

LIFE HEALTH®

WINTER 2007

EXCELLENCE IN COMMUNITY HEALTH

DEPRESSION

More than a bad mood

WHEN MEN get depressed—and 6 million do each year in the United States—they are less likely to seek help than are women, experts say. That can spell trouble.

The National Institute of Mental Health says depressed men may be more likely than women to turn to alcohol and drugs. Without help, men may become discouraged, frustrated, irritable, even angry.

Depression is more than a passing sad day or down mood. It is a serious medical condition that affects the body and the mind.

Symptoms of depression may include feelings of hopelessness, pessimism or guilt; loss of energy and interest in activities; and trouble sleeping, concentrating or making decisions. Physical symptoms may include headaches, digestive problems or chronic pain.

While depression is serious, most people recover with proper treatment, including medication, short-term counseling or lifestyle changes.



Don't wait. If you think you may have signs of depression, talk with your doctor and get on the road to feeling better. ♦

DEPRESSION RECOVERY PROGRAM

March 1 to April 19

6:30 to 9 p.m.

Tillamook SDA Church

Call 815-2270.

ANESTHESIOLOGY

No pain? Your gain

TILLAMOOK COUNTY General Hospital (TCGH) is pleased to announce the addition of a new doctor, Michael Pryomski, O.D., to the anesthesiology department. With the addition of Dr. Pryomski, we now have one part-time and two full-time physicians who team up to supply anesthesiology services 24 hours a day, seven days a week.

Anesthesiology is the practice of pain relief and total care throughout the patient's surgical experience.

"Safety is the main issue," says anesthesiologist Paul Dennis, M.D. "The hospital's expertise in the area of patient safety and quality rival those of any big-city hospital where I have worked."

Nonsurgical applications. The goal of pain management is to help people with chronic pain to live productive, satisfying lives.

At TCGH, T. J. Mays, M.D., also an anesthesiologist, supplies pain management services. Epidurals (steroids injected into the spinal area) can help manage chronic pain.

In about one hour you can be assessed and evaluated for local pain management treatment. Patients are

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HEALTH NEWS UPDATE

EVERY LITTLE THING



A healthy tip:
To keep a brown-bag lunch from spoiling, pack a frozen **JUICE BOX** (pick one with 100 percent juice). It will keep food cool and should thaw by lunchtime.

—American Dietetic Association

When visiting a new **PLAYGROUND** with your child, be sure to check that protective surfaces, such as wood chips or sand, extend at least 6 feet from the play equipment in all directions.

—U.S. Consumer Product Safety Commission

No pain? Your gain

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usually pain-free for three to 12 months.

Pain management can make a significant difference in your life. We welcome referrals from out-of-town physicians for local treatment. To make an appointment or for more information, call 815-2471. ❖



Doctors lend expertise to TCGH

Michael Pryomski, D.O., and Paul Dennis, M.D., have worked in the field of anesthesiology for the past 20-plus years. In total they have performed about 50,000 surgical cases

of general anesthesia and epidurals, including 1,000 open-heart cases by Dr. Dennis.

Dr. Dennis graduated from the Georgetown University School of Medicine in Washington, D.C., took his residency in UC Davis, and spent his internship with the U.S. Public Health Service in rural Alaska. He came to us from St. Joseph's Hospital in Eureka, Calif., where he had been for 26 years.

Dr. Dennis is married to Debbie. He has four grown children and two grandchildren.

Dr. Pryomski graduated from University Health Science in Kansas City, Mo., and completed his residency in Letterman Army Medical Center in San Francisco. He spent 20 years at Enloe Medical Center in Chico, Calif., before moving to Tillamook in January 2007.

He is married to Grace and has three grown children. ❖

Too much too soon: Overuse injuries common among kids

When it comes to sports, it's OK to encourage your child to practice hard and play well.

But many kids are overdoing it when it comes to training, and some parents and coaches may be overlooking the resulting injuries, says Andrew Gregory, M.D., a member of the American Academy of Pediatrics Committee on Sports Medicine and Fitness.

"The most common injuries for young athletes are all primarily caused by overuse," Dr. Gregory says. Common overuse injuries in children include stress fractures, tendonitis and growth plate damage.

A year-round problem. More children are participating in sports than ever before. But many young athletes are specializing in one sport at an early age and playing it year-round. The repetitive action that goes along with participating in the same sport for months puts undue stress on a growing body. "A young body can only handle so much stress from pounding or pulling," Dr. Gregory says.

It's best to encourage children to play a variety of sports—at least until they have stopped growing. Another safeguard is to have children take at least a one-month break every six months from a sport. And at the first sign of pain, all children should know that it's time to quit playing.

If you think your child may have an injury, talk to a doctor right away. ❖



Heart-starting lifesavers

WHAT TO KNOW ABOUT PORTABLE DEFIBRILLATORS

THEY ARE popping up all over—in malls, airplanes, sports arenas and other public places—lightweight, portable devices that might someday save your life or help you save someone else's.

They're called automated external defibrillators—AEDs—and they're designed to help revive certain heart attack victims.

AEDs are made to deliver an electrical shock that can restore a normal heartbeat in someone who has suffered sudden cardiac arrest.

The sooner that shock comes, the better, the American Heart Association says. During a cardiac arrest, each passing minute without defibrillation significantly reduces a person's chance of survival.

Now, with AEDs becoming more widespread, that help may be available more quickly.

Here are answers to some common questions people have about AEDs:

Q Who can operate an AED?

A AEDs are primarily designed for use by police officers, firefighters or flight attendants who have been trained to use them. But AEDs are so user-friendly, almost anyone can operate one correctly by following the visual and audio instructions.

See page 4 for upcoming CPR and first aid classes.



Be ready for a cardiac emergency

Cardiac arrest means the heart has abruptly stopped working. It is a medical emergency that many people will not survive unless help is delivered promptly. With every minute that passes, a person's chance of survival is reduced, according to the American Heart Association (AHA).

During cardiac arrest a person loses consciousness, stops breathing normally, and doesn't have a pulse or blood pressure.

Cardiac arrest most often occurs in people with existing heart problems, but it can happen to people who do not have a diagnosed heart condition. It is often caused by a heart suddenly beating erratically or too fast, although it can also result from a heart beating too slow.

Swift action is needed. A process called defibrillation is a lifesaver for someone in cardiac arrest. It involves an electric shock to the heart to restore a normal heartbeat. To help someone who is in cardiac arrest, you should do these things immediately, says the AHA:

- Call 911 for emergency assistance.
- Give cardiopulmonary resuscitation (CPR). This will keep blood and oxygen flowing to the heart and brain until defibrillation can be administered.
- Use an automated external defibrillator (AED) if available.

Q What's the first step?

A If you think someone is in cardiac arrest, call 911 at once.

Then give cardiopulmonary resuscitation (CPR) if needed. If there's no pulse, turn on the AED, attach self-adhesive electrode pads to the victim's chest and follow the voice or visual instructions.

Q How do you know if a shock is necessary?

A The unit will analyze the heart rhythm. If the victim's heart

is in ventricular fibrillation—a condition where the heart is unable to effectively pump blood—the unit will instruct you to press a button to deliver a shock.

Q Are AEDs safe for the user?

A AEDs are extremely safe, but accidental shock is possible. Follow all instructions to reduce that danger.

Q Can AEDs be used at home?

A Yes. Doctors may recommend home units for some heart patients. ♦

CALENDAR OF EVENTS

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 Super 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, Feb. 22 to March 15
1:30 to 4 p.m.

■ Thursdays, April 26 to May 17
6:30 to 9 p.m.

TCGH third floor, conference room A
Must complete 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,
March 7 and 8, 8:30 a.m. to 5 p.m.

Third floor conference room

\$150 for certification
\$75 for recertification

Register with cashier. For more information, call **815-2314**.

First Aid/CPR

■ Monday, April 9, 9 a.m. to 4 p.m.

TCGH third floor, conference room A
\$40 (includes book)

Health Care Provider CPR Certification

■ Monday, March 12, 9 a.m. to 2 p.m.

TCGH third floor, conference room D
\$35 (includes book)

Health Care Provider CPR Recertification

■ Wednesday, Feb. 7, 9 a.m. to noon

■ Wednesday, March 14, 9 a.m. to noon

■ Wednesday, April 11, 9 a.m. to noon

TCGH third floor, conference room D
\$35 (includes book)

PRENATAL CARE

Childbirth Preparation Class

■ Wednesdays, March 7 to 28
7 to 9 p.m.



■ Wednesdays, May 2 to 23, 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
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 Screenings

■ Wednesday, Feb. 14, 9 to 11 a.m.

Tillamook Pharmacy

■ Wednesday, March 7, 8 to 10:30 a.m.

North County Recreational Building

■ Tuesday, April 10, 9 to 11 a.m.

North Coast Home Care,
1142 Main Ave., Tillamook
\$20 each for cholesterol, including fasting
blood sugar, and for hemoglobin A1C.
Appointment recommended. Call
815-2313 or **368-6544**, ext. 2313.

Multimodular Preschool Exams for Ages 3 to 6

■ Tuesday through Thursday
April 24 to 26, 8 a.m. to 4 p.m.

Tillamook County Fairgrounds

Free. For information and appointments,
call Erin Cook at **815-4472** or **842-8423**,
ext. 223.

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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