

LIFE HEALTH®

SPRING 2006

EXCELLENCE IN COMMUNITY HEALTH

Celebrate with screenings, free lunch

**“ROCK AROUND THE CLOCK”
THEME FOR HOSPITAL WEEK**

JOIN US WEDNESDAY, May 10, as we celebrate your good health during National Hospital Week. Don't miss out on low-cost health screenings and a free lunch lecture—all part of our weeklong 50s themed celebration, “Rock Around the Clock.”

Schedule low-cost screenings.

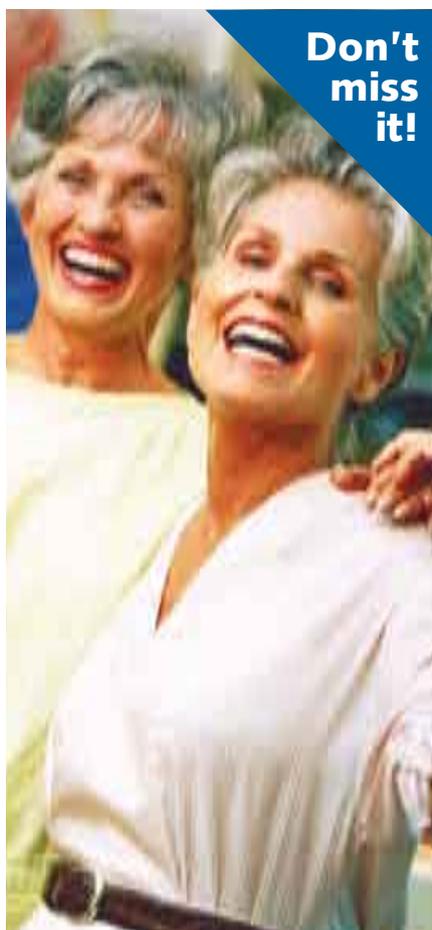
Appointments for all screenings are recommended; call **815-2313**.

Stop by our hospital lobby between 7 and 10 a.m. to have your total cholesterol, HDL/LDL, triglycerides and fasting blood sugar checked—all for \$10. This is a finger stick test, and your results will be ready in minutes. A 12-hour fast is recommended for more accurate results.

Plus, take this opportunity to have free depression and anxiety screenings. The screenings include simple assessment forms and a 15-minute consultation.

Save your spot for a free lunch.

Enjoy good food, great company and get helpful information at a free community luncheon at noon. You'll



Wednesday, May 10, take charge of your health.

learn about the Medicare Part D prescription drug program from Don Wiesel, of Mid-Willamette Valley Senior Services Agency. The luncheon will be held in the new third-floor conference room. Space is limited, so reserve your spot by calling **815-2313**. ♦

Diabetes: Early stages threaten eyes

VISION PROBLEMS can occur early in the course of diabetes—even before it's been diagnosed.

High blood-sugar levels can damage blood vessels in the retina of the eye. The damage, called diabetic retinopathy, can cause vision problems and, if untreated, may eventually lead to blindness.

Many people in the early stages of diabetes and even people with pre-diabetes have been diagnosed with diabetic retinopathy, according to the National Institutes of Health. If you have diabetes, it's important to have your eyes checked for retinopathy at least once a year. It can be best treated when it is found early.

You can also lower your risk for eye problems by keeping your blood sugar under control.

Don't wait. Many people aren't even aware they have—or are at risk for—diabetes, so talk to your doctor about being screened. ♦

Donate your used eyeglasses during May to support the Lion's Club Recycle for Sight campaign. For drop-off locations or to learn about sight and hearing services, call Melody at 815-2302.

Generation weary: Is your teen too tired?

THEY MAY NOT be babies anymore, but teens still need plenty of sleep. Yet what they need and what they actually get can be two very different things—as many parents can attest.

Sleep needs change with age. But generally teens still need more sleep than adults do, typically about nine hours a night, according to the American Academy of Pediatrics (AAP).

Lack of sleep leads directly to excessive daytime sleepiness, which is a widespread problem in teens, AAP says. Sleepiness can affect schoolwork, mood and well-being. It may also lead to drowsy driving, raising the risk for crashes.

There may be many reasons why teens get too little shut-eye, reports the National Sleep Foundation. As they grow up, teens tend to take on increasing responsibilities and

be involved in more activities. And changes in teens' internal clocks tend to make them fall asleep and awaken later. Watching TV or using computers close to bedtime or drinking caffeinated beverages late in the day can cut into quality rest.

