

# LIFE HEALTH<sup>®</sup>

EXCELLENCE IN COMMUNITY HEALTH CARE

## A great reason to move

REGULAR WORKOUTS MAY LOWER YOUR RISK OF CANCER

**W**HEN YOU think cancer prevention, remember to think exercise. An active life may help prevent some types of cancer, such as cancers of the breast, prostate, colon and endometrium. And that makes it a wise thing to do—right along with not smoking, watching your weight, and eating more fruits and vegetables.

Exercising even a little beats doing none at all, but moving more may be better. At a minimum, aim for 30 minutes of moderate to vigorous exercise five or more days a week. Research suggests this amount can help reduce your overall cancer risk, says the American Cancer Society (ACS).

But perhaps an even better exercise goal is 45 to 60 minutes at least five days a week. Evidence suggests that this higher amount specifically helps protect against breast and colon cancers, notes the ACS.

Keep in mind this level of exercise should be on top of those activities you usually do throughout your day—like walking from your parking spot to



your work or doing daily chores.

All kinds of activities can count as workouts. Take a brisk walk, go for a bike ride with friends or take the kids in-line skating—all moderate forms of exercise. Vigorous activities include running, swimming or playing soccer.

If you're not active now, start slowly and add minutes as you improve your fitness. Men older than 40, women older than 50 and people with health conditions should check with their doctors before starting a vigorous exercise program, advises the ACS. ♦

## Health fair

**M**ARK YOUR CALENDARS. The Holy Rosary Medical Center Health Fair is **Saturday, Aug. 11, from 7 a.m. to 2 p.m.** at the Four Rivers Cultural Center.

Community members will be treated to more than 40 booths representing a variety of health improvement and educational venues. Topics will include diet and nutrition, new technology and treatment advancements. Attendees will also have opportunities to speak directly with health care professionals.



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**SATURDAY, AUG. 11**

## Presentation topics

- 9:30 a.m.: Larry Stoune, M.D.—  
"Are You or Someone in Your Family Drinking Too Much?" and "Addiction Medicine—An Overview."
  - 10:30 a.m.: John Foote, M.D.—  
"Sports Medicine."
  - 11:30 a.m.: Pat Plummer, M.D.—  
"Sleep 101—What You've Always Wanted to Know."
- Note: More physician presentations TBA.*

# HEALTH NEWS UPDATE



## HRMC Health Fair

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During the course of the day, hourly presentations will be provided free to the public by local physicians. Extensive diagnostic screenings, such as cholesterol, prostate-specific antigen, liver function, complete blood count, bone density and A1C, will be offered at reduced rates.

Don't miss out on your opportunity to:

- Speak with specialists.
- Receive discounted and free health screenings and giveaways.
- Learn about health care services and agencies in our community.
- Have a chance to win great door prizes.

We look forward to celebrating good health with you on Aug. 11. For more information, please call 541-881-7353. ❖



HRMC's David E. Nagata, M.D., (middle) with St. Jude staff

## HRMC staff gives care overseas

Holy Rosary Medical Center (HRMC) is the grateful recipient of a three-year Catholic Health Initiatives (CHI) grant, which funds the international mission work at St. Jude Hospital (SJH) on the southernmost tip of St. Lucia, an island in the West Indies. SJH is a 149-bed hospital with services similar to those offered by Holy Rosary.

This summer marked the third year an HRMC mission team ventured to SJH to work side-by-side with St. Lucian hospital staff for three weeks. The mission team included a respiratory therapist, a histotechnician, a physical therapist, a sonographer, a marketing and public

relations specialist, a lab assistant, a CPR instructor, and four registered nurses.

All mission volunteers hauled duffle bags filled with necessary medical supplies, linens and other supplies donated to the hospital. This effort was greatly appreciated because the items would have been too expensive to ship.

Throughout the three-year, annual interaction with SJH, HRMC has developed a special bond with the hospital. The remarkable melding of professionals in just three weeks affected the lives of patients, staff, administrators and health officials of St. Lucia.

Knowing what kind of supplies, services and talent are needed helps both facilities in providing the ultimate experience for all those involved. HRMC is the largest volunteer group that SJH has ever received, and it brought the widest variety of talents.

HRMC and SJH will explore options to continue funding the international mission after the grant expires. ❖

## HRMC EARNS

## Quality Respiratory Care Recognition

Holy Rosary Medical Center (HRMC) has earned Quality Respiratory Care Recognition (QRCR) from a national program aimed at helping patients make informed decisions about the quality of respiratory care services in hospitals.

About 500 hospitals, or approximately 10 percent of hospitals in the U.S., have received this award. HRMC has earned this recognition every year since 2003, when the program began.

The QRCR program was started by the American Association for Respiratory Care (AARC). Hospitals earning the QRCR designation ensure patient safety by adhering to a strict set of criteria.

To qualify for the recognition, HRMC provided documentation showing it meets the following conditions:

- All respiratory therapists employed by the hospital who deliver bedside care

are either recognized by the state as competent to provide respiratory services or hold the CRT or RRT credentials.

- Respiratory therapists are available 24 hours a day.

- Personnel qualified to perform specific respiratory procedures and the amount of supervision required to carry them out must be designated in writing.

- A doctor of medicine or osteopathy is designated as medical director of respiratory care services.

