

LIFE HEALTH®

SPRING 2008

Get GERD relief at TCGH

Repeated bouts of heartburn and sour-tasting fluid in your throat are classic symptoms of a common health problem called gastroesophageal reflux disease (GERD). Without treatment, GERD can lead to serious problems—even cancer.

WHAT CAUSES GERD?

GERD is caused by acid that escapes through a weakened one-way valve near the top of your stomach. The acid can travel as far up as your throat.

Eating certain foods, taking some medications, smoking, and drinking caffeine or alcohol all increase the level of acid in your stomach, making symptoms worse.

Besides severe heartburn, these symptoms may include belching, pain in the upper abdomen, chronic cough or hoarseness.

When lifestyle changes—such as losing excess weight, elevating the head of your bed or using antacids—are not enough, you may

be a candidate for laparoscopic fundoplication.

HOW DOES IT WORK?

This surgery is performed using a laparoscope, a small telescope attached to a camera, which provides clear sight into the abdomen.

The doctor then wraps the very top of the stomach around the lower part of the esophagus to strengthen the sphincter (the opening of your stomach that keeps the acid where it belongs).

Recovery involves an overnight stay in the hospital, and you can return to work in one to two weeks.

This is only one of the many treatments and procedures provided at Tillamook County General Hospital, ensuring local access to excellent health care.

For more information on this procedure, please call the office of Todd Pitts, MD, general surgery, at **842-5546**. ♦

For more information on laparoscopy, call **842-5546**.



EXCELLENCE IN COMMUNITY HEALTH

HEALTH UPDATE TCGH

EVERY LITTLE THING



MUSHROOMS

may not be as brightly colored as carrots or red peppers, but they still pack many nutrients. These drab veggies can add copper, antioxidants, vitamin D, and the B vitamins riboflavin and niacin to your diet.

—American Dietetic Association

JUMPING ROPE isn't just for kids. Consider revisiting this playground staple—it's a great cardiovascular exercise and helps improve hand and foot coordination.

—American Council on Exercise

If you're planning on a pregnancy, check in with your doctor as soon as possible. A **PRECONCEPTION** checkup is one way to give your future baby the best chance for a healthy start.

—March of Dimes

Just chill—be sure to refrigerate **LEFTOVERS** promptly. Discard foods that have been left out for more than two hours—and make that one hour in temperatures above 90 degrees.

—U.S. Department of Agriculture



Women and caregiving: Coping and staying healthy

Women make up the majority of family caregivers in this country—those who care for a sick, elderly or disabled loved one. While this vital role can be rewarding, it also can bring on emotional and physical stresses and strains.

As a result, the U.S. Department of Health and Human Services (HHS) reports, caregivers face an increased risk of health problems, from colds and flu to chronic health conditions like heart disease.

They also have twice the risk of depression as those who aren't caregivers.

Take care of yourself too. To help make your own health and well-being a priority, consider the following tips from the HHS and other experts. Remember, you can't take care of others if you don't stay healthy.

- See your doctor for checkups, and get follow-up care as advised.
- Eat well and don't skip meals.
- Take some time every day to read, relax, take a walk or do whatever recharges you.
- Seek help when needed. Family or friends may be able to lend a hand, so don't be afraid to ask for or accept assistance.
- Check out the back page calendar for information on "Caring For Your Parents" and "Wellspring Adult Respite Care."

Learn more. For help finding services, visit the Family Caregiver Alliance at www.caregiver.org or the U.S. Administration on Aging at www.aoa.gov. ♦

Whole grains may protect against diabetes



With the number of Americans with diabetes rising to an all-time high, prevention is on the mind of health experts.

People may be able to protect themselves from the disease by eating more whole-grain foods, researchers say.

Harvard University researchers who studied more than 160,000 women participating in the Nurses' Health Study found that those who ate the most whole grains were about 35 percent less likely to develop type 2 diabetes than those who ate the least.

Analysis of additional studies found that eating two servings of whole-grain items daily led to a 21 percent lower risk for type 2 diabetes, the researchers reported. To eat more whole grains:

- Choose whole-wheat instead of white bread and brown instead of white rice.
- Try whole-wheat pasta, pancakes, breakfast cereals, waffles and muffins.
- Add whole grains to dishes you're cooking, such as barley in vegetable soup or oatmeal in meatloaf.

Check the calendar on the back page for the dates and times of "Living Better With Diabetes" at Tillamook County General Hospital. ♦

We're going tobacco-free

In an effort to provide a healthy environment, Tillamook County General Hospital (TCGH) will become tobacco-free as of Sept. 1. This means smoking and tobacco use of any kind will not be permitted either inside or outside, anywhere on hospital property.

"We realize this transition will take some time for everyone to embrace; however, we remain vigilant in our efforts to sustain a healthier environment for everyone," CEO Larry Davy says.

As a health care facility, it is difficult to ignore evidence documenting the negative impact of tobacco use in connection with heart disease, cancer, stroke and lung disease. Secondhand smoke also has become a concern for many people.

"Our patients are our first priority, and we are working closely with our physicians as we develop coping strategies and nicotine cessation strategies for them," Davy says. "Secondly, we are developing programs to help employees who choose to quit as well as providing cessation aids to them to help them through their work shifts."

For more than 15 years, TCGH has provided a smoke-free internal environment. We will now join the nationwide tobacco-free campus movement, just as more than 20 other hospitals in Oregon have. Both the hospital board and the civic advisory board support this move, because TCGH is committed to providing excellence in community health care. ❖



Come celebrate National Hospital Week!

National Hospital Week, May 11 through 17, unites hospitals, health care providers and communities coast to coast in celebration of excellent health care.

