

# PULSE BEAT

YOUR HEALTH, YOUR LIFE

PLAY IT  
**SAFE**  
in the  
**Game of Life**

**CHECK YOUR HEALTH —**  
IT'S NEVER TOO LATE

**YOUR LUNGS:**  
AN INSIDE LOOK



**McKenzie-Willamette**  
MEDICAL CENTER

# BETTER LATE THAN NEVER!

## VAPING: Lost in a Haze

You may have heard about people turning to vaping to help them stop smoking. Does it work? Is it safe?

Like cigarettes, e-cigarettes contain nicotine and other chemicals. So, while someone with a nicotine addiction might find relief in vaping, they won't put an end to their addiction. Others who have never smoked can become addicted to nicotine through e-cigarettes. In fact, research published in *Pediatrics* has found that teenagers who vape are more likely to smoke traditional cigarettes.

E-cigarettes themselves are not terribly safe, since they're unregulated. There's no way of being sure what chemicals they contain; poisons such as formaldehyde and antifreeze have been found in e-cigarettes. Even e-cigarettes marketed as "nicotine-free" have been found to contain nicotine, which is known to be harmful to cognitive development in adolescents. And because e-cigarettes are often flavored like fruit or candy, they're particularly attractive to younger age groups.

When it comes to vaping, the best advice is: Don't! And be sure your children and teenagers are well-informed so they can make sound decisions about e-cigarettes.



Need a pediatrician to help with your child's vaping habit? Visit [McKWeb.com](http://McKWeb.com) to find a pediatrician taking new patients.

You didn't get your flu shot for how many years, now? No matter, because you never get the flu, right? Why not skip the 2018–19 season, too.

Sadly, this thinking isn't grounded in reality. You don't get vaccinations and screenings because you're sure to get sick without them — you get them to prevent or mitigate the rare, but very possible, chance you might get sick.

Here are some screenings and shots that people typically avoid or forget — and why they're important.

SCREENING OR VACCINATION	BENEFITS TO YOU
<b>Cervical cancer (Pap smear)</b>	Identifies abnormal cervical cells, precancerous lesions and early cervical cancer
<b>Mammogram</b>	Can reduce number of breast cancer deaths in women ages 40–74
<b>Colorectal cancer</b>	Can often detect and remove polyps before they become colon cancer
<b>Tetanus</b>	Can prevent tetanus, a disease that requires immediate medical attention
<b>Hepatitis A</b>	Can prevent hepatitis A, a disease that may cause liver problems and death
<b>Pneumococcal</b>	Can protect against pneumococcal disease that kills more than 16,000 adults age 65 and older annually

*\*Screening and immunization data from the Centers for Disease Control and Prevention*

## LOVE and Your Health

Love helps build healthy bodies. Doubt it?

- Extreme emotional distress can cause broken heart syndrome or lead to short-term heart muscle failure.
- Getting frequent hugs may improve immune response and reduce stress.
- For men, love and support from a significant other reduces their chances of duodenal ulcer and angina.
- The quality of intimate relationships (positive or negative) can raise or lower your risk for coronary heart disease.



# 'Tis the Season FOR HEART ATTACK

Seasonal heart attacks are a real thing, and they're an annual threat to your health.

Did you know you may be more likely to suffer a heart attack when you need to bundle up? In fact, there is such an increase of heart attack occurrences during the colder months that the American Heart Association (AHA)'s journal *Circulation* published a study on the winter holiday season as a risk factor for cardiac and noncardiac death.

## COMMON CARDIAC CULPRITS

When cold weather sets in, it can result in narrowed blood vessels and arteries, limiting blood flow and reducing oxygen to your heart. However, other heart attack causes are more under your control. These include:

- being constantly on the go
- exposure to wood smoke
- increased intake of unhealthy foods and alcohol
- stress connected to the holidays  
(financial demands, busier schedules, etc.)

## DIY PREVENTION

To reduce your holiday heart attack risk, limit stress. Remember — your house doesn't have to be the most decorated on the block, and tense moments at family gatherings aren't all your fault. When you feel stress piling up, find a quiet place and practice deep breathing exercises, or find a good book to read.

Along with reducing stress, do your best to maintain a healthy diet, drink only in moderation, exercise regularly, bundle up when outdoors, avoid wood smoke and keep a manageable schedule.



If you are experiencing an irregular heartbeat and need to see a cardiologist, please call McKenzie Heart Group at (541) 325-8552.



