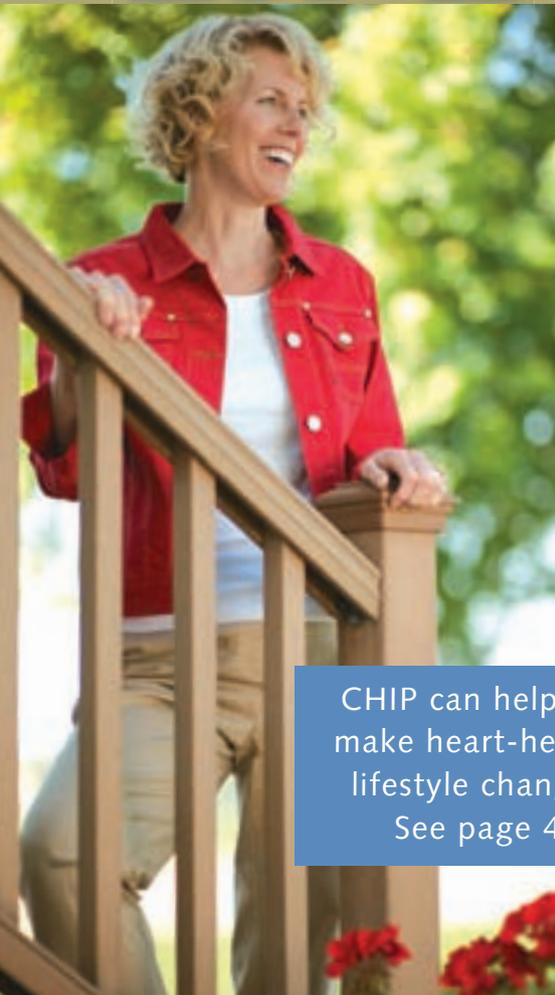


LIFE HEALTH

WINTER 2010

EXCELLENCE IN COMMUNITY HEALTH



CHIP can help you make heart-healthy lifestyle changes. See page 4.

From the heart

TALK TO YOUR DOCTOR ABOUT YOUR RISK OF HEART DISEASE

BETTER HEALTH can start with a heart-to-heart talk with your doctor.

Heart disease is the leading cause of death for both U.S. men and women, according to the American Heart Association (AHA). When it comes to protecting your heart, your doctor is an important ally. If you haven't already, bring up heart health at your next visit or make an appointment to discuss it.

TAKING CONTROL

You can't do anything about some risk factors for heart disease, such as getting older and having a family history of the disease.

But you can lower your risk by

concentrating on factors you can control. According to the AHA, these include smoking, high cholesterol, high blood pressure, physical inactivity, excess weight and diabetes.

Your doctor can recommend screenings, medications and lifestyle changes that are appropriate for you.

A HEALTHY HEART FOR LIFE

Help ensure that your efforts have lasting power by:

- Scheduling regular checkups.
- Having your doctor review how your plan is working.
- Letting your doctor know if you have questions or concerns.

Learn more. Search for "heart disease" in the Health Library at www.tcgh.com. ♦

Heart-friendly workouts may help knees too

Exercise that gives your heart a boost may also benefit your knees.

According to research reported in the journal *Arthritis Care & Research*, physical activity that improves heart health—exercise that increases your heart rate and makes you sweat—appears to also help

protect knees from the cartilage loss that contributes to osteoarthritis.

Researchers found that vigorous physical activity can build knee strength and reduce the risk of cartilage loss. Even moderate physical activities, such as walking, seemed to be good for

knees as well as hearts.

This study didn't determine which specific kinds of exercises are best for knees. But for a healthy heart, the American Heart Association recommends at least 30 minutes of moderate physical activity, such as brisk walking, at least five days a week.

HEALTH UPDATE TCGH



TILLAMOOK TIDBITS



Headed abroad? Check out your **TRAVEL** destination at www.cdc.gov/travel to find out whether you need any vaccinations before you go. You can also find tips on how to stay healthy during your trip.

—Centers for Disease Control and Prevention

EYE INJURIES are the leading cause of blindness in U.S. children, and many of these injuries are sports-related. Make sure your young athletes gear up with protective eyewear.

—National Eye Institute

Tired of the same old **CHICKEN** dinner? Spice things up by seasoning your go-to poultry with a new flavor. Some healthy options: tarragon, chives, basil or lemon. Boneless chicken breasts cook quickly and, when chopped, make a great addition to a salad or stir-fried vegetables.

—American Dietetic Association

What better reason: Quit smoking for your children

If you smoke, the best thing you can do for yourself—and your kids—is to quit.

Secondhand smoke (the smoke you exhale and the smoke from a lit cigarette, pipe or cigar) contains more than 250 toxic or cancer-causing chemicals.

