OKAY. So very few of us make actual hay these days, but you get the picture.

With a few more hours between dawn and dusk, we’re eager to do lots of things we couldn’t do a few cold, dark weeks ago.

After the whopper of a winter we just had in the Pacific Northwest, it’s no surprise that the sun has long been an object of worship. Something about sunshine just makes things better. Just ask your cat or dog. Chances are they’ve already co-opted the best sunny spots in your house, right?

Natural light provides lots of health benefits—even if it’s accompanied by spring showers (or “liquid sunshine” as we locals call it).

Here’s what that bright orange ball in the sky can do for you—in proper doses:

■ Strengthen your bones by boosting vitamin D levels.
■ Brighten your mood, which can renew your energy.
■ Make gardens grow and put fresh, wholesome foods on your plate.

Keep your face always toward the sunshine—and shadows will fall behind you.
—American proverb

Sunrise. Make hay. Sunset.

■ Inspire you to get moving. Who can resist the tug of shirt-sleeve weather?

Did you know sunshine can also come in story form? To shine light on things that make people feel good, PeaceHealth invites you to share stories of kindness, generosity, and grace—simple everyday acts that make a positive impact or give someone hope.

Read a few “rays of light” at peacehealth.org/everydaymoments. Then add your own.
S T R O K E  C A R E

Saved by a ‘hero’

TRACY AND MIKE BROWN, of Springfield, knew plenty about stroke—the symptoms, the consequences, and the critical importance of fast treatment. Tracy’s mother had a major stroke in her early 50s and didn’t receive care for three days.

“She definitely suffered some damage,” Tracy says.

That knowledge—coupled with close proximity to PeaceHealth Sacred Heart Medical Center at RiverBend, which recently expanded its stroke program to provide 24/7 interventional stroke coverage—may have saved Tracy’s life when she had her own stroke on Jan. 22 of this year.

“It was Sunday morning; I’d been up for a little bit and decided to go back to bed—and within five minutes, it happened,” says Tracy, a fit, otherwise healthy 39-year-old who runs between 5 and 10 miles several times a week.

Mike looked at her and instantly knew. He called 911.

Tracy was foggy-minded, slurring her words, and drooling, “like when you have Novocaine at the dentist,” she recalls. “I said to Mike: ‘What? You think I’m having a stroke? No way, I don’t want to go to the doctor!’”

No time to lose

An ambulance whisked her off to PeaceHealth Sacred Heart at RiverBend, just a few blocks away. “The entire stroke team was assembled and waiting for me,” she said. “I remember the look on one of the nurse’s faces—she said: ‘Dr. Wilder’s here. You are so lucky’—like he’s the hero who can save me. It was so reassuring.”

Tracy was given tissue plasminogen activator (tPA), a clot-busting protein, and—after imaging showed a total blockage on the right side of her brain—rushed to the catheterization lab, where Neurohospitalist Michael Wilder, MD; his colleague Charles McGlade, MD; and the cath lab team performed a thrombectomy. This minimally invasive technique relies on X-ray guidance to steer a catheter from an artery in the groin up to the head until it reaches the clot.

The procedure cleared the clot and immediately restored blood flow to her brain. She started regaining the use of her left side before leaving the cath lab.

“I’m thinking it was less than an hour from start to finish,” says Tracy, who went home after two nights in intensive care.

With the recent expansion to round-the-clock coverage, stroke patients can count on quick care from a team of experts no matter when they’re brought to PeaceHealth Sacred Heart at RiverBend. Previously, patients had to be transported to Portland if the neurointerventionist wasn’t on call.

Here for you

“We’re delighted we’re able to bring this service to the region,” says Dr. Wilder, whose team has been reaching out to referring physicians and emergency medical service personnel to make sure they know it’s available. “We believe this will lead to much better outcomes for some of our stroke patients.”

For the first few weeks after her stroke, Tracy struggled with occasional headaches, short-term memory lapses and weakness in her left leg. But she pushed herself, climbing Mount Pisgah, near Eugene, just six days after her stroke and resuming her running regimen within several weeks.

Dr. Wilder expects she’ll make a full recovery.

