

LIFE & HEALTH[®]

WINTER 2005

EXCELLENCE IN COMMUNITY HEALTH

I'm so dizzy

TCGH CAN HELP YOU ENJOY LIFE
WITHOUT DIZZY SPELLS

I'M SO DIZZY, my head is spinning...." These are more than catchy song lyrics for some people, but there is hope. Tillamook County General Hospital (TCGH) offers vestibular and balance rehabilitation therapy (VBRT), a treatment for patients with dizziness and balance disorders.

VBRT can help decrease symptoms such as vertigo, imbalance and abnormal sensitivity to motion. Through VBRT you can improve your stability, balance, motion tolerance, general fitness and ability to enjoy daily activities.

CERTIFIED CARE

Danielle Pietrucci, lead physical therapist at TCGH, is specially trained to treat balance disorders through exercise programs, particle repositioning maneuvers and patient education.

Giving appropriate care to patients with dizziness and balance disorders
—Continued on page 4



EAR INFECTIONS

Waiting on antibiotics

ANTIBIOTICS MIGHT not be the answer to every child's ear infection. For some, "watchful waiting" may be better.

Acute otitis media, or middle ear infection, is the most common bacterial illness in children. Ear infections are often treated with antibiotics, but nearly 80 percent of these infections get better on their own, according to the American Academy of Pediatrics.

You'll still want your child to be seen by a doctor, because doctors may prescribe antibiotics immediately for some kids. But for many, there's a good reason why waiting on antibiotics may be best. Overuse of antibiotics can lead to resistance and make future infections more difficult to treat.

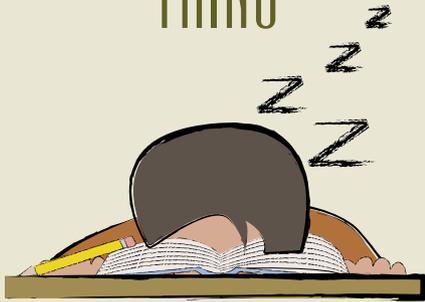
For pain, medications such as children's ibuprofen or acetaminophen may help. Ask your doctor what medicine to give your child. Be sure to carefully read the instructions and doses on children's medications.

If your doctor suggests watchful waiting, find out when you should call if your child doesn't feel better. ♦

HEALTH NEWS UPDATE



EVERY LITTLE THING



Sleep helps restore **MEMORIES** lost during the day. So tell your kids that getting a good night's rest before an exam might be better than pulling an all-nighter.

—Nature

Relief for **HEEL PAIN** may be right in your kitchen. While seated, try rolling sore feet on frozen juice cans or chilled soda cans.

—The Physician and Sportsmedicine

Children may miss school more often because of respiratory illnesses if they are exposed to **TOBACCO SMOKE** at home.

—American Journal of Epidemiology

For maximum **FOOD SAFETY**, thaw frozen foods in the refrigerator, not on the kitchen counter. Or try thawing foods with cold water, changing the water every 30 minutes.

—U.S. Department of Agriculture

How dietitians can help with diabetes

If you have diabetes, a registered dietitian can be a major player in your health care team.

"It's very important to help the person with diabetes know how to choose and substitute foods to keep their blood sugar in check and their weight down," says Gail Frank, Dr.P.H., R.D., a spokeswoman for the American Dietetic Association.

"A registered dietitian can help them focus on eating as a healthy and enjoyable way to manage their condition."

Some skills a dietitian can teach a person with diabetes include how to:

- Read food labels.
- Choose foods from restaurant menus.
- Lower the fat in favorite recipes.

For information about individual counseling, diabetes classes or diabetic cooking classes, call Janice Wolk, hospital dietitian and Certified Diabetes Educator, at (503) 815-2287. ♦

Pacemakers: Giving life the right rhythm

A pacemaker is a tiny device, but it can be a big lifesaver.

About 50 percent of deaths in people who have heart failure are sudden deaths, probably due to dangerously rapid heartbeats, according to the National Heart, Lung, and Blood Institute. But some of those lives could be saved by implanting a pacemaker or a pacemaker-defibrillator into a person's chest, according to a study in *The New England Journal of Medicine*.

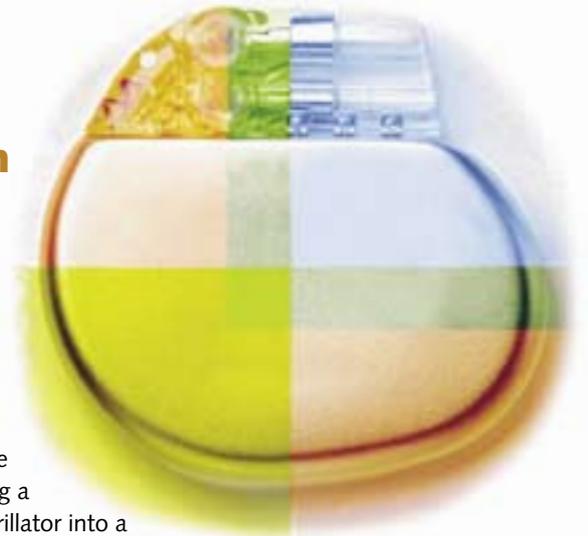
These devices stimulate the heart to return to a normal rhythm.

