

YOUR HEALTH

September - December 2010



Upcoming Events

DIABETES CLASSES
Sellwood/Moreland Clinic
Saturdays 9:30am-3:00pm
(Lunch provided)

September 11
October 9
November 20
December 11

To register, call
503.659.4988
or
503.607.2014

COMMUNITY HEALTH FAIR

OCTOBER 23, 2009
10AM-2PM

NEW HOPE
COMMUNITY CHURCH
11731 SE STEVENS ROAD
HAPPY VALLEY, OR
97086

Healthy Holiday Edition

Words from our Medical Director

Dr. David McNulty

Northwest Primary Care is excited to announce SureCare, a new way to save on office visits and services at our clinics. With SureCare, you pay at the time of your visit, receiving a discount for the visit and/or other services the doctor may recommend. You'll receive the same quality care from our Primary Care Practitioners as all our patients do, but with SureCare, you'll pay a lot less than if we billed you.

To make a SureCare appointment, call 503.659.4988 and tell our scheduling department you want a SureCare visit. We will let you know the discounted fee for the visit (based on your visit request), which you are required to pay at registration when you arrive for your SureCare visit.

This program is not available to patients being seen for established Workers' Compensation claims, under State of Oregon regulations. Discounts do not apply to services provided by our Sleep Health Center or Northwest Therapy. For SureCare visits, we

accept payment by cash, VISA, MasterCard, Discover and personal check.



Dr. McNulty is a graduate of the University of California at Davis. He joined Northwest Primary Care in 1991 and has served as Medical Director since 1997. He is a member of the American Academy of Family Physicians and is Board Certified.



Northwest Therapy is proud to announce the greatly-anticipated expansion of our Sellwood clinic.

NW Therapy has been operating for the last two years in an interior room with no windows, which was approximately 400 square feet in size. In late June 2010, we moved into our new space, which is 933 square feet. Our new clinic is sunny and bright, with four large windows that overlook the beautiful foliage and parking lot in the front of the building.

The spacious new clinic has freshly painted walls, new carpeting, and bright new cabinets and sink. The move has tripled our treatment capacity here at Sellwood, as we have gone from two treatment tables to six.

Our cardio equipment includes a recumbent cycle; combo upper and lower body ergometer; upright cycle; and treadmill. We also have a small private exam room just across the hall. The move has been well-received by our patients, who enjoy the view and sunshine as they are exercising.

We will continue to offer Physical Therapy Monday through Friday, and Occupational Therapy on Monday and Wednesday mornings. The expansion will allow more than one therapist to treat simultaneously, allowing us to offer more treatment times for our patients' convenience. If you have not had a chance to see our new space, feel free to stop in anytime—we love to show off our new clinic!

On October 10, Northwest Therapy therapists will be staffing the medical tent at Mile 21 of the Portland Marathon for the sixth consecutive year.

We are all very proud and excited to assist the runners; at Mile 21 there is never a dull moment!

CONTACT US AT
503.353.1278 OR NWTherapy.net



STRESS MANAGEMENT

Stress is something we all deal with everyday. Big life changes or events (such as moving, a wedding, a new baby, starting a new job or a death in the family) usually cause stress. Sometimes, stress can be helpful when we need to get things completed in a timely manner. However, stress can have negative effects on your mind and body if it happens too often or lasts too long. Stress can cause headaches, stomach aches, back pain, insomnia, weaken your immune system, make you detached from family or friends, and may cause depression.

Northwest Therapy would like to encourage everyone to practice living a healthy lifestyle by lowering stress levels. Everyone deals with stress in different ways; some are healthy and some are not. It is important to find out what causes stress in your life and look for healthy ways to reduce it.

Do you feel stressed at work, home, while driving, or all the time? Sometimes it can be difficult to identify what triggers our stress. Keep a journal to help you track what causes your stress, how you reacted, how you dealt with it, and what your stress level was during your reaction and afterwards. By keeping track of your stress, it will be easier for you to figure out what causes it and how you manage it. You may not be able to completely eliminate stress, but you can learn to lower it.

