

Santiam Community Connection

FALL 2019



embrace HEALTH™
SANTIAM HOSPITAL

Page 3: The Santiam Hospital Birth Team

L-R: Brooke Renard, MD, OB/GYN; Eva McCarthy, DO; Jennifer Brewer, MD, OB/GYN; Emily Alvale, MD; Melissa Sheffield, ARNP, CNM

A Message from Terry

Santiam Hospital looks to new and meaningful ways to better serve our community - whether through the addition of medical staff, new services, technology or upgrades to our facilities. While we continue to progress all of our services, expansion and development of Obstetrics and Orthopedics is at the forefront.

We now offer a range of birth options for our patients, including the return of midwifery. Our new team at Santiam Women's Clinic includes Jennifer Brewer, MD, Brooke Renard, MD, and certified nurse midwife Melissa Sheffield, ARNP, CNM. At Sublimity Medical Clinic, both Emily Alvale, MD and Eva McCarthy, DO are experienced in obstetrics and provide a full spectrum of women's health and OB care in the family practice environment.

David Thorsett, MD, renowned comprehensive orthopedic surgeon, specializing in joint replacement, will join Santiam Orthopedic Clinic in January. An additional comprehensive orthopedic surgeon specializing in shoulder procedures will join Santiam Orthopedic Clinic in April. These excellent surgeons will be in good company with Nicholas Stratton, MD.

The obstetrical and orthopedic programs will offer a full range of procedures in our state-of-the-art Surgical Center in Santiam Hospital, staffed by the very best.

For your primary care needs, we have six primary care clinics located in Stayton, Sublimity, Mill City and Aumsville, serving patients from Salem to the crest of the Cascades.

We know that when it comes to healthcare providers, you have a choice. Starting in January, some of you will be transitioning from Willamette Valley Community Health CCO to PacificSource CCO. We hope you'll choose to keep your primary and specialty care needs locally with Santiam Hospital; where we will provide extraordinary care for you, our friends and neighbors, close to home.

Terry Fletchall

Terry Fletchall,
President & CEO
Santiam Hospital



Santiam Hospital & Clinics accept all insurance including all Medicare plans, OHP, Kaiser Permanente & Blue Cross.



Santiam Providers Give Local Women Convenient Access to High Quality Care

For expectant mother Jenna Stoyles, 32, doing business locally is something she's passionate about, even when it comes to having a baby.

"In general we prefer to do as much as we can locally, whether that's having a baby or going to the store," she says. "It's just nice to do things in your community."



She and her husband, who are residents of Stayton, took this "keep it local" philosophy to heart when opting for prenatal care at Santiam Women's Clinic, where Stoyles is employed as a receptionist.

“Our doctors and providers are experienced and their knowledge is beyond what you would expect when you think of a small-town provider.”

Seeing first-hand how the clinic's practitioners interact with patients and their commitment to high quality medical care made the choice an easy one for Stoyles.

"Our doctors and providers are experienced and their knowledge is beyond what you would expect when you think of a small-town provider. They could work at any large hospital - we are just lucky to have them here," she says. "I truly believe we have the best care team that you can find within a reasonable distance."

The team at Santiam Women's Clinic includes Jennifer Brewer, MD, OB/GYN, Brooke Renard, MD, OB/GYN and Certified Nurse Midwife Melissa Sheffield, ARNP, CNM, who work together to manage patient care and meet the health needs of women during every stage of life.

"We are a collaborative practice group," says Sheffield. "Patients can decide what they feel best suits their needs. The doctors and I, we're both experts in our areas and both doing the same thing - providing the best care possible for women. We manage care collaboratively, so the patients get the best of both worlds."

This emphasis on collaboration - both between providers, and between providers and patients - is a hallmark of the practice. Providers are also able to take the time to get to know patients and build a rapport, helping patients feel supported and at ease.



Left to Right: Eva McCarthy, DO; Brooke Renard, MD, OB/GYN; Jennifer Brewer, MD, OB/GYN; Melissa Sheffield, ARNP, CNM; Emily Alvale, MD

"When I go into labor Dr. Brewer will most likely be the one delivering me," says Stoyles. "But the nice thing is that I have met the other providers and they are a great team. If Dr. Brewer is out of town, I know my prenatal care has been communicated."