“The program there is excellent,” Tracy says. “I credit Dr. Wilder and his team with my recovery. There’s no question.”

Do you know the signs of a stroke? Find them at peacehealth.org/stroke.
YOUNG CHILDREN LOVE to explore their world, and putting items in their mouth is a common way they learn about their environment.

When I was a toddler, I swallowed a lot of coins. More than I told my parents about, actually. Luckily, none of them ever got stuck.

What goes in must come out, right? But it’s not always that easy. Occasionally, as a pediatric surgeon, I am asked to remove a coin or other foreign object lodged in a child’s intestinal tract. Some household items can cause serious health problems.

What’s the danger?
Here are some of the more worrisome household objects and how to keep your child out of harm’s way.

Keep magnets out of reach at all times. Small magnets are a common part of many desktop toys and are of course on the back of everything on our refrigerator. If a child swallows more than one magnet at a time or a magnet plus another iron object, damage to the intestines could occur.

Keep all medications—including prescription and over-the-counter—in childproof containers, safely out of children’s reach. We all have medicines in our homes. For those of us that take one or more pills on a daily basis, weekly or monthly pill organizer boxes offer a great way to keep medications straight. However, they rarely are as childproof as the original packaging. And many pills look surprisingly like candy. During the recent holiday season, a photo went viral on social media of an adorable gingerbread house decorated entirely with medications. Medications should be up, away, and out of sight.

Keep Mr. Yuk stickers on every cleaner in your house. Household cleaners are still a risk for children. The bright colors and packaging are a draw for little ones. And new risks are emerging. Laundry detergent pods are not just dangerous if swallowed; they are also now a leading cause of eye injury in preschool-age children. Look for Mr. Yuk stickers at the Family Safety Fair. Place the Oregon Poison Center phone number by your home phone or enter it into your cellphone: 800-222-1222.

Reach out to Safe Kids West Oregon with your questions! facebook.com/SafeKidsWestOregon.

Safety starts in the family
Join PeaceHealth and Safe Kids West Oregon for the third annual Family Safety Fair.
When: Saturday, May 13, from 10 a.m. to 2 p.m.
Info: Local experts will be there to cover topics such as personal safety, first aid, fire safety, water safety, and home safety. Emergency vehicles will be on hand, including fire trucks and Life Flight. We’ll also be giving away more than 1,000 helmets. You won’t want to miss it!
NO WOMAN CAN give her bones too much TLC.

"And it’s never too soon—or too late—to give your bones the attention they deserve," says Rechelle Asirot, MD, a family medicine practitioner with PeaceHealth Medical Group in Eugene.

That’s because caring for your bones throughout your life can help protect you from osteoporosis. That’s a disease of progressive bone loss and fragile bones, which means your bones can get thinner and more prone to breaking as you get older. It puts you at high risk for a break or fracture. Many of these are painful fractures of the hip, spine, and wrist caused by falls.

“But even doing a simple household chore can cause a fracture in your spine if your bones have been weakened by osteoporosis,” says Dr. Asirot.

Your changing bones
Bone is living tissue. And it changes constantly, as old bone breaks down and new bone takes its place. When you’re young, your body makes new bone faster than it breaks down old bone—and your bone mass increases. But bone mass peaks around age 30. As time goes by, the body loses more bone than it adds. Your risk of osteoporosis depends on how much bone mass you have by age 30 and how rapidly you lose it later.

The good news: You can take steps to build your bone mass early in life—and slow bone loss later. Here’s how.

Eat a well-balanced diet rich in calcium and vitamin D. Good sources of calcium include:
- Low-fat dairy products
- Dark green, leafy veggies
- Calcium-fortified foods and drinks

Supplements may help you get enough calcium every day, especially if you have a milk allergy or are lactose intolerant. If you’re age 19 to 50, aim for 1,000 milligrams of calcium daily, and after age 50, aim for 1,200 milligrams each day.

Food sources of vitamin D include:
- Egg yolks
- Fatty fish, such as salmon, tuna, and mackerel
- Fortified milk and other fortified foods, like breakfast cereal

But many women, especially older women, may need to take vitamin D supplements to get the recommended daily intake of 600 to 800 international units daily.

Move more for bone health. Like muscles, bones need exercise to stay strong. Weight-bearing exercises—such as walking, jogging, and climbing stairs—are especially beneficial. So are resistance exercises, like weight lifting.

Don’t light up, and go easy on alcohol. Smoking raises the risk of osteoporosis, as does drinking too much.

One last—and crucial—tip: Ask your doctor if you should have a bone density test.

“It can detect osteoporosis before a fracture happens,” says Dr. Asirot. “And it can help your doctor determine if you’re a candidate for medicine that can help prevent or treat osteoporosis.”

Women:
Be kind to your bones

Bone health after menopause
Estrogen protects against bone loss. And after menopause—when the ovaries produce less estrogen—women lose bone rapidly, increasing their risk of osteoporosis.

What’s more, lower estrogen levels after menopause may also explain why more women than men develop osteoarthritis, the most common chronic condition of the joints, especially after age 50.

“But just as you can reduce your risk of osteoporosis, you can also reduce your risk of osteoarthritis,” says Rechelle Asirot, MD.

One key is to stay at a healthy weight. Extra pounds put extra pressure on weight-bearing joints, such as your knees. But unless you are very overweight, losing even a few pounds can reduce joint stress and inflammation and cut your risk of osteoarthritis in half.

Women’s health
I've been instructed to go to physical therapy, but I can't bring myself to go. Won’t it hurt?

If anybody understands pain, it’s therapists. Our primary purpose is to try to reduce patient pain and dysfunction, whether it’s the result of a stroke, surgery, a work-related injury, a motor vehicle accident, osteoarthritis, multiple sclerosis, Parkinson’s disease, or something else that affects your ability to function in life.

In physical therapy, we use the body’s own ability to move itself through the muscles, joints, and nervous system. In short—exercise! We design therapeutic exercises to help you regain your strength, increase your range of motion, and build your endurance to do the activities you need to do.

What we can’t fix, we help patients compensate for through adaptive equipment. Not everything gets better, but we can teach patients how to cope.

In our clinics, people are exercising, laughing, improving, and getting better. If your provider prescribes it, give therapy a fair try. Come in and meet your therapist, talk to him or her about your goals, and the therapist will help devise a plan to help get you closer to your goals.

I know PeaceHealth Sacred Heart has a hyperbaric treatment center. Aren’t hyperbaric chambers used to treat scuba divers?

Hyperbaric chambers are used to treat decompression illness, or “the bends,” which can afflict divers. Our center, which received accreditation with distinction from the Undersea and Hyperbaric Medical Society last year, is listed on the Diver’s Alert Network, meaning that any affected scuba divers in the area will be rushed to our center for treatment.

However, hyperbaric treatment is used for much more than treating decompression illness. A majority of our patients use the hyperbaric chambers to treat wounds that won’t heal, often as a result of diabetes or radiation injury. The treatment is also used for patients with carbon monoxide poisoning.

Hyperbaric treatment involves breathing 100 percent oxygen inside a chamber where air pressure is two to three times higher than normal. This high concentration of oxygen stimulates the body to repair injured tissues. It’s an important treatment method for our patients, whom we often see several times a week.

PeaceHealth Sacred Heart offers the only 24/7 critical-care hyperbaric treatment in the state.

What is the difference between dependence on and addiction to a drug?

Dependence can happen when someone receives certain medications—such as pain pills or tranquilizers—in high doses over a long period of time. The body adapts to the drug, resulting in structural changes in the brain. If you suddenly stop taking these medications, you can go through withdrawal. The difference between dependence and addiction is dependence induces a physical change in the brain structure and addiction is a change in behavior as the result of dependence.

Addiction is a primary, chronic disease of brain circuits. It can prompt a person to take more of a drug than prescribed, to take the drug in ways that were not prescribed (injecting, snorting, smoking), and to take the drugs despite known physical harm. Addiction is not a moral choice; it is a chronic brain disease. But there are successful treatment options.

Dependence can lead to addiction. It’s easy to start taking something for physical pain and start using it for emotional pain and coping. If you or someone you know may be forming an addiction, visit the Substance Abuse and Mental Health Services Administration site at samhsa.gov. And whenever there’s a concern or a health impact, always see your doctor.

