

LIFE HEALTH®

SUMMER 2006

EXCELLENCE IN COMMUNITY HEALTH



NEW PET/CT SERVICE

One image, two views

THERE COMES a point in your care when nothing but the most accurate, up-to-the-minute answers will do. Now in Tillamook, an imaging tool is available that blends two state-of-the-art technologies in one simple test, the PET/CT.

CT (computerized tomography) scans detail the physical structure of the body, and PET (positron emission tomography) completes the picture, revealing striking details about your body's molecular functioning. This combination is the ultimate imaging technique.

Imagine a TV weather map showing you the outline of the area as well as how the storms move in, where they are headed and how

intense they can become. Similarly, images of your body can help your physician stay ahead of your illness, offering you the highest level of care.

If your image shows a tumor, PET/CT helps your doctor pinpoint its exact location and how advanced the disease has become. From there, your doctor can determine the most effective treatment, monitor its success or detect a recurrence.

PET/CT imaging began at Tillamook County General Hospital in June and is provided by a mobile unit coming twice a month.

Referral from your physician is necessary for testing. For more information about imaging studies, call **815-2292** or, from North County, **368-6544, ext. 2292**. ♦

Meningitis: A growing concern

FOR COLLEGE kids, here's some school news to consider carefully. While rare, meningitis is a serious illness that is a special concern on college campuses.

Freshmen living in dormitories are up to six times more likely to get meningococcal meningitis than other people, says the National Meningitis Association.

Vaccination is recommended for these students. In fact, the Centers for Disease Control and Prevention now recommends routine vaccination for adolescents 11 to 12 years old, preferably as part of a health checkup. For children older than 12, the vaccine is also recommended before beginning high school.

Caused by bacteria, meningitis infects the brain and spinal cord. If untreated, it can spread quickly and lead to organ failure, brain damage, amputation of limbs or death.

Early symptoms may include high fever, headache, stiff neck, confusion, nausea, vomiting and exhaustion. Later, a rash may develop. If you have any of these symptoms, see a doctor or visit your campus health center right away. ♦

HEALTH NEWS UPDATE



EVERY LITTLE THING



Children are more likely to **TRY FOODS** they've helped prepare. Have kids help tear apart lettuce

leaves for a salad or break up green beans into smaller pieces.

—American Dietetic Association

Have **BACK PAIN?** Try going for a walk. In a study by UCLA researchers, walking helped relieve low-back pain even more effectively than exercises targeted for the back.

—American Journal of Public Health

To help prevent **CHOKING**, be sure that your child's toys don't have small parts. You can check by dropping toy parts through a paper towel roll. If the part goes through, it's too small and could be a choking hazard.

—U.S. Surgeon General

Mom was right: You shouldn't squeeze your **PIMPLES**. Squeezing a pimple forces bacteria deeper into the skin, causing inflammation and possible scarring.

—American Academy of Dermatology

Hot and cold tips to a safe sack lunch

Packing a healthy sack lunch is about more than choosing good-for-you foods. It's also about how you prepare those foods.

To keep sack lunches safe and avoid foodborne illnesses, consider the following advice from the Partnership for Food Safety Education.

Keep it clean. To get rid of bacteria, be sure that your hands, food preparation surfaces and utensils are clean. Also be sure to wash food containers, lunch boxes and reusable lunch bags with soap and warm water after each use.

Keep it hot, keep it cold. To prevent food from spoiling, keep hot foods hot

and cold foods cold. For children old enough to handle a thermos, keep soup or other foods hot by filling an insulated thermos with boiling water and letting it stand for a few minutes. Empty the thermos, and then fill with hot food. Be sure to keep the lid closed until lunchtime. For cold foods, use an ice pack or frozen juice box to keep foods cold. The juice will thaw by lunchtime, but it will still be cold.

Finally, if there is no refrigerator available, be sure to keep the lunch out of direct sunlight and away from radiators, baseboard heaters or other heat sources. ❖

Nurse practitioner joins Bay Ocean staff

Susan Yoder, R.N., nurse practitioner, has years of nursing experience under her belt. Now we're welcoming her to provide medical care for patients 16 and older at Bay Ocean Medical Clinic.

She has joined internal medicine specialists Rex Parsons, M.D., and Maxwell Larweh, M.D.

