

Let's Talk Home Safety!



Ask Americans where they feel safest and most will say in their own home. However, studies have shown that unintentional injuries in the home result in millions of medical visits each year.

According to the Home Safety Council, the leading causes of preventable home injuries are slips and falls, poisoning, and fires and burns. Northwest Primary Care joins the Council in encouraging you to consider your home's danger areas and take a few simple steps that can dramatically help to reduce dangers and may even make a life-saving difference.

PREVENT FALLS: Install grab bars in the tub and shower, and use non-slip mats; have bright lights over stairs and steps and on landings; keep stairs free of clutter; if possible, avoid using extension cords and area rugs.

PREVENT POISONINGS: Keep cleaners, medications and beauty products in a place where children can't reach them; use child safety locks; in case of accidental poisoning, call 911 or the Poison Help line at 1.800.222.1222.

PREVENT FIRES AND BURNS: Have working smoke alarms and hold fire drills; stay by the stove when cooking, especially if you are frying foods; keep your water heater at 120° F or less; use back burners and turn pot handles toward the back of the stove; when traveling by car, use a travel mug when you drink something hot.

PREVENT CHOKING AND SUFFOCATION: Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy, where children cannot see or touch them; place babies to sleep on their backs, and don't put pillows, comforters or toys in the crib; encourage children to sit down when eating and take small bites.

BE SMART AROUND WATER: When your children are in or near water, watch them very carefully, staying close enough to reach out and touch them (this includes bathtubs, toilets, pools and spas - even buckets of water).

HOME SAFETY LINKS

Home Safety Council
homesafetycouncil.org

My Safe Home virtual tour
homesafetycouncil.org/MySafeHome/msh_tour_w001.asp

Safety Guide
homesafetycouncil.org/SafetyGuide/sg_safetyguide_w001.asp



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

At Northwest Primary Care, we strive to provide the best care for every patient, every day, at every stage of life – in times of wellness and illness.

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

Evening and 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-

titioner, 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 Jacki Abbott at 503.698.3928, ext. 3528.

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.
Happy Valley, 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

Northwest Sleep Health

13518 SE 97th Ave.
Clackamas, OR 97015
503.353.1272

YOUR HEALTH

May - August 2010



Upcoming Events

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

May 15
June 12
July 10
September 11

To register, call
503.659.4988
or
503.607.2014

**HEALTH AWARENESS
INFORMATIONAL EVENTS
FOR THE SEASONED CITIZEN**

Hosted by Jacki Abbott
Northwest Primary Care
Licensed and Registered Dietician/
Diabetes Education Specialist

All Seasoned Citizen events
hosted at:

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

MAY 6TH - HEALTHY BONES
JUNE 3RD - SLEEP WELL

Summer Sun Edition

Words from our Medical Director

Dr. David McAnulty

It's official: Health care reform legislation has passed. Although we do not know exactly how it will be implemented, we want to assure you that NWPC will work to make any changes as smooth and seamless as possible. Primary Care Medicine is emphasized strongly as the foundation of health care delivery, from which acute, chronic and preventive care is delivered. We are pleased to see that Preventive Health is encouraged and now a covered benefit.

Once again, NWPC and Providence Milwaukie Hospital will co-sponsor two Community Health Fair events. Our Sellwood/Moreland event is scheduled for Saturday, August 7th, and our Clackamas event will be held on Saturday, October 23rd. These Health Fairs are a great opportunity to receive free medical screenings and learn more about the many services available in our community for maintaining and improving your health. Watch for further details available in local community papers and health care clinics in the coming months.

As always, we encourage outdoor activities and fitness. If you or your children are planning to par-

ticipate in a spring or summer sport, now is the time to schedule your sports physical.



Dr. McAnulty 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.



NEW DEPRESSION & ANXIETY BROCHURE

Northwest Primary Care has a new patient brochure that addresses depression and anxiety causes, symptoms and treatment options.