TIPS FOR RELIEVING STRESS

- Take slow, deep breaths
- Listen to soothing music
- Take a walk
- Meditate
- Take a yoga or Tai Chi class
- Have a massage
- Learn to manage your time better
- Learn to say “No”
- Learn to ask people for help

Getting plenty of sleep, staying connected to family and friends, and exercising also help to relieve stress. You may also want to try soaking in a warm bath, performing progressive muscle relaxation or practicing “roll breathing” (focus on the rhythm of your breathing as you breathe deeply in through your nose and out through your mouth, making a whooshing sound as you breathe out). Keep these tips in mind to help lower your stress—it is really important to take care of yourself!

SEE HOW YOU DEAL WITH STRESS
www.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/media/pdf/hw/form_tp23272.pdf

MORE STRESS MANAGEMENT TIPS
www.webmd.com/balance/stress-management/stress-management-relieving-stress

INDOORS UNPLUGGED

With today's hectic lifestyle, it's easy to feel frazzled. Setting aside time to "unplug" from the electronic gadgets we interact with all day can relieve stress and let us reconnect with ourselves, our friends and our families. Unplugged activities—those not involving TV, computers or video games—stimulate the imagination, and encourage communication and socializing. Studies have shown that the bonding that naturally occurs when people interact in social situations supports emotional growth in children and nurtures relationships among family members and friends.

Whether spur-of-the-moment or at a set time every week, try these activities to slow down and unplug:

PLAY BOARD GAMES Be sure to pick a game that everyone can play. Monopoly for four-year-olds doesn't really work (unless you give them the job of banker). A little friendly competition among family can be exciting and a great opportunity to talk, socialize, and practice skills, such as counting, taking turns, and being a gracious winner or loser.

DO ARTS AND CRAFTS Do a quick Internet search on "kids crafts," and you'll find literally millions of Web sites that specialize in easy (and often free) crafts for kids of all ages. From printable coloring pages to science experiments, the Internet is a great resource for discovering new projects.

MAKE PUZZLES Rainy days are perfect for this quiet activity. While concentrating on finding pieces, you can enjoy the gentle sounds of the rain. Working together on a puzzle that is challenging and yet can be finished in an afternoon can be very relaxing and rewarding.

COOK OR BAKE Children love to help in the kitchen and are more likely to try something new if they have a hand in preparing it. Find a recipe together, gather the ingredients and put on your chef hats! Cooking and baking are hands-on opportunities to teach math and science, while warming the house and filling the air with delicious smells.

PLAY CHARADES, HIDE-AND-SEEK OR BUILD AN INDOOR OBSTACLE COURSE These are great games for burning off the giddy energy that can build up when stuck indoors.

BUILD A FORT All you need is blankets, pillows and chairs. Camp out for the afternoon with snacks and books; when night comes, turn out the lights and tell campfire stories by flashlight. Get out the sleeping bags and let the kids sleep in it or, if there's room, set up a tent and have an indoor family sleepover.

LINKS

Instead of TV: InsteadOfTV.com

Family Fun Magazine: FamilyFun.go.com/playtime/search



INTERESTING WAYS TO BURN CALORIES

If you can't make it to the gym this holiday season, don't fret; there are plenty of everyday activities that can help you burn off some of the extra calories you might consume over the holidays.

Any activity you do burns calories. For example, did you know a 150-pound person ballroom dancing for 30 minutes burns approximately 100 calories? Or that same person weeding for an hour burns almost 300?

Activity	Calories per 1.5 hours 150-pound person
Housecleaning	864
Shopping	325
Yard Work	555
Laundry	150
Mowing Lawn	325
Driving Car	125
Food Shopping w/Cart	150
Kissing	150

These numbers are approximate, since the actual number of calories burned varies by body weight (heavier people burn calories faster than thin people) and gender (men burn calories faster than women).

For a list of more activities and the formula for figuring out how many calories you burn given your weight, visit:

CALORIE BURN CHART
[whatscookingamerica.net/Information/
CalorieBurnChart.htm](http://whatscookingamerica.net/Information/CalorieBurnChart.htm)

MARK YOUR CALENDARS!

4TH ANNUAL COMMUNITY HEALTH FAIR

Our fourth annual Community Health Fair, hosted in partnership with Providence Milwaukie Hospital, will be held on Saturday, October 23 (10am-2pm), at the New Hope Community Church in Happy Valley. This event is specifically designed for our Clackamas County patients, community and neighbors.