Early start times at schools can further limit sleep. In addition, undiagnosed medical conditions, such as sleep apnea, can lead to daytime drowsiness.

What's a parent to do?

Encourage your teen to get more rest and to stick to a regular sleep-wake schedule. Consider how much time your teen

spends on activities or at work, and try to help adjust his or her schedule to allow for enough sleep.

It's also wise to establish sleep-friendly rules about TV and computer use. And if you think daytime drowsiness might be health-related, discuss your concern with your child's doctor. ❖

By the clock:
Nature tends
to make
teenagers
night owls.

Ready, set...stop smoking

DON'T STOP smoking—just yet. Plan first, because quitting works best when you're truly ready.

No one says it will be easy to break a long-standing habit, but you can help yourself to a good S-T-A-R-T with this five-step strategy:

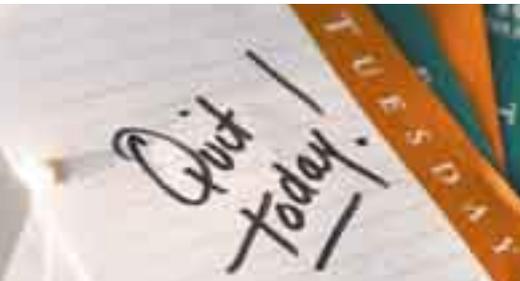
S—Set a quit date. Take time to prepare yourself. Set a stop date two to four weeks ahead of time.

T—Tell all. Let family, friends and co-workers know that you plan

to quit. Their support can give you a boost in the days ahead.

A—Anticipate. Plan for the challenges you'll face while quitting. Think about when and why you smoke and what you can do instead. Make a list of reasons why you want to quit and look at it when you feel like lighting up.

R—Remove. Plan to get rid of all cigarettes from your home, car and workplace. Remove any smoking accessories, such as matches, lighters and ashtrays, as well.



T—Talk to your doctor. Ask about nicotine replacement or medicine to help suppress the urge to smoke. Or call the Oregon Tobacco Quit Line at 1-877-270-STOP (7867) or TCGH's Smoking Cessation Program at 815-2270. ❖

Sources: American Academy of Family Physicians; National Cancer Institute

Colic: Does mom's smoking play a role?



Add another reason why moms with or expecting babies shouldn't smoke: colic.

Researchers and parents alike have long been baffled by the cause of this painful intestinal condition, which typically leads to hours of inconsolable crying by infants.

But researchers writing in the journal *Pediatrics* say cigarette use may play a role. They reviewed six studies, five of which they determined show a link between moms who smoked during and after pregnancy and their babies' excessive crying and colic.

Maternal smoking also is linked to increased motilin levels in an infant's intestines, the researchers said. Motilin is a hormone that stimulates contraction of the gastrointestinal muscles. This may be a reason smoking seems to play a role in colic.

Other risks of maternal smoking include premature birth, low-birth-weight babies and breathing problems in children. Exposure to other people's smoke during pregnancy may increase some of these risks as well, according to the American Lung Association. Do you need help quitting? Ask your doctor for help. ❖

Internist cares for teens and adults, treating all types of health issues

Internal medicine physician Maxwell Larweh, M.D., has been practicing at Bay Ocean Medical for the last nine months. Dr. Larweh completed medical school at the University of Ghana in Accra, Ghana. He came to the United States in 2002 and completed his residency in June 2005 at Cleveland Clinics in Ohio.



Maxwell Larweh, M.D.

He credits his medical interest to growing up living near a hospital and following his mother, a nurse midwife. He watched her caring for others and developed his desire to share compassion and care in the same way.

Dr. Larweh's wife, Patience, just completed her master's degree in food science. They have three sons: Henry, 5, Marvin, 3, and Maynard, 9 months. Dr. Larweh enjoys family activities, soccer, lawn tennis and farming with livestock and poultry.

About internal medicine. Doctors of internal medicine focus on adult medicine and have special training in the prevention and treatment of adult

diseases. They care for their patients for life—from the teenage years through old age. They are sometimes referred to as "internists" or the "doctor's doctor," because they are often called upon to act as consultants to other physicians to help solve puzzling diagnostic problems.

Internists also bring patients an understanding of disease prevention and the promotion of health, including women's health, substance abuse and mental health. They also treat common problems of the eyes, ears, skin, nervous system and reproductive organs.