## TURN THE BEAT AROUND

A condition that causes the heart to beat faster or slower, arrhythmia can cause shortness of breath, chest pain, a fluttering feeling in the chest or other troubling symptoms. Left untreated, the condition can be life-threatening.

Therefore, anytime you feel your heart beating erratically, slower or faster than usual, or in other atypical patterns, seek medical evaluation. Depending on your symptoms, your physician may recommend testing to monitor the electric impulses or rhythm of your heart or its size, structure and motion of your heart. With an appropriate diagnosis, treatment can begin and you can get back to life, one beat at a time.

# SAFETY *Checkup*

Are you up to date on the latest safety precautions? Check out these tips to help safeguard your family's health.

*Burn Notice*

Fire is not the only household burn hazard. Burns can also be caused by chemicals, steam, hot liquids, gases, friction or electrical current.



**First-degree burns** damage the top layer of skin, causing redness, swelling and pain.



**Second-degree burns** damage the outer skin and the dermis, the underlying skin layer.



**Third-degree burns** destroy both layers of skin and damage the tissue below. These serious burns require immediate emergency medical care.

## COOL, COVER, COMFORT

For minor burns, apply cool — not cold or icy — water. Bandage loosely with sterile gauze or a nonstick bandage. If needed, use over-the-counter medications, such as acetaminophen, ibuprofen or naproxen, to relieve pain.



## WHEN TO CALL THE DOCTOR

Most minor burns will heal on their own, but call 911 or head to the emergency room if the skin is broken or charred, the burn is larger than three inches across, or is located on the face, hands, feet, genitals or a major joint such as the knee or shoulder.

## *True or False?*

- Q:** Applying butter soothes a burn.
- A: False.** Greasy substances such as butter and oil do not make burns feel better and may increase the risk of infection.

## STEER CLEAR OF TROUBLE

Just about everyone knows that the safest course of action is to avoid using a cell phone while driving. Yet in a recent AT&T-sponsored survey, 61 percent of drivers admitted to texting, 28 percent reported surfing the internet and 17 percent said they take selfies behind the wheel.



## ARE YOU FLYING BLIND?

According to the Federal Motor Carrier Safety Administration, texting drivers take their eyes off the road for an average of 4.6 seconds. At 55 miles per hour, that's the length of a football field.



To check the laws in your state, visit the Governors Highway Safety Association (GHSA) website at [GHSA.org/State-Laws](http://GHSA.org/State-Laws).

Concerned state lawmakers are taking action to curtail these hazardous behaviors. While no state currently prohibits all cell phone use by all drivers, new and increasingly strict legislation is being added to the books every year.





## WOMEN ARE DIFFERENT FROM MEN

Ladies, watch for these less-common signs of heart attack, including:

- dizziness, light-headedness or fainting
- nausea or vomiting
- pain in the jaw, neck, back or stomach
- sudden indigestion, heartburn or persistent belching
- sweaty, clammy or chilled feeling
- unusual fatigue

Women are more likely to experience these signs of stroke:

- fast or fluttering heartbeat
- persistent hiccups
- nausea or vomiting
- shortness of breath
- overall weakness



## COMMON STROKE SYMPTOMS INCLUDE SUDDEN:

- confusion
- coordination problems, such as stumbling or losing balance
- difficulty seeing, such as blurriness or double vision
- severe headache
- trouble speaking or understanding others
- weakness or numbness on one side of the body

## TWO SIDES TO SAFE SLEEP

When it comes to the safest sleeping conditions for baby, there are two sides to the story.

According to new recommendations by the American Academy of Pediatrics, the safest sleep environment for baby is:

- a crib with only a tight-fitting sheet, no soft bedding, bumpers, pillows or toys
- in the parent's bedroom on a separate surface for at least the first six months and preferably the first 12 months of life
- on his or her back on a firm sleeping surface such as a crib or bassinet



### SEE SOMETHING, SAY SOMETHING

Quick treatment for heart attack or stroke can save a life. Know the signs and call 911 right away.

## COMMON HEART ATTACK SYMPTOMS INCLUDE:

- chest discomfort (pain, pressure, fullness or squeezing sensation)
- pain in one or both arms
- shortness of breath

## What's the Difference?

**Heart attack** occurs when blood flow to the heart is blocked and heart muscle cells begin to die. Restoring blood flow quickly stops the damage and preserves heart function.

**Stroke** occurs when blood flow is blocked to the brain. According to the National Stroke Association, two million brain cells die every minute during a stroke, making fast treatment essential to survival and recovery.