At last year's Community Health Fair, over 50 organizations participated, including the Clackamas County Health Department, the Milwaukie Center, the National College of Natural Medicine, Folk-Time, the American Lung Association, Cascade Eye Association and Krueger Medical Services. In addition, physicians, nurses and clinicians from both Providence Milwaukie Hospital and Northwest Primary Care shared information on topics, such as cancer prevention and treatment, diabetes, mental health resources, physical therapy and sleep health. For the children, there was an interactive Health Clinic and custom-fitted bicycle helmets for \$5.00.

Several hundred people attended the Health Fair, taking advantage of the free flu immunizations (nasal and injection forms), blood pressure checks, chair massages, hearing screenings, osteoporosis

screenings, and information and resources on a wide variety of important health topics. Refreshments were furnished by Starbucks, Great Harvest Bread, the Dairy Council of Oregon, Costco and other local businesses.

For the 2010 Community Health Fair, our goal is to increase the number of vendors participating and encourage higher family and individual turnout.

So mark your calendar for October 23! Come to the Community Health Fair, get your annual flu shot, a blood pressure reading, and the latest information on a variety of important medical topics. Enter to win a prize and enjoy delicious refreshments. Be sure to bring the whole family to this fun event!

Community Health Fair
October 23, 2009
10am-2pm

New Hope
Community Church
11731 SE Stevens Road
Happy Valley, OR 97086

FALL IS IN THE AIR – AND LEAVES ARE ON THE GROUND!

Like a brisk walk, raking leaves is considered moderate physical activity, one that burns about 240 calories per hour for a 135-pound person. Raking helps build upper-body strength, as well as core strength (back and stomach). Here are some tips for making leaf-raking easier on your body:

WEAR LAYERS you can peel off, so you don't get overheated.

WARM UP your muscles before you start raking by walking around the yard, swinging your arms back and forth, bending forward and backward, and doing some gentle stretching.

USE GOOD POSTURE by forming a wide base with your feet, holding the rake with both hands and keeping your back naturally aligned.

SWITCH SIDES so as not to overuse one side of your body.

PACE YOURSELF by taking short breaks every 10 to 20 minutes.

COOL DOWN with stretching when you're done raking.

Once you're done raking, lift filled bags using your legs. Drag bags or load them into a wheelbarrow if you have to move them a long distance.

SAFETY TIPS

- Rake leaves when they're dry; wet leaves are heavier and harder to rake.
- Wear shoes with good traction and support to keep from slipping and falling.
- Be aware of holes in the ground or objects you could trip on.
- Be on the lookout for insects, snakes or other critters that might make a home in the leaves. Wear gardening gloves to protect your hands. If you have allergies, consider wearing a mask, in case the leaves are moldy.

SURECARE

A NEW WAY TO SAVE MONEY

FOR PRIVATE UNINSURED PATIENTS

The Practitioners and Staff of Northwest Primary Care are pleased to announce SureCare, a new way to save on medical care. With SureCare, you'll receive the same quality care from our Primary Care Practitioners you've come to expect, with the benefit of discounted pricing.

How does SureCare work? Simply request a SureCare visit when you make your appointment, and our scheduling department will let you know the discounted fee, based on your visit request. If additional services are recommended at the time of your visit, such as labs or x-rays, we will provide you with the discounted prices for those services. By paying at the time of your visit, you'll get the discount, paying a lot less than you would if we billed you.

Please note that, under State of Oregon regulations, we are not allowed to offer this program to patients being seen for established Workers' Compensation claims.

For SureCare visits, we accept payment by cash, VISA, MasterCard, Discover and personal check. Discounts do not apply to services



provided by our Sleep Health Center or Northwest Therapy.

SureCare is offered at all four Northwest Primary Care clinics. To schedule a SureCare appointment, please call 503.659.4988.

Clackamas Internal Medicine
10024 SE 32nd Avenue
Milwaukie, OR 97222
Mon-Fri 8:00am-5:00pm

Milwaukie Family Practice
3033 SE Monroe Street
Milwaukie, OR 97222
Mon-Fri 7:30am-5:00pm
Sat 8:00am-12:00pm

Sellwood/Moreland Clinic
6327 SE Milwaukie Avenue
Portland, OR 97202
Mon-Fri 8:00am-5:00pm

Talbert Center Family Practice
12360 SE Sunnyside Road
Clackamas, OR 97015
Mon-Fri 8:00am-5:00pm

Northwest Primary Care's Service Culture

TO RESPECT

Treat our patients, employees and colleagues with courtesy and respect, embracing personal diversity so all feel welcome.