One in ten people suffer from depression and/or anxiety. You may be suffering from depression if you have these symptoms:

- Loss of interest in friends and family
- A feeling of being overwhelmed
- Poor concentration

Anxiety symptoms include:

- Constant worry; fear that something horrible will happen
- Social isolation
- A worsening of physical symptoms

Both conditions can have symptoms of fatigue, irritability, poor sleep, appetite changes, physical symptoms and a loss of self-worth.

Depression and/or anxiety are medical conditions. If you or someone you know experience these symptoms for longer than two weeks, contact your Primary Health Care Practitioner. He or she can recognize and treat these conditions, help you learn to prevent recurrences, and may recommend medications that can provide efficient management of symptoms.

If you suffer from depression and/or anxiety, in addition to what your Primary Health Care Practitioner recommends:

- Spend time with people who care about you. Friends can be good medicine.
- Try to be physically active each day. Even a 10-minute walk may relieve symptoms.
- Try to establish a routine sleep schedule. If your sleep is poor, talk to your Primary Health Care Practitioner about it.
- Eat balanced meals at regular times each day. Your mind and body will thrive on the nourishment.

MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH



Regular physical activity—anything that gets your body moving—can give you lasting health benefits and contributes to a healthy lifestyle. People of all types, shapes and sizes can benefit from physical activity, regardless of how out-of-shape you feel or how long you have been inactive.

Regular physical activity increases your chances of living longer, helps control blood pressure and blood sugar, and can help you maintain your weight. We’ve all heard that physical activity raises your “good” cholesterol, but did you know that it can help prevent heart disease, colorectal cancer and Type 2 Diabetes? Besides making your bones, muscles and joints stronger, physical activity improves your sleep, lowers your chances of becoming depressed, and helps you look your best! And choosing an activity you enjoy, such as walking, dancing or biking, can be fun!

Make the change today: Start with small steps, such as taking the stairs instead of the elevator, or parking further from your destination and walking. Do muscle-strengthening activities at least two days a week. And aim for at least one half-hour of moderate activity per week, increasing the amount as your endurance improves. If you currently have any serious medical condition, be sure to

check with your Health Care Practitioner before starting any new physical activity regime.

If you’re helping someone else get active, you can be a good role model by staying active and eating healthy yourself. Be understanding and patient as he or she transitions to a more active lifestyle. Offer encouragement by recognizing small efforts and choosing healthy gifts, such as sneakers or workout clothes, or a gift certificate to an exercise class, for birthdays or special rewards.

As the days grow warmer, celebrate spring with a renewed commitment to being physically active. Your body, mind and spirit will thank you!

PHYSICAL FITNESS LINKS

Physical Activity Guidelines for Americans
health.gov/paguidelines

Fitness for Children (Birth to Age 5)
fitness.gov/funfit/Kidsinactionbook.pdf

Active at Any Size
win.niddk.nih.gov/publications/active.htm

Tips to Help You Get Active
win.niddk.nih.gov/publications/tips.htm

NWPC WELCOMES DR. BARRY RHODES

Join us in welcoming Dr. Barry Rhodes to Milwaukie Family Practice!

A graduate of the University of Oklahoma, Dr. Rhodes offers full-spectrum Family Medicine and Sports Medicine. He is a member of the American Academy of Family Physicians and the American Medical Society for Sports Medicine.

Dr. Rhodes takes a “whole body” approach to health, treating the person as well as the disease, and believes nutrition and exercise are vital to achieving and maintaining optimal health. He is very interested in preventing pediatric and adolescent injuries and has expertise in treating a variety of musculoskeletal conditions in athletes of all abilities and ages, from amateur to professional and children to adults.

His personal interests include hiking, camping, biking, running, basketball and all other outdoor activities, as well as attending sporting events.



SUMMER & FALL COMMUNITY HEALTH FAIRS

Northwest Primary Care will be hosting two Community Health Fairs between now and the end of the year:

SUMMER HEALTH FAIR – Saturday, August 7 (10am-3pm) at the Sellwood Boys and Girls Club in Sellwood

FALL HEALTH FAIR – Saturday, October 23 (10am-2pm) at the New Hope Community Church in Happy Valley

Both events will be hosted in partnership with Providence Milwaukie Hospital and are specifically designed for our patients, community and neighbors. Free medical screenings will be offered, along with booth representation from local health care providers and community vendors; \$5.00 bike helmet fittings; on-site staff from NWPC and Providence Milwaukie Hospital available to answer your questions; health and safety demonstrations; and refreshments.

So mark your calendars and be sure to bring the whole family to these fun events!

SPRING IS IN THE AIR – AND SO IS POLLEN!

Given Oregon’s notorious reputation for allergy-inducing plants, you may (or soon may) be one of the 35 million Americans who suffer from seasonal allergies. If so, contact your Primary Health Care Practitioner; although there is no cure, you can get relief from your symptoms.

ALLERGY BASICS

- An allergen is a substance that your body perceives as dangerous, which causes an allergic reaction.
- An antihistamine is a medication that prevents congestion, sneezing and itchy, runny nose by blocking histamine (a substance released by your body’s immune system after being exposed to an allergen).
- A decongestant is a medication that shrinks swollen nasal tissues to relieve symptoms of nasal swelling, congestion and mucus secretion.

For more information on allergies, visit webmd.com/allergies.



The Challenges of Healthy Eating

In February 2010, a Web blog dedicated to how to eat healthfully challenged people to get rid of all processed food and to eat “real food” for 28 days. Over 900 people signed up for the challenge. Participants were asked to prepare all foods from “scratch,” from grinding grain for bread to culturing yogurt. Participants blogged about their 28-day experience, and while most were enthused about discovering new ways to prepare more real, healthy food, many were shocked by the expense and by how difficult it was to find unprocessed foods in a typical grocery store. Several participants also blogged that preparing real foods was labor-intensive and that it seemed as though they never left their kitchens.

Most families do want to eat “healthier.” The trick is to be able to prepare foods that are affordable, can be prepared in a reasonable amount of time, and that the family likes. Here are some ways from the book, “Food Rules” by Michael Pollan, to help you make the change from processed, prepared foods to real foods:

1. Shop the peripheries of your local grocery store and stay out of the middle. (Yes, it is possible to find real foods in any grocery store.)
2. Eat foods that will eventually rot.
3. Don’t eat anything your great-grandmother would not recognize as food.
4. Avoid food products that contain ingredients your third-grader cannot pronounce or that have a label that contains more than five ingredients.
5. Avoid foods that pretend to be something they are not (for example, “imitation cheese”).
6. If it came from a plant, eat it; if it was made in a plant, don’t. Eat foods made from ingredients you can picture in their natural state. (Just where do they grow Twinkies?)
7. Sweeten, salt and sauce your food yourself.
8. Eat all the snack foods you want, as long as you cook them yourself.
9. Shop at your local farmers market.
10. Spend as much time enjoying the meal as it took to prepare it. Do all your eating at a table and with your family or friends.

Finally, “break the rules once in awhile.” Changing to real foods does not mean becoming obsessive, strict or making your family anxious. As the great writer Mark Twain said, “All things in moderation, including moderation.”



REAL FOODS MOSTLY

Use this acronym to help you with the challenges of healthy eating.

Regular Meal Times

Easy to Prepare

Affordable Food

Like What You Eat

Fiber-Rich Choices

Organize Carbs for Diabetes

Oils like Fish, Olives and Nuts

Diets Don’t Work

Sodium Under 2300mg Per Day

Move Your Body

Outside for Vitamin D

Share Your Table

Taste and Savor

Listen to Your Body

You’ll Feel Stronger!