

LIFE HEALTH®

SPRING 2007

EXCELLENCE IN COMMUNITY HEALTH

Better inside and out

TCGH TREATS PHYSICAL AND EMOTIONAL EFFECTS OF CANCER

AVONNE KNEW SOMETHING was wrong. But when she was finally diagnosed with a rare form of inflammatory breast cancer, she was surprised. She was young, had no family history of breast cancer and had breastfed her children. As a wife and the mother of three boys, ages 7, 5 and 2, LaVonne knew that she would need more help than ever before.

EXPERT LOCAL TREATMENT

As she began chemotherapy, LaVonne was relieved to find that she didn't have to go out of town for chemotherapy; she could receive treatment through Tillamook County General Hospital (TCGH) Outpatient/E.D. Services. Cancer patients can be referred to TCGH for chemotherapy regardless of where their oncologists are located. Kami Jensen, R.N., and other chemo-certified nurses provide chemo treatments and support for up to 20 patients on a monthly or as-needed basis. Nursing staff provided support and treatments for LaVonne every other week.



LaVonne tries on a wig, one of the benefits provided by the Look Good...Feel Better program.

EMOTIONAL SUPPORT

Facing the usual side effects of sickness and hair loss, LaVonne attended a session of the Look Good...Feel Better program, which teaches beauty techniques to female cancer patients to help with the appearance-related side effects of treatment. The program provides free cosmetic kits, wigs, scarves and other accessories.

"I didn't think I would want to go because, with three little boys, who has time for makeup?" LaVonne says. "But I had so much fun! The instructor and assistants made me feel so good about myself that I even picked out a

wig I could use for those special occasions."

LEARN MORE

Find a physician by calling **815-2260** or visiting www.tcgh.com. Plus, learn more about the Look Good...Feel Better program and other wellness options on page 4. ♦

Gerald Gibbs, M.D., provides local oncology services, but any physician may refer patients to our Outpatient/E.D. Services. Call **815-2452**.

HEALTH NEWS UPDATE

EVERY LITTLE THING



Using a portable MP3 player could damage your **HEARING**. Listening to these devices with the volume too high for long periods of time could lead to permanent hearing damage.

—University of Michigan

Are you a member of the **CLEAN PLATE** club? More than half of Americans admit to cleaning their plates no matter how much food is on the plate. Remember that portion size often goes hand in hand with an expanding waistline.

—American Institute for Cancer Research

If you're a **DOG OWNER**, here's one way to help train your dog not to bite: Avoid playing games that get your dog overly excited, such as wrestling or tug-of-war.

—American Veterinary Medical Association

To help keep children safe on the **INTERNET**, remind them never to post personal photographs online or to give out identifying information, such as a telephone number or address.

—American Medical Association

Safety: Kids and lawn mowers

Many kids help with household chores—that's a good thing.

But lawn mowing can actually be a dangerous chore. In fact, the American Academy of Pediatrics (AAP) reports that lawn mowers cause thousands of injuries to children each year, including deep cuts, burns and broken bones.

According to the AAP, children should be at least 12 years old to operate a power lawn mower and at least 16 years old to operate a riding mower. Other safety basics:

- Before mowing, pick up rocks, sticks, toys and other debris from the lawn to prevent injuries from flying objects.
- Always wear sturdy shoes, safety glasses and ear protection when mowing.
- Be sure that younger children are kept at a safe distance from the area you are mowing.
- Avoid pulling the mower backward or mowing in reverse unless absolutely necessary. Carefully check for others behind you if you do. ❖



Thanks to our partners in giving

Community financial support of Tillamook County General Hospital is vital to maintaining our high standard of care and community service. To our partners in giving, we say, "Thank you!"

For more information, call Melody Ayers at **815-2302**. ❖

2006 donations and grants

Ambulance and emergency services	\$1,707
Employees Helping Employees	\$4,630
Faith in Action	\$43,646
Hospice	\$55,639
MRI enhancement	\$8,605
Patient assistance	\$203
Greatest need	\$28,637
Other designated*	\$31,715
TOTAL DONATIONS	\$174,782

*Includes local business in-kind, rural health and bioterrorism grants.

