

PULSE BEAT

YOUR HEALTH, YOUR LIFE

THE POWER OF OXYGEN To Heal Faster

**JOINT REPLACEMENT:
WHAT TO EXPECT**

**PREPARE FOR
EMERGENCIES —
STOCK YOUR
FIRST-AID KIT**



McKenzie-Willamette
MEDICAL CENTER



THE POWER OF *Oxygen*

A treatment known as hyperbaric oxygen therapy enhances the flow of oxygen in your body and can help wounds heal more quickly.

The human body is designed to heal itself, but sometimes it needs a little help to complete the process. Hyperbaric Oxygen Therapy (HBOT) provides that healing assistance by nourishing the body with 100 percent oxygen delivered in a highly pressurized environment. This added pressure aids in the efficient delivery of oxygen to your body's organs and tissues.

Your healthcare provider may recommend HBOT to manage a variety of conditions, including:

- air embolisms created during deep water diving
- bone infections
- burns
- carbon monoxide poisoning
- frost bite
- gas gangrene
- radiation-caused tissue damage
- nonhealing wounds caused by injuries or illnesses, such as diabetes

The benefits of hyperbaric oxygen therapy include reduced swelling and decreased risk of wound-related infection.

THE TREATMENT PROCESS

To receive hyperbaric oxygen therapy, you will spend time in a sophisticated oxygen chamber in which the pressure is between 250 and 280 kilopascals (kPa), units that measure pressure. This level of pressure is roughly two and a half times higher atmospheric pressure at sea level (101.325 kPa), according to the National Institutes of Health.

Each session in the chamber can last between 45 minutes to 300 minutes at a time, and your healthcare provider can recommend as many as 40 treatments. During the treatment, you may notice a feeling of fullness and pressure in the ears. Your ears may also pop when you exit the chamber.



If you have a wound that won't heal, seek help as soon as possible. To learn about wound care services, call McKenzie Wound Center and make an appointment, (541) 988-6200.

WHAT IS A DIABETIC FOOT ULCER?

If you are living with diabetes and your blood sugar is not well-controlled, you may experience poor circulation in your legs, ankles and feet, as well as lack of sensation in the feet. As a result, you may also begin to develop diabetic foot ulcers. These ulcers are open sores, and roughly 15 percent of individuals with diabetes have these ulcers on the bottom of the feet, according to the American Podiatric Medical Association.

Additionally, 6 percent of those who develop foot ulcers are hospitalized because of complications related to the ulcer, such as infections. And up to 24 percent of people with diabetic foot ulcers will require amputation because of the wound.

Symptoms of diabetic foot ulcers include redness, swelling, drainage and a foul odor. If you have diabetes and notice a nonhealing wound on your foot, contact a podiatrist as soon as possible to treat the wound and reduce your risk of infection.

If you have diabetes, daily foot checks help prevent complications from nonhealing wounds. Wash and dry feet completely, checking between toes, and speak with your provider if you notice an ulcer, blister, redness, warmth or changes in callouses.

HANDLING BEE STINGS AND OTHER EMERGENCIES

Prepare for the worst and know when you should head to the ER.

As the weather warms, there are more opportunities to head outside. But enjoying the great outdoors presents health risks, such as bees working to collect pollen and snakes coming out from their winter burrows. Whether your outdoor plans involve long hikes or just time in the backyard, you need to know what to do if faced with an emergency bite or sting.

MOST STINGS ARE MINOR

If you're stung by a bee, remove the stinger by flicking or scraping off the stinger, rather than pinching the area. Bees leave a venom pouch which contracts for about 20 to 30 seconds. When you pinch the stinger area, it injects the venom, whereas quickly flicking or scraping off the stinger limits the amount of venom that can enter the body. An ice pack can help reduce swelling.

WHAT ABOUT ANAPHYLAXIS?

Anaphylaxis is a severe allergic reaction that can be life-threatening. In some people, this

reaction is caused by ingesting certain foods like peanuts, being exposed to latex, taking certain medications or being stung by an insect.

If you or a family member has severe allergies to foods, insects or other materials, it's important to carry an epinephrine injector at all times. If an insect sting happens, go to an emergency room immediately if you experience or witness the following symptoms of anaphylaxis:

- difficulty breathing
- dizziness
- hives
- nausea or stomach cramps
- swelling of the face, throat or tongue

SNAKE VENOM CAN KILL

Snakes really don't like to bite people, contrary to public opinion. If you see one and back away, it's unlikely to chase you. But if you are bitten, immediately go to an emergency room or call 9-1-1.

Do not try to trap the snake, tourniquet the limb or suck the venom out, like you see in the movies. Keep the bite below the heart, if feasible, until medical help arrives. And watch out for your pets, too — their smaller size makes snake bites more dangerous.

When does an allergic reaction merit a trip to the ER? Generally, if two or more body systems (skin, digestive, respiratory or cardiovascular system) are affected, call 9-1-1 or go to the ER. An example? A slight throat tightness (respiratory system) **with** a rapid heartbeat (cardiovascular system). Check average ER Wait Times at McKWeb.com.



MAKE A FIRST-AID KIT

Sure, you can buy a prepackaged first-aid kit, but it's just as easy to make your own. Get a plastic storage box or sturdy waterproof bag and add the following:

- acetaminophen or ibuprofen
- adhesive tape
- adhesive bandages in different sizes
- antibiotic ointment
- antiseptic or alcohol wipes
- elastic wrap bandage
- emergency blanket
- flashlight and extra batteries
- hydrocortisone cream
- instant cold pack
- nonlatex gloves
- safety pins
- scissors
- splint
- sterile gauze pads
- thermometer
- tweezers

If a family member has a known medical condition, add any medications that could be needed in an emergency. Keep a first-aid kit in each car and another one in your house.





THE HOSPITAL: *The Safest Delivery Destination*

Even during a global pandemic, a hospital setting is the safest place for your labor and delivery.

These days, many people have grown accustomed to spending plenty of time at home. For some pregnant women, that trend may be extending into their preferences regarding where they will give birth. Home birth, an option that was once commonplace but fell out of favor, has been gaining popularity in the age of COVID-19. However, even with a trained and experienced nurse midwife overseeing the home birth process, there are still risks associated with giving birth at a venue other than a hospital if your pregnancy is high risk — one that poses a threat to the life of the mother or the baby. For this reason, having a perinatologist, or an obstetrician who has been trained in high-risk pregnancy care, is imperative.

According to the National Institutes of Health, your pregnancy is considered high-risk if you:

- are 17 or younger or 35 or older
- are obese or overweight, which increases your risk for gestational diabetes, high blood pressure, neural tube defects, preeclampsia and the need for cesarean delivery
- are pregnant with multiples
- have an existing health condition, such as diabetes, high blood pressure or HIV
- have a history of pregnancy complications, such as having a child with a birth defect or going into premature labor
- were underweight before pregnancy

BENEFITS OF DELIVERING BABY IN THE HOSPITAL

If you deliver your baby in a hospital, you can count on having round-the-clock care from registered nurses and trained OB-GYNs. You will also have access to anesthesia options during labor and be close to an operating room if an emergency C-section is required.

THE GOLDEN HOUR

The first hour after your child is born is the optimal time for establishing a strong bond with your baby. This time, known as the Golden Hour, is when skin-to-skin contact between you and your baby can help promote attachment and reduce stress for both of you. It will also help your little one get used to the world outside of your womb, and his or her blood sugar, heart rate and respiratory rate will regulate.

After delivery, your baby will be cleaned and dried by a nurse, who will then place your baby skin to skin and belly to belly with you. You will be covered in warm blankets. This is the time when your baby will find her way to your breast and latch on for her first nursing session.



