

# LIFE HEALTH®

FALL 2007

EXCELLENCE IN COMMUNITY HEALTH

## Committed to you

A NOTE FROM OUR NEW CEO



**I**T IS A GREAT privilege to join the Tillamook County community and to continue to provide high-quality health care.

My family and I look forward to many years as part of this community, and we have been very impressed with the many new friends we have met. The support of local health care is amazing.

Tillamook County General Hospital has a long tradition of meeting the health and wellness needs of the community. Our

goal is not only to help people with illnesses, but also to focus increasingly on ways to improve the quality of life.

We invite you to participate in the many classes and events that the hospital offers and to share with us any ideas you may have to further improve the health and wellness of our community.

Sincerely,

Larry Davy, CEO

## Made to order

### CUSTOM KNEE REPLACEMENT COMES TO TILLAMOOK

JOINTS ARE AMONG the most hardworking parts of your body.

It's not surprising, then, that your knees suffer from wear and tear.

When knees hurt, medicines, exercise and thermal applications may provide relief. However, if pain from arthritis or injuries is severe, your doctor may discuss knee surgery as a treatment option.

Many traditional knee replacement procedures don't completely take into account the highly individualized nature of knee anatomy. A new option at Tillamook County General Hospital (TCGH) changes that.

The Custom Fit Knee™ replacement, called the OtisKnee™, personalizes sizing and placement, offering a greater range of motion and quicker return to daily activities.

Custom Fit Knee replacement will allow local physician Ronald Teed, MD, to plan the size and location of the implant before surgery by studying the patient's other knee.

This means the surgery can be performed accurately and quickly—

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# HEALTH UPDATE TCGH

## EVERY LITTLE THING



In addition to H<sub>2</sub>O, other beverages and foods can contribute to your daily **WATER** intake. Coffee, tea, soups, and many fruits and vegetables have high water content, and all count toward the recommended water intake of at least eight cups daily.

—American Dietetic Association

Studying all night might not be a smart thing. In a Harvard Medical School study, people remembered information better after a night of **REST** than people who had been awake for 12 hours.

—American Academy of Neurology

Cooking **TOMATOES** may enhance their nutritional value. Research shows that people better absorb lycopene—a powerful antioxidant in tomatoes—from sauces, paste and the canned variety than from fresh tomatoes.

—American Dietetic Association

Never wear **HEADPHONES** while riding a bicycle. The music can prevent you from hearing the traffic sounds that help you ride safely.

—U.S. Centers for Disease Control and Prevention



## Stop the spread of germs at work

Every day at the office, germs are on the job. They can travel up to three feet when someone sneezes or coughs. They linger on doorknobs, desks and tables. Their task: spreading themselves to cause colds and flu.

Help stop germs from doing their job—so you can do yours—with these tips from the U.S. Centers for Disease Control and Prevention:

- Wash your hands often with soap and warm water.
- Use alcohol-based hand wipes or gel sanitizers when you can't wash with water.
- Cover your mouth and nose with a tissue when you sneeze or cough. No tissue? Use the crook of your arm.
- Avoid touching your eyes, nose or mouth.
- Stay home when you are sick, and seek medical care if needed.

**It's all good.** Practicing good health habits overall can help you fight off germs. Be sure to exercise, get enough sleep, manage stress, eat well and drink plenty of fluids. ❖

## Online magazines help kids learn dangers of drugs

You've probably had the talk with your kids: "If you're ever offered drugs, say no." But curious young minds may wonder: What exactly are drugs, and why are they so bad for me?

A website called "Mind Over Matter" gives kids information about various drugs with engaging articles in a series of online magazines produced by the National Institute on Drug Abuse.

Designed for kids in grades five through nine, the series follows the adventures of the character Sara Bellum (named for the cerebellum section of the brain) as she learns about the effects of drugs on the brain and nervous system.

Kids and parents can view the magazine content online or download a printable version.

Topics covered in the series include stimulants, hallucinogens, inhalants, marijuana, opiates, nicotine, methamphetamine and steroids. The series explains not just the physical effects of drug use but also how drugs can impact emotions and behavior.

**Meet Sara Bellum.** Visit [www.teens.drugabuse.gov/mom](http://www.teens.drugabuse.gov/mom) to see the series and get more drug prevention information. ❖



## Light Up a Life

Join us for a holiday tree-lighting ceremony to kick off the annual Light Up a Life fundraising campaign!

Monday, Nov. 19, at noon

Tillamook County Creamery Association Visitor's Center

Donate to Adventist Health/Hospice through Jan. 7 and you can help provide hospice care to anyone in our community with a terminal illness. Last year Hospice served 101 local patients!

Light Up a Life—Hospice's only public fundraiser—runs from October through the Reading of the Names

ceremony in January. Those who contribute \$10 or more during this time receive a sand dollar ornament, lovingly decorated by our Hospice volunteers.

Please make your donations by mail or at the Hospice office. You may also donate online at [www.tcgh.com](http://www.tcgh.com). See our calendar on page 4 for more events.

### Adults need shots too

Shots definitely aren't just for kids. Adults need them too.

In fact, immunizations can help guard against some serious diseases. That's why you need to check with your doctor, who can help determine which shots you need.

For example, adults need a single dose of the Tdap vaccine to protect against pertussis (whooping cough),

tetanus (lockjaw) and diphtheria if they haven't had a tetanus and diphtheria booster in 10 years.

Other vaccinations your doctor may recommend include those that help protect against flu and pneumonia; hepatitis; measles, mumps and rubella; and the human papillomavirus, which can cause cervical cancer in women. ❖

Source: U.S. Centers for Disease Control and Prevention

### A man's belt size and his health: Risk of diabetes increases with waistline

This could be a telling exercise for guys: Loosen your belt, breathe out and measure your waistline.

That's because the size of a man's waistline may be a good gauge for predicting risk of type 2 diabetes, according to a study published in *The American Journal of Clinical Nutrition*.

Researchers found

that the bigger the waist circumference, the greater a man's risk of developing diabetes. For example, men with waists that were approximately 38 to 40 inches in circumference were five times more likely to get type 2 diabetes than men whose waists were 29 to 34 inches. The study involved about 27,270 men over a 13-year period.

Waist circumference was found to be a better indicator of diabetes risk than measuring a man's body mass index (a measurement of height and weight) or his waist-to-hip ratio.

Ask your TCGH doctor about your risk for diabetes. You can also check out our "Living Better With Diabetes" class on page 4. ❖

### Brain boosters!

There's no single proven way to prevent Alzheimer's disease. But some evidence suggests that if you can keep your brain working well, you can possibly reduce your risk of developing the disease.

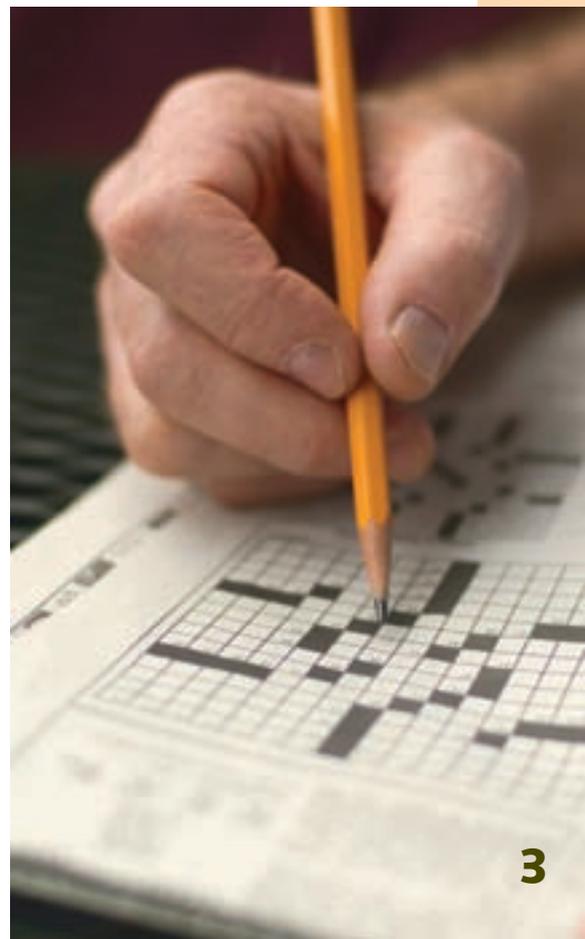
**Exercise your gray matter.** Read, take a class or do crossword puzzles. Mentally challenging activities are a good workout for your brain.