In the event of an emergency, remember McKenzie-Willamette Medical Center maintains a 30-Minute ER Pledge. You can check out our current wait times at [McKWeb.com](http://McKWeb.com).

## PACK YOUR BAG

You can never predict when an emergency will occur. However, be prepared. Keep an emergency room (ER) go-bag in an easy-to-find location. Be sure to pack:

- copies of legal documents pertaining to your care, such as a healthcare proxy
- names and phone numbers for all current doctors
- insurance information and identification card
- names and phone numbers of anyone else who may need to be contacted
- a list of all medications, including over-the-counter medications and natural supplements
- a notebook and pen to keep track of important information, especially medication and discharge instructions
- a list of allergies
- a record of all medical conditions, diagnoses and any recent test or imaging results

Any medications you may need to take while at the ER, and important personal items, such as glasses and hearing aids, can be added when you leave for the hospital.



*We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.*

## Favorite Things

Chocolate, citrus fruits, mints, coffee, caffeinated sodas, tea, onions, tomato products, and spicy or fried foods can cause heartburn.

# HEARTBURN

## A Burning Question

Heartburn, or the feeling of burning in the chest, is the body's common response to eating too much or eating certain foods. Lifestyle changes can limit your reliance on antacids for relief.



### BARRETT'S ESOPHAGUS

If gastroesophageal reflux disease (GERD) sticks around long enough, it can cause chronic inflammation in the area of the esophagus that connects to the stomach. While the cause is unknown, a condition known as Barrett's esophagus is most often diagnosed in people with chronic GERD.

Individuals with Barrett's esophagus may have difficulty swallowing food, experience more frequent heartburn and possibly suffer chest pain. They're also at higher risk for esophageal cancer.

To protect against cancer, physicians monitor individuals with Barrett's esophagus to ensure the condition doesn't worsen, while also working to treat reflux. In the event the abnormal cells appear to be in the process of becoming cancerous, a number of proven surgical options with varying degrees of invasion are available.

*Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.*

You may be all too familiar with the burning sensation of heartburn and having to take antacids to soothe the pain. The American College of Gastroenterology estimates that more than 60 million people in the U.S. experience heartburn symptoms at least once a month, and more than a quarter of those have heartburn daily.

### LOW DOWN ON YOUR ESOPHAGUS

The sensation occurs when the acidic liquid from your stomach backs into the esophagus. A ring of muscle prevents this from happening, unless other factors loosen the seal.

Pregnant women are more at risk for heartburn due to hormones that slow digestion, according to the Office on Women's Health. People who have a hiatal hernia — part of the stomach is pushing through the diaphragm — or are obese or overweight are more at risk for heartburn symptoms as well.

Heartburn pain can last a few minutes or for hours. For many, spicy food,

overeating, wearing tight clothes or lying down too soon after eating is the cause.

### PREVENTING HEARTBURN SYMPTOMS

The best treatment is prevention. To curb heartburn symptoms, try these lifestyle changes:

- Avoid wearing tight belts or clothing.
- Choose high-protein, low-fat foods.
- Don't eat a lot of spicy food.
- Eat several hours before lying down.
- Limit coffee, alcohol and carbonated drinks.
- Quit smoking if you do smoke.
- Reach and maintain a healthy weight.
- Stop eating when you are pleasantly full.

