

LIFE HEALTH

SUMMER 2008

EXCELLENCE IN COMMUNITY HEALTH



HOSPITALISTS

The doctor is always in

IF A HOSPITAL stay is in your future, don't be surprised if you're cared for by a new kind of doctor—a hospitalist. Tillamook County General Hospital (TCGH) has begun employing hospitalists, the fastest growing specialty in medicine.

Q What do hospitalists do?

A Their sole responsibility is to care for hospitalized patients from admission to discharge. Typically hired directly by hospitals, these doctors practice exclusively in the hospital, ordering appropriate diagnostic tests, monitoring your condition and providing you with the best possible care until you are discharged to your regular health care provider.

Q What if I have my own health care provider?

A If you have a primary care provider, the hospitalist works very closely with him or her to monitor any major changes in your condition and to determine when you are ready for discharge. If you do not have a primary care provider or are admitted to the hospital through the emergency room, a hospitalist will be assigned to your care.

Q What type of medical training do hospitalists receive?

A More than 90 percent are trained in internal medicine, a specialty dealing with acute health problems such as congestive heart failure, pneumonia, diabetes, digestive problems and other problems common among hospitalized patients.

Q How will I benefit from hospitalist care?

A Hospitalists are readily available to keep a close eye on you and can follow up on tests promptly and respond quickly to emergencies. Because they are in the hospital throughout the day, they can spend time discussing concerns with you.

“Patients are simply better off when their doctor is able to look in on them several times a day,” says Larry Davy, CEO at TCGH. “And the time you stay in the hospital is often shorter.” Because a hospitalist is in charge of the care of patients in the hospital, your main doctor will have fewer interruptions and be more available to you in the clinic.

Q How does this benefit the hospital and providers?

A More than 100 published studies show that employing hospitalists reduces the risk of medical errors, shortens hospital stays and lowers hospital costs, which are advantages for both the hospital and you.

Additionally, the 24/7 demand that has been placed on rural providers has challenged our ability to recruit new physicians to Tillamook. The hospitalist position now opens up the possibility of recruiting and improving the retention of health care providers in our community. ♦

HEALTH NEWS UPDATE



EVERY LITTLE THING



Sugar and honey aren't the only ways to flavor your favorite sweet dishes or beverages. **SPICES** like ginger, nutmeg and cinnamon can add zip without adding extra calories.

—American Dietetic Association

Next time you wash your hands, sing "**HAPPY BIRTHDAY**"—twice—as you scrub. You may not win any awards, but that's about how long it takes to get your hands clean. Frequent hand-washing can protect you from illnesses such as colds and flu.

—U.S. Centers for Disease Control and Prevention

A **USED CHILD SAFETY SEAT** may seem like a bargain, but you'll need to do some detective work to make sure it's a safe choice. If a seat is old, has been recalled, has missing parts or the instruction manual is missing, put your child's safety first—buy a new one. Search for safety seat recalls online at www.recalls.gov.

—American Academy of Pediatrics

Tuck-in time: Can a good night's sleep help protect kids from weight problems?

Childhood overweight and obesity are major health problems that often stem from unhealthy habits—eating too much of the wrong foods and not getting enough exercise.

A study from Northwestern University adds another reason some kids may gain weight—too little sleep.

The study gathered information on 2,281 children ages 3 to 18. Results showed that missing just one hour of sleep per night over time makes a big difference in a child's weight.

Experts recommend that children get 10 to 11 hours of sleep and adolescents get about eight to nine hours.

Specifically, the study found that:

- On average, children are sleeping less than the 10-hour minimum by age 7, and the trend continues as they get older.
- Sleeping an additional hour reduced young children's chances of being overweight by 6 percent, from 36 percent to 30 percent.

Missing sleep may add pounds by disrupting hormones that regulate appetite and metabolism, the researchers said.

Overweight and obesity can raise kids' risk for type 2 diabetes, high blood pressure, cholesterol disorders and other medical problems. Getting more sleep may be part of the answer. ♦

Celebrate 25 years of the Huckleberry Health Fair

This year marks a milestone in our community: the 25th anniversary of Tillamook County General Hospital's Huckleberry Health Fair. The fair was started in 1983 in honor of Dr. E. R. Huckleberry, a pioneer who practiced as a doctor in "big timber country" from 1923 to 1946. His memoirs, *The Adventures of Dr. Huckleberry*, recount the stories of early medical care in this once rough and rural land.

This year's theme, "Our Journey to Lookin' Great in '08," will emphasize memories of past fairs and opportunities to live healthier and happier lives. Plan to visit the Tillaskate Building during the county fair on Aug. 7 or 8 from 10 a.m. to 3 p.m. and visit 35 booths providing health information and screenings. See you at the fair! ♦



Lanky the clown lassos Maria (Lupe) Esquivel at last year's fair.

▶ To learn more about the fair, turn to page 4.

Excess body fat raises the risk of some cancers

Having excess body fat is a risk factor for at least six cancers, according to the 2007 Expert Report from the American Institute for Cancer Research and the World Cancer Research Fund.

Their report, based on more than 7,000 large studies, links excess body fat to an increased risk for postmenopausal breast cancer and to cancers of the colon, kidney, pancreas, esophagus and endometrium.

To help avoid excess body fat, the

report recommends:

■ Limiting foods high in sugar, low in fiber or high in fat. Burgers, french fries, pastries and sugary drinks are in this category.

■ Engaging in physical activity for at least 30 minutes daily.

Know your BMI. Your risk of cancer rises if you have a body mass index (BMI) greater than 24.9 and you carry fat around the waist.

BMI calculates body fat based on a person's height and weight.

To find your BMI, you can visit the National Heart, Lung, and Blood Institute website at <http://nhlbisupport.com/bmi>. For local weight loss resources, call **503-815-2270**. ❖

ALZHEIMER'S DISEASE

Yet another reason to stop smoking

The bad news about smoking keeps getting worse.

As if the deadly links between smoking and cancer, heart disease and stroke weren't enough to give people pause, scientists now say current smokers are 50 percent more likely to develop dementia than people who never smoked or people who smoked and quit.

The connection between smoking and forms of dementia such as Alzheimer's disease was shown in a study published in the American Academy of Neurology's journal *Neurology*.

The seven-year study involved nearly 7,000 people 55 and older. Just over 700 of those people developed dementia, with current smokers having the highest rates.

Researchers offered possible explanations for the smoking-dementia link. For example, smoking raises the risk of disease of the blood vessels of the brain, which is related to dementia. Smokers also have greater oxidative stress, which creates damage on a cellular level and contributes to a number of disease processes. Increased oxidative stress is evident in Alzheimer's disease.

In order to support our healing environment, Tillamook County General Hospital will become a smoke-free campus on Sept 1.

Start your plan to quit today. If you smoke and want to quit, talk to your doctor for help and find helpful resources at www.smokefree.gov. For classes to help you quit, call **503-815-2270**. ❖



Alan Altamirano, CNMT, has worked at TCGH for five years.

Quality diagnostics at your doorstep

Tillamook County General Hospital (TCGH) has recently installed a new Symbia S Nuclear Medicine scanner. Nuclear medicine is a subspecialty of radiology that uses very small amounts of radioactive material to diagnose or treat disease and other abnormalities within the body. The procedures are usually painless and use imaging scans with radioactive materials called radiotracers. A radiotracer may be injected into a vein, swallowed by mouth or inhaled as a gas. It then collects in the area of the body being examined. Gamma rays—the energy the radiotracer gives off—are detected by a camera and produce special pictures detailing structure and function of organs and other internal body parts.

"We are quite fortunate to have the most up-to-date, top-of-the-line model to be found in the Northwest, right here in Tillamook," says Alan Altamirano, CNMT. "This means consistent image quality and clarity, and more images at a faster pace. This new scanner can also support testing on patients up to 500 pounds, which we have not been able to do with the previous one."

Reports are sent to health care providers electronically, so no matter where they are located, they usually receive the report and the actual images the same day the test is done here.

Physicians use nuclear imaging to see the structure and function of an organ, tissue, bone or system of the body. They can see heart blood flow and function; scan lungs for respiratory and blood flow problems; identify a blockage in the gallbladder; evaluate bones for fracture, infection, arthritis and tumors; determine the presence or spread of cancer; or identify bleeding into the bowels.

If your doctor orders any nuclear medicine test, ask to have it done at TCGH, saving both time and fuel. For more information, call **503-815-2292**. ❖



All classes will be held at Tillamook County General Hospital (TCGH) unless otherwise noted. Call 503-815-2313 or 503-815-2270 for registration and information. From North County, call 503-368-6544.

COMMUNITY EVENTS

Huckleberry Health Fair

Thursday and Friday, Aug. 7 and 8
10 a.m. to 3 p.m.

Tillamook County Fairgrounds
Tillaskate Building

\$15. No appointment needed. Enjoy wellness screenings—cholesterol, blood sugar and hemoglobin A1C—prize drawings, 35 health booths and more!

Walk of Faith—2-Mile Walk

Sunday, Aug. 17, 3 p.m.

TCGH front entrance

\$10 per person; \$5 per dog. To register, call 503-815-2313. Fundraiser for Faith in Action.

TCGH Classic Golf Benefit

Sunday, Sept. 7, shotgun start at 8 a.m.

Bay Breeze Golf Course

Proceeds benefit the hospital's Family Birthing Place. For more information, call 503-815-2302 or visit www.tcgh.com/giving.

BETTER HEALTH

CHIP Supper Club

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

Tillamook SDA Church, fellowship hall
To RSVP, call 503-815-2270.

Living Better With Diabetes

Thursdays, Sept. 4 through 25
1 to 3:30 p.m.

TCGH third floor, Conference Room A

Thursdays, Oct. 9 through 30
6:30 to 9 p.m.

North County Recreational District
Building, Nehalem

Must complete a diet assessment before class. To arrange this, call Janice Wolk, CDE, at 503-815-2287 or Ginny Gabel at 503-815-2270.

CAREGIVING

Powerful Tools for Caregiving

Wednesdays, Sept. 3 to Oct. 8
10 a.m. to noon

Tillamook Seventh-day Adventist Church
Fireside Room (upstairs to the right)

Free. Registration required by Aug. 29. Class size is limited.

Wellspring Adult Respite Care

■ Monthly—second and fourth Tuesdays
Tillamook United Methodist Church

■ Monthly—first and third Wednesdays
Tillamook Seventh-day Adventist Church

■ Monthly—first and third Thursdays
Beaver Community Church

■ Monthly—second and fourth Thursdays
Covenant Community Church, Manzanita

All dates, 10 a.m. to 4 p.m.

\$26 per day, but no one is turned away due to inability to pay. Call Faith in Action at 503-815-2272.

FIRST AID AND CPR

ACLS Certification and Recertification

Wednesday and Thursday, Oct. 8 and 9
8 a.m. to 5 p.m.

TCGH third floor conference rooms

Certification: \$150. Recertification: \$75. TCGH employees: \$15. (Books not included.) Must show current health care provider CPR card at registration.

Heartsaver (Adult and Child) Community Class

Wednesday, Oct. 29, 1 to 5 p.m.

TCGH third floor, Conference Room D
\$35 (includes book)

First Aid/CPR

Thursday, Sept. 18, 9 a.m. to 4 p.m.

TCGH third floor, Conference Room D
\$40 (includes book)

Health Care Provider CPR Certification

■ Wednesday, Aug. 6 or Sept. 17

■ Thursday, Oct. 23, 9 a.m. to 2 p.m.

TCGH third floor, Conference Room D
\$35 (includes book)

Health Care Provider CPR Recertification

■ Tuesday, Aug. 12, noon to 3 p.m.

■ Friday, Oct. 10, 9 a.m. to noon

TCGH third floor, Conference Room D
\$35 (includes book)

PRENATAL CARE AND WOMEN'S HEALTH

Childbirth Preparation Class

Wednesdays, Sept. 3 through 24 or Oct. 22 through Nov. 12, 7 to 9 p.m.

TCGH third floor, Conference Room A
\$40 for mom and one support person.

Women's Cancer Survivor Group

First Thursday of each month

10:30 a.m. to noon

312 Laurel Ave., Tillamook

Call Jan Bartlett at 503-842-4508.

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

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

WELLNESS SCREENINGS

FREE Blood Pressure Clinic

Wednesdays, 2 to 3 p.m.

TCGH cafeteria

Wellness Screenings

Cholesterol (HDL and LDL), triglycerides and fasting blood sugar. Hemoglobin A1C offered for people with diabetes; 12-hour fast required. \$20. Appointment recommended.

■ Tuesday, Sept. 16, 9 to 11 a.m.

Tillamook Pharmacy

■ Wednesday, Oct. 15, 8 to 10 a.m. 

North County Recreational
District Building, Nehalem

■ Tuesday, Oct. 28, 9 to 11 a.m.

North Coast Home Care, 210 Ivy

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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