Interested in giving birth at McKenzie-Willamette Medical Center? Check out our maternity services at McKWeb.com/Baby or call (541) 726-4471 for more information.



Living with chronic joint pain? If pain is affecting your everyday life, it might be time to consider joint replacement surgery.

Your Joints, *Only Better*

At some point, joint damage affects practically everyone. Whether caused by an injury, arthritis or the gradual wear and tear of life, joint pain can often be treated with exercise, lifestyle changes or medication. When these aren't enough, however, joint replacement surgery may become necessary.

Offering years of use, artificial joints can greatly improve your quality of life.

PREPARING FOR THE DAY

The first step is to meet with an orthopedic specialist. Depending on the deterioration, you may require a partial or full joint replacement. Either way, your orthopedic specialist will educate you on the surgery, answering questions and giving a clear picture of what to expect during and after your procedure.

Leading up to surgery, you'll need to eat a healthy diet and perform special exercises. These two steps can help you recover from surgery and regain full range of motion faster.

THE BIG DAY

On the day of surgery, you'll check in at the hospital and be taken in for surgery. In some joint replacement cases, minimally invasive techniques can be employed, offering smaller incisions and less disruption to muscles, ligaments and tendons. But each case is different, so talk with your surgeon about what might work best for you.

And believe it or not, just hours after leaving the operating room, a physical therapist may help you begin using your new joint.

GOING HOME

Recovery continues with in-home therapy. During this time, a therapist visits your home a few times a week. As you gain function in your new joint, you will transition to outpatient therapy.

Within a few weeks, you should finish your formal rehabilitation process. While you continue working to strengthen your new joints, you should be able to return to everyday life, doing many of the things you love!

HOME, SAFE HOME

Is joint replacement surgery in your near future? Take steps to prepare your home for a safe return.

- **Clear the Clutter.** You should be able to get around your house without bumping into coffee tables or stacks of magazines. This is particularly important if you'll use a walker or cane after surgery.
- **Level Your Life.** Dishes, food supplies, notebooks, glasses and clothing should be easy to access. Store them so you don't have to bend over or reach high to get them.
- **Prepare Food in Advance.** Fill your freezer with precooked meals for easy reheating and eating during recovery. If you cook your own food, cook ahead and freeze meals in single-serving portions.



Living with joint pain? It doesn't have to be that way. Call (541) 744-6167 to learn about our new Mako SmartRobotics™ technology for joint replacement in Lane County.

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



BLOOD PRESSURE WATCH

Monitoring your blood pressure is one of the most effective ways to reduce your risk of stroke.

KNOW THE SIGNS OF STROKE

Recognizing the signs of stroke is important so you can seek treatment as soon as possible. To remember the signs of stroke, use the acronym FAST.

- **Face:** Ask the person to smile. Is one side of the face drooping?
- **Arms:** Ask the person to raise both arms. Is one lower than the other?
- **Speech:** Ask the person to repeat a short sentence. Is their speech slurred or difficult to understand?
- **Time to call 9-1-1.** If the answer to any of these questions is “yes,” call emergency services immediately.

Your brain makes up only 2 percent of your body weight, but it uses 20 percent of the oxygen you breathe, according to the Centers for Disease Control and Prevention (CDC). That’s what makes stroke so serious: when blood can’t reach the brain, its cells are deprived of much-needed oxygen. To limit the risk of stroke (and potential brain damage), you should keep a careful eye on your blood pressure.

High blood pressure means your blood moves through your arteries with too much force. This causes your arteries to stretch and tear, and as those injuries heal scar tissue builds up and traps plaque in your arteries. Plaque can promote blood clots, and blood clots can cause stroke.

Other risk factors for stroke include:

- age; your risk increases as you get older
- cardiovascular disease
- diabetes
- high cholesterol
- lack of physical activity
- obesity
- smoking

4 WAYS TO LOWER BLOOD PRESSURE

As many as 80 percent of strokes could be prevented through lifestyle changes, according to the CDC — and lifestyle changes come from the small choices you make every day. Here are four ways you can lower your blood pressure and reduce your risk of stroke, starting today.

