

Partners in Care

Dunes Family Health Care ~ Reedsport Medical Clinic ~ Lower Umpqua Hospital

Spring 2010



• Issue 22 •

Dr. Lawson Offers Incision-Free Surgery

Dr. Kenneth Lawson of Reedsport Medical Clinic recently completed advanced specialized training in EsophyXTIF surgery. The amazing new procedure for the treatment of heartburn and reflux requires no cutting, which means most patients are released the same day, with a reduced risk of infection and a minimal amount of pain.

The endoscopic procedure is done by placing a tube down the throat, under general anesthesia, much like the for the test commonly known as the “upper g.i.” but in the surgery a device is left in place that keeps the esophagus in the correct shape, thus eliminating most problems with heartburn and chronic acid reflux. It literally reconstructs normal anatomy to recreate a barrier valve between the stomach and esophagus to prevent the reflux of gastric acid.

The new surgery can be performed at LUH by Dr. Lawson. Some of the benefits of having the surgery are the



Kenneth Lawson, M.D.

ability to eat and drink normally, improved sleep habits, rapid recovery, reduce or eliminate need for expensive pills, no incisions, insurance and medicare eligible. It is also easily reversible and can be removed without incision.

Suffering from heartburn and reflux can be more than an annoyance, it can damage your long term health in a variety of ways. It can cause regurgitation and aspiration, hoarseness and sore throat, frequent swallowing, asthma-like symptoms, chest pain, reflux-related sleep disorders, excessive clearing of the throat, persistent cough, burning of mouth and throat, intolerance of certain foods, bloating, dental erosion or therapy resistant gum disease and inflammation.

If reflux, GERD, or heartburn are making you uncomfortable, call Dr. Lawson today to see if the new incision-free surgery is an option for you. Dr. Lawson is located at the Reedsport Medical Clinic 541.271.2119.

New face in LUH Physical Therapy

When Katlin Henning graduated from the University of Montana last year, she had a dream job in mind. Now she works there every day. Katlin, or Kat, is the new Physical Therapist at LUH, and she says “I love who I work with, and the patients, and where I live, and that really makes or breaks it.” Judging by the continuous smile she wears, the job seems to be making it for her.

Everything fell into place when she was a freshman in college, she says. The Pharmacy major had an injury that landed her in physical therapy and the experience was such a positive one that it prompted her to change majors and look to the profession for her future. A home on the coast was a long held dream of her husband Cody, a Missoula native, and the idea of coming home to Oregon

held great appeal for Kat. One interesting little detail about her childhood is that Kat grew up in Portland on the famous Peacock Lane, where every house is lit up to extraordinary measures each holiday season.

At 25, Kat has a lot of future plans, including her goals as a PT. “We want to start a balance program for the older population, a screening before falls. Also I would like to go to the (athletic) games and be on hand to help with minor injuries and that type of thing.”

In her time away from work, Katlin spends her time doing “anything outdoors” and says she and her husband enjoy exploring the area, camping and hiking, but they also like to go dancing and do some gardening.



Physical therapist Katlin Henning

Grant funds purchase of safety helmets

Reedsport children are a little safer thanks to a grant written by Nuclear Medicine Technologist and Director of LUH's Radiology Department, Scott Hall. LUH used a State of Oregon Injury Prevention Grant to purchase 95 safety helmets. In all, the grant amounted to \$4258.

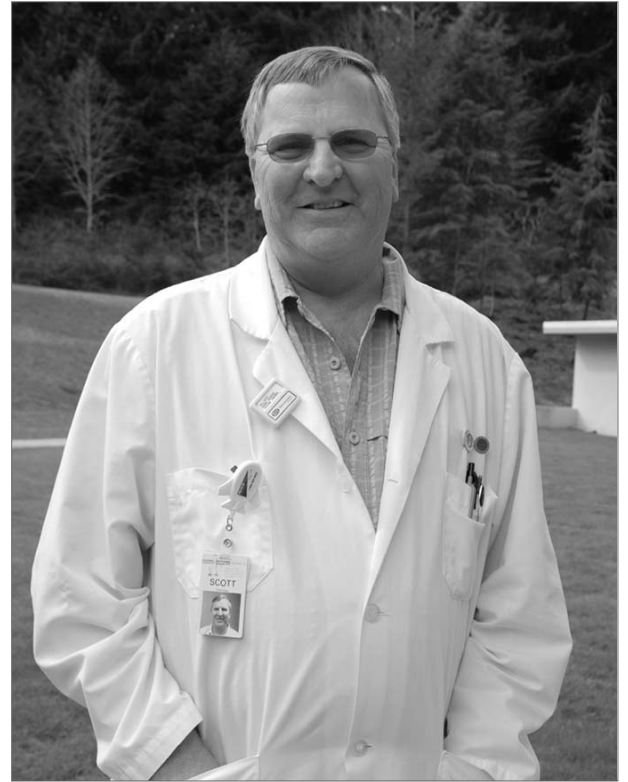
LUH worked with the local schools to distribute those helmets and safety gear (knee pads etc.) to children in kindergarten through eighth grade.