TO BE TIMELY

Strive to limit wait times, honor appointment dates, and provide same-day response to immediate requests. We value time and accuracy, always working in a timely manner without compromising quality.

TO TAKE RESPONSIBILITY

Provide comprehensive care by working as a team with you and other health care practitioners (alternative and traditional) to ensure thorough, accurate care with a high standard of ethics, trust and responsibility.

TO STRIVE FOR EXCELLENCE

Take ownership, be accountable and take responsibility for success in our patient care and in our jobs. Provide the most up-to-date and cost-effective care by continually learning, training, improving teamwork and rewarding service excellence.

TO HONOR CONFIDENTIALITY

Never divulge confidential information and be discreet with all health care and personal information.

Our Mission Statement

Additional Services

Provided By Northwest Primary Care

ACUPUNCTURE

Acupuncture treatment is available at our Sellwood/Moreland clinic. This service is covered by some insurance companies, and no referral is required for Workers' Compensation or motor vehicle accidents.

DIABETES EDUCATION

Saturday classes are available. To enroll, please talk with your Primary Health Care Practitioner or call 503.659.4988.

DIABETES PROGRAM

Northwest Primary Care provides a team approach to diabetes management through pre-planned, one-on-one, medically-focused visits. For more information, please talk with your Primary Health Care Practitioner or visit us on-line at nwpc.com.

NAIL-CARE FOOT CLINIC

Nail-care clinics are held at our Clackamas Internal Medicine location and are open to the general public. To schedule an appointment, call 503.659.4988.

NORTHWEST SLEEP HEALTH

Sleep help is available for patients with sleep disturbances or sleep disorders. For more information, please talk with your Primary Health Care Practitioner, call us at 503.353.1272 or visit us on-line at nwsleephealth.com.

NORTHWEST THERAPY

Whether you have a joint replacement, gait disturbance, were involved in a car accident, or simply want some muscle strengthening, our therapy experts work with our Practitioners to help you achieve your optimal goals for total wellness. For more information, talk with your Primary Health Care Prac-

itioner, call 503.353.1278 or visit us on-line at nwtherapy.net.

NUTRITIONAL SERVICES

Our Licensed Dietician can see you for a variety of nutritional concerns, such as diabetes, hypertension, hyperlipidemia, GERD, gluten intolerance, infant and child feeding concerns, food allergies and food intolerance. We can also answer your questions about weight loss or weight gain, in either personal or group discussions. For more information, please talk with your Primary Health Care Practitioner or visit us on-line at nwpc.com.

OSTEOPOROSIS SCREENING

While recommended for women aged 65 and over, this service can also assist postmenopausal women (as well as men) in detecting osteoporosis early. For more information, please talk with your Primary Health Care Practitioner.

PEDIATRIC CARE

We provide family-centered care for infants through adolescents, including same-day appointments for urgent issues, as well as Saturday clinic hours at our Milwaukie location. Our providers consult with Emanuel Children's Hospital and Doernbecher Children's Hospital as needed, and are available for phone consultation 24/7.

SENIORS AWARENESS GROUP

Learn about interesting topics and discuss health-related and wellness issues. This group meets the first Thursday of every month from 12:30pm – 1:30pm at our Sellwood/Moreland Clinic. For more information or to become part of this group, call 503.659.4988.

Clinic Locations

Clackamas Internal Medicine
10024 SE 32nd Ave.
Milwaukie, OR 97222

Milwaukie Family Practice
3033 SE Monroe St.
Milwaukie, OR 97222

Sellwood/Moreland Clinic
6327 SE Milwaukie Ave.
Portland, OR 97202

Talbert Center Family Practice
12360 SE Sunnyside Rd.
Clackamas, OR 97015

To make an appointment at any of our medical clinics, please call 503.659.4988.

Northwest Therapy

12119 SE Stevens Ct.
Happy Valley, OR 97086
503.353.1278
nwtherapy.net

Northwest Sleep Health

13518 SE 97th Ave.
Clackamas, OR 97015
503.353.1272
nwsleephealth.com