Internists are equipped to deal with whatever problem a patient brings—common or rare, simple or complex. ❖

Dr. Larweh
can be
reached at
842-7533.



For a list of physicians in
Tillamook, check out our

Web site at www.tcgh.com or call
842-4444.



Understanding heart palpitations

You notice your heart racing or pounding, or it seems to beat irregularly. Maybe the sensation lasts for only a few seconds. But because it seems unusual, you're concerned. Should you be?

This fluttering or throbbing, called heart palpitations, is often harmless. But palpitations can be caused by a medical problem, which is why it's often a good idea to let a doctor know about them.

For example, they may occur if you have an arrhythmia, or abnormal heart rhythm. Most arrhythmias aren't a problem; however, some are serious and require treatment. Palpitations may be more serious if you also have symptoms such as dizziness, fainting or near fainting.

According to the American Academy of Family Physicians, other potential causes include heart valve problems, thyroid conditions, anemia, stress, anxiety or panic disorder. Use of alcohol, caffeine or nicotine, or certain medications, such as decongestants, may also trigger palpitations. Some women may experience palpitations in conjunction with hormonal changes as they approach menopause.

Sometimes there is no clear cause. When looking for possible causes, doctors may order heart tests, such as an electrocardiogram. They may also have people with palpitations wear small portable monitors for a while to check for heart rhythm problems. ❖



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 Alumni Meeting

- Tuesday, May 16, 5:45 to 8 p.m.
 - Wednesday, June 21, 5:45 to 8 p.m.
 - Thursday, July 13, 5:45 to 8 p.m.
- Tillamook SDA Church, fellowship hall

Living Your Life With Diabetes

- May 4, 11, 18 and 25, 6:30 to 9 p.m.
 - July 6, 13, 20 and 27, 1:30 to 4 p.m.
- TCGH third floor, conference room D
\$50 fee for you and a guest. For more information, call Janice Wolk, CDE, at **815-2287** or Ginny Gabel at **815-2270**.

Orthopedic Lecture Series With Ronald Teed, M.D., Orthopedic Surgeon

- Wednesday, May 31, 7 to 8 p.m.
TCGH third floor, conference room A
Light refreshments will be served.
- Thursday, June 1, 4 to 5 p.m.
North County Recreation Building,
Nehalem

FIRST AID AND CPR

First Aid/CPR

Wednesday, May 24
8:30 a.m. to 4 p.m.
TCGH third floor, conference room A
\$40 (includes book).

Health Care Provider CPR Certification

Wednesday, May 10
8:30 a.m. to 2 p.m.
TCGH third floor, conference room D
\$35 (includes book).

Health Care Provider CPR Recertification

- Thursday, May 11, 9 a.m. to noon
 - Wednesday, June 14, 9 a.m. to noon
- TCGH third floor, conference room D
\$35 (includes book).

PRENATAL CARE Childbirth Preparation Class

- Wednesdays, May 3 to 24, 7 to 9 p.m.
 - Wednesdays, July 5 to 19, 6 to 9 p.m.
- TCGH third floor, conference room A
\$40 for mom and one support person.

SUPPORT GROUPS Diabetes

Last Thursday of every month (no July meeting), 2 to 3 p.m.
PUD: Carl Rawe Room
Call Kathie at **815-3302** or Janice Wolk, CDE, at **815-2287**.

Fibromyalgia

Second Tuesday of every month
2 to 3:30 p.m.
TCGH third floor, conference room A

Grief

First and third Tuesdays of every 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 Screening

Thursday, June 15, 7 to 9 a.m.
Tillamook YMCA
\$15 each for cholesterol and hemoglobin A1C.

HOSPITAL WEEK

Wellness Screenings

Wednesday, May 10, 7 to 10 a.m.
TCGH front lobby

\$10 for a total cholesterol, HDL/LDL, triglycerides and fasting blood sugar test (12-hour fast recommended). Also get depression and anxiety screenings.

Community Luncheon—FREE!

Wednesday, May 10, noon to 1:30 p.m.
TCGH third floor conference room
Presentation about the Medicare Part D prescription drug program by Don Wiesel.

HUCKLEBERRY HEALTH FAIR

Thursday and Friday, Aug. 10 and 11
10 a.m. to 3 p.m.

Tillamook County Fairgrounds
Enjoy wellness screenings, prize drawings and more!

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.

Wendell Hesselntine
President

Walt Larson
Vice President

Donna Bechthold
Vice President, Patient Services

Ginny Gabel
Community Education Coordinator

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