Before coming to Tillamook, she was involved in teaching several nursing and nurse practitioner programs as well as staff in-services. Her professional background includes medical-surgical, obstetrics, emergency, home health and supervisory nursing. Yoder also has been an assistant director of nursing and has served in nursing management roles.

This wide exposure to many patient interactions led to Yoder's interest in becoming a nurse practitioner in 2000.

Before moving to Tillamook, she had



Susan Yoder,
R.N., N.P.

been practicing at an Adventist Health Clinic system in Selma and Hanford, Calif. There she saw many adult chronic diseases such as diabetes, hypertension and high cholesterol.

Yoder grew up in Riverdale, Calif., a small, rural, farming area similar to Tillamook. She received an associate degree in nursing at

the College of the Sequoias in Visalia, Calif., as well as a bachelor of science in nursing and a master of science in nursing education at Fresno State University, in Fresno, Calif.

She is engaged to Jeff Berry, a contractor in Cannon Beach, and has two adult children and two grandchildren. Yoder enjoys fishing, hiking, photography, reading and family camping events. Please welcome her to our community.

To make an appointment, please call **842-7533**. ❖

OB/GYN brings dedication to women's health to Tillamook

Obstetrician and gynecologist Brittany Gerken, M.D., has a goal: to work with women throughout their lives to improve their quality of life and general health. As of August 2006, her new backdrop for pursuing this goal is Tillamook Medical Associates.

Gerken says she is excited to meet the residents of her new community. She will be meeting the public at the hospital booth at the county fair in August.

Gerken grew up in Anchorage, Sitka and Juneau, Alaska. As dedicated as she is to helping women today, Gerken's career path did not start in medicine. She graduated from Portland State University



**Brittany Gerken,
M.D., OB/GYN**

with a bachelor of science in microbiology. After two years working in Juneau as a fisheries biologist, she decided to return to school and change her career to medicine. She graduated from medical school at the American University of the Caribbean and completed her residency in obstetrics and gynecology at Southern Illinois University.

Gerken has been married to Bill, a computer specialist, for 13 years. She has four children—Taylor, 13; Talon, 9; and Austin and Ashley, 2. She says she hopes to have time to pursue some hobbies, such as photography, playing with her children and enjoying coastal Oregon.

To make an office appointment, call Tillamook Medical Associates at **842-5546**. ❖



Find a list of physicians in Tillamook at our Web site, www.tcgh.com, or call **842-4444**.



Enjoy safe, fresh juice and cider

Got juice? Enjoy, but just make sure it's pasteurized.

Drinking unpasteurized fruit and vegetable juices or cider can be dangerous, according to the U.S. Food and Drug Administration.

Most juice sold in stores is pasteurized, meaning it has been treated to destroy any harmful bacteria. But not all juices and cider come from stores. Before drinking juice or cider from a farm, orchard or roadside stand, always ask if it's pasteurized.

When fruits and vegetables are made into juice or cider, bacteria that is present on the produce can become part of the juice. Exposure to bacteria can cause serious and even fatal illnesses in some people. Elderly people, young children and people with weakened immune systems run the greatest risk of getting ill from drinking unpasteurized juice or cider. ❖



Does it hurt to walk? A leg-pain alert

While you may just be chalking it up to getting older, leg pain when you walk is not something you should ignore.

Here's why: Leg pain or cramping while walking may be signs of a serious condition called peripheral arterial disease (PAD), also known as peripheral vascular disease. With PAD, fatty deposits build up and cause blockages that restrict blood flow to arteries in the legs and many other parts of the body, including the heart and brain. PAD not only limits your ability to walk without pain, but it also raises your risk of heart attack and stroke.

Who's most at risk? Because PAD does not always cause symptoms, it's a good idea to talk to your doctor about

being screened if you're at risk. Risk factors for PAD include:

- Being over the age of 70.
- Having a family history of PAD, heart disease or stroke.
- Smoking.
- Being overweight or sedentary.
- Having diabetes, high blood pressure or high cholesterol.

Fortunately, PAD can be treated with lifestyle changes, medication or both. More serious cases may require surgery or angioplasty, a procedure to open blocked arteries.

Learn more. For more information about PAD, talk to your doctor and visit the American Heart Association Web site at www.americanheart.org. ❖



Have questions about what you read in Life & Health? E-mail us at NWLifeandHealth@ah.org.