**Socialize.** Find ways to be with other people. Good options might be volunteering or joining a club.

**Take care of yourself.** Get plenty of sleep, and find ways to deal with stress. Physical exercise, which increases blood flow to the brain, and eating well may be important too. Eat more fruits and vegetables, and limit saturated fat. Some research indicates that eating fish two to three times per week—especially fish high in omega-3 fatty acids, such as salmon, tuna and sardines—can be helpful.

**See your doctor.** A number of health problems, including high blood pressure and depression, can affect your mind. Regular checkups can help you stay on top of your health. ❖

Sources: Foundation for Health in Aging; American Academy of Neurology



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**.

## BETTER HEALTH



### CHIP Supper Club

■ Second Monday of each month, 5:45 to 8 p.m.

Tillamook SDA Church,

fellowship hall

To RSVP, call **815-2270**.

### Depression—The Way Out

■ Thursday, Jan. 3, 6:30 to 8:30 p.m.

Introduction and registration

■ Sessions on Thursdays, Jan. 10 to Feb. 28  
6:30 to 8:30 p.m.

Tillamook SDA Church, fellowship hall

To RSVP, call **815-2270**.

### Living Better With Diabetes

■ Thursdays, Jan. 10 to 31  
1 to 3:30 p.m.

TCGH third floor, conference room A

Must complete a diet assessment prior to class. To arrange, call Janice Wolk, CDE, at **815-2287** or Ginny Gabel at **815-2270**.

## COMMUNITY EVENT

### American Red Cross Blood Drive

■ Thursday, Dec. 27, 1 to 6 p.m.

Tillamook Adventist School

For appointments, call **815-2364**.

## FIRST AID AND CPR

### Health Care Provider

#### CPR Certification

■ Tuesday, Nov. 20, 9 a.m. to 2 p.m.  
TCGH third floor, conference room A  
\$35 (includes book)

### Health Care Provider

#### CPR Recertification

■ Wednesdays, Nov. 21 or Dec. 12,  
9 a.m. to noon  
TCGH third floor, conference room A  
\$35 (includes book)

## LIGHT UP A LIFE EVENTS

### Tree Lighting

■ Monday, Nov. 19, noon  
TCCA Visitor's Center

### Reading of the Names

■ Monday, Jan. 7, noon  
TCCA Visitor's Center

## PRENATAL CARE AND WOMEN'S HEALTH

### Childbirth Preparation Class

■ Wednesdays, Jan. 9 to 30, 7 to 9 p.m.  
TCGH third floor, conference room A  
\$40 for mom and one support person

### Look Good...Feel Better

■ Wednesday, Jan. 23, 4:30 to 6:30 p.m.  
TCGH third floor, conference room A  
Free; register by calling **815-2313**.

### Women's Cancer Survivor Support Group

■ First Thursday of each month  
10:30 a.m. to noon

312 Laurel Ave., Tillamook

To contact Jan Bartlett, call **842-4508**.

## SUPPORT GROUPS

### Diabetes

■ Last Thursday of each month, 2 to 3 p.m.

PUD: Carl Rawe Room

Call Kathie Graves at **815-3302** or

Janice Wolk, CDE, at **815-2287**.

### Fibromyalgia and Chronic Pain

■ Second Tuesday of each month  
2 to 3:30 p.m.

TCGH third floor, conference room A

### Grief

■ First and third Tuesdays of each month  
3 to 4:30 p.m.

TCGH third floor, conference room B

## WELLNESS SCREENINGS

### FREE Blood Pressure Clinic

■ Wednesdays, 2 to 3 p.m.  
TCGH cafeteria

### Wellness Screenings

■ Wednesday, Jan. 9, 7 to 9:30 a.m.

YMCA, 610 Stillwell, Tillamook

Appointment recommended. Call

**815-2313**.

\$20 for total cholesterol (HDL and LDL),  
triglycerides and fasting blood sugar.



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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## Knees

—Continued from front page

with less time under anesthesia—and the replaced knee feels more natural.

“With OtisKnee, my patients report significantly less pain both after surgery and throughout recovery,” says Stephen Howell, MD, who performs the procedure at Methodist Hospital in Sacramento, Calif. “I have seen a great increase in their flexion and range of motion. This means they are able to return to

daily living activities more quickly.

“Most patients are off of a cane or walker by as early as two to three weeks and are able to return to activities such as driving, gardening and golfing by as early as six weeks.”

Dr. Teed is the only doctor in the Northwest who currently offers this procedure. To learn more, call Cascade Orthopedic Surgery at **503-842-5564** or TCGH at **503-842-4444**. ♦