

# LIFE & HEALTH<sup>®</sup>

SPRING 2005

EXCELLENCE IN COMMUNITY HEALTH

## High-tech touch

EQUIPMENT UPGRADES ALLOW MORE TIME FOR PERSONAL CARE

**T**HE COMBINATION OF technology and compassionate care is one challenge faced by those who work at Tillamook County General Hospital (TCGH).

“While we are interested in technologies that help us to be more efficient and increase patient safety,” says Wendell Hesseltine, president of TCGH, “technology should never take away the opportunity to provide the personal touch.”

With that in mind, TCGH is now updating its equipment to meet the high level of care the hospital staff already provides.

### ELECTRONIC CHARTING

Project Intellicare is an electronic documentation system which coordinates physicians’ orders, test results and documentation into one easy system. It decreases the need for patients to repeat answers to questions for information, and it provides test

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## Survivor! It's not just a TV show

**M**ORE AMERICANS survive cancer today than in past decades, thanks to advances in detection and treatment, research shows.

A study by the National Cancer Institute and the Centers for Disease Control and Prevention looked at U.S. cancer data collected from 1971 to 2001.

Results showed that 64 percent of adults diagnosed with cancer between 1995 and 2000 were alive five years later, compared with 50 percent of adults diagnosed between 1974 and 1976.

Also, in 2001, about 9.8 million Americans, or 3.5 percent of the population, were alive five years after diagnosis. That compares with 3 million Americans, or 1.5 percent of the population, in 1971.

Again, better screening methods, which detect cancer earlier, and improved treatments have helped more people survive longer, the researchers say.

Come walk with us in the American Cancer Society’s Relay for Life, July 8 and 9. The event begins at 3 p.m. at the Tillamook High School track. For information, call 842-2535. ♦

# HEALTH NEWS UPDATE



## Park the stroller—let little ones walk

Want to put your child on a healthy path? Take a stroll without the stroller.

Letting young children walk instead of ride can be good for their health, says Joel Steinberg, M.D., professor of pediatrics at the University of Texas Southwestern Medical School.

Regularly putting a child in a stroller can encourage the sort of sedentary lifestyle that leads to being overweight later in life, Dr. Steinberg says. Having them walk with you now and then might help promote physical activity as a fun, positive behavior.

In many situations, there's no need to put a child who can walk in a stroller, says Dr. Steinberg, who works with obese children. "The average 3-year-old can walk just as long, although maybe not as fast, as an adult."

Of course, when safety is an issue, or you're in an area with a lot of people or traffic, you might opt for the stroller. ❖



## EVERY LITTLE THING

It may be time to replace your worn roadrunners. **RUNNING** shoes should be replaced every 350 to 500 miles. Replace **WALKING** shoes every six to nine months if you walk about four miles a day.

—American Podiatric Medical Association

To stop a **TWITCHING EYELID**, try resting your eyes or gently massaging your eyelid. These twitches can be a sign of fatigue, stress or both.

—American Medical Association

Contrary to a common belief, the best way to heal a **CUT** or **SCRAPE** is not to leave it uncovered. Skin actually heals faster under the moist environment of a bandage.

—American College of Emergency Physicians

## WELCOME, DR. VEVERKA!

### New radiologist comes to Tillamook

Looking for a change of pace from his busy city practice in Portland, Michael Veverka, M.D., spotted Tillamook. And now, the radiology department at Tillamook County General Hospital is pleased to welcome Dr. Veverka to its staff.



**Michael Veverka, M.D.**

"I am very excited to come to Tillamook where I can slow the pace of my practice and spend more time with my patients," says Dr. Veverka, who is a radiologist.

Dr. Veverka completed undergraduate studies from St. John's University in Minnesota with majors in math and physics. After beginning graduate studies in math, he changed to work in computer software support for Burroughs Corporation. After three years of that, Dr. Veverka decided to complete medical school at University of Minnesota.

Dr. Veverka completed a surgical internship and residency in diagnostic radiology at Oregon Health & Science University. He has been practicing at Legacy Emanuel Hospital for 24 years.

Dr. Veverka has a son, a daughter and two grandsons. He enjoys cooking, playing classical piano, outdoor activities like hiking, and international travel to places such as South America, Africa and China. ❖



## Beans, berries top the antioxidant chart

When you're shopping for good-for-you foods, make sure to put some beans and berries on your list.

That's because various kinds of beans and berries top another list—a ranking of the foods (per serving) that contain the most antioxidants, according to the

U.S. Department of Agriculture (USDA).

Antioxidants are considered “disease-fighters” and may offer some protection against a number of conditions, including cancer, heart disease and Alzheimer's disease.

Topping the USDA charts for antioxidants are small red beans, blueberries, kidney beans, pinto beans and cranberries. Some of the other foods high in antioxidants include artichokes, blackberries, prunes, raspberries, strawberries, apples, cherries, pecans, plums, potatoes and black beans.

Researchers measured antioxidant levels in more than 100 kinds of foods, including fruits, vegetables, nuts, spices and cereals. ❖



## Low expectations: Why your doctor may have them for your cholesterol level

“How low should it go?”

If you've been told you're at risk for a heart attack, that's a good question to ask your doctor about your LDL cholesterol. LDL stands for “low-density lipoprotein,” and it's the type of cholesterol in your blood that's considered “bad.”

In the past, government guidelines said that high-risk people should try to get their blood level of LDL below 100 milligrams per deciliter (mg/dL).

But newer guidelines move some people who were considered high-risk into a new *very-high-risk* category.

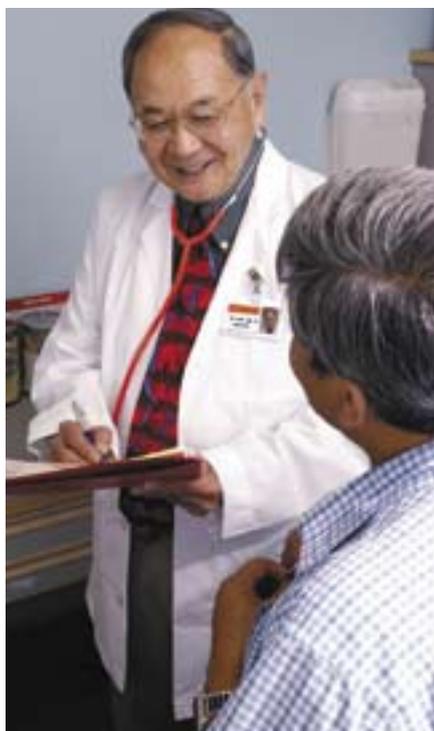
You may be at very high risk if you've already had a heart attack. Having heart or blood vessel disease together with other risk factors (especially diabetes)

or poorly controlled risk factors, such as high blood pressure or metabolic syndrome, may also put you in this category. Metabolic syndrome is a combination of risk factors linked to obesity.

If you are at very high risk, your doctor may now advise you to lower your LDL levels to less than 70 mg/dL.

Doctors may also recommend that those in the high-risk category take cholesterol-lowering drugs if their LDL levels are between 100 mg/dL and 129 mg/dL. And they may encourage moderately high-risk people to bring their LDL levels below 100 mg/dL.

Ask your doctor about your heart disease risk and what a good LDL cholesterol goal for you would be. ❖



**WELCOME,  
KATHY  
SAUNDERS!**

## Get expert advice for nutrition

From halfway across the world, registered dietitian Kathy Saunders has



**Kathy  
Saunders, R.D.**

come to Tillamook County General Hospital's (TCGH) nutritional care services.

For the past 10 years, Saunders lived in Nigeria with her family.

There she was involved with teaching nutrition at the

Adventist School of Nursing in Ile-Ife.

Saunders completed a bachelor of science degree in dietetics and a masters degree in nutrition at Loma Linda University in Loma Linda, Calif. She is currently working on another masters degree in public health.

Her husband, Greg, is a surgeon at TCGH and they have four children. Saunders enjoys reading, sewing and walking.

Saunders will be working part-time in community education and nutrition counseling. To make an appointment, call **815-2287**. ❖

## “Picture the Fun” of being healthy

Your health is important—screenings can help you see the overall picture of your health and any challenges you may face. Join us at the Huckleberry Health Fair, held in the Till-A-Skate building at the Tillamook County Fairgrounds, Aug. 11 and 12, from 10 a.m. to 3 p.m.