We Are Bethel

When: Saturday, June 3, noon to 5 p.m.
Where: Petersen Barn Community Center, 870 Bernzten Road, Eugene
Info: Hosted by the City of Eugene. Come celebrate Bethel and West Eugene at this neighborhood carnival. Meet your neighborhood providers and explore the services available at PeaceHealth Medical Group’s Barger Clinic. Free event.

Katie Vasquez
Rehabilitation Services: Physical Therapy, Occupational Therapy, Speech-Language Pathology
PeaceHealth Peace Harbor Medical Center
400 Ninth St.
Florence, OR
541-902-1669

Kialing Perez, MD
Infectious Disease
PeaceHealth Medical Group
3377 RiverBend Drive
Springfield, OR
541-222-4500

R. Charles Ray, MD
Addiction Medicine
PeaceHealth Medical Group
1200 Hilyard Street, Suite 230
Eugene, OR
458-205-6041
SPECIAL EVENTS

Bellies, Birth and Babies Expo
When: Saturday, May 6, 11 a.m. to 4 p.m.
Where: Bob Keefer Center for Sports and Recreation, 250 S. 32nd Ave., Springfield
Info: Hosted by the Doulas of Lane County, PeaceHealth will be exhibiting to talk about lactation, safe sleep, and our full range of pediatric services.

Family Safety Fair
When: Saturday, May 13, 10 a.m. to 2 p.m.
Where: Bob Keefer Center for Sports and Recreation, 250 S. 32nd Ave., Springfield
Info: Here’s a free, family event that benefits a great cause—you! When crashes or injuries occur, the entire family feels the pain. Learn to prevent accidents before they happen by understanding the hidden hazards around you and your kids.

We Are Bethel
When: Saturday, June 3, noon to 5 p.m.
Where: Petersen Barn Community Center, 870 Bernsten Road, Eugene
Info: Hosted by the City of Eugene, come celebrate Bethel and West Eugene at this neighborhood carnival. Meet your neighborhood providers and explore the services available at PeaceHealth Medical Group's Barger Clinic.

OTHER CLASSES & EVENTS

Eugene Emeralds’ Bike Night
When: Sunday, July 9, 1:05 p.m.
Where: PK Park, 2760 Martin Luther King Jr. Blvd., Eugene
Info: In honor of Bike Night, PeaceHealth and Safe Kids West Oregon will be handing out 300 free helmets to fans at the Eugene Emeralds’ game on their Bike Night celebration.
Fee: Cost of admission to Eugene Emeralds’ game.

Eugene Sunday Streets
When: Sunday, July 30, noon to 4 p.m.
Where: Downtown Eugene
Info: Here’s a free family event that encourages you to get active! While the streets are shut down to vehicle traffic, come visit with a number of vendors and community organizations. PeaceHealth and Safe Kids West Oregon will be handing out 300 free helmets. Come early—they go quickly!

IN EUGENE/SPRINGFIELD

Better Breathers Club
When: Second Wednesday of each month, 1 to 3 p.m.
Where: PeaceHealth Sacred Heart Medical Center at RiverBend, 3311 RiverBend Drive, Springfield, Room 12C
Info: Open to all lung disease patients and their family members who want to better manage a lung condition.
Call 541-222-7442.

Stroke Support Group
When: First Wednesday of each month, 2 to 3:30 p.m. (Room 200FA), or third Wednesday of each month, 10:30 a.m. to noon (Room 22Y)
Where: PeaceHealth Sacred Heart Medical Center at RiverBend, 3333 RiverBend Drive, Springfield
Info: Open to anyone affected by a stroke. Each meeting includes a brief presentation with sharing. No registration is required. To learn more, call 541-222-5144.

Diabetes Support Group
When: Second Monday of each month, 7 to 9 p.m.
Where: PeaceHealth Sacred Heart Medical Center at RiverBend, 3311 RiverBend Drive, Springfield, Room 12C
Info: Open to anyone affected by diabetes. The meeting includes a presentation and time for questions. No registration is required; drop-ins welcome. To learn more, call Terry Cornell at 541-222-3705.