"We held a coloring contest for the elementary school students and had the Jr. High students design safety posters as competition for half of the helmets," Hall said. "The other half were distributed through random drawings." The designs were posted in the hospital, where staff and visitors voted on their favorites.

Statistics show that more than 70 percent of children between the ages of 5 and 14 ride skateboards and/or bicycles. Hall said the most common and often most serious injuries sustained with those activities are head injuries. "Wearing a helmet can reduce the risk of death or injury and reduce the severity of the injury in the event of a crash," Hall said.

"During the summer months, we see a large number of kids coming into the ER from bike and skateboard injuries, especially during various competitions at the skateboard park."

"We have never targeted our kids in the community before regarding skateboard safety. We believe that if we educate and properly equip our kids with this safety equipment that we can reduce the number of incidents as well as the severity of these incidents.



LUH Director of Radiology, Scott Hall

Specialty Clinic gets local phone number

The Lower Umpqua Hospital Specialty Clinic now has a local Reedsport phone number that will connect callers directly with doctor's offices without a long distance charge. The Specialty Clinic doctors visit Reedsport regularly, but each doctor maintains a regular office that is usually in Coos

Bay / North Bend. To schedule appointments with one of the specialists call: 541-271-6330 and you will be connected to the LUH Specialty Clinic. At that time you will be prompted to key in the extension for the doctor you want, and you will be connected directly to that office.

Providers & Specialty Clinics

Dunes Family Health Care
271-2163, 620 Ranch Rd.

Family Medicine
Michelle Petrofes, M.D.
Dale Harris, M.D.
Robert Law, M.D.
Janet Patin, M.D.
Jianming Song, M.D.
Kathy Moon, RN, FNP-C
Lucas Stang, PA
Rio Lion, DO

Visiting Specialists
LUH Specialist Clinic
Annex, 271-6330,
385 Ranch Rd.
Ophthalmology: Jon Kintner, M.D.
Podiatry: William Bennett, DPM
Ear, Nose & Throat:
Charles Hurbis M.D.

Reedsport Medical Clinic
271-2119, 385 Ranch Rd.
Family Medicine
Susan Sparling, M.D.
Internal Medicine
Eva Pradhan, M.D.
Yiyakchu Thapa, M.D.
Eugenie Haight, M.D., MPH
Surgery
Kenneth Lawson, M.D.
Gynecology
William Cely, M.D.

Lower Umpqua Hospital Orthopedic Clinic, 271-6377, 600 Ranch Rd.
Orthopedic Surgery: Michael Ivanitsky, M.D. Casey Maul, P.A.-C

Keep pre and follow-up care close to home

Did you know that even though your specialist isn't in Reedsport you can still have a lot of the work they order done right here at home?

That's right. The Lab, X-Ray, MRI, CT Scan, Physical Therapy, and more at LUH are state-of-the-art and as high quality as will be found anywhere. So, before your Doctor writes orders for x-rays or pre-surgical blood work, ask to have the work done at LUH.

After your procedure, the LUH Physical Therapy Department can do anything a larger hospital would do, including offering water therapy at Highland Pool.

Our local stores and services urge you to shop locally, and although it sounds kind of funny, this is what we're asking too. Using our services ensures we will be able to continue to offer them, right here in your neighborhood. When you use the services LUH has to offer, it's good for the community, good for your health, and convenient for you and your family. So the next time your out-of-town specialist reaches for that order pad, just ask "is this something I can have done at my local hospital?"

Splint & Sprint 5K Run/Walk is May 8

The sixth annual Splint & Sprint 5K Run/Walk will be held Saturday, May 8. Registration forms are now available online at www.lowerumpquahospital.org, at the Family Resource Center, 5 St. John's Way, and at various places in town.

