

# LIFE HEALTH®

SUMMER 2005

EXCELLENCE IN COMMUNITY HEALTH

## Ready when you need us

EXPANDED AMBULANCE SERVICES IN TILLAMOOK COUNTY

**S**OUTH TILLAMOOK County is now being served emergency medical services by Tillamook Ambulance, operated by Tillamook County General Hospital (TCGH).

With the approval of the Tillamook County Commissioners to a change of providers in the local ambulance service area plan, the area now served by Tillamook Ambulance includes essentially all of Tillamook County.

### HIGH-TECH, HIGH-QUALITY CARE

The ambulance quarters in Pacific City are staffed by two paramedics 24 hours a day, seven days a week. Tillamook Ambulance vehicles are equipped with:

- Satellite cell phones.
- Radios fully compatible with Tillamook County's emergency communications system.
- Much of the same equipment found in hospital intensive care units—cardiac and blood oxygen monitors, defibrillator/pacemaker/



cardioverter equipment, a blood glucose monitor, temporary airway devices, hypothermia treatment equipment and emergency medications.

### HOW WE SERVE

Tillamook 911 dispatches the nearest ambulance to emergency medical calls. Upon responding to an

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## Take control of your health

FOUR WEEKS THAT WILL CHANGE YOUR LIFE

**T**HE CORONARY HEALTH Improvement Project (CHIP) is a four-week lifestyle improvement program designed to dramatically reduce health risks associated with heart disease, high blood pressure, diabetes and obesity.

The program has helped 40,000 people make positive lifestyle changes.

Hans Diehl, Dr.H.Sc., will show you how you can reduce your chance of heart attack, lower your cholesterol levels, lose weight and enhance your quality of life in 30 days.

Reduction or elimination of medicines for hypertension, diabetes or hyperlipidemia has been seen after 30 days.

The program is based on basic and proven health principles. You do not need to buy any products, follow any fads or take any medications.

The next program begins Sept. 19. Call 815-2270 for dates of informational sessions. ♦



# HEALTH NEWS UPDATE

## EVERY LITTLE THING



**HONEY** isn't for babies. Children younger than 12 months are at risk from bacteria spores found in honey. It is safe for older children.

—Centers for Disease Control and Prevention

When **DRIVING**, keep hard objects such as cups or window scrapers stored under a seat or in the glove compartment. If you have to brake suddenly or are in a crash, these items can turn into flying missiles.

—National Highway Traffic Safety Administration

Before cutting any kind of melon, remove surface dirt with cool water and a scrub brush. Melons can sometimes cause food poisoning from **SALMONELLA** or other bacteria.

—U.S. Food and Drug Administration

## Welcome, Dr. Johnson

The radiology department welcomes Brad Johnson, M.D. Dr. Johnson completed undergraduate studies at College of Saskatchewan in Canada and medical school at the University of Saskatchewan. He spent his residency at Sacred Heart Medical Center in Spokane, Wash. He has worked in Lewiston, Idaho, and most recently spent eight years at Albany General Hospital in Albany, Ore.

He and his wife, Jan, have been married for 25 years. They have two adult children, Bridget and Brendan.

Dr. Johnson enjoys spending time with his family, playing golf, being outdoors, playing with his pet Vizsla (a breed of dog) and cooking.

Welcome to Tillamook, Dr. Johnson. ❖



**Brad Johnson, M.D., radiology**

## Taking care of asthma at school

Your child's classroom holds a host of learning opportunities.

But it can also harbor asthma triggers, including dust mites, chalk dust, pollen and molds, and animal dander from the class pet. Even pet hair on a classmate's clothing or exercising in PE class could cause a flare-up.

Still, you can help your child keep asthma under control, even at school.

**Take a tour.** Before the school year starts, take a tour of the school. Be on the lookout for common asthma triggers

in your child's classroom.

**Meet with staff.** Consider including the school nurse and your child's teachers and coaches in a discussion about your child's asthma.

**Have a plan.** Present a written asthma action plan so everyone knows your child's medication schedule and what to do in case of a flare-up. Discuss any limitations the asthma may impose on your child, such as needing a modified PE program. ❖

Source: American Academy of Allergy, Asthma and Immunology

## Find what you need at DisabilityInfo.gov

We all need accurate information about health and health care.

If you have a disability or care for someone who does, you may be interested in specific information about programs and resources.

DisabilityInfo.gov may be a good place to start. This Web site provides direct connections (or links) to a number of government Web sites relevant to people with disabilities and their families. The site links to resources in a number of categories,



including health, education, technology, transportation and independent living.

In the health section of the site,

for example, topics include:

- Specific health conditions and disabilities.
- Medicare and Medicaid.
- Caregiving.
- Occupational safety.
- Substance abuse.
- Mental health.

There are also specific links for certain groups of people as well, including women, children, seniors, veterans and minorities. ❖



## Join the TEAM

Tillamook Emergency Ambulance Membership (TEAM) is a potentially money-saving program that eliminates your portion of an ambulance bill and covers after-insurance payments for all emergency and some nonemergency ambulance services.

Only a few insurance programs fully cover ambulance costs. Your out-of-pocket costs can still be high unless you have TEAM.

If you have TEAM and require emergency ambulance services, your insurance will be billed. Whatever your insurance pays for medically necessary services will be accepted as payment in full.