For primary care patients at Sublimity Medical Clinic, options for OB care have recently expanded. The practice now has two providers experienced in obstetrics: Emily Alvale, MD and Eva McCarthy, DO, both provide a full spectrum of women's health and OB care in the family practice environment.

continued on page 4



continued from page 3

Patients of Santiam Women's Clinic and Sublimity Medical Clinic deliver at Santiam Hospital's Family Birth Center. The family-focused center offers spacious and comfortable private maternity suites with soothing views of the Cascades and Willamette Valley. Water tubs are available for laboring, along with a full range of amenities such as wi-fi and pull-out beds for labor partners. Aftercare includes 24-hour specialized nursing staff, in-house breast feeding assistance and room service meal options. In the event of urgent or emergency situations, Santiam physicians and patients can connect with specialists at OHSU via the hospital's Tele-ICU system.

Knowing that a qualified and nurturing care team is just a short drive from home is something that Stoyles appreciates.

"The nice thing about delivering at Santiam Hospital is that I know I can labor quite a bit at home before going to the hospital," she says. "It's nice to be able to do that in the comfort of my own home for as long as possible and not have to think about traffic and travel time."

Before the big day arrives, Stoyles and her husband will also take advantage of some education classes close to home. She and her husband are taking a Childbirth

Preparation Class, and their 13-year-old daughter and soon-to-be big sister will take a Sibling Preparation Class. For more information on classes go to: santiamhospital.org and click on the Classes and Events link.

Contact Us

Santiam Women's Clinic

503.769.9522 | 1373 N 10th Ave, Stayton

- Jennifer Brewer, MD, OB/GYN
- Brooke Renard, MD, OB/GYN
- Melissa Sheffield, ARNP, CNM

Sublimity Medical Clinic

503.769.2259 | 114 SE Church Street, Sublimity

- Emily Alvale, MD
- Eva McCarthy, DO

Santiam Hospital & Clinics accept all insurance including all Medicare plans, OHP, Kaiser Permanente & Blue Cross.



Five Tips for Healthy Holidays

Maintaining healthy eating and exercise habits can be a challenge year-round, but it can seem especially daunting during the holidays. Family gatherings and social events often center around food, and a full calendar can make it hard to maintain regular exercise routines. We checked in with Nutrition Services Coordinator Rachael Beyer, RD, LD, CDE, to get her top health and wellness tips for navigating this busy time of year.

1 Party Like a Pro

When it comes to holiday parties, it can be hard to find something on the buffet that won't sabotage your efforts to eat right. One reason for this, says Beyer, is that the brain goes into overdrive. "All the different textures and tastes are appealing, but we tend to overdo it," she says. "Vegetables are a good place to start so you feel satisfied without increasing your calorie count. Depending on what your options are, start with filling half your plate with non-starchy vegetables. Look for things that aren't breaded, coated or fried." Liquid calories can also get us in trouble. Eggnog, wine, and mixed drinks all pack a caloric punch. If you decide to imbibe, choose a spritzer or alternate alcoholic drinks with sparkling water.



2 Give Yourself Permission to Celebrate, Within Reason

It's not the holiday itself that's the problem, says Beyer, it's when one day turns into a few days or even weeks. "Think about why you are celebrating. It's to be with the people we love or recognize our beliefs," she says. "Food has a role, but it's not the only reason for the celebration." Instead, look for other ways to enjoy your time together, like taking a walk with your sister or playing a board game with your nephew. That said, if there is a treat that you really want, save room for that one thing, says Beyer. You'll feel more satisfied after enjoying one slice of Aunt Mary's famous cheesecake than nibbling mindlessly all afternoon.



3 Check in With Your Feelings

While the holidays bring us together with family and loved ones, they can also be a source of tension, stress, or even depression for some. "All of these feelings can be triggers for overeating," says Beyer. So before reaching for another slice of pie, Beyer advises us to be mindful of our feelings. "Ask yourself is this hunger or stress, or sadness? Identify what you are feeling," she says. "If it's stress, then maybe go for a walk. If it's sadness I'm feeling, perhaps I should spend some time thinking about the person I've lost. Once we've identified what we are feeling, we can change our focus."



4 Watch Out for the All or Nothing Trap

The holiday season comes once a year, but wellness is a lifestyle, says Beyer. "We want health and wellness at any size and any shape and any age," she says. "Visualizing what you really want two months from the holidays can be helpful, but don't beat yourself up. You can be dealing with loss and tension, and food is all around." Instead of throwing in the towel, get back on track as soon as you can. "The quicker we get back to that routine, the better off we are," says Beyer.

5 Get Moving

When we are short on time, exercise is often the first thing we drop from our to-do list. But there are several good reasons to make exercise a priority around the holidays, says Beyer. "Regular exercise releases feel-good endorphins and helps lower blood sugar for up to two days," she says. These mood enhancing effects can help lower your holiday stress levels and keep your blood sugar and insulin levels in check - a win-win on both counts.