The Splint & Sprint starts and ends in front of Lower Umpqua Hospital, covering 3.1 miles throughout Forest Hills and Fern Acres. Both runners and walkers may participate. While strollers are allowed, bicycles, tricycles and such are not.

There is also an untimed 1-mile fun walk that begins after the Splint & Sprint starts for those not interested in the longer event. Registration and fee are still required.

The cost of the event is only \$5, but for another \$10, participants will receive a lime green race tee shirt or a black and lime green hat. To pick up shirts and hats on race day, registration forms must be received by April 30. Race day registration is 9-9:45 a.m. with the race starting at 10 a.m.

The Splint & Sprint is sponsored by Lower Umpqua Hospital Foundation, which supports the future of the health system in coastal Douglas County. It's the perfect way to get friends, family and co-workers together for a fun, leg stretching activity. For more information, call Delaine at 271-9700.

Nominations sought for The Beacon Award

The Beacon Award is presented by Lower Umpqua Hospital Foundation in recognition of voluntary efforts to improve the health, wellness and safety of those in our community.

Nomination criteria

- The person or group to be recognized must try to improve the health, wellness, or safety of residents in coastal Douglas County (the Lower Umpqua Hospital District) outside a scope of employment.
- The benefits can be for the community in general or a specific group.
- Nominations are due by Tuesday, April 6, 2010. Mail to Beacon Award c/o Lower Umpqua Hospital Foundation, 600 Ranch Rd. Reedsport, OR 97467, or leave at the reception desk at Lower Umpqua Hospital.
- A presentation of the Beacon Award will be made during Hospital Week on Monday, May 10, 2010 at a reception to honor the recipient(s).

Please submit a letter that includes such details as

- the name, address & phone number of the individual or group to be recognized
- an explanation of what this person or this group has done to improve the health status of people in this community.
- what role this person or group has in the effort;
- specifically what group has been served;
- how health/wellness/safety status of that group has improved;
- how long or often this effort has been made
- any other details that would be pertinent name and contact information of the person making the nomination in the event additional information is needed

Mammography guidelines can be confusing

By Kathy Moon FNP,
Dunes Family Health Care

Are you confused by recent changes in mammogram recommendations? After recent changes to guidelines issued by the U. S. Preventative Service Task Force (USPSTF), many women are not sure what to do.

The USPSTF is a panel of private-sector experts whose role is to evaluate data and make recommendations about what screening tests are effective and when they need to be employed. A good screening tool is specific; it detects only the condition being screened. A good screening tool is also sensitive. That is, it only detects the condition if it is actually present.

It also has few false-positives and false-negatives. Mammograms are not very sensitive, especially in younger women who have dense breasts; there are many false-positives that lead to biopsies and more mammograms. Remember, a mammogram does not prove that you have cancer, it only shows abnormal-appearing tissue in the breast. A biopsy is needed to determine if you have cancer.

For women from 40-50, the guidelines call for no routine mammograms. Routine meaning for screening only. For a

woman with a lump, or breast symptoms, or a family history, mammograms should be considered. They also suspended the recommendation that women need to perform self-breast exam. Both of these changes are related to studies that show that there was no significant number of lives saved by doing mammograms and self exams in this group. It's true that more lumps and more cancers were found, and there were more mammograms (adding to lifetime radiation exposure) and biopsies.

For women over 50 recommendations are now to have a mammogram every 2nd or 3rd year. This is based on evidence that breast cancer is slower-growing in older women. They also suggest that clinical exams, those done by your healthcare provider, are also not necessary.

What's a gal to do?

Have an earnest talk with your health care provider. We're here to help you wade through your risk factors and decide what's right for you. From my discussion with my colleagues, I think you will find that we are open to your concerns.

Hospital Pharmacy offers drive up service

Drive-up service is now available to customers who have trouble getting into the building at Lower Umpqua Hospital Pharmacy. A device in the parking lot alerts Pharmacy employees when a car pulls into the specially marked parking space. Pharmacist Ed Owen or Pharmacy Certified Technician Mark Miller are happy to come to the car to pick up scripts and deliver prescriptions.

The drive-up service is designated for use by customers who are unable to come into the pharmacy such as the elderly or those with trouble getting from the car into the building. Please reserve the use of the service for those who need it. Questions? Call the Pharmacy at: 541-271-6370.

The Lower Umpqua Pharmacy and the drive-up service are open Monday through Friday, 9 - 5:30, closed 1 - 1:30 each day for lunch.



Hospital Pharmacy Technician Mark Miller meets a customer at the new drive-up parking spot.