TEAM covers your legal dependents and household members in the area served by Tillamook Ambulance, including transport to hospitals outside Tillamook County by Tillamook Ambulance. Your benefits go into effect 10 days after you enroll.

One-year coverage—Nov. 1, 2005, through Oct. 31, 2006—is \$48 per year or \$85 for two years. Call for prorated rates for initiation at other times during the year.

Revenue from TEAM helps to provide state-of-the-art emergency medical services (EMS) equipment, advanced training for EMTs and public EMS education. To apply, call **815-2499**. ❖



## 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!"

### 2004 donations and grants

Employees Helping Employees	\$2,332
Faith in Action	\$37,347
Hospice	\$47,564
Lifeline	\$458
CT (computerized tomography) imaging	\$150,111
Greatest need	\$26,055
Other designated*	\$19,044
<b>Total donations</b>	<b>\$282,911</b>

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



## Sweetened drinks linked to weight gain and type 2 diabetes in women

For women concerned about weight gain, here's a little advice: Lay off sugar-sweetened drinks—not just for your figure but also for your health.

Soft drinks are the leading source of added sugars in U.S. diets, according to a Harvard School of Public Health study published in *The Journal of the American Medical Association*.

Researchers found that women who drink larger amounts of sugar-sweetened beverages have an increased risk for gaining weight and developing type 2 diabetes.

The rapid increase in obesity and type 2 diabetes cases coincides with a major increase in soft drink

consumption, according to the study.

The study, which began in 1991, focused on 91,249 women who did not have diabetes or other major chronic diseases. The study showed that women who drank one or more sugar-sweetened drinks per day gained the most weight. Those same women also had the greatest risk of developing diabetes.

A probable explanation? Sweetened beverages are high in calories, which can contribute to obesity, a major risk factor for diabetes. Also, soft drinks contain high amounts of corn syrup, which raises blood sugar levels, increasing the risk of diabetes. ❖

## Ambulance

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emergency medical call, the Tillamook Ambulance crew assesses the medical condition of each patient and immediately begins providing emergency medical care.

Patients are then transported to the nearest appropriate hospital or to the hospital of their choice, as their medical condition allows.

While the Pacific City ambulance crew is responding to a call in their service area, a backup Tillamook Ambulance crew is staged at Hemlock. If the Pacific City ambulance crew leaves the service area—for example, to transport a patient to the nearest appropriate hospital—a backup ambulance and crew is dispatched to the Pacific City quarters.

Tillamook Ambulance, a department of TCGH, provides advanced life support, emergency medical services and transport via four stations located throughout Tillamook County.

For more information about emergency services, call 1-800-356-0460 or 842-4444. ❖

All classes will be held at Tillamook County General Hospital, unless otherwise stated. To register, please contact the hospital cashier in person or call 815-2499. For more information, call 815-2270 or 368-6544, ext. 2270.

### BETTER HEALTH CHIP (Coronary Health Improvement Project)

Sept. 19 through Oct. 13  
6:30 to 8:45 p.m.

Tillamook Seventh-day Adventist Church

### Free Blood Pressure Clinic

Wednesdays, 2 to 3 p.m.

TCGH cafeteria

### Living Your Life With Diabetes

Thursdays, Sept. 8 through Sept. 29  
1 to 3:30 p.m.

TCGH conference center, third floor

### Meals Made Easy Cooking Class

Wednesdays, Oct. 19 through Nov. 16  
5:30 to 8 p.m.

OSU Extension Office

Supper is included.

### Powerful Tools for Caregiving

Tuesdays, Sept. 13 through Oct. 18  
10 a.m. to 12:30 p.m.

Tillamook United Methodist Church

### Stress Beyond Coping Seminar

Tuesdays, Oct. 18 through Nov. 22  
6:30 to 8:45 p.m.

TCGH conference center, third floor

### FIRST AID AND CPR

#### First Aid

Wednesday, Aug. 31  
8:30 a.m. to 4 p.m.

TCGH conference center, third floor

#### Health Care Provider

#### CPR Certification

Wednesdays, Sept. 7, Nov. 2  
8:30 a.m. to 2 p.m.

TCGH conference center, third floor

#### Health Care Provider

#### CPR Recertification

Thursdays, Sept. 1 and Nov. 3, and  
Tuesday, Oct. 4, 9 a.m. to noon

TCGH conference center, third floor

### Heartsaver CPR for the Community

Thursday, Oct. 27, 1 to 5 p.m.  
Adult CPR: 1 to 3 p.m.

Child CPR: 3 to 5 p.m.

TCGH conference center, third floor

### PRENATAL CARE

#### Childbirth Class

Wednesdays, Sept. 7 through Sept. 28  
or Oct. 26 through Nov. 16, 7 to 9 p.m.

TCGH conference center, third floor

### SUPPORT GROUPS

#### Cancer

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

TCGH conference center, third floor

#### Diabetes

Last Thursday of every month  
2 to 3 p.m.

PUD

#### Grief

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

TCGH conference center, third floor



### SPECIAL EVENT

#### TCGH Golf Classic Benefit

Sunday, Sept. 11

Tee times: 8 a.m. and noon

Bay Breeze Golf Course

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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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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Tillamook County General Hospital

Have questions about what you  
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