There is no safe level of exposure to secondhand smoke. Kids who breathe smoke have more health problems than kids who don't, including asthma, ear infections and respiratory infections, such as bronchitis and pneumonia.

Secondhand smoke also raises an infant's risk of sudden infant death syndrome, or SIDS.

Clear the air. Help protect your kids from the harmful effects of secondhand smoke by making your home and car smoke-free zones. Other things to do:

- Don't allow smoking around your child.
- Make sure your child's day care or school is smoke-free.
- Go to only smoke-free restaurants.

Quit for good. Talk to your doctor about ways to quit smoking. You can also call a nationally organized quit line at 800-QUIT-NOW (800-784-8669). ❖

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention

Top-quality care at TCGH

Reviews show that Tillamook County General Hospital (TCGH) patients consistently receive top-quality care.

TCGH voluntarily participates in quality of care reviews by the Hospital Quality Incentive Demonstration (HQID) and The Joint Commission (JC). The reviews focus on nationally tracked, proven standards of care for patients who have certain conditions or undergo certain procedures. These standards include key patient care actions that have been shown in large-scale studies

to improve patient outcomes and quality of life, as well as decrease health complications and length of hospital stays. As new key measures become nationally recognized, they are added to the care plans for TCGH patients.

The table below shows how well TCGH's quality compares with the national average as well as the top 10 percent of hundreds of hospitals nationwide in five areas of care. As you can see, quality patient care matters at TCGH. ❖

Key inpatient quality measures	JC national average	HQID top 10 percent	TCGH Jan. to Nov. 2009
Acute myocardial infarction (heart attack)	97.65%	100%	100%
Heart failure (congestive heart failure)	92.05%	100%	100%
Pneumonia	91.16%	99.26%	98.4%
Surgical care improvement project	92.42%	98.61%	98.5%
Hip and knee replacement	N/A	100%	100%

Annual mammogram: A promise worth keeping



Brittany Gerken, MD

October's National Breast Cancer Awareness Month activities, including a mammography Spa Day at the hospital, provided an important reminder that early detection of breast cancer saves lives.

Response to the Spa

Day event was so positive that a similar event is being planned for the National Hospital Week celebration in May.

In light of recent news and debate about how often women should have mammograms, Brittany Gerken, MD, an Obstetrician/Gynecologist with Tillamook Medical Group, advises that it's more important than ever for every woman to talk with her health care provider about what's right for her. Regular screening is still recommended by the American Cancer Society for women older than 40.

Make a promise to protect your health. Call 503-815-2292 to make an appointment for this lifesaving screening. Evening appointments are now available. ❖



Get connected— a primary doctor can help you stay healthy

Friends. Family. Neighbors. We all have relationships we value.

It's a good idea to make one of them the relationship between you and your physician. In fact, a study shows that people who have a strong connection with a primary care provider tend to receive higher-quality health care than those who don't.

The study, published in the *Annals of Internal Medicine*, shows that strong patient-physician connectedness leads to better-quality care.

Researchers found that patients who had a primary care physician were more likely to receive recommended care and health screenings than those who didn't see a specific doctor regularly.

Other evidence suggests that people who have an ongoing relationship with a primary provider tend to enjoy better health and have lower total health care costs, the American Academy of Family Physicians reports.

Make a connection. Aim to have a doctor who:

- Knows and understands your medical history, including your risk factors for specific health problems.
- Is aware of which medications you use and is familiar with them.
- Schedules you for regular checkups and screenings.
- Can refer you to other medical specialists as necessary.
- Is easy to talk to about your health—even about sensitive topics. ❖

Expert foot care: Podiatric surgeon joins Tillamook Medical Group



Scott A. Doherty, DPM

Tillamook County General Hospital and Tillamook Medical Group are pleased to welcome Podiatric Surgeon Scott A. Doherty, DPM, to Tillamook.

Dr. Doherty comes from the Joint Ambulatory Care

Clinic of the Department of Veterans Affairs (VA) Gulf Coast Healthcare System in Pensacola, Fla., the largest VA outpatient clinic in the nation.

A wealth of experience. Dr. Doherty grew up in Chicago. He served in the Coast Guard and was honorably discharged. He received his bachelor's degree in biology with a minor in chemistry from the University of Northern Iowa in 1996, followed by his doctor of podiatric medicine degree from the Des Moines University/Osteopathic Medical Center in 2001.

Dr. Doherty completed a three-year comprehensive podiatric surgery residency, including training in wound care, directing a high-risk diabetic foot clinic, and completing rotations in vascular and plastic surgery. He also treated many foot fractures while at Fort Bragg, N.C., for the U.S. Special Forces 82nd Airborne Division and parachute training.

Dr. Doherty enjoys jogging, biking, fly-fishing, scuba diving, boating and spending time with his cat and dog.

Put your feet in good hands. In addition to primary podiatric care, Dr. Doherty will provide diabetes-related foot care, wound healing, sports medicine services, trauma care and geriatric care. He will also perform elective surgeries.