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

- Wednesday, Sept. 27, 5:45 to 8 p.m.
 - Thursday, Oct. 26, 5:45 to 8 p.m.
- Tillamook SDA Church, fellowship hall

Living Your Life With Diabetes

- Thursdays, Oct. 5 to 26, 6:30 to 9 p.m.
- TCGH third floor, conference room D
\$50 fee for you and a guest. For more information or to register, call Janice Wolk, CDE, at **815-2287** by Oct. 2.

Stress: Beyond Coping

- Tuesdays, Oct. 3 to Nov. 7 
- 6:30 to 9 p.m.
TCGH third floor, conference room A
\$15 (for supplies).

ACLS Certification and Recertification

- Wednesday, Oct. 4, and Thursday, Oct. 5, 8:30 a.m. to 5 p.m. 
- TCGH third floor, conference room
\$150, certification; \$75, recertification

FIRST AID AND CPR

First Aid/CPR

- Wednesday, Aug. 23
8:30 a.m. to 4 p.m.
- TCGH third floor, conference room A
\$40 (includes book).

Health Care Provider CPR Certification

- Wednesday, Sept. 13
8:30 a.m. to 2 p.m.
- TCGH third floor, conference room D
\$35 (includes book).

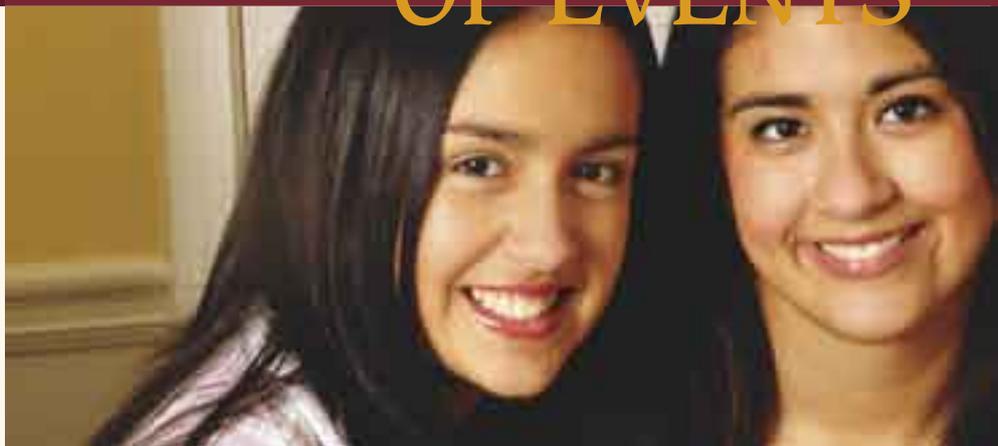
Health Care Provider CPR Recertification

- Wednesdays, Aug. 16 and Oct. 11
9 a.m. to noon
 - Thursday, Sept. 14, 9 a.m. to noon
- TCGH third floor, conference room D
\$35 (includes book).

PRENATAL CARE

Childbirth Preparation Class

- Wednesdays, Sept. 6 to 27 or Oct. 25 to Nov. 15, 7 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 December 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

- Wednesday, Sept. 13, 9 to 11 a.m.
Tillamook Pharmacy
 - Wednesday, Oct. 11, 8 to 10 a.m.
North County Recreational Building
 - Thursday, Oct. 12, 8 to 10 a.m.
South County Kiawanda Community Center
- \$15 each for cholesterol, including fasting blood sugar and hemoglobin A1C. To make an appointment, call **815-2313** or **368-6544, ext. 2313**.

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, artwork from our employees, and more!

TCGH CLASSIC GOLF BENEFIT

Sunday, Sept. 10
Tee times: 8 a.m. and noon
Bay Breeze Golf Course
Call **815-2302** for more information.

THE HEALTHY PLATE COOKING CLASS

- Wednesdays, Sept. 13 to Oct. 4
4:30 to 7 p.m.
OSU Extension Office
 - Thursdays, Sept. 14 to Oct. 5
10 a.m. to 12:30 p.m.
South County-Hebo Christian Center
- \$40 per person; \$60 per couple.
Scholarships are available. For more information, call Janice Wolk at **815-2287**.

Se ofrece en español

- Los sábados, del 23 de septiembre al 14 de octubre, de 5 a 7 p.m.
OSU Extension Office
- \$40 por persona; \$60 por pareja. Unas becas están disponibles. Para más información, llame a María Díaz al **842-4008**.

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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