

LIFE *3* HEALTH®

SUMMER 2007

EXCELLENCE IN COMMUNITY HEALTH

A healing touch

GENTLE PHYSICAL THERAPY NOW AVAILABLE

IF ALL YOU'VE ever heard about physical therapy is that it's painful, you need an introduction to the Maitland approach, a world-renowned, highly effective, gentle, manual approach to joint stiffness and pain. It involves the neuromusculoskeletal joints of the spine, pelvis and sacrum, as well as the shoulders, hips, knees and fingers, and the stretching of the nervous system. The Tillamook County General Hospital rehabilitation department staff is trained in the techniques to provide this gentle therapy.

HELP FOR ACHING BACKS

In particular, back injuries have been the most expensive health care problem for the 30- to 50-year-old age-group. Low-back pain is the No. 2 reason that Americans see their doctors, second only to colds

and flu.

Back pain can have many possible causes, including muscle spasms, sprains or strains of muscle or ligaments supporting the back, ruptured or herniated disks, poor alignment of the vertebrae, spinal curvatures, spinal stenosis (narrowing of the spinal canal), degeneration of the disks, fractures, or other medical conditions like fibromyalgia.

CUSTOMIZED CARE

Physical therapy can be helpful in treating back pain using a variety of approaches, such as therapeutic ultrasound to provide deep heat and electrical stimulation; customized



If you think physical therapy might help you, talk to your doctor about a referral. Appointments can be scheduled by calling **815-2292**.

exercise programs for flexibility, strengthening and spinal stabilization; traction; aquatic therapy; massage; and manual therapy.

“Different from massage, which works the muscles with manual therapy, I gently move the joints and soft tissues of the neck, lower and mid-back,” physical therapist Kate Krantz says. “I see a great improvement with my orthopedic patients.” ♦

Back injuries are the leading cause of disability for people younger than 45 years.

THE HEALTH UPDATE

EVERY LITTLE THING



Many children with **NUT ALLERGIES** can't correctly identify the nut they're allergic to. If your child has a nut allergy, be sure to help your child learn which ones to avoid.

—*Annals of Allergy, Asthma and Immunology*

Enjoy a shopping spree—but save your **BACK** by leaving your heavy purse at home. Use a fanny pack or small backpack instead.

—*American Physical Therapy Association*

Keeping your family **HEALTH HISTORY** can help you know your risk for certain health conditions. Here's a helpful tool: Go to www.hhs.gov/familyhistory to learn how to compile your family health history.

—*U.S. Department of Health and Human Services*

Raising a **TEENAGER** can sometimes be frustrating, but remember to praise your child often. Most teens appreciate acknowledgment when they do well.

—*Social Development*



TCGH welcomes new surgeon

Tillamook County General Hospital is pleased to welcome Todd Pitts, M.D., general surgeon, to our staff. Dr. Pitts comes from Carson City, Nev., where he has been working with Carson Surgical Group at Carson Tahoe Regional Medical Center, a 130-bed facility. He is board-certified in general surgery.

While growing up, Dr. Pitts was able to observe the example of his father, also a surgeon. He studied general science and premedicine at Oregon State University (OSU) and received his medical degree from the University of Nevada

at OSU; and Tony, 15.

Dr. Pitts enjoys hunting, gardening, hiking and traveling. His wife has a life-long interest in horses and horse training. The family is looking forward to becoming involved with the Tillamook community.

Dr. Pitts will be joining Tillamook Medical Associates. To make an appointment, call **842-5546**. ❖



Todd Pitts, M.D.

Do you take aspirin for your heart? How ibuprofen use might interfere

Doctors often suggest that people with a history of heart problems take aspirin every day to help prevent a heart attack.

Researchers have added a caveat to that suggestion: Don't take ibuprofen at the same time as your aspirin.

Ibuprofen appears to interfere with aspirin's beneficial effects on the heart, according to the U.S. Food and Drug Administration (FDA).

But that doesn't mean you can't take ibuprofen for pain relief if you're also taking aspirin for your heart. Instead, the FDA recommends spacing the doses.

For example, don't take ibuprofen for at least 30 minutes after taking regular, noncoated aspirin. If you've just taken a dose of ibuprofen, wait eight hours before taking your aspirin.

Other over-the-counter pain relievers



might have the same effect on aspirin as does ibuprofen. Talk to your doctor about how to time the dosages of your medications. ❖

PLAY IT SAFE

Chest pain? Get help fast

Your chest aches, and you don't know whether you need a doctor or an antacid. What should you do?

It's best to play it safe. If the problem is indeed a heart attack, you don't want to wait. Some heart attack treatments, including angioplasty and clot-busting drugs, must be administered soon to work well. The longer you delay, the less effective they'll be.

These signs could indicate a heart attack:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back. Pain could spread to the shoulders, arms, back, neck and jaw.
- Shortness of breath or trouble breathing.
- Dizziness or nausea.
- Unexplained anxiety, weakness or fatigue.
- Palpitations, cold sweat or paleness.

Bottom line: Any type of chest pain should be checked by a doctor. So get help, and don't delay!

Save the date for your heart. Keeping your cholesterol under control is the first step to a healthy heart. So come get your cholesterol screened at the Huckleberry Health Fair on Aug. 9 and 10 from 10 a.m. to 3 p.m. at the county fairgrounds. The cost is \$15. ❖

Testing bones for strength: Is it for you?