Dr. Doherty will see patients at Tillamook Medical Group in Tillamook and at yet-to-be-determined locations in north and south Tillamook County. To schedule an appointment, call Tillamook Medical Group at 503-842-5546 or toll-free from north Tillamook County at 503-368-6544, ext. 2115. ❖



Find a Tillamook primary care provider. Go to www.tcgh.com and click on "Find a Physician."

All classes will be held at Tillamook County General Hospital (TCGH) unless otherwise noted. To register, please contact the hospital cashier in person or call 503-815-2499. For more information, visit our website at www.tcgh.com/events or call 503-815-2270.

BETTER HEALTH

CHIP (Coronary Heart Improvement Project)

Information and registration:

- Thursday, March 11, or
- Monday, March 15, or
- Wednesday, March 17

All dates 6:30 to 7:30 p.m.

TCGH third-floor conference room A

Heart screening:

- Friday, March 19, 7 to 9 a.m.

Program runs:

- Monday, March 22, to Thursday, April 22, 5:45 to 8:30 p.m.

Tillamook SDA Church, lower level

Call 503-815-2270.

CHIP Supper Club

- Second Monday of each month, 5:45 to 8 p.m.

Tillamook SDA Church, fellowship hall

To RSVP, call 503-815-2270.

Living Better With Diabetes

- Thursdays, March 4 through 25, 9:30 a.m. to noon

TCGH third-floor conference room A

Referral by a health care provider required.

Schedule a one-hour nutrition counseling session before class; call 503-815-2292.

Most health insurance plans accepted. For financial assistance, call 503-815-2316. For more information, call 503-815-2429.

FIRST AID AND CPR

All courses online at www.tcgh.com. Bring a copy of online certificate to required Skills Checkoff. Schedule checkoff 48 hours before date. Call 503-815-2499.

First Aid

\$35; no book fees.

Health Care Provider CPR Certification

\$35

Heartsaver CPR (Community Class)

\$20

Skills Checkoff

(Choose one date.)

- Thursdays, Feb. 4 or 25
- Friday, March 12, or Wednesday, March 24
- Monday, April 5, or Friday, April 23
- Wednesday, May 5

All dates, 9 a.m. to noon

PRENATAL CARE AND WOMEN'S HEALTH

Childbirth Preparation Class

- Wednesdays, March 3 through 24, 7 to 9 p.m.

TCGH third-floor conference room A

\$40 for mom and one support person.

Look Good...Feel Better

- Wednesday, April 28, 4:30 to 6:30 p.m.

TCGH third-floor conference room D

Beauty and cosmetic supplies and support for women undergoing cancer treatment.

Registration required. Call 503-815-2313.

No charge for supplies or session.

Women's Cancer Survivor Support Group

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

312 Laurel Ave., Tillamook

Call 503-842-4508.

RESPIRE CARE

Wellspring Adult Respite Care

- Second and fourth Tuesdays of each month, Tillamook United Methodist Church
- First and third Wednesdays of each month, Tillamook SDA Church
- First and third Thursdays of each month, Covenant Community Church, Manzanita
- Second and fourth Thursdays of each month, Beaver Community Church

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

\$28 per day; financial assistance available.

Call Faith in Action at 503-815-2272.

NORTH COUNTY
SOUTH COUNTY

SUPPORT GROUPS

The Alzheimer's Association Caregiver Support Group

- Second Tuesday of each month, 10 to 11:30 a.m.

Five Rivers Retirement and Assisted Living Community

Call 503-815-2270. For respite care, call Faith in Action at 503-815-2272.

Diabetes and All That Jazz

- Second Tuesday of each month, 1:30 to 3 p.m.

TCGH third-floor conference room

Grief

- First and third Tuesdays of each month, 3 to 4:30 p.m.

TCGH third-floor conference room B

North Coast Gluten Free Support Group

- First Thursday of each month, 7 to 8:30 p.m.

Bay City Community Center

Call 503-377-8227.

WELLNESS SCREENINGS

Free Blood Pressure Clinic

- Wednesdays, 2 to 3 p.m.

TCGH cafeteria

Wellness Screenings

- Tuesday, Feb. 9, 9 to 11 a.m.

Tillamook Pharmacy

- Tuesday, March 9, 8 to 10 a.m.

North Coast Recreational District Building, kitchen

- Tuesday, April 13, 9 to 11 a.m.

North Coast Home Care

\$20 for total cholesterol (HDL and LDL), triglycerides and fasting blood sugar. A 12-hour fast is required. Results in five minutes. Appointments are recommended but not required. Call 503-815-2313.

Your gifts help us help others!

Consider making TCGH a contingent beneficiary of your retirement accounts. Call 503-815-2302 or visit www.tcgh.com/giving.



Adventist Health

Tillamook County General Hospital

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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