In the study of 1,520 people with advanced heart failure, using pacemakers in combination with medications was better than using medicines alone.

When compared with the medicine-only group, the risk of death or hospitalization was reduced by 34 percent in the pacemaker group and by 40 percent in the pacemaker-defibrillator group.

In both pacemaker groups, people reported improved quality of life, and their systolic blood pressure was lowered over time.

February is American Heart Month. You could save a heart—see the calendar on page 4 for a list of CPR classes. ♦





Mercury in fish: The advice for women

Fish can be an important part of a healthy diet. It offers protein and other essential nutrients and is low in saturated fat.

But some types of fish contain levels of mercury that may be harmful to an unborn baby or a young child's developing nervous system.

That's why the U.S. Food and Drug Administration and the Environmental Protection Agency are advising women who are nursing, pregnant or may become pregnant to follow these recommendations regarding fish. (Follow the same general advice for young children, but serve them smaller portions.)

■ Avoid types of fish that contain high levels of mercury, such as king mackerel, shark and tilefish.

■ Enjoy up to 12 ounces per week of fish that are lower in mercury. These include canned light tuna, salmon and pollock.

■ Albacore tuna has more mercury than canned light tuna, so eat no more than 6 ounces of it in a week.

■ When eating fish caught locally by friends or family, check local advisories on the safety of that type of fish. If no advisory is available, eat no more than 6 ounces of the fish and don't eat any other fish that week. ❖

Welcome to our new doctors!

BRETT JOHNSON, M.D.



The Tillamook County General Hospital emergency department welcomes a new physician, Brett Johnson, M.D., to its staff.

Dr. Johnson received

his bachelor's degree in Chinese and biology from Pacific Lutheran University in Tacoma, Wash. He completed medical school at Oregon Health & Science University, and he did his residency at Orlando Regional Medical Center in Florida.

Dr. Johnson has been married to Helen, a physician assistant, for one year. They enjoy hiking, biking, trail running, kayaking and birdwatching. Dr. Johnson says, "I have always wanted to practice in a rural setting, and I am very excited to be here." ❖

ROGER MILLER, M.D.



Tillamook County General Hospital welcomes Roger Miller, M.D., who specializes in ear, nose and throat (ENT) diagnosis, treatment and surgery.

Dr. Miller also has a practice in Astoria.

He completed medical school at the University of Washington, and he did his surgery residency at Vanderbilt in Nashville, Tenn. He finished his ENT residency at the University of Michigan in Ann Arbor.

Dr. Miller is married to Sheila and has four grown children and seven grandchildren. In his spare time, he enjoys building his sailboat. We welcome Dr. Miller to our community. For appointments, please call **1-866-225-7960**. ❖

Break for breakfast: Don't miss out on what it has to offer

Breakfast: It's the first meal of the day and probably the most important.

Unfortunately, it's also the meal many people—young and old—tend to skip.

But breakfast is essential no matter your age. You need that first meal of the day to refuel your body after hours without food.

A good breakfast will help with energy, concentration and problem-solving skills. On the flip side, skipping breakfast may lead to feelings of tiredness and irritability. And if you are trying to diet, skipping breakfast is not the answer. Rather, eating breakfast may actually help you lose weight by curbing hunger so you don't overeat later in the day.

Try these tasty breakfast ideas from the American Dietetic Association:

■ Peanut butter on a bagel with fresh fruit and low-fat milk.

■ Vegetable omelet with a bran muffin and fruit juice.

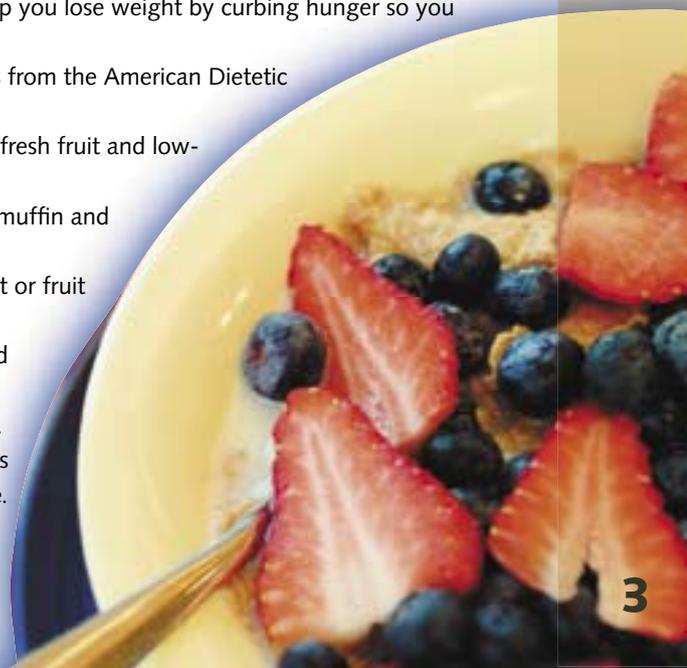
■ Whole-grain cereal with yogurt or fruit and low-fat milk.

If traditional fare doesn't sound good, opt for:

■ Cheese pizza and orange juice.

■ Grilled veggies mixed with beans and cilantro and topped with cheese.

■ Lean meat on a toasted English muffin and vegetable juice. ❖



Dizzy

—Continued from page 1

goes beyond the training required to be a physical therapist. Pietrucci received specialized training through continuing education courses and earned a certificate of competency, which is granted to physical therapists, occupational therapists or physicians who complete an intense five-day course.

The course provides training in anatomy and physiology, diagnostic and laboratory studies, evaluation and assessment, medical and surgical management, therapeutic procedures and discharge planning. Pietrucci achieved certification in March 2004.

IS VBRT FOR ME?

Diagnosing dizziness is complicated. You should be medically evaluated before being referred for vestibular rehabilitation. Appropriate medical diagnoses for treatment include:

- Benign paroxysmal positional vertigo, or BPPV.
- Unilateral vestibular hypofunction (labyrinthitis, or neuritis).
- Bilateral vestibular loss.
- Central vestibular dysfunction.
- Post-surgical perilymph fistula, acoustic neuroma or tumor.
- Age-related disequilibrium.
- Endolymphatic hydrops and Meniere's disease (if symptomatic between spells).

To learn more about balance therapy, call (503) 815-2292. The TCGH physical therapy department is located at 1000 Third St. in Tillamook. ❖

All classes will be held at Tillamook County General Hospital, unless otherwise stated. Registration for all classes is required 48 hours before the session begins. To register, please contact the hospital cashier in person or call (503) 815-2499. Events may be canceled due to lack of registrants. For more information, please call the education department at (503) 815-2270 or (503) 368-6544, ext. 2270.

BETTER HEALTH

First Place Weight-Loss Program

Tuesdays, noon to 1 p.m.

Tillamook Seventh-day Adventist Church

Healthy Changes for Diabetics

Wednesdays through June 22

1 to 2:30 p.m.

Tillamook Senior Center

Healthy Diabetic Plate

Conveniently offered at two locations.

■ Wednesdays, March 2, 9, 16, 23
5 to 7:30 p.m.

OSU extension office

■ Thursdays, March 3, 10, 17, 24
10 a.m. to 12:30 p.m.

North County Recreation

District Building, Nehalem

Powerful Tools for Caregiving

A six-week class with respite available at Wellspring. Registration is required—call (503) 815-2313.

Begins Wednesday, Feb. 16

1:15 to 3:45 p.m.

Tillamook Seventh-day Adventist Church

Understanding Your Diabetes

Wednesdays through Feb. 23

6:30 to 9 p.m.

Conference room A

FIRST AID AND CPR

Advanced Cardiac Life Support

Thursday, March 10, and Friday,

March 11, 8:30 a.m. to 5 p.m.

United Methodist Church

CPR Instructor Certification

Tuesday, March 29, 8:30 a.m. to 5 p.m.

Conference room A

Health Care Provider

CPR Certification

Thursday, March 3, 8:30 a.m. to 2 p.m.

Conference room A

Health Care Provider

CPR Recertification

Friday, March 4, and Thursday, April 7

9 a.m. to noon

Conference room A

Heartsaver CPR for the Community

Thursday, April 14

Adult class: 1 to 3 p.m.

Child class: 3 to 5 p.m.

Conference room A

PRENATAL CARE

Childbirth Class

Wednesdays, March 2 through 23

7 to 9 p.m.

Conference room A

SUPPORT GROUPS

Grief Support Group

Tuesdays, March 1 and 15,

April 5 and 19, 4 to 5:30 p.m.

Conference room B

WELLNESS SCREENINGS

Thursday, Feb. 17

9:30 to 11 a.m.

North Coast Home Care

Thursday, March 17

8:30 to 11 a.m.

Kiwanda Community Center, Pacific City

Wednesday, April 13

8 to 10:30 a.m.

North County Recreation

District Building, Nehalem

Thursday, April 14

9 to 11 a.m.

Tillamook Pharmacy

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.

Wendell Hesselting
President

Walt Larson
Vice President

Donna Bechthold
Vice President, Patient Services

Ginny Gabel
Community Education Coordinator

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