

# YOUR HEALTH

January - April 2011



## Upcoming Events

### DIABETES CLASSES

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

All class schedules  
may be subject to change.

To register, please call  
503.607.2014  
503.607.4988

### 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

FIRST THURSDAY OF EVERY MONTH  
12:30pm - 1:30pm

## New Lifestyles Edition

### Words from our Medical Director

#### Dr. David McAnulty

Our new SureCare program has become very popular with many of our existing and new patients at Northwest Primary Care. For those of you who do not know about SureCare, it's 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 of 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 available to non-insured, insured and private-pay patients. Discounts also now apply to services provided by our Northwest Therapy clinic.

For SureCare visits, we accept payment by cash, VISA, MasterCard, Discover and personal check.



*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.*



## DID YOU KNOW?

The flea can jump 350 times its body length. That's like a human jumping the length of a football field!

The strongest muscle in the body is the tongue.

Elephants are the only animals that cannot jump.

An ostrich's eye is bigger than its brain.

Every citizen of Kentucky is required by law to take a bath at least once a year.

Coca-Cola was originally green.

Men can read smaller print than women; women can hear better.

State with the highest percentage of people who walk to work: Alaska.

First novel ever written on a typewriter: "Tom Sawyer" by Mark Twain.

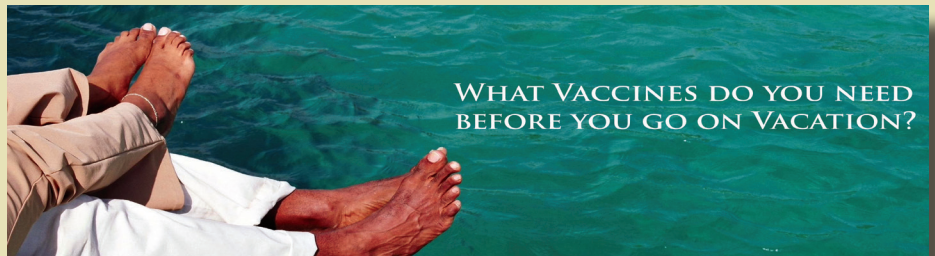
Cost of raising a medium-size dog to the age of eleven: \$6,400

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IN CELEBRATION OF THE CHINESE NEW YEAR  
FEBRUARY 3, 2011

The Chinese New Year is based upon the lunar calendar, which means it's a different day each year, depending upon the cycle of the moon. This year, the Year of the Rabbit begins Sunday, Feb. 3. Instead of 2011, the year in the Chinese counting system is 4708.

According to legend, the holiday arose out of a mythical battle against the Nien (an animal that resembles a lion). The Nien would come on the first day of the New Year to eat livestock, and even people. To keep the Nien from attacking them, villagers would leave out food for the beast. One day, the Nien was supposedly scared off by a child wearing red, which is why that color has such prominence during the holiday.



If you're starting to plan your Spring Break or summer vacation, now is also the time to think about scheduling your travel vaccinations. Whether your destination is a foreign country or a region of the U.S. with a high rate of infectious disease (such as Hepatitis A), be sure to talk to your Practitioner about your plans and any vaccinations you may need.

Since most vaccines take time to become effective in your body (and some must be given in a series over a period of days or sometimes weeks), you should plan to get your vaccinations at least six weeks before you travel.

The Centers for Disease Control and Prevention (CDC) divides vaccines for travel into three categories: routine, recommended and required. Based on your travel itinerary, your Practitioner will recommend which vaccines you should have.

**ROUTINE:** First, be sure that you and your family are up-to-date on your routine vaccinations. These vaccines protect you from diseases that are still common in many parts of the world, even though they rarely occur here in the United States. (Please note that the U.S. routine schedule for childhood immunizations may need to be adjusted if a child is traveling.)

**RECOMMENDED:** These vaccines protect you from illnesses present in other parts of the world; they also prevent the spread of these diseases across borders. Let your Practitioner know which countries you will visit to determine which vaccines you will need, based on your age, health status and previous immunizations.

**REQUIRED:** Depending on where you travel, you may also be required to get the yellow fever and meningococcal vaccines.

**OTHER CONSIDERATIONS:** If you have a compromised immune system (for example, from HIV/AIDS) or are pregnant or breastfeeding, your Practitioner may make other recommendations regarding the vaccines you need before you travel.

Don't forget, schedule your travel vaccinations appointment at least six weeks before you travel—and have a safe, healthy and fun trip!

