

# LIFE *3* HEALTH<sup>®</sup>

WINTER 2008

## Saving lives

DIGITAL MAMMOGRAPHY—  
A NEW TOOL IN THE FIGHT  
AGAINST BREAST CANCER

**A**S OF OCTOBER 2007, Tillamook County General Hospital (TCGH) offers women digital mammography, a system that converts x-rays into electrical signals. The electrical signals are used to produce images of the breast that can be seen on a computer screen or printed on special film, similar to conventional mammography.

Annual screenings of women 40 and older have reduced breast cancer deaths in the U.S. by as much as 30 percent. Still, as many as one in

five cancers are overlooked because changes in the breast can be very subtle.

Digital mammography has several advantages over traditional screenings:

- It makes small tumors stand out from surrounding tissue.
- Radiologists can alter orientation, magnification, brightness and contrast to get the best image possible.
- A shorter wait time (about 30 seconds) for the technologist performing the screening to know whether the images are satisfactory.

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## SimMan now gives better training

**S**imMan, the computerized patient simulator at Tillamook County General Hospital (TCGH), has received an upgraded head and legs, thanks to a generous grant from the Siletz Tribal Charitable Contribution Fund and funds raised through the TCGH Classic Golf Tournament.

SimMan's head and airway anatomy have been updated to allow for realistic training in advanced emergency airway interventions, including bag-valve-mask and endotracheal intubation.

The learner can now also practice assessing the pupils, which can be varied between normal, constricted and dilated. These lifesaving skills are vital to patients who have experienced trauma, such as a car accident.

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# Safety à la cart

SHOPPING WITH KIDS—SHOULD YOU PARK THE CART?

**S**HOPPING CARTS are useful, but they aren't the safest place for kids.

Every year, about 24,000 children—most of them under age 5—end up in emergency rooms because of cart-related injuries.

Most are hurt when they fall from the cart or the cart tips over. Some accidents are fatal.

The American Academy of Pediatrics encourages parents to consider separating carts and kids altogether. You might: Shop alone, use an online shopping service, use a front pack or stroller, or have older children walk alongside a cart.

If you do choose to use a cart, follow these safety rules:

- Always use a safety belt or harness on your child.
- Never put a child in the basket.
- Choose carts that allow children to ride near the ground, such as carts with kid-size model cars in front.
- Never allow your child to stand in a shopping cart.
- Never leave your child alone in a cart.
- Don't allow a child to ride on the outside of a cart or climb into a cart.
- Don't allow a child to push a cart with another child in it.
- Never place an infant carrier on top of a cart. ♦

Smart shopping: Keep your most precious cargo out of the cart.

## Living large

IT'S PORTION DISTORTION

**W**HO DOESN'T love a muffin? But don't those giant ones you see in grocery store bakeries look more like a meal than a muffin?

Experts from the National Institutes of Health who have studied portion size say muffins, and many foods, just aren't what they used to be. For example, the average muffin 20 years ago: 210 calories (1.5 ounces). Today: a whopping 500 calories (5 ounces).

Like the muffin, portion sizes of theater popcorn, desserts, french fries, soda and many other foods have grown greatly, along with America's waistlines.

It's called portion distortion, and "It's a big deal," says Registered



Dietitian Dawn Jackson Blatner, a spokeswoman for the American Dietetic Association.

**Size management.** To cut servings down to size, try these quick strategies from Blatner:

- Use a smaller plate.
- Buy favorite packaged foods in pre-portioned packages, and avoid eating directly from large packages.
- Share oversized restaurant portions with a companion.

In your kitchen, you can measure or weigh food to know what a serving should be. Look for recommended serving sizes on food labels.

Try visualizing the right portion size by comparing servings to everyday objects:

- Three ounces of meat: a deck of cards.
- One and a half ounces of cheese: four dice.
- A medium potato: a computer mouse.
- A medium piece of fruit: a baseball.
- Half a bagel: a hockey puck.
- Two tablespoons of peanut butter: a pingpong ball.

**It adds up.** When it comes to healthy eating, Blatner says, "There are two things that matter—what you eat and how much you eat. Fifty percent of this equation is portion control." ♦

Feeling overwhelmed? Call 503-815-2287 and ask about nutritional counseling at TCGH.

# A heart checklist

HOW DO YOU MEASURE UP AGAINST HEART ATTACK AND STROKE?

**T**HERE ARE a few things in life you have no control over—say, whom you were born to and when.

Both of those factors—your family health history and your age—can influence your risk of heart attack and stroke.

Another factor, your sex, plays a role as well. For example, men have a greater risk of stroke and heart attack than women, and men have heart attacks earlier in life.

You are who you are—and that's exactly why it's wise to pay attention to those things you can control.

## A TOOL FOR YOU

You can use this checklist to see where you measure up against heart attack and stroke. Put a plus (+) in the box beside things you already do and a minus (–) next to things you could improve.

Share your results with your doctor, who can help you with a plan to protect your health with lifestyle changes or treatments.

### Your checklist:

- I avoid tobacco.
- I am active. I walk or do other activities for at least 30 minutes on most days.
- I eat a healthful diet that includes lots of fruits, vegetables and whole grains. I limit saturated fats, trans fats and cholesterol.
- I keep an eye on my weight. I try to balance the calories I eat with those I use.
- I read food labels and try to limit my salt intake to no more than a teaspoon (about 2,300 milligrams

of sodium) per day, including salt in prepared foods.

- I understand the risks of drinking alcohol.
- I schedule regular medical checkups.

I know my numbers for these items—and the appropriate goals:

Total cholesterol less than 200 mg/dL.

Mine: \_\_\_\_\_.

LDL “bad” cholesterol, less than 100 mg/dL. Mine: \_\_\_\_\_.

HDL “good” cholesterol, 60 mg/dL or higher. Mine: \_\_\_\_\_.

Blood pressure less than 120/80 mm Hg. Mine: \_\_\_\_\_.

Blood sugar (glucose) below 100 mg/dL (based on a fasting plasma glucose test for diabetes). Mine: \_\_\_\_\_.

Again, discuss this list with your doctor. More “+s” in your life could add up to years of good health. ❖

Sources: American Diabetes Association; American Heart Association; National Cholesterol Education Program

With the right training, you could save a life. TCGH offers CPR certification (see page 4).

## SimMan

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The addition of pulses, which can be felt in two key locations on the legs, means that nursing students, hospital and ambulance staff, and first response volunteers can practice assessing circulatory conditions and traumatic injuries.

“These new features add more realism to our training scenarios and help our staff become more confident in rapidly assessing and treating patient injuries,” says

George Olson, simulation specialist at the hospital. “We are grateful for the grants and donations that support the simulation education program and make it such a resource for excellence in community health care.”

Any donation, no matter the size, is a gift of health to our community. You can give online at [www.tcgh.com](http://www.tcgh.com).

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 RSVP, call **815-2270**.

### CHIP 2008 Introductory Sessions

Tuesday, March 18, Thursday, March 20, Monday, March 24 at 7 p.m.

Locations to be announced, or call **815-2313**. Choose one free introductory session to attend. Regular CHIP sessions begin March 31.

### Living Better With Diabetes

Thursdays, Feb. 28 to March 20, 1 to 3:30 p.m.  
TCGH third floor, Conference Room A  
Must complete a diet assessment before class. To arrange this, call Janice Wolk, CDE, at **815-2287** or Ginny Gabel at **815-2270**.

### Powerful Tools for Caregiving

Tuesdays, Feb. 12 to March 18  
10 a.m. to noon  
Tillamook United Methodist Church  
Free. Registration required. Please call **815-2313**.

## COMMUNITY EVENT

### Teddy Bear Fair

Tuesday and Wednesday, March 4 and 5  
For ages preschool through second grade.  
Registration is required. Call **815-2365**.

## FIRST AID AND CPR

### ACLS Certification and Recertification

Wednesday and Thursday,  
March 12 and 13, 8:30 a.m. to 5 p.m.  
TCGH third-floor conference rooms  
Certification: \$150; recertification: \$75  
TCGH employees: \$15  
(The two books are not included.)

### CPR Instructor Certification

Wednesday and Thursday,  
April 2 and 3, 9 a.m. to noon  
TCGH third floor, Conference Room A  
Cost: \$35 (includes book)

### Health Care Provider CPR Recertification

Tuesday, Feb. 19, Thursdays, March 20 and April 10, 9 a.m. to noon  
TCGH third floor, Conference Room A  
\$35 (includes book)

### Health Care Provider Skills Check-Off

Fridays, Feb. 8 and 22, March 14 and 28,  
April 11 and 25, 9 a.m. to noon  
TCGH third-floor conference rooms

## PRENATAL CARE AND WOMEN'S HEALTH

### Childbirth Preparation Class

Wednesdays, March 5 through 26  
7 to 9 p.m.  
TCGH third floor, Conference Room A  
\$40 for mom and one support person

### Look Good...Feel Better

Wednesday, March 26, 4:30 to 6:30 p.m.

TCGH third floor, Conference Room D  
Free. To register, call **815-2313**.

## Women's Cancer Survivor Support Group

First Thursday of each month  
10:30 a.m. to noon  
312 Laurel Ave., Tillamook  
Call Jan Bartlett at **842-4508**.

## SUPPORT GROUPS

### Fibromyalgia and Chronic Pain

Third Tuesday of each month  
2 to 3:30 p.m.  
TCGH third floor, Conference Room A

### Diabetes and All That Jazz

Second Tuesday of each month  
1:30 to 3 p.m.  
TCGH Conference Room  
Call Ginny Gabel at **815-2270** or  
Janice Wolk, CDE, at **815-2287**.

### 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

Wednesday, Feb. 13, 9 to 11 a.m.  
Tillamook Pharmacy, 915 Main Ave.  
Wednesday, March 12, 8 to 10 a.m.  
North County Recreational District,  
36155 Ninth Ave., Nehalem  
Thursday, April 10, 9 to 11 a.m.  
North Coast Home Care, Third Street,  
across from Safeway, Tillamook  
To make an appointment, call **815-2313**.

## Saving lives, going digital

—Continued from front page

■ It exceeds other methods for women with particularly dense breasts.

If they wish, patients can see their own images before leaving. And because of the soft BioLucent pad, most women find the exams more comfortable than conventional

mammograms.

TCGH is pleased to offer this state-of-the-art service to the community; no doctor's order is required. Call **815-2292** to schedule your mammogram. From North County, call **368-6544**, ext. **2292**, and from South County, call **800-356-0460**. ❖

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](http://www.tcgh.com).

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