

FALL 2022

LOWER UMPQUA HOSPITAL DISTRICT PARTNERS IN CARE NEWSLETTER

Photo Credit: Sheri Aasen

LOWER UMPQUA HOSPITAL'S RADIOLOGY DEPARTMENT GETS UPGRADES

Lower Umpqua Hospital District (LUHD) is happy to announce the purchase and installation of new equipment in the Radiology Department.

With the help of Douglas County's generous \$250,000 grant, LUHD purchased a new Siemens CT Scanner. The new CT Scanner will allow the community to have quality images right here in Reedsport.

Some benefits include faster scan times, better quality images with less artifact, less motion, and more detail. It also drastically reduces the radiation dose by an average of 50%. The new equipment can accommodate patients with larger framed bodies. It can also offer Health Screening Exams, including low-dose chest and calcium-scoring scans.

In addition to the new CT Scanner, LUHD has purchased a new Samsung Ultrasound machine. The new Ultrasound was a much-needed upgrade. Benefits include a wide screen with sound waves that travel deeper to see pathology with larger framed bodies, needle enhancement software to guide practitioners during ultrasound-guided procedures, and substantially increased image quality with less missed pathology. The Artificial Intelligence software helps determine the exact borders of irregular masses in the breast and thyroid providing more detailed information for the radiologist.

Upgrading equipment like this is never a simple task. A massive shoutout to the LUHD team of people who made these upgrades happen!



Above: Siemens CT Scanner
Below: Samsung Ultrasound
Photo Credit: Drew Jones



DUNES FAMILY HEALTH CARE WELCOMES A NEW PROVIDER DR. IAN COE M.D.



Dr. Ian Coe M.D.

We asked Dr. Ian Coe, M.D., to share a little about himself, so the community could get to know him better. He shared:

"I grew up in Corvallis and attended OHSU for medical school. While in medical school, I became interested in rural medicine during rotations in Klamath Falls and Coos Bay. For the last three years, I have lived in Billings, MT, where I completed my Family Medicine Residency.

I like being a family doctor because of the broad scope of practice and the ability to form long-term relationships with patients. I enjoy rural medicine, inpatient care, geriatrics, procedures, pediatrics, and public health.

I am glad to be back in Oregon and, specifically, living on the coast in Reedsport. My hobbies include woodworking, kayaking, crabbing, fishing, and hiking. I look forward to helping my patients live the healthiest lives possible and to becoming part of the Dunes Family Health Care and Reedsport communities."

REEDSPORT MEDICAL CLINIC ADDS DIETICIAN AND WOMEN'S HEALTH SERVICES



Stephanie Shiu MPH, RD, LD

Stephanie Shiu MPH, RD, LD can help patients with:

- Dietary Interventions
- Altered texture diets
- Gastrointestinal Disorders
- Hypertension
- Hyperlipidemia
- GERD

- Medical Nutrition Therapy (MNT)
- Pancreatitis
- Weight Loss
- Renal Disease
- Post-Surgical Procedures
- Malnutrition
- Wounds

Need an appointment? Contact your primary care provider about a referral.

YOU CAN FIND OUR 'WE GOT THE EATS' NEWSLETTER ABOUT DIET HEALTH AT:

www.lowerumpquahospital.org



Dr. Veronica Simmonds DO, FACOG

Dr. Veronica Simmonds DO, FACOG, a board certified gynecologist, specializes in:

- Urinary Incontinence
- Prolapse
- Minimally invasive laparoscopy surgery
- Annual wellness visits
- Partial or Complete sterilization

- Contraception
- Adolescent gynecology

Need an appointment? Call 541-271-2119

DON'T FORGET TO SCHEDULE YOUR ANNUAL EXAMS AND SCREENINGS

- ✓ Have I had an annual wellness visit in the past 12 months?
- ✓ When was my last clinical breast exam?
- ✓ Is my mammogram current?



PARTNERS IN CARE PATIENT PORTAL

Partners in Care Patient Portal is an online tool that goes beyond displaying information by helping you manage your healthcare easily and securely.

Enrollment is Easy

1. Visit our website: www.lowerumpquahospital.org
2. Click on the Partners In Care Patient Portal Link
3. Complete Enrollment Questionnaire (Name, DOB...)
4. Access your email and click on a link to the Portal
5. Select a new username and password
6. Visit the Apple or Google Play stores and download the MHealth App.



**Smartphone
Friendly**

Benefits of the Partners In Care Patient Portal:

- Access to your health records at your fingertips
- Request Appointments
- Request prescription renewals
- Exchange messages with your provider between visits
- Give authorized family members access to your health information

Need Help Enrolling?

Contact us at:

541-271-6336

or

partnersincare@luhonline.com

DO YOU NEED TO PAY A BILL OR ASK A BILLING QUESTION?

You can make a payment online, anytime, by visiting:
www.lowerumpquahospital.org,
then click the **Online Bill Pay** button.

You can also visit the self-pay account representative located at Lower Umpqua Hospital's main entrance at 600 Ranch Road, across from the waiting room, Monday thru Friday, 8:00 am to 5:00 pm.

To speak to the self-pay account representative via phone, call:

541-271-6384



DID YOU KNOW

Donations made to Sunrise Shop N' Save in Reedsport help our community.

To participate, all you have to do is let the staff at Sunrise know your donation is for Family Resource Center and they handle the rest!

This program has delivered over \$1,400 in funds to community members in need in just over a year.

Thank you for your donations!



CULTIVATING CONNECTIONS

It is no surprise that cultivating connections is key to longevity. Numerous studies, like the meta-analysis by Holt-Lundstad, and colleagues at Brigham Young University, reported that social contact with friends, family, neighbors, or colleagues improves the odds of survival by 50%.

Here are some ways you can take the first step to connect with others:

1. Make a Call to a friend or family member and catch up
2. Set a Date to visit with your friends/family over coffee or a meal
3. Volunteer (Call the Family Resource Center for current opportunities: 541-271-9700)
4. Participate in Community Events
5. Join a Faith-Based Organization or Spiritual Group
6. Start or Join a Book Club



Connection is a critical part of our overall well-being and health! We encourage you to step outside and say "hi" to your neighbor. It can quite literally help you live a longer, healthier life!

LUHD FOUNDATION

The Lower Umpqua Hospital Foundation is a fundraising organization dedicated to advancing the health-related programs of our community.

With fundraising through donations and grants, the Foundation has provided equipment to the district like the Stryker transport chair pictured to the right, scholarship funds for local high school seniors, literature and journals to promote mental health in the local schools, and covered the cost of counseling services for local youth.



Above: Sheri Aasen
Michelle Petrofis
Stryker Transport Chair

The Lower Umpqua Hospital Foundation is a fully qualified charity under IRS Section 501(C)(3). All gifts are tax-deductible.

Visit our website for all the ways to give:

www.lowerumpquahospital.org/foundation

UPCOMING EVENTS @ LOWER UMPQUA HOSPITAL

Details
coming
soon

Auxillary Craft Sale

Oct. 25th, 11 am-3 pm

Oct. 26th, 4 pm- 8 pm

LUH Employee Craft Sale

Nov. 29th and 30th 10 am-3 pm

Do you have a health topic you would like to learn more about?
email us at: Public_Relations@luhonline.com