### MORE INFORMATION

CDC vaccination guide: [wwwnc.cdc.gov/travel/content/vaccinations.aspx](http://wwwnc.cdc.gov/travel/content/vaccinations.aspx)

Travelers' health topics: [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel)

General travel tips: [wwwnc.cdc.gov/travel/content/stay-healthy.aspx](http://wwwnc.cdc.gov/travel/content/stay-healthy.aspx)

# W

ith snow falling in the Cascades, many Oregonians are turning their sights to skiing, snowboarding and other winter activities. Although exciting and a great way to get exercise, winter sports can present unique physical and environmental challenges.

Even though these are winter activities, be sure to stay hydrated by drinking plenty of water during and after participating in winter sports. Most importantly, know the limitations of your body. Don't attempt activities that are beyond your level of conditioning and skill; over-use injuries may result.

The most common downhill skiing injuries are sprains and tears of knee ligaments, often resulting from falling with a twisting motion. While most knee sprains will heal with time, an ACL tear may require surgery to return to the mountain. Thumb and shoulder injuries can also occur. Proper pre-season conditioning, along with appropriate bracing, can reduce the chance of injury.

Cross-country skiing involves more environmental challenges. Extended exposure to wintertime temperatures can lead to frostbite of the ears, nose and cheeks. Mild frostbite can be easily treated by immediate warming of the affected area. (If left untreated, frostbite may lead to necrosis – tissue dying – and result in amputation.) Hypothermia is another concern, and can lead to death if untreated. Early symptoms include shivering, poor judgment and balance problems. The best way to avoid cold-related injuries is to wear layers of warm, dry clothes to protect the core of the body from the cold. Carrying a change of dry clothes in the car is also helpful.

Snowboarding injuries usually involve the upper extremities, since both feet are held stable on the board, protecting the knees from twisting. When snowboarders fall, they tend to land on their hands, shoulders and heads; the most common injury is a wrist fracture, followed by sprains of the wrist, elbow and shoulder. Wrist guards and helmets can be used for protection.

Many people like to snow shoe in the winter. It is important to carry a map, compass, and plenty of water and food. If you are going into the backcountry, be sure to let someone know your route and return time.

Ice hockey is considered a winter sport, although it can be played throughout the year. The most common hockey injuries involve the knee and the shoulder. Most injuries occur in games and are traumatic in nature.

On the slopes, injuries should be evaluated carefully before moving any affected limbs. If it's safe and you aren't in too much pain, proceed down the mountain to the First Aid tent. If moving is too painful, wait for the Ski Patrol to come get you. If the injury results in neck pain, medical evaluation should be done before moving or being moved. If you suspect a concussion, see a physician before continuing any winter sport. Symptoms include dizziness, headaches, visual changes or memory loss.

Remember, wearing proper gear, staying hydrated and knowing your body's limitations will go a long way in preventing injuries and ensuring you have a good time this winter.

By Barry Rhodes, MD  
Northwest Primary Care | Milwaukie Family Practice





# 4th Annual NWPC Community Health Fair a Success!



We estimate that at least 1,000 people attended our Fourth Annual Community Health Fair on Saturday, October 23, making it our most successful to date! Free flu shots, health screenings and chair massages were among the many offerings that attracted the crowds. The fire truck and ambulance tours were a big hit with the kids; new this year, we had the pleasure of presenting, “Laughter is the Best Medicine,” by Ken Weizer, N.D. His prescription of one minute of laughter a day (and his insistence that laugh lines are a good thing) was well-received.

Once again, we partnered with Providence Milwaukie Hospital, at a new venue for us, New Hope Community Church. We hope to hold the event again there next year. As with any new venue, we learned some things and will be making adjustments for next year in terms of crowd flow and waiting lists for services.

Over 47 organizations participated in the Fair, including health professionals and representatives from both Providence and Northwest Primary Care, as well as representatives from Northwest Therapy and Northwest Sleep Health. In addition to the services offered at all the NWPC clinics, we were able to do successful outreach to the community regarding our SureCare program.

A variety of free prizes were awarded at the Fair, including a \$500 Fred Meyer gift certificate, won by Cipriana M. Congratulations, Cipriana!

To all the volunteers from NWPC, Providence Milwaukie Hospital and New Hope Community Church, thank you for your assistance at this annual event; we are very grateful for your time and energy.

And a special thanks to all the Health Fair attendees—we hope to see you again soon!

## 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 or go to [nwpc.com](http://nwpc.com).

NORTHWEST SLEEP HEALTH  
13518 SE 97th Ave., Clackamas, OR 97015  
503.353.1272 | [nwsleephealth.com](http://nwsleephealth.com)

NORTHWEST THERAPY  
12119 SE Stevens Ct., Happy Valley, OR 97086  
503.353.1278 | [nwtherapy.net](http://nwtherapy.net)