Should I rinse poultry or meat before cooking?

Washing your hands after handling raw meat or poultry is a must. But rinsing the meat or poultry itself before cooking is not recommended, according to the American Dietetic Association.

Washing or rinsing raw meat or poultry does not make it safer to eat. Any bacteria present on the surface of the meat will be destroyed if it is cooked to the proper temperature.

By rinsing meat or poultry, you actually increase the chance of cross-contamination, which occurs when juices containing bacteria are spread to other foods, utensils and surfaces.

To prevent cross-contamination, wash countertops and sinks—and hands—with hot, soapy water. And immediately toss packaging, such as foam meat trays and plastic wrapping, into the garbage. ❖



Overweight kids at risk for bone and joint problems

Being overweight can be hard on your joints.

In adults, for example, it raises the risk of osteoarthritis. But research reported in the journal *Pediatrics* suggests it may also have an impact on the bone and joint health of kids.

In a study of 355 school-age children, researchers found that those who were overweight were more likely than their leaner peers to experience broken bones, joint and muscle pain, and difficulty getting around.

These problems join a list of already known health risks for overweight kids. Among them: type 2 diabetes, sleep apnea, poor self-esteem, and heart and blood vessel problems.

Researchers involved with the study noted that when kids experience pain during physical activity, they may be less likely to take part, potentially adding to their weight problems over time.

Exercise that limits discomfort may therefore be best. The study's authors suggest that swimming or riding a bike can be good choices for kids who are significantly overweight. ❖



Relay for Life: Walk or run for a cure

Relay for Life is a fun-filled, overnight event designed to celebrate cancer survivorship and raise money for research and programs of the American Cancer Society (ACS). During the event, teams of people gather at schools, fairgrounds or parks and take turns walking or running laps. Each team tries to keep at least one team member on the track at all times.

More than 20 years ago, one man took it upon himself to raise money to support the efforts of the ACS. Today, more than 3 million Americans participate in Relay events nationwide. Relay for Life supporters hope that those lost to cancer will never be forgotten, that those who face cancer will have the support they need, and that one day cancer will be eliminated.

By the end of 2006, Relay for Life events had been held in more than 25 countries around the world.

The 2007 Tillamook County Relay for Life will be held July 13 at 6 p.m. through July 14 at noon at the Neah-Kah-Nie High School track. Encourage someone you know to join you in the fight against cancer and join the Tillamook County Relay for Life. Join the hospital team by calling **815-2302** or support the Relay on a team of your choice.

Call Liz McKinney at **842-7523, ext. 1416**, for general information or Peni Morris at **842-4537** about bringing your team to the Relay. ❖



Nearing 50? Talk to your doctor about colon cancer screening

You would stop cancer from developing if you could, wouldn't you?

This isn't the hypothetical question you might suspect.

Colon cancer—which this year alone will be diagnosed in some 106,000 Americans—can indeed be prevented in many cases, according to the American Cancer Society (ACS).

How, exactly? Typically, colon cancer begins as a polyp, a growth that is not yet cancerous. Colon cancer screening can help doctors find—and remove—polyps before cancer develops, thereby stopping a potentially deadly cancer in its tracks.

If cancer is already present, screening can find it early, when treatment is highly effective.

More than 90 percent of people diagnosed with colon cancer are 50 or older, the ACS reports. So if you're nearing 50, talk to your doctor about being screened. If you're at increased risk for colon cancer—for example, if this cancer runs in your family—you may need to begin screening earlier.

Several tests can help detect cancers of the colon and rectum; ask your doctor which is best for you. ❖

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**.

NATIONAL HOSPITAL WEEK CELEBRATION

The Home Run

■ Sunday, May 6, 9 a.m. start
TCGH lobby

A 2-mile or 3.5-mile run/walk event. Proceeds will benefit the CHIP (Coronary Health Improvement Project) Scholarship Program. To register, call Mary Oakes at **815-2314**.