The event, sponsored by Tillamook County General Hospital, includes the following screenings:

- Cholesterol, \$15 (you must fast for 12 hours prior to the screening).
- Hemoglobin A1C, \$15.
- Pulmonary function, \$5.

You can have all three screenings for \$25. A bone density screening is also available for an additional \$20. To learn more, call **815-2270**.

## Touch

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results through instant communication.

This system will be implemented at TCGH in June. It is used on the West Coast by all 20 facilities in the Adventist Health System.

### A HANDS-ON DUMMY

Coming this summer to Tillamook County is Sim-Man. This manikin comes with lifelike breath sounds, a pulse, blood pressure and other body functions. Sim-Man provides advanced medical training for multiple health care disciplines, and provides an opportunity for students to practice skills that would otherwise not be available in our small community.

### DRUG ADMINISTRATION PUMPS

TCGH has installed 27 Alaris IV pumps. The new “smart pumps” are programmed with the proper maximum and minimum dosages for various drugs. If an attempt is made to administer an amount other than the normal dosage, the pump gives a warning. The pumps also have enhanced data collection software that will help the hospital analyze dosage patterns and more easily identify areas for process improvement.

Combining these three innovations with our already high standards provides more efficient, personal care. It also gives our medical staff more time to spend on our patients, continuing TCGH’s aim of providing excellence in community health care. ♦

All classes will be held at Tillamook County General Hospital, unless otherwise stated. Registration for all classes is required 48 hours before the session begins. To register, please contact the hospital cashier in person or call **815-2499**. Events may be canceled due to lack of registrants. For more information, please call the education department at **815-2270** or **368-6544, ext. 2270**.

### COMMUNITY EVENT

**Huckleberry Health Fair**  
Thursday and Friday, Aug. 11 and 12,  
10 a.m. to 3 p.m.  
Tillamook County Fairgrounds

### BETTER HEALTH

**First Place Weight-Loss Program**  
Every Wednesday through June 8  
Noon to 1 p.m.  
Tillamook Seventh-day Adventist Church

**Healthy Changes for Diabetics**  
Wednesdays, May 4, 11, 18 and 25;  
June 1, 8, 15 and 22  
1 to 2:30 p.m.  
Tillamook Senior Center

### FIRST AID AND CPR

**Health Care Provider  
CPR Certification**  
Wednesdays, 8:30 a.m. to 2 p.m.  
May 4  
Conference room A  
July 6  
Location to be determined

**Health Care Provider  
CPR Recertification**  
Thursdays, 9 a.m. to noon  
May 5  
Conference room A  
June 2  
Tillamook Fire Department  
July 7  
Location to be determined

**Heartsaver CPR  
for the Community**  
Thursday, July 14, 1 to 5 p.m.  
Adult CPR: 1 to 3 p.m.  
Child CPR: 3 to 5 p.m.  
Third floor, TCGH

**First Aid**  
Thursday, May 26  
8:30 a.m. to 4 p.m.  
Tillamook Fire Department

### PRENATAL CARE

**Childbirth Class**  
Wednesdays, May 4, 11, 18, 25  
7 to 9 p.m.  
Tillamook Seventh-day Adventist Church  
June 29, July 6 and 13  
6 to 9 p.m.  
Third floor, TCGH

### SUPPORT GROUPS

**Grief Support Group**  
Tuesdays, May 3 and 17, June 7 and  
14, July 5 and 12  
3 to 4:30 p.m.  
Conference room B, fourth floor

**Diabetic Support Group**  
Thursdays, May 26, June 30, July 28  
2 to 3 p.m.  
PUD

### WELLNESS SCREENINGS

For an appointment, call Nancy at  
**815-2313**.  
**Community Wellness Screening**  
Wednesday, May 11, 7 to 10 a.m.  
Front Lobby

**Free Blood Pressure Clinic**  
Wednesdays, 2 to 3 p.m.  
TCGH cafeteria

**Huckleberry Health Fair**  
Thursday and Friday, Aug. 11 and 12,  
10 a.m. to 3 p.m.  
Tillamook County Fairgrounds

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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