

Partners in Care

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

• Spring 2008 •



• Issue 18 •

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RMC hosts open house to introduce new doctors

Everyone is invited to an Open House at Reedsport Medical Clinic on Thursday, May 15.

The event will be a casual gathering, offering our community an opportunity to meet the new doctors and staff.

Reedsport Medical Clinic has recently added one family practice physician, Susan Sparling, M.D.; two internal medicine physicians, Yiyakchu Thapa, M.D. and Eva Pradhan, M.D.; and one new surgeon, Rodney Courson, M.D. All are accepting new patients at RMC.

Dr. Courson alternates his time at RMC with Surgeon Kenneth Lawson M.D.

Gynecologist William Cely, M.D. has recently started seeing patients at the Specialty Clinic at RMC once a month.

Also new to the Specialty Clinic is Physician Assistant Casey Maul, who will be working with Orthopedic Surgeon Michael Ivanitsky, M.D.

All of the doctors are currently accepting new patients. Most of the new physicians and staff members are new to the area and eager to learn more about our town and the people who live here.

The entire staff will be on hand Thursday to meet the community from 4:30 to 6 p.m. at the clinic, 385 Ranch Road in Reedsport. Refreshments will be served.

Pharmacy Now Open at Lower Umpqua Hospital!



Easy entrance in the lower level back parking lot

Accepting all insurance programs

*Pharmacist Marie Moreken
Pharmacy Tech. Mark Miller*

Open Mon.-Fri. 9:30 a.m. to 6 p.m.
Closed for lunch 1p.m. to 1:30 p.m. • (541)271-6370



www.lowerumpquahospital.org

Sparling feeling at home in “family” town

Dr. Susan Sparling was hoping to find a nice small “family” town to settle in, and she has found exactly what she was looking for in Reedsport.

A Northwest native, she grew up in Boise and attended Boise State University. After receiving a bachelor’s degree she dabbled in surprisingly diverse areas of employment, including working for the Idaho Fish and Game Department, being an apprentice electrician, a landlord, and a business owner who operated a home health care facility. And above all else, a mother.

After a great deal of thought, she realized it was time to pursue her true calling as a physician. Dr. Sparling attended Russ University School of Medicine in the Commonwealth of Dominica, in 2000, followed by two clinical study years in England and a Residency in family practice in Wassau, Wisconsin.

Dr. Sparling describes her new position as a physician with a special interest in internal medicine. The Reedsport Medical Clinic, she says, has the wonderful atmosphere of a family-like, low stress work environment, which allows her to focus fully on patients. It is an added bonus to be able to admit and follow-up on patients in Lower Umpqua Hospital, where she can check in on them daily to monitor progress.

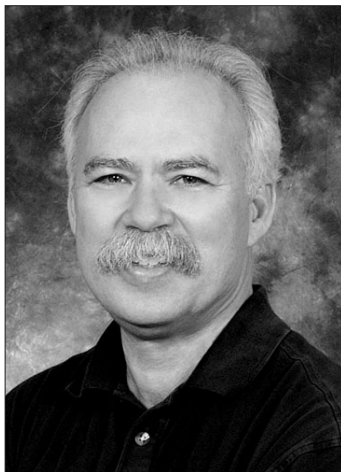
When not at the clinic, the doctor spends her free time with her young son, exploring the area and taking in the nearby fishing. (An experienced angler, she notes that Boise State is the only college offering a credit class in fly-tying and casting, and she did quite well there!) She also has a grown son who is currently serving as an Army Sergeant heading for his third tour of duty in Iraq.

Settling into a “family town” is proving to be an adventure, she says, with a giant smile. “I wasn’t even here a week before people started recognizing me at the grocery store!”

Introduce yourself to Dr. Sparling at the Reedsport Medical Clinic open house, Thursday.



Susan Sparling, M.D.



Rodney Courson, M.D.

Surgeon joins RMC staff

Dr. Rodney Courson, F.A.C.S., did his undergraduate work at California State University, Stanislaus earning a Bachelor of Science in Chemistry and Math. He earned his medical degree at University of California, Davis.

He has a private practice in Arizona and did Locum Tenums (temporary) work before coming to Lower Umpqua Hospital.

In his free time, he enjoys being a ring-

side physician for the Nevada Athletic Commission, gardening, woodworking, painting, playing the guitar, reading, and golfing.

Dr. Courson is married and has two daughters and three grandsons.

Watch future *Partners in Care* newsletters for an interview with Dr. Courson, including what it’s like to be a ringside physician!

Gynecologist seeing patients at Specialty Clinic

William Cely, MD is the newest addition to the growing staff of the Specialty Clinic at Reedsport Medical Clinic. He will be seeing patients in Reedsport one time each month. New patients are being accepted now.

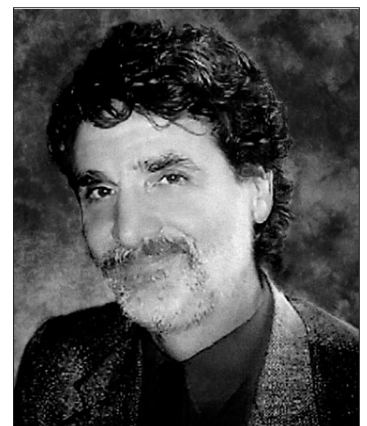
Dr. Cely is also a staff member at Pacific Women’s Health Group in Newport, and Salem Hospital Family Birth Center in Salem.

Originally from San Diego, California, Dr. Cely now lives in Seal Rock, Oregon, and is the father of three adult children. He is an active member of the Rotary Club in Newport, where he has twice been voted “Rotarian of the Year” in honor of his volunteer work. He also volunteers at Seal Rock Fire and Rescue,

and has served on mission trips to El Salvador and Macedonia with Northwest Medical Teams Missions, and to Guatemala with Faith in Practice.

Dr. Cely is Board Certified by the American Board of Obstetrics and Gynecology since 1984. He studied at the University of Utah, receiving his PHD and MD. Internship and residency in OB/GYN at University of Arizona was completed in 1978.

Considering his missions and the space between offices where he sees patients, it isn’t surprising that Dr. Cely’s personal interests include travel. He also enjoys computer programming and skiing.



William Cely, M.D.

Couple finds Reedsport a good fit

Reedsport Medical Clinic welcomes the addition of husband/wife team Physicians, Dr. Eva Pradhan and Dr. Yiyakchu Thapa.

Both doctors are originally from Nepal, and each attended Manipal College of Medical Sciences, in Pokhara, Nepal.

Dr. Thapa explains that in his native country, both he and his wife attended European primary or "grade" schools operated by Irish and English administrators and teachers, where all studies were conducted in the English language. Although Nepalese is technically their first language, each speaks impeccable English. College courses are also taught in an English speaking environment, so making the transition to the United States has been an easy one, concerning language, and both are from families quite familiar with international travel and have many relatives already living in the U.S. Another easy transition is the similarity of the climate on the Oregon Coast with Nepal, where it is also thickly forested with trees and greenery.

At Manipal College, students study medicine and receive degrees such as Dr. Thapa's in Bachelor of Medicine and Bachelor of Surgery (MBBS). Dr. Pradhan also was awarded the TMA Pai Gold Medal for the Best Outgoing Student of her class. Following the University study, students are prepared to work under licensed physicians while awaiting admittance to the very limited seats of further education in medical science. Equipped with new degrees, the couple chose to continue their training in America, completing residency programs in Internal Medicine at St. Barnabas Hospital in Bronx, New York, affiliated with Cornell University. As residents, both Drs. Pradhan and Thapa were recognized as Resident of the Year for Professionalism.

In July 2007, the pair became fully accredited physicians and accepted positions in Florida. They quickly realized that the heavy schedules and lack of time with patients was not what they wanted, and set out to find a better fit. That fit is Reedsport, Dr. Thapa says.

"We were not looking for a small town necessarily, but a practice where we could both enjoy our work and spend real time with



Eva Pradhan, M.D.



Yiyakchu Thapa, M.D.

our patients to learn their histories, go over their charts, and solve the problems."

They also find the "luxury" of a next-door hospital integral to treating patients in the best way possible. It makes checking on patients not only convenient, but provides a valuable consistency of care, which is a top priority for the doctors.

In their time away from work, both Dr. Pradhan and Dr. Thapa are voracious readers who enjoy medical books, and never tire of learning and sharing information at work and at home. Both are keen on keeping up with national and international news. Far from lounging-with-a-book types, they are fitness buffs who enjoy a good run through the neighborhood or a trot on the treadmill.

With the upcoming spring weather, they plan to do some exploring and perhaps a bit of fishing. They are looking forward to meeting the community and making new friends.

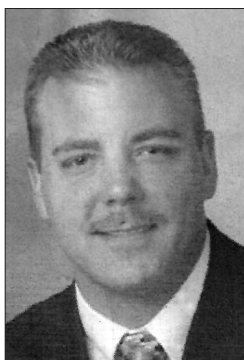
Orthopedic P.A. to join LUH staff

Casey J. Maul, P.A.-C, is the new Orthopedic Physician Assistant who will be working with Dr. Ivanitsky at the Specialty Clinic.

The Vancouver, Wash., native is returning to the Northwest after a long stint in Southern U.S. where he graduated from the Surgical PA program of Birmingham, Ala., in 1994. After graduation he spent eight years in practice with a prominent orthopedic group in Alabama.

Maul has dedicated his career to musculoskeletal problems and has developed a broad base of knowledge and experience in the field.

After nearly a decade on the other side of the country, he is appreciating the beauty of the Northwest and looks forward to discovering new areas by taking day trips with his family. Maul is joined here by his wife and two daughters. The family enjoys camping snowmobiling and jet skiing.



Casey Maul, P.A.-C

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.

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

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.
 Gynecologist: William Cely, M.D.

Dr. Petrofes receives Oregon Partnership to Immunize award

Congratulations to Michelle Petrofes, MD of Dunes Family Health Clinic, for receiving the Leadership Award from the Oregon Partnership to Immunize.

The rest of the world might be just hearing of Dr. Petrofes' outstanding volunteer work, but in Reedsport she has long been known as an extremely generous contributor of time and talent to the welfare of our kids.

Dr. Petrofes was honored at the annual Sports Auction recently, with an award from REEF (Reedsport Educational Enrichment Foundation) in appreciation of her many years of volunteering with students at the High School, Junior High and Elementary School. She is a charter member of the ASPIRE program, mentoring program, tutoring and reading programs. She is currently a math tutor to junior high students. She also served several terms on the Reedsport School Board, where she was well respected for her forthright and tireless efforts.

Children's medication guidelines

Headaches, earaches, coughs, and colds. When your child is suffering from pain or illness of any kind, you want to do what you can to bring relief. Serious problems or illnesses that last more than a week require a call to your child's doctor. But you can handle many common illnesses or aches and pains with a trip to the pharmacy. Here are simple guidelines you can use the next time your child is feeling a little under the weather.



Marie Moreken
LUH Healthmart
Pharmacist

First it's important to remember that children are not equivalent to small adults. Some special precautions apply. First and foremost, the American Academy of Pediatrics advises that you never give any over-the-counter (OTC) medication to children two years and under without a doctor's guidance. Also, do not give aspirin to a child under the age of 12 without a doctor's approval. That's because aspirin may lead to Reye's syndrome, a potentially fatal illness.

A safe alternative to aspirin is acetaminophen, sold most often under the brand name Tylenol. It relieves pain and reduces fever as effectively as aspirin. However, when pain is the result of inflammation from injury, for example, ibuprofen (Motrin, Advil, or others) is a better choice.

Be sure to follow package instructions carefully, and understand that formulations vary in strength; some are available in baby

and junior strengths. Stay alert for any problems. Know that ibuprofen can cause serious conditions, marked by skin rashes. And be aware that early symptoms of acetaminophen overdose can mimic those of the flu, which might lead you to give extra doses, inadvertently causing even more toxicity.

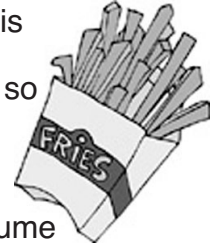
As for the ubiquitous winter colds and flu, is it best to treat them or leave them alone? It depends. Think of a cough as the body's way of clearing mucus from the throat and bronchial tubes. If needed, use OTC cough medicines at nighttime or to temporarily reduce discomfort. Consult a doctor or pharmacist for the best preparation for your child's condition.

Decongestants—sold as tablets liquids, nose drops, or nose sprays—can help relieve stuffy noses or clogged ears. Limit their use in children to no more than five to seven days. Longer usage may result in permanent damage to the mucous membranes. Also limit use of sprays to avoid a "rebound effect," severe swelling in membranes that may occur once the effect of the decongestant wears off. This overuse of sprays may then cause nose and ears to become even more clogged.

Don't give medications to treat diarrhea in your child. It's best to give clear liquids, avoid dairy products, and decrease solid foods for the first 24 hours. If this doesn't do the trick, consult your child's doctor. Never give laxatives or enemas unless a doctor has prescribed them. Treat constipation, instead, by adding bran, fiber, and juices to your child's diet. An apple a day? Well, that may be one more reason it's still a great piece of advice.

This 'n' That!

Any fried food is high in fat. In fact, there's so much fat in these fries that you'll probably consume more calories from the frying fat than from the potatoes.



How about four ears of fresh corn on the cob instead? The calories are equivalent. And, if you eat just one or two ears -which is more likely than four- you're choosing to cut your calorie intake by one-half to three-quarters. Plus, eating corn is a lot more fun.



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.

Weight Watchers, Thursdays at 5 p.m. in the LUH conference room.

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