A list of hospitals that meet QRCR requirements is available at the AARC's Web site. To see the list, go to [www.YourLungHealth.org](http://www.YourLungHealth.org). ❖





SLEEP

# Seeking sweet slumber

**I**S SLEEPING a struggle? You're not alone. Three-quarters of U.S. adults have trouble sleeping a few nights per week, according to the National Sleep Foundation.

While restless nights may come and go, continuing problems should be addressed.

## THE QUEST FOR REST

You should see your doctor if you have any sleep problem that recurs or lasts longer than a week. Any sleep problem that interferes with how you feel during the day should prompt a visit to your doctor.

It may help to keep a sleep journal before seeing the doctor. Record your sleep and health habits, including:

- How many hours you generally sleep at night, if you have a regular bedtime and wake time, and if your sleep is often disrupted.
- Recent life changes or stresses.
- What time of day you exercise, eat your last meal before bed or use caffeine products.

- Whether you smoke or drink alcohol.
- Whether you snore, and how often or loudly.
- If you know that you gasp for air or stop breathing while you sleep.
- If you are sleepy during the day, fall asleep when reading or watching TV, or have dozed off while driving or at work or school.

■ How often it's difficult for you to fall or stay asleep.

■ Whether you are using sleeping pills or any other means to try to sleep better.

Can't sleep?  
Call the HRMC  
Sleep Disorders  
Center at  
**541-881-7477.**

## A SLEEP CENTER STAY

Most sleep disorders are treatable. But for a complete and proper diagnosis, you may need to visit the HRMC Sleep Disorders Center.

We can perform an overnight sleep study. You will wear a variety of sensors as you sleep in order to identify how often you awaken during the night, whether you experience normal stages of sleep and whether you stop breathing as you sleep. ❖



## Sleep soundly at HRMC

Hundreds attended the Sleep Disorders Center and MRI Suite open house hosted by Holy Rosary Medical Center (HRMC) in May. Community members, HRMC staff and physicians attended the three-hour event to tour the new facilities, talk with specialists, and enter raffle drawings for an assortment of prizes. Father Rob from the Blessed Sacrament Church and Father Francis from St. Patrick's Church attended the open house to bless the new facilities.

The HRMC Sleep Disorders Center is the only facility of its kind in eastern Oregon and western Idaho. Local residents no longer have to venture to Boise or farther for sleep testing. Those who attended were amazed at the attention to detail that went into each room and the extent of sleep testing the center performs.

Tests are available for sleep apnea, insomnia, other sleep-related breathing disorders and much more. Day-time sleep testing is also available for patients who work during the night.

Visitors were also impressed by the technology of the advanced MRI. For many, this was the first time they had seen an MRI machine up close. The new suite is located inside the hospital between the emergency and diagnostic imaging departments.

A special thanks goes out to all who attended the open house. We enjoyed sharing our new facilities with you and will continue working to expand our services and offer more health care options.



## Join us in paradise!

**H**OW WOULD YOU LIKE to join Holy Rosary Medical Center's foundation on a Caribbean cruise this fall? You could enjoy wine-tasting, golf, a fundraising auction and much more, all while visiting exotic islands. The tour includes a visit to gorgeous St. Lucia, Antigua and Tortola of the British Virgin Islands. In addition, you'll have the opportunity

Help us to help others. Cruise the Caribbean to support Holy Rosary Medical Center.

to golf at two of the most stunning courses in the world—Sandy Lane in Barbados and Mahogany Run in St. Thomas.

You can enjoy all of this for just \$1,600 per person. This price includes your seven-night cruise, all taxes, port charges, meals and entertainment, a welcome-aboard cocktail party, and airfare from Boise to San Juan, Puerto Rico. For

details, please call Betsy Scherr at 541-385-0499 or 800-460-0499. ♦

## Grapefruit—a cautionary tale

**G**RAPEFRUIT JUICE can be a healthful way to start the day. But if you take certain medicines, you'll want to think twice before washing them down with grapefruit juice. That's because grapefruit contains chemical compounds that change how the body absorbs certain medications—the medicine may enter the body too fast or cause serious side effects.

Even if you wait several hours between drinking grapefruit juice and taking some medications, the juice can have unwanted effects.

To be safe, the National Institutes of Health and other expert sources recommend avoiding grapefruit juice (fresh, frozen or canned) and all drinks containing grapefruit when taking certain drugs, including:

- Calcium channel blockers for high blood pressure.
- Statin drugs for high cholesterol.
- Antiarrhythmics for irregular heartbeats.

You may also need to avoid eating grapefruit. Be sure to talk with your doctor or pharmacist about how to take your medication. And check labels for possible interactions. ♦

LIFE AND HEALTH is published as a community service for the friends and patrons of HOLY ROSARY MEDICAL CENTER, 351 S.W. Ninth St., Ontario, OR 97914-2693, 541-881-7000, [www.holyrosary-ontario.org](http://www.holyrosary-ontario.org).

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## Congratulations, Barbara Limbaugh!

The Holy Rosary Medical Center Auxiliary is pleased to announce the winner of the Spring 2007 Excellent Service Award. Barbara Limbaugh has been an HRMC volunteer for more than 32 years and has served as the gift shop manager for the majority of those years. She has also held offices on the volunteer board of directors. We are very proud to have Barbara Limbaugh as a member of the HRMC volunteer organization!

To be eligible for this service award, auxiliary members must be nominated by one of their peers, a hospital staff member, a patient or any member of our community. Applications may be picked up at either the west or east information desks. We encourage the public to participate in the nominations.