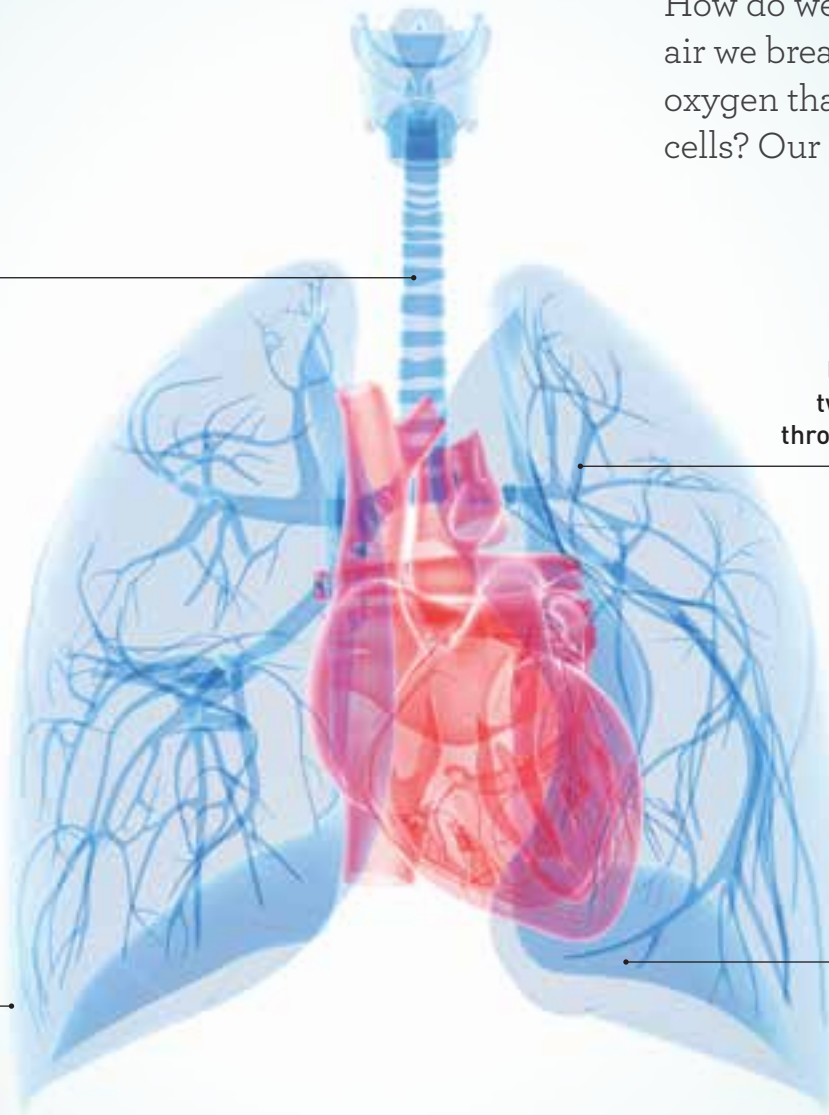
### FEELING BETTER

For occasional heartburn symptoms, taking an over-the-counter antacid can manage discomfort. According to the American Academy of Family Physicians, raising the head of your bed six to nine inches can help reduce your risk for acid reflux when you sleep.



If your heartburn persists and you need to seek medical care, call Summit Surgical Specialists at (541) 716-5813 to schedule an appointment.

# TRANSFORMATIONAL ORGANS: YOUR LUNGS



How do we turn the air we breathe into the oxygen that powers our cells? Our lungs!

**1.** Air enters our lungs through the trachea.

Each lung has a branched structure that provides plenty of surface area for oxygen to be taken from air and carbon dioxide to be released back into the air. The small “cells” that form the branches are called alveoli. Each alveolus is wrapped with tiny blood vessels, and this is where the oxygen/carbon dioxide exchange takes place — in the hemoglobin of the red blood cells in these vessels.

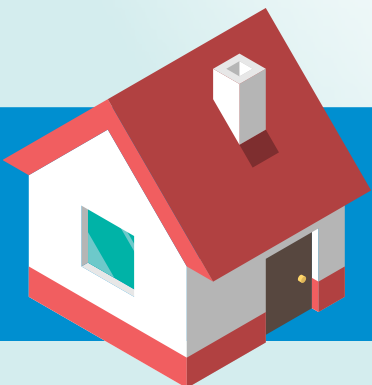
**3.**

Bronchi and bronchioles look like branches and twigs and carry air throughout the lungs.

**2.**

The movement of the diaphragm muscle works the lungs like a bellows, moving air in and out.

**4.**



The total absorptive surface area of the respiratory system including the lungs is between 70 to 100 square meters. That's as big as the floor space of a small house!



Having issues with your breathing? Need a pulmonologist? Visit [McKWeb.com](http://McKWeb.com) to find one near you.



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Visit [McKWeb.com/signup](http://McKWeb.com/signup) to receive other health and wellness articles and register for our eNewsletter.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (541) 726-4400 (TTY: (541) 741-4604).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (541) 726-4400. (TTY: (541) 741-4604).

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# PUT YOUR HEART → *First*

Heart disease is the No. 1 cause of death for women, according to the American Heart Association, but often its symptoms are chalked up to getting older or to acid reflux. Take care of your heart by eating healthy foods, exercising regularly, quitting smoking and talking with your doctor about your personal risk for heart disease.



Concerned about your risk for heart disease? Call McKenzie Heart Group at (541) 325-8552 to schedule an appointment with a cardiologist.