1. **At breakfast, don’t salt your eggs.** Salt is high in sodium, too much of which can increase your blood pressure. Reducing sodium intake throughout the day helps lower blood pressure.
2. **During the day, take a walk.** Exercise won’t just lower your blood pressure. It’s also a great way to manage stress, strengthen your heart and help control your weight — all of which reduce your stroke risk.
3. **For an afternoon snack, grab a banana.** Bananas are high in potassium, which helps your body get rid of sodium. Other potassium-rich foods include avocados, sweet potatoes and raisins.
4. **As soon as you can, call your doctor.** Since high blood pressure doesn’t cause symptoms, regular appointments help you and your provider monitor your health. Also, if you need other methods of management for high blood pressure, such as medication, your provider can help.

Concerned about your blood pressure? Visit OregonHeartDoc.com, take the Heart Health Risk Assessment and find recommended next steps for prevention and healing.



Are You at Risk for **HERNIA?**

A hernia does not go away on its own. Here's how to know if this painfully common condition is in your future.

Hernias can occur in the groin, upper thigh, upper stomach or belly button. They can be passed on genetically, but they can also occur as the result of an accident, chronic condition or pregnancy.

A hernia is the result of pressure combined with a small tear in connective tissue or muscle. With strain, pressure pushes fatty tissue or an organ — often the intestines — through the torn muscle, resulting in a hernia.

Wondering what you can do to protect against hernia and what increases your risk?

PROTECT YOURSELF

As with many medical conditions, prevention is the best treatment for nongenetic hernias. Lowering your hernia risk starts with a healthy lifestyle. Eat a well-rounded diet, including fiber-rich foods, and stay hydrated. Work to reach and maintain a healthy weight.

If you smoke or use tobacco, stop. Find a cessation technique you like and go for it. Additionally, practice proper lifting technique, don't push hard when on the toilet and keep your other health issues under control.

RISKY BEHAVIORS

While some hernias are present at birth, many are brought on later in life.

