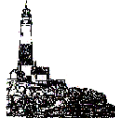


Partners in Care

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

Summer/Fall
2008



• Issue 19 •

Dr. Song lands spot on Olympic team

Dr. Jianming Song of Dunes Family Health Care had quite an adventure on his summer vacation. He went to the Olympics in Beijing as part of a medical team of 150,000 volunteer physicians. The positions were so coveted that between three and five million doctors applied for the posts.

Dr. Song is originally from Fuzhou, China, and his services not only as a physician but as a translator were of great value to the Olympics committee. In exchange for his service, he was given prized "all access" passes to every event with the exception of the opening and closing ceremonies. He made good use of the passes, attending every event he could, in his spare time. He said he enjoyed the diving, basketball and gymnastics, the most.

He was assigned a position at the International Broadcast Center, where he worked with doctors from all over the world, treating audience members, Olympic staff and concession workers. The athletes had a medical staff to themselves. During his 23-day tenure, he worked alongside a team of doctors from the International Society of Emergency Physicians, ready to handle any kind of injuries, but mostly the patients were seen for cases of diarrhea, respiratory problems, the occasional sprained ankle and the rare case of appendicitis.

As a member of the International Society of Emergency Physicians, Dr. Song is pleased that the Chinese medical providers are evidently seeing the enormous value of western medicine. While home in Reedsport he is working on editing and translating text books for Chinese medical students. Eventually, he hopes to be



Dr. Song stands in front of the "Birdsnest."

an instructor at a private medical school in China, run by Dr. Preston Yin Zhao.

The trip to the Olympics was the vacation of a lifetime, and Dr. Song was

thrilled to offer his service. He came back from Beijing with a wealth of photos and precious memories, which he loves to share.

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www.lowerumpquahospital.org

Local Rally for the Cure donates to LUH

The annual Rally for the Cure golf tournament held in July at Forest Hills Country Club raised \$6,000 for the Susan G. Komen Foundation for breast cancer research.

Lower Umpqua Hospital also received a donation from the proceeds to help purchase a breast cancer exam teaching device.

Local Rally for the Cure representative Dee French presented Radiology Manager Arlys Hanson with a check for \$163 to purchase an artificial breast that will be used to teach patients how to detect breast lumps.

At right, LUH Radiology Manager Arlys Hanson, left, accepts a check from Dee French of the local Rally for the Cure.



Eagles donation will purchase Breast Cancer education tools

The Reedsport Eagles club donated \$180 to allow Radiology Manager Arlys Hanson to purchase a basket with breast information in it. The education tools will be handed out to women having mammograms during October, which is designated Breast Cancer Awareness Month.

New face at LUH

Pharmacist Ed Owen, at right, recently joined the staff of the LUH Retail Pharmacy.



Providers & Specialty Clinics

Dunes Family Health Care
271-2163,
620 Ranch Rd.
Family Practice Physicians
Michelle Petrofes, M.D.
Dale Harris, M.D.
Robert Law, M.D.
Janet Patin, M.D.
Jianming Song, M.D.
Kathy Moon, RN, FNP
Lucas Stang, PA

Reedsport Medical Clinic
271-2119, 385 Ranch Rd.
Family Practice Physician
Susan Sparling, M.D.
Internal Medicine
Eva Pradhan, M.D.
Yiyakchu Thapa, M.D.
Surgeons
Rodney Courson, M.D.
Kenneth Lawson, M.D.
Gynecologist: William Cely, M.D.

Visiting Specialists
LUH Specialist Clinic
Annex, 271-2119,
385 Ranch Rd.
Ophthalmology: Jon Kintner, M.D.
Podiatry: William Bennett, DPM
Ear, Nose & Throat:
Charles Hurbis M.D.
Radiology: Tinko Zlatev, M.D.
Jed Orcutt, M.D.

Lower Umpqua Hospital, 271-2171, 600 Ranch Rd.
Orthopedic Surgeon: Michael Ivanitsky, M.D. Casey Maul, P.A.-C

Chronic pain is specialty of new MD

Dr. Bill Croson is the newest member of the Specialty Clinic at Lower Umpqua Hospital. His specialty is helping patients in chronic pain.

Dr. Croson is from California, and relocated to the Chicago area, where he earned a medical degree from University of Illinois, Chicago, and completed internship and residency in Urbana and Peoria. He is also Board Certified through the American Board of Family Medicine, and a member of the American Academy of Pain Management and the American Academy of Pain Medicine.

Before attending Medical School, Dr. Croson owned and operated a California construction company for 20 years. Working in construction gave him first hand knowledge of back pain and pain from injuries, which fostered his ambition to become a doctor and specialize in treating pain.

In addition to working in Reedsport, he also serves the Coos Bay and Coquille areas as a pain specialist. He

uses a variety of treatment options that are suited to each patient, recognizing that chronic pain impacts every area of life for many sufferers, and there are myriad treatments available that do not involve narcotics.

His schedule in Reedsport has been overflowing since he started seeing patients a few months ago, so additional hours have been arranged to add more time here, giving patients much less time waiting for an appointment. He sees patients by referral only, which means your primary care physician needs to make the appointment for you. Your practitioner will help determine if visiting the pain clinic is an option.

When he's away from work, Dr. Croson enjoys the outdoors with "the other Dr. Croson," his wife Marinell, who is a veterinarian in the Coos Bay area, and their daughter Hannah, age three. In fact, he met his wife while both were rowing in Chicago. They love hiking and kayaking, and finding outdoor pursuits that include Hannah.