HEALTH EDUCATION

Preparing for Childbirth
This six-hour Saturday class is designed to help you and your partner prepare for the birth of your child. An online eClass is also available. Call 541-222-7074 for more information.

Tour of Labor & Delivery and Mother/Baby Rooms
A free guided tour of the Labor & Delivery and Mother/Baby units at RiverBend. We discuss all you need to know about delivering your baby at PeaceHealth Sacred Heart and about available community resources. Some tours include an Intro to Infant Feeding class taught by a lactation consultant. Sign up online at peacehealth.org/baby or call 541-222-7074.

Weight Loss Surgery
Informational Seminars
A new digital program that was designed to help answer questions for those considering a bariatric weight loss program. For more information, visit peacehealth.org/shmc/bariatrics or call 541-515-7270.

Holistic Health
Where: Oregon Heart & Vascular Institute at PeaceHealth Sacred Heart Medical Center, Cardiovascular Wellness & Rehabilitation area, 3311 RiverBend Drive, Springfield
Info: $60 for 10 classes. Certified instructors offer a variety of holistic health classes, including yoga, chair yoga, tai chi, and Pilates. Free orientations are held the second Friday of each month from 3 to 4 p.m. Registration and payment are required prior to participation. (Participation is free for Supervised Exercise program members.) Call 541-222-7216 to register.

IN FLORENCE

Better Breathers Club
When: Fourth Wednesday of each month, 2 to 3:30 p.m.
Where: PeaceHealth Peace Harbor Medical Center, Conference Room C, 400 Ninth St., Florence
Info: Support, education, and socializing for people with chronic obstructive pulmonary disease or other chronic lung diseases and for family members and caregivers.
For more information, call 541-902-6300, ext. 5635.

Diabetes Support Group
When: Third Tuesday of each month, 2 p.m.
Where: Siuslaw Public Library, 1460 Ninth St., Florence

IN FLORENCE

Bereavement Support Group
We offer time-limited, closed groups that meet for eight weeks. All groups are open to those grieving the death of a loved one. Registration closes 48 hours before each new group begins. Individuals who haven’t participated in our Hospice service will need to speak with a bereavement coordinator before attending a group. If you live outside of Lane County, please contact your local hospice for group information.
All groups are free of charge and require registration in advance by calling PeaceHealth Sacred Heart Hospice at 541-461-7550.

PEACEHEALTH SACRED HEART HOSPICE GRIEF SUPPORT

8-week support groups for 2017:
Daytime meetings
Tuesdays, 10:30 a.m. to noon
April 11 through May 30, July 11 through Aug. 29

Evening meetings
Wednesdays, 6 to 7:30 p.m.
May 3 through June 21, Aug. 2 through Sept. 20

Additional group opportunities:
- Grieving Parents Group: eight-week sessions; please call for schedule.

8-week support groups for 2017:
Daytime meetings
Tuesdays, 10:30 a.m. to noon
April 11 through May 30, July 11 through Aug. 29

Evening meetings
Wednesdays, 6 to 7:30 p.m.
May 3 through June 21, Aug. 2 through Sept. 20

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Wednesdays, 6 to 7:30 p.m.
May 3 through June 21, Aug. 2 through Sept. 20

Additional group opportunities:
- Grieving Parents Group: eight-week sessions; please call for schedule.

Information in HEALTHY YOU comes from a wide range of medical experts. If you have any concerns or questions about specific medical issues that may affect your health, please contact your healthcare provider. Models may be used in photos and illustrations.
A home away from home

DID YOU KNOW that PeaceHealth Sacred Heart Medical Center offers inexpensive lodging in a supportive environment for families of hospital patients whose home is outside of Eugene-Springfield? The guest house serves families from all over Oregon, including Cottage Grove, Florence, and even as far away as Medford.

The current guest house, located at 1057 Patterson St., provides a tranquil retreat for families in times of crisis. On average, it hosts about 313 families per year. Yet the need grows every year, and often the hospital has to find alternative accommodations.

“The peace of knowing you have a place to stay that is affordable when you have a hospital bill looming is comforting, to say the least,” says Josh Ort, of Albany.

“The guest house allowed me to be strong for my family and get my feet back on the ground.”

Josh stayed several nights at PeaceHealth Sacred Heart’s guest house while his daughter, Raegan Grace, and wife, Danyelle, spent time in the hospital’s Neonatal Intensive Care Unit.

To ensure all of our patients are able to have family as close as possible for support and to help with the healing process, PeaceHealth is building a new one-story house with two bedroom wings on the RiverBend Campus. It will provide a home away from home to an estimated 1,500 patients and families a year—a significant increase over current capacity. The new guest house will be funded 100 percent through philanthropy.

With your help, we can create a place of hope and healing for patients and families in medical crisis.

Please visit peacehealth.org/foundation/sacred-heart and donate today!

Your gift for a stronger community

We care about the future health of our community. We know you do too.

Consider these gift options to create your own legacy to strengthen healthcare for future generations:

- Put a charitable bequest in your will or living trust to leave to PeaceHealth a specific item, an amount of money, a gift contingent upon certain events, or a percentage of your estate.
- Name PeaceHealth as a beneficiary of assets, like IRAs, life insurance, stocks, or real estate.
- Make a monthly or annual gift of cash to one of our medical centers.

Visit peacehealth.org/foundation, choose your community, and make your gift today.

Consider a gift that ensures and brightens healthcare for the future. Download our FREE Personal Estate Planning kit. Visit peacehealth.planmygift.org/wills-and-living-trusts.
Run for the prize—safely!

By Lorne Bigley, MD, Family Medicine
PeaceHealth Medical Group

AS AN ACTIVE PERSON, family doctor and lead physician volunteer for the Eugene Marathon medical tent since it began in 2007, I’ve gained a well-rounded perspective on running injuries.

We’re in the thick of marathon season, so there’s no better time to talk about how to avoid injuries and ailments during vigorous exercise.

If you’re running the race, I hope you’ve followed an appropriate training regimen these past three months to slowly build up strength, stamina, and speed. But even if you’re in tip-top shape, you can get into trouble on the course.

Here’s my best advice to avoid a visit to the medical tent—and these tips hold true for anyone who runs or exercises vigorously.

Hydrate, hydrate, hydrate! Hands down, the most common problem we see in the medical tent is dehydration—especially on warm, sunny days. The average person loses as much as 1 to 2 liters of water per hour during vigorous exercise. As you lose fluids, energy wanes, muscles cramp, and blood pressure falls.

Symptoms of mild dehydration include headache and light-headedness—bad enough to affect your time but not likely to bring you to the tent. As dehydration worsens, electrolytes—minerals such as calcium and potassium that carry energy through the body—become imbalanced, throwing off your blood chemistry, muscle function, and other key bodily functions. In more severe cases, you can get delirious.

The American College of Sports Medicine recommends drinking approximately 16 ounces of fluid about two hours before exercise to help ensure adequate hydration and to allow time to excrete excess water. Avoid caffeinated beverages, as they have a diuretic effect. During your run, you’ll want to keep drinking to the tune of four to eight ounces every 15 to 30 minutes.

Eat properly. Make sure meals leading up to the race include foods with complex carbohydrates, such as whole grains, green vegetables, legumes and starchy vegetables (potatoes, squash, corn), as well as adequate protein and iron. Carry carb-rich snacks like energy bars with you.

Wear the right shoes. You’ll want shoes you’ve run in and know work for you. Race day isn’t the time to break in a new pair. We see plenty of nasty blisters and lost toenails in the medical tent, and the right pair of shoes can help prevent that.

Don’t stop suddenly. We’ve observed over the years that runners who stop abruptly when they reach the finish line tend to experience more light-headedness and sometimes delirium, as blood pressure suddenly drops. Best to keep walking up to the recovery area, and gradually slow yourself down.

Do it for yourself. If I could share one thing I’ve learned in my years in the medical tent, it’s this: If you want to be a runner, do it at your own pace and for your own enjoyment!

Lorne Bigley, MD
Family Medicine
PeaceHealth Medical Group
3299 Hilyard St.
Eugene, OR
541-222-8620

Make sure you’re ready to run—get a wellness checkup from your primary care doctor.