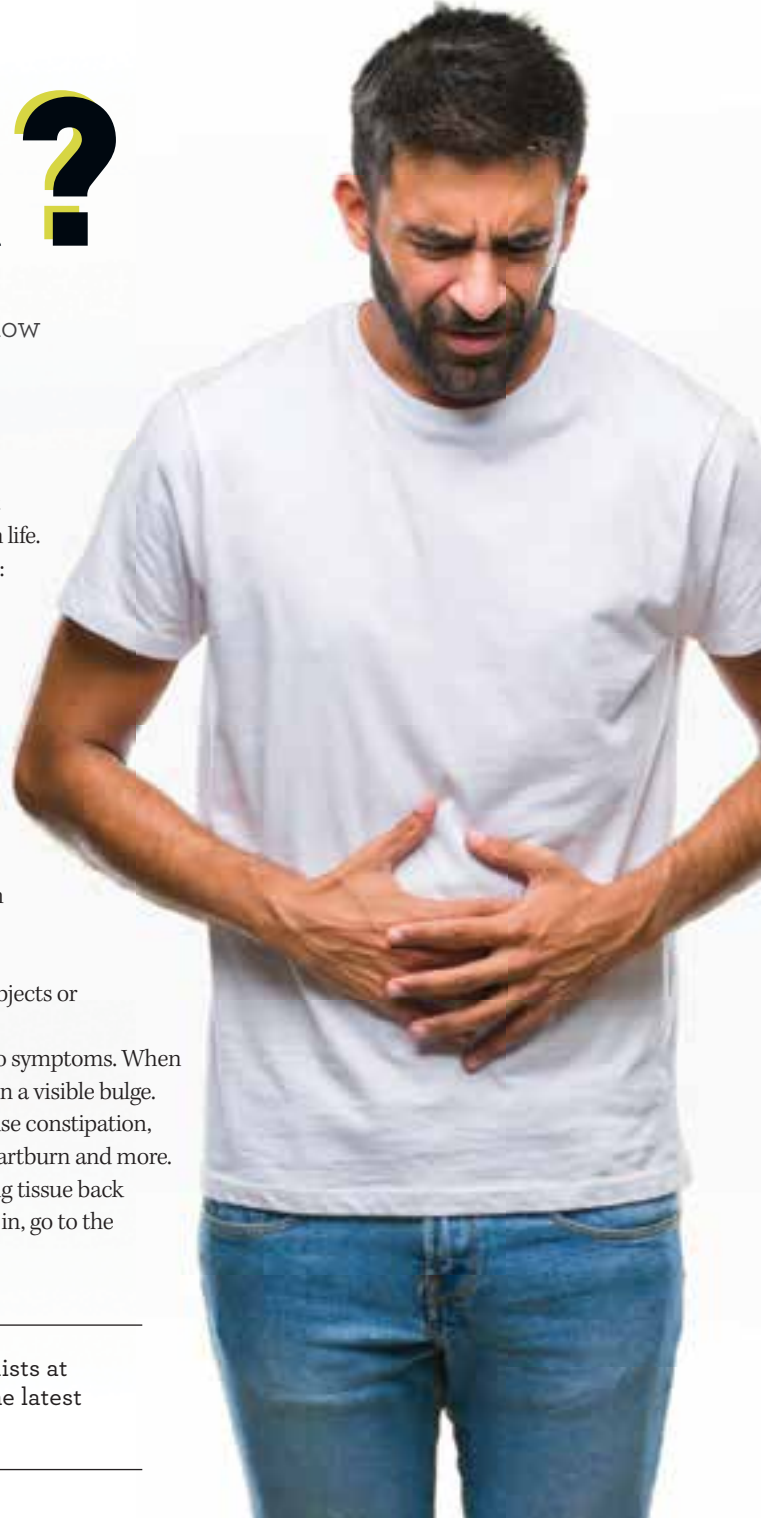
Common causes of hernia include:

- being overweight or obese
- chronic coughing
- lack of fiber in diet that leads to constipation
- other medical conditions, such as cystic fibrosis or enlarged prostate
- pregnancy-based weight gain
- previous surgeries in the groin or abdominal area
- smoking cigarettes
- straining while lifting heavy objects or using the restroom

Initially, hernias may result in no symptoms. When symptoms do arise, the first is often a visible bulge.

As time passes, the hernia can cause constipation, sharp pains, swallowing issues, heartburn and more.

When you can't push the bulging tissue back into place or severe symptoms set in, go to the emergency room.



If you've had enough of your hernia, call Summit Surgical Specialists at (541) 345-2205 or go to SummitSurgeons.com and learn about the latest minimally invasive robotic technology to repair your hernia.

SURGICAL SUCCESS

When it comes to hernia treatment, surgery is the gold standard. Why? Because it's the only known way to actually cure a hernia.

Other treatment options, such as medication, provide only symptomatic relief. However, surgery is the only option that gets to the root of the problem.

During hernia repair, the protruding organ or tissue is returned to its intended position. The surgeon then closes the torn muscle where the bulge occurred. In some cases, a surgical mesh material may be implanted at the site of the hernia to reinforce the weak muscle and prevent future hernias.

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

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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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Time to prevent COLORECTAL CANCER?

Colonoscopies take about 30 minutes and can remove polyps that may become cancerous. According to the American Cancer Society, when colorectal cancer is found early, there is a 90 percent five-year relative survival rate. Talk with your doctor about whether it's time for your colonoscopy.

For more information about colonoscopy or other gastrointestinal services, visit SummitSurgeons.com or call (541) 345-2205.