Even the healthiest, strongest bones can break.

But something that can make bones especially vulnerable to a fracture is osteoporosis, a condition in which bones have weakened.

Osteoporosis mostly affects women as they age, but men can have it too. Often, the first sign of this condition is a broken bone, which can happen with even a relatively minor fall.

That's why screening for the condition is so important. The screening—a simple, painless test—is called a bone mineral density (BMD) test.



Celebrate Breastfeeding Awareness Week—Aug. 1 to 7—to protect, promote and support breastfeeding. To learn more, call La Leche League at 800-525-3243 or visit www.lalecheleague.org.

Infant health: Breastfeeding offers protection against food allergies

New moms can help their babies avoid food allergies by feeding them breast milk—and nothing else—for the first six months of life, according to the American College of Allergy, Asthma and Immunology (ACAAI).

Moreover, giving a baby only breast milk until that half-year milestone helps prevent food allergies long after nursing stops, the report notes. This protection is important because food allergies can trigger a range of unwanted symptoms, including a runny nose, itchy skin, nausea and wheezing. Severe reactions can be life-threatening.

Along with reducing the risk of food allergies, breast milk—which contains

disease-fighting antibodies—guards against ear infections, diarrhea, respiratory illnesses and sudden infant death syndrome.

At six months, it's typically OK to gradually introduce babies to solid foods along with breastfeeding, says the ACAAI. Your baby's doctor can advise you on a timetable for introducing specific solid foods. In the meantime, here's a rule of thumb from the ACAAI worth remembering: Serve only one new food at a time. Then let three to five days pass

before you offer another new food.

You'll be better able to know which food is to blame if your baby shows signs of a food allergy or sensitivity. ❖

For local breastfeeding support, call Barbara Herdman, R.N., pediatric nurse practitioner, at 842-5546.



Osteoporosis screening will be available at the Huckleberry Health Fair on Aug. 9 and 10 from 10 a.m. to 3 p.m. at the county fairgrounds. The cost is \$20. ❖

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 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, Sept. 6 to 27, 6:30 to 9 p.m.
■ Thursdays, Oct. 25 to Nov. 15, 1:30 to 4 p.m.
TCGH third floor, conference room A
Must complete a diet assessment prior to class. To arrange, call Janice Wolk, CDE, at **815-2287** or Ginny Gabel at **815-2270**.

FIRST AID AND CPR

ACLS Certification and Recertification

■ Wednesday and Thursday, Oct. 10 and 11, 8:30 a.m. to 5 p.m.
TCGH third floor, conference room A
\$185 (includes book)

CPR Instructor Certification

■ Tuesday and Wednesday, Oct. 16 and 17, 9 a.m. to 5 p.m.
TCGH third floor, conference room A
\$185 (includes book)

Heartsaver (Adult and Child) Community Class

■ Monday, Oct. 22, 1 to 5 p.m.
TCGH third floor, conference room A
\$35 (includes book)

Health Care Provider CPR Certification

■ Monday, Sept. 10, 9 a.m. to 2 p.m.
TCGH third floor, conference room D
\$35 (includes book)

Health Care Provider CPR Recertification

■ Wednesdays, Sept. 19, Oct. 24
9 a.m. to noon
TCGH third floor, conference room D
\$35 (includes book)

CAREGIVING

Faith in Action Volunteer Training

■ Friday, Sept. 14, 9 a.m. to 3:30 p.m.
Calvary Bible Church, 560 Laneda Ave., Manzanita

Register by calling **368-6544, ext. 2313**, or **815-2313**.

Powerful Tools for Caregiving

■ Wednesdays, Sept. 19 to Oct. 24
10 a.m. to noon
Tillamook County Library, 1713 3rd St., Tillamook
Registration required by Sept. 17. Call Nancy at **815-2313**.

Walk of Faith

■ Sunday, Sept. 30, 3 to 5 p.m.
Start at the hospital lobby; end at Tillamook United Methodist Church
Don't forget to bring your dog along on this 2-mile walk. To register, call Nancy at **815-2313**.

PRENATAL CARE AND WOMEN'S HEALTH

Childbirth Preparation Class

■ Wednesdays, Sept. 5 to 26
■ Wednesdays, Oct. 24 to Nov. 14
7 to 9 p.m.
TCGH third floor, conference room A
\$40 for mom and one support person

Look Good...Feel Better

■ Wednesday, Oct. 24, 4:30 to 6:30 p.m.
TCGH third floor, conference room A
Register by calling **815-2313**.
Free

Women's Cancer Survivor Support Group

■ First Thursday of each month
10:30 a.m. to noon

TCGH Classic Golf Benefit

■ Sunday, Sept. 9
Shotgun starts at 8 a.m. and 12:30 p.m.
For registration or sponsorship information, call **815-2302** or contact ayersma@ah.org.



312 Laurel Ave., Tillamook
To contact facilitator Jan Bartlett, call **842-4508**.

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

FREE 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!

Wellness Screenings

■ Tuesday, Sept. 11, 9 to 11 a.m.
Tillamook Pharmacy
■ Tuesday, Oct. 9, 8 to 10:30 a.m.
North Coast Recreational Building
Appointment recommended. Call **815-2313** or **368-6544, ext. 2313**.
\$20 for total cholesterol (HDL and LDL), triglycerides, and fasting blood sugar.

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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