Cholesterol and Hemoglobin A1C Screenings

■ Wednesday, May 9, 7 to 10 a.m.
TCGH lobby

Both appointments and walk-ins are welcome; 12-hour fasting is required. Call **368-6544, ext. 2313**, or **815-2313** to register or for more information. \$10 per screening

Community Luncheon

■ Wednesday, May 9, noon to 1:30 p.m.
TCGH third floor, conference room A
Special topics on depression and suicide in the elderly, as well as information to help you take control of your health. R.S.V.P. to Nancy Rittenbach at **815-2313**. No charge

BETTER HEALTH



CHIP Supper Club

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

Tillamook SDA Church, fellowship hall
To R.S.V.P., call **815-2270**.

Living Better With Diabetes

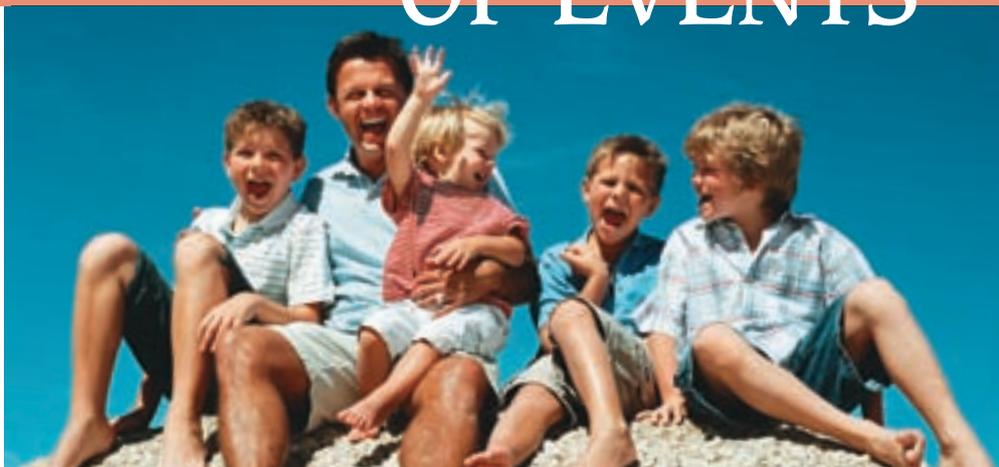
■ Thursdays, June 7 to 28, 1:30 to 4 p.m.
TCGH third floor, conference room A
One-hour private diet assessment included.

To arrange, call Janice Wolk, CDE, at **815-2287** or Ginny Gabel at **815-2270**.

FIRST AID AND CPR

Heartsaver (Adult and Child) Community Class

■ Thursday, May 31, 1 to 5 p.m.
TCGH third floor, conference room A
\$35 (includes book)



First Aid/CPR

■ Monday, June 11, 9 a.m. to 4 p.m.
■ Monday, Aug. 6, 9 a.m. to 4 p.m.
TCGH third floor, conference room A
\$40 (includes book)

Health Care Provider CPR Certification

■ Monday, May 14, 9 a.m. to 2 p.m.
■ Monday, July 2, 9 a.m. to 2 p.m.
TCGH third floor, conference room D
\$35 (includes book)

Health Care Provider CPR Recertification

■ Wednesdays, May 16, June 20 and July 18, 9 a.m. to noon
TCGH third floor, conference room D
\$35 (includes book)

PRENATAL CARE AND WOMEN'S HEALTH

Childbirth Preparation Class

■ Wednesdays, May 2 to 23
■ Wednesdays, June 27, July 11 and 18
7 to 9 p.m.
TCGH third floor, conference room A
\$40 for mom and one support person

Look Good...Feel Better

■ Wednesday, June 27, 4:30 to 6:30 p.m.
TCGH third floor, conference room A
Sponsored by the American Cancer Society. Learn from a cosmetologist how to use makeup and skin care techniques to overcome the appearance-related effects of chemotherapy and radiation. Register by calling **815-2313**.

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

■ 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

Blood Pressure Clinic

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

Huckleberry Health Fair

■ Thursday and Friday, Aug. 9 and 10
10 a.m. to 3 p.m.
Tillamook County Fairgrounds
Enjoy wellness screenings, prize drawings, 35 health booths and more!

EXERCISE EVENT

2007 Tillamook County Relay for Life

■ See page 3 for details.

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.

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Information in LIFE AND HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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