Bill Croson, M.D.

Dr. Croson also enjoys cooking, and according to his wife, he is quite a gourmand.

Got pain?...Beyond pain medication

*By Kathy Moon FNP,
Dunes Family Health Care*

Chronic pain is a widespread problem. Many people who have chronic pain over time begin to feel helpless about how to control it. Pain medicines can help, but are only part of the solution. There are many things you can do to help control and minimize your pain.

Chronic, ongoing pain is a chronic form of stress. The relaxation response is a natural body reaction that has been researched and shown to quiet the body's response to stress. Relaxation exercises are as simple as focused breathing, using tapes with visualization exercises, learning to tighten and then release muscle groups, and even self-hypnosis. These activities help by allowing you to focus on body sensations, or exploring the emotional impact of your pain, or training your body to calm down. They need to be practiced often and can become second nature, and can be done at times of increased stress or pain.

How you think about your pain also contributes to how you feel pain. Self-talk

can be changed from negative statements to positive ones. Often, when in pain, we see the world around us and events that occur from the "lens" of that pain. In other words, we think negatively about ourselves and our pain, limit ourselves, and often let our pain control us. Breaking free of automatic negative thoughts can help you get better control of your pain. You may be surprised at how easily you can change your mind and attitude about your pain.

Did you know that your nutrition is another important measure in controlling pain? Processed foods contribute to excess weight, which can increase pain in some cases. Anti-inflammatory foods and substances can be consumed, such as omega-3 fatty acids found in fish and flax oil, ginger, and turmeric, all of which can reduce some kinds of pain. Two principles apply here, "fresh is best" and "moderation." Consume as many fresh fruits and vegetables as possible, with low-fat protein sources and whole grains. Consume enough to maintain a healthy weight and avoid excess. As important as what you eat is how you eat. Eating slowly, in a

pleasant atmosphere, on a regular schedule makes for less excess weight and more satisfaction.

Finally, exercise can help (yes, exercise!). Our bodies were designed to move. If walking is painful, as in arthritis of the knee, then non-weight bearing movement such as riding a stationary bike or swimming can help. Exercising increases endorphins, compounds that reduce pain in the brain. Massage helps to relieve spasm and improves flexibility. Physical therapy improves range of motion and function. And, there are many non-surgical ways to relieve some types of pain, such as epidural injections or nerve blocks.

Taking control of your pain is essential in living with chronic pain. For more information, I highly recommend, "Managing pain before it manages you", by Dr. Margaret Caudill. It is a program for people with pain. She guides you through numerous exercises and teaches you about your pain and how to control it, and includes worksheets and exploration experiences, and includes a section on talking to your healthcare provider about your pain.

Sweets from the Sweet!

LUH Extended Care invites trick-or-treaters and candy donations

Every year the residents at Lower Umpqua Hospital Extended Care Unit look forward to Halloween, when kids from all over the community come trick-or-treating. In case you were thinking it amounts to a few kids, think again, last year the residents gave out 185 pounds --- yes, pounds --of candy on the big night.

The candy to be distributed comes from donations, so do a sweet deed and pick up an extra bag or two of candy and drop it by the desk at the Extended Care Unit any time of day or night right up until 6 pm on Halloween. The only rules are that the candy be individually

wrapped, and sorry - no homemade treats allowed.

Bring kids to the Unit on Halloween beginning at 6:30 pm. till 7:30 pm (the candy hand-out lasts only one hour) The kids love collecting the candy (yes, it's quite a haul) and it offers an opportunity for kids and parents to go inside the Extended Care Unit and see for themselves that it isn't a scary place at all. It is extremely clean and comfy and the people there are just like the grandpa's and grandpa's everywhere.

It also gives the residents a chance to interact with kids, something they relish and look forward to all year. Most

residents have happy memories of Halloween past, and they love to see the kids in costume. The candy and the costumes give everyone something to talk about in a social setting.

The next time you're in the grocery store, take a minute to think of all the smiles that will be generated by a bag of candy, and I'll bet you'll put that bag in your cart!

Extended Care residents enjoy new "Tea Party" events on Thursdays

A new weekly event at the Lower Umpqua Hospital Extended Care Unit is worth raising a pinkie finger. Tea Parties are gaining popularity among residents, says Activities Director Johny Berven. It's not just the cookies, but the conversation the residents find at the tea table, that makes it so worthwhile. Interacting with other people is an important element in long-term care, and the staff is always looking for ways to entertain and engage residents.

Donations of cookies and treats for the Thursday parties are welcomed. Johny asks that when preparing the treats please leave out any nuts and prepare them in smaller portions. It would help if a quick call to the Extended Care could be made on Wednesday to alert the staff that cookies will be coming on Thursday. Phone: 271-2171, Ext. 270.

Support Groups & Classes

Better Breathers Club meets the last Friday of the month, 11:30 a.m., LUH conference room, 600 Ranch Rd., 271-2171 x250.

CPR is taught the 1st Wednesday of the month, LUH conference room, 271-2171 x242 to register.

Nurse Assistant certificate classes offered subject to minimum enrollment requirements, 271-2171 x246

Pharmacy Now Open at Lower Umpqua Hospital!



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*Pharmacist Ed Owen
Pharmacy Tech. Mark Miller*

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