Self-Exams and Screenings Play a Key Role in Early Detection of Breast Cancer

When Samantha Bain, 26, found a lump in her left breast while showering this summer, the first thing she did was call her mother.

"She told me right away to get it checked out," says Bain, who then contacted her primary care doctor at Santiam Medical Clinic in Mill City. After a referral to Santiam Hospital for an ultrasound and biopsy, Bain received the diagnosis of cancer.

"Before the results came back, I had kind of come to terms with it," says Bain. "I decided that if it was cancer, I would do a mastectomy and reconstruction. I thought that if I got rid of it completely, I wouldn't have to worry about it coming back. It was more for peace of mind. It's not something you would expect to have at 26, so I figured I might as well get it done and over with."

After consulting with her doctors about her treatment plan, Bain was advised to undergo genetic testing to screen for BRCA, the so-called breast cancer gene.

“I won't have to worry about passing it on to my future kids. It also gives my sisters, mother and grandmother peace of mind.”

"If you have it, your risk of cancer is a lot higher," says Brooke Renard, MD, OB/GYN at Santiam Women's Clinic. "There are actually two genes, BRCA 1 and 2 (BRCA is short for breast cancer), and if you test positive for either one, you have about a 70% lifetime risk of developing breast cancer."

The genetic test used by Santiam is the Myriad myRisk® Hereditary Cancer test, a 35-gene panel which identifies an elevated risk for eight hereditary cancers: breast, ovarian, endometrial, gastric, colorectal, pancreatic, melanoma and prostate.

"At that point I was pretty numb," recalls Bain. But when the results came back negative for BRCA 1 and 2, she says she felt a sense of relief - not only about her own cancer risk, but the risk for her close relatives as well.

"I won't have to worry about passing it on to my future kids," she says. "It also gives my sisters, mother and grandmother peace of mind. It cleared up a lot of worry."

While genes play a significant role in breast cancer risk, Renard is quick to point out that only 5-10% of breast cancers are hereditary.

"The other 90% of breast cancers would not be related to a gene. There's a lot of emphasis on genetics and family, but still the most important thing is self-exams, mammograms and regular screenings," she says, pointing out that a high-fat diet, smoking, obesity and alcohol use can also increase risk.

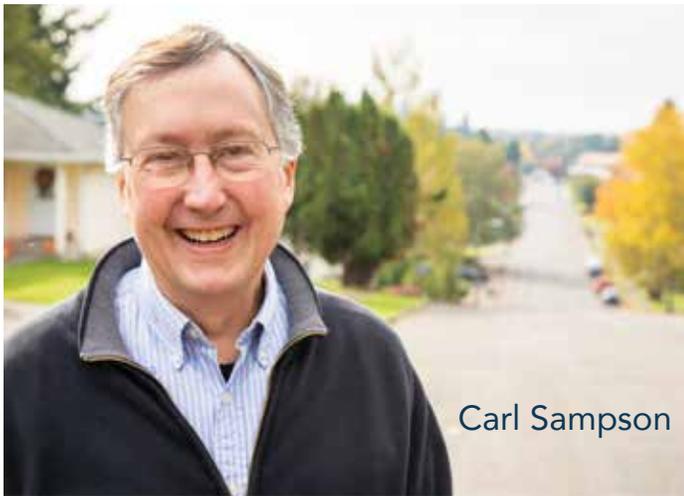
As Bain recovers from her surgery, she says she's still processing what happened in the last two months.

"It was a lot to take in," she says. "It was all so quick, but everyone was so helpful and informative. It made me feel like I wasn't alone." ■



A GRIN AT THE END

Small Towns...Big Hearts



I love small towns. I've lived in several - in Oregon, Minnesota and Alaska. Unless I was forced to, I'd never live in a big city.

But I've been at a loss to explain to other people just why I like small towns. It's not just the Fourth of July fireworks or the street festivals. There's more to it. I just couldn't put my finger on it.

Then something happened a few weeks ago that brought my thoughts into clearer focus.

“By the time he got to the emergency room at Santiam Hospital, he couldn't walk, his heart rate was spiking and his blood pressure was plummeting.

Our youngest son, 22, got sick - really sick. What started out as burn on his elbow turned into a massive infection. By the time he got to the emergency room at Santiam Hospital, he couldn't walk, his heart rate was spiking and his blood pressure was plummeting.

All in all, not a good scenario.

After a couple days in the intensive care unit and a few more in a regular room, he was able to go home. I won't go all medical on you about what the doctors did, but suffice it to say that a week later he was back at work. In my mind, it was nothing short of a miracle.

But that's not my point.

My point is that, at every turn, my wife and I found ourselves surrounded by friends and neighbors, many of whