from the data recorder to a computer for study by your doctor. The capsule passes out of your body through your stool in eight to 72 hours.



The system is painless and involves no radiation. It is most often used to find a source of bleeding in the small intestine, but it can also detect bleeding, polyps, inflammatory bowel disease, ulcers or tumors in

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## A common tummy trouble

**F**OR MILLIONS of Americans, irritable bowel syndrome, or IBS, disrupts daily life.

If you're one of them, you might have painful cramps, along with bloating, diarrhea or constipation. Other symptoms can include:

- The urge to use the bathroom soon after eating.
- Passing mucus with stool.
- Feeling as though you haven't finished a bowel movement.

One explanation is that people with IBS have especially sensitive nerves and muscles in their colons that can be triggered by things such as stress, caffeine and some foods.

While it causes its share of distress, IBS doesn't harm the digestive system or lead to cancer.

**What helps?** Often people can control IBS symptoms by changing their diet, managing stress and sometimes taking medicines.

You'll want to work with your doctor on the best plan for you. Again, if you have questions, let your doctor know. Testing may be needed to exclude other problems. ♦

Source: National Institute of Health

# HEALTH NEWS UPDATE



## Gotta eat! 12 fast tips to eating well on the run

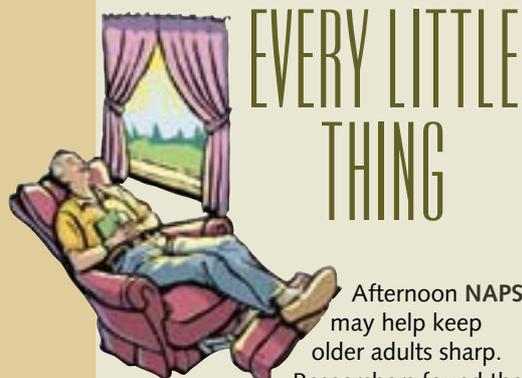
Fatty fast food is almost too handy when you're on the go. Here are some tips on making better choices and eating healthfully—and quickly:

1. Don't supersize it. Order a regular or kid-size portion.
2. Skip the fried stuff. Go for grilled, broiled or steamed foods when you can.
3. Order salad instead of fries. Or choose a baked potato, which has more fiber and fewer calories than fries.
4. Get a calcium boost with low-fat milk or a shake instead of soda.
5. Choose lean cuts of meat.
6. Ask for whole-wheat bread.
7. Go easy on the condiments. Choose

mustard, ketchup, salsa or low-fat salad dressings. Order dressing on the side so that you can control how much you use.

8. Steer toward the good stuff at the salad bar: Dark leafy greens, carrots, peppers and other fresh veggies.
9. Avoid all-you-can-eat deals.
10. For a light lunch or quick snack, choose smoothies made from juice and yogurt.
11. Skip dessert or share one with a friend.
12. Avoid fatty breakfast sandwiches. Choose yogurt and fruit for a quick morning meal. ❖

Source: American Dietetic Association



## EVERY LITTLE THING

Afternoon NAPS may help keep older adults sharp. Researchers found that older adults who napped sometime between 2 and 4 p.m. performed better on tests of mental ability and had an easier time falling asleep at night.

—*Journal of the American Geriatrics Society*

Even **BABY TEETH** need a checkup. All babies by 6 months old should be checked by their doctors to determine their risk of tooth decay.

—*American Academy of Pediatrics*

Having a **POSITIVE OUTLOOK** on life may actually help you age better. Studies have found that having a positive attitude can help delay memory problems and frailty that can come with aging.

—*Psychology and Aging*

Cigarette smoke—even secondhand smoke—can interfere with wound **HEALING** and lead to more scarring, according to some evidence.

—*American Society for Cell Biology*

## The seat belt—still your best defense

It's a simple thing: nylon webbing and a buckle. But the seat belt is the single greatest defense against highway fatalities in the United States.

If you use a combination lap and shoulder belt in the front passenger seat of a car, you reduce your risk of fatal injury by nearly half. If you're not convinced, consider these facts:

- Since 1975, seat belts have saved almost 180,000 lives in the United States.
- Seat belts can help keep you inside the car—75 percent of people ejected



during a crash are killed. Seat belts can also keep you from slamming into the car's interior or other occupants during a crash.

■ Teenagers have the lowest rates of seat belt use, and they have the highest fatality rate of any age-group.

Air bags and child safety seats also save

many lives. But both of these depend on seat belts to work. When used alone, air bags reduce fatalities by only 12 percent.

So it remains timeless advice: Buckle up for safety. ❖

Sources: National Highway Traffic Safety Administration; National Safety Council

## Light Up a Life for hospice care

On Nov. 21 Adventist Health/Hospice of Tillamook County will hold its yearly tree-lighting ceremony, featuring holiday music and brief remarks, to kick off its Light Up a Life campaign. The campaign will end with the Reading of the Names Ceremony on Jan. 9, 2006.

A donation made during this time in memory of someone who has died or in honor of someone still living helps to provide hospice care to people in our community with terminal illnesses, regardless of their ability to pay. Last year, Hospice provided end-of-life care

to 108 admitted patients, including medications, home-care equipment and professional services.

Hospice care focuses on making people comfortable and supporting families. For more information or to donate, please call **815-2486**. ❖

### Tree Lighting Ceremony

Monday, Nov. 21, noon  
TCCA Visitors Center (Cheese Factory)

### Reading of Names Ceremony

Monday, Jan. 9, 2006, noon  
TCCA Visitors Center (Cheese Factory)



**Pictured with Kathy Scott (left), home health hospice manager, and Donna Bechthold (right), vice president of patient services, Mildred Davy was a long-time supporter of TCGH who will be missed greatly.**

## Why doctors encourage breastfeeding

If a doctor starts telling you about the benefits of breastfeeding, you may want to pull up a chair. It's a long list.

And it keeps getting longer. New studies continue to find new benefits.

According to the American Academy of Pediatrics, there's one key reason breast milk is so great: It's made especially for babies—what scientists call "species specific." In other words, it's packed with stuff human babies need to grow and stay healthy.

Consider the facts. Breast milk:

- Has just the right amount of fat, sugar, water and protein for growing babies. (One caveat: Breastfed babies may need extra vitamin D.)
- Contains antibodies that help protect against illnesses such as diarrhea, ear infections and pneumonia.

Breastfeeding moms enjoy benefits as well. After delivery, the baby's

suckling triggers a hormone that makes the uterus contract, helping it return to its normal size. Breastfeeding also burns calories, helping women to lose extra pounds from pregnancy. And research suggests that breastfeeding helps reduce a woman's risk for breast and ovarian cancers.

Women should discuss use of medications or any breastfeeding concerns with their care provider. According to the National Women's Health Information Center, women with HIV and certain other diseases shouldn't breastfeed.

Lactation consultants are available in most hospitals or areas to assist with all breastfeeding questions and special situations, such as feeding a premature or sick infant, or feeding after breast surgery.

Women with questions can also call La Leche League at **1-800-525-3243** or visit the Web at [www.la lecheleague.org](http://www.la lecheleague.org). ❖

## When winter makes you SAD

When winter rolls around, does your mood seem to turn as gray as the skies?

Winter depression may affect as many as six out of every 100 Americans. Also known as seasonal affective disorder, or SAD, it is more common in northern regions, where sunlight is scarce during short winter days.

The hallmark of SAD is recurring episodes of depression every year in late fall and winter. Symptoms may include:

- Feeling sluggish.
- Oversleeping.
- Lack of interest in normal activities.
- Irritability.
- Changes in appetite.

The depression associated with SAD is usually mild but can become severe enough to interfere with daily living. Ask your doctor about light-box therapy and other methods for treating this condition. ❖

Sources: American Academy of Family Physicians; National Alliance for the Mentally Ill



## Say cheese

—Continued from page 1

the small intestine. Currently, the standard method of finding such disorders involves passing a thin, flexible scope through the mouth and into the small intestine. But those scopes can't navigate the entire 20 to 25 feet of small intestine, so potential problem areas are missed.

According to the Radiological Society of North America, capsule endoscopy is capable of detecting more tumors, ulcers and other small bowel problems than standard diagnostic methods. Still, the federal government approved the "camera pill" system to be used along with, not as a replacement for, other endoscopic and radiological evaluations.

For more information about the pill camera, talk with your primary care provider. ❖

All classes will be held at Tillamook County General Hospital (TCGH), unless otherwise stated. To register, please contact the hospital cashier in person or call **815-2499**. For more information, call **815-2270** or **368-6544, ext. 2270**.

### BETTER HEALTH

**Living Your Life With Diabetes**  
Thursdays, Jan. 5 through Jan. 26  
1 to 3:30 p.m.

TCGH third floor, conference room B  
\$50

### FIRST AID AND CPR

**Heartsaver CPR  
for the Adult**

Thursday, Jan. 5, 1 to 3 p.m.

TCGH third floor, conference room D  
\$35

**Heartsaver CPR  
for the Child**

Thursday, Jan. 5, 3 to 5 p.m.

TCGH third floor, conference room D

**Heartsaver First Aid**

Thursday, Jan. 26

8:30 a.m. to 4 p.m.

TCGH third floor, conference room D  
\$40

**Health Care Provider  
CPR Certification**

Wednesday, Jan. 11

8:30 a.m. to 2 p.m.

TCGH third floor, conference room D  
\$35

**Health Care Provider  
CPR Recertification**

Thursdays, Dec. 1 and Jan. 12

9 a.m. to noon

TCGH third floor, conference room D  
\$35

### PRENATAL CARE

**Childbirth Class**

Wednesdays, Jan. 4 through Jan. 25

7 to 9 p.m.

TCGH third floor, conference room A  
\$40

### SUPPORT GROUPS

**Cancer**

Second Tuesday of every month

2 to 3:30 p.m.

TCGH third floor

**Diabetes**

Last Thursday of every month

2 to 3 p.m.

PUD

**Grief**

First and third Tuesdays of every month

3 to 4:30 p.m.

TCGH third floor

### WELLNESS SCREENING

**Free Blood Pressure Clinic**

Wednesdays, 2 to 3 p.m.

TCGH cafeteria

**Wellness Screening**

Wednesday, Nov. 30, 8 to 10 a.m.

North County Recreation District Bldg.  
Nehalem

Appointments recommended. Call  
**368-6544, ext. 2313**.

Wednesday, Jan. 11, 7:30 to 9:30 a.m.

YMCA

Appointments recommended. Call  
**815-2313**.

**CHIP (Coronary Health  
Improvement Project)**

**Wellness Screening**

Friday, Jan. 20, 6:30 to 10 a.m.

Tillamook Seventh-day Adventist Church  
Appointments required. Call **815-2313**.

LIFE AND HEALTH is published as a community service for the friends and patrons of TILLAMOOK COUNTY GENERAL HOSPITAL, 1000 Third St., Tillamook, OR 97141, telephone (503) 842-4444, [www.tcgh.com](http://www.tcgh.com).

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 **Adventist Health**

Tillamook County General Hospital

Have questions about what you  
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