When Hospital Week began in 1918, the purpose was to help hospitals earn the trust of the community. They opened their doors so the public could tour the facilities and learn about recent medical advances.

This year, Tillamook County General Hospital (TCGH) will keep the tradition of Hospital Week by holding an open house.

On Tuesday evening, May 13, from 6:30 to 8 p.m., a seminar will be presented called "Caring For Your Parents." After this 30-minute PBS documentary, a panel of experts will address the issues of working while caregiving, dealing with family conflicts, legal issues, finding help, etc. Refreshments will be served.

TCGH CEO Larry Davy has declared Wednesday, May 14, Community Day. Wellness screenings, held from 7 to



10 a.m. in the lobby, offer cholesterol (including HDL and LDL), triglycerides and blood sugar testing. This test requires a 12-hour fast, and appointments can be made by calling **815-2313**. Walk-ins are also welcome.

The public may select one of four guided tours at 9 a.m., 10 a.m., noon or 1 p.m. The tours will finish at the Information/Resource Fair, which will highlight services and programs provided by the hospital. For more information on these community events, call **815-2313**. ❖

Thanks to our partners in giving

Community financial support for 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!"

2007 donations and grants

■ Patient assistance: \$780

■ Employees Helping

Employees: \$5,762

■ Education services: \$14,612

■ Other designated:* \$28,072

■ Ambulance and emergency services: \$712

■ Hospice: \$47,612

■ Faith in Action:

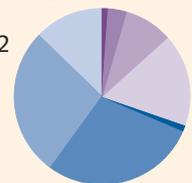
\$45,228

■ Greatest need:

\$29,084

TOTAL: \$171,862

*Includes business in-kind, miscellaneous grants and small funds.



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

Caring For Your Parents

Tuesday, May 13, 6:30 to 8 p.m.

Video, discussion and panel of experts sharing solutions and resources.

TCGH third floor, conference room A

Call **815-2270**. Free.

CHIP Supper Club

Second Monday of the month (except in May; Thursday, May 8)

5:45 to 8 p.m.

Tillamook SDA Church, fellowship hall

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

Living Better With Diabetes

Thursdays, May 15 to June 5, 6:30 to 9 p.m. or July 10 through 31, 1:30 to 4 p.m.

TCGH third floor, Conference Room A

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

CAREGIVING

Faith in Action Volunteer Training

Friday, June 6, 9 a.m. to 3:30 p.m.

TCGH third-floor conference rooms

Includes lunch. Call Nancy at **815-2313** or **800-356-0460, ext. 2313**, to register. Free.

Wellspring Adult Respite Care

Offering respite care with music, crafts, activities and meals to the care receiver, allowing the caregiver needed rest. For locations and times, call **815-2313**.

Community Tours

Wednesday, May 14, 9 and 10 a.m., noon and 1 p.m.

TCGH lobby

Free.

To RSVP, call Nancy at **815-2313**.

FIRST AID AND CPR

Heartsaver (Adult and Child) Community Class

Tuesday, May 6, or Monday, July 7

1 to 5 p.m. TCGH third floor, Conference Room D. \$35 (includes book).

First Aid/CPR

Wednesday, May 14, 9 a.m. to 4 p.m.

TCGH third floor, Conference Room A

\$40 (includes book).

Health Care Provider CPR Certification

Tuesday, May 13; Thursdays, June 19,

July 31; or Wednesday, Aug. 6

9 a.m. to 2 p.m.

TCGH third floor, Conference Room D

\$35 (includes book).

Health Care Provider CPR Recertification

Tuesday, May 20, 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 7 through 28, 7 to 9 p.m. or July 9 through 23

(three weeks), 6 to 9 p.m.

TCGH third floor, Conference Room A

\$40 for mom and one support person.

Look Good...Feel Better

Wednesday, May 28, 4:30 to 6:30 p.m.

Sponsored by the American Cancer Society, female cancer patients who participate in this class will learn how to use makeup and skin care techniques to overcome the appearance-related effects of chemotherapy and radiation.

Free. Call **815-2313** for location and to register.

Women's Cancer Survivor Group

First Thursday of each month

10:30 a.m. to noon

312 Laurel Ave., Tillamook

Call Jan Bartlett at **842-4508**.

SUPPORT GROUPS

Diabetes and All That Jazz

Second Tuesday of each month (except August), 1:30 to 3 p.m.

TCGH third floor, Conference Room A

Call Ginny Gabel at **815-2270** or

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

Fibromyalgia and Chronic Pain

Third Tuesday of each month

2 to 3:30 p.m.

TCGH third-floor conference rooms

Grief

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

TCGH third floor, Conference Room B

Community Wellness Screening

Wednesday, May 14, 7 to 10 a.m.

TCGH lobby. In celebration

of National Hospital Week.

Appointments and walk-ins are welcome. Cholesterol with blood sugar screening requires a 12-hour fast. \$15 (a \$20 value). Call **815-2313** or **368-6544, ext. 2313**.

WELLNESS SCREENINGS

FREE Blood Pressure Clinic

Wednesdays, 2 to 3 p.m.

TCGH cafeteria

Huckleberry Health Fair

Thursday and Friday, Aug. 7 and 8

10 a.m. to 3 p.m.

Tillamook County Fair. Will feature next community health screening.

EXERCISE EVENTS

2007 Tillamook County Relay For Life

Friday, July 11, 6 p.m., to Saturday, July 12, noon

Neah-Kah-Nie High School track

Call Mary Silva at **842-0024** for general information. Call Eric Lessor at **801-6451** for sponsor information. Call Sue Owens at **842-6364** about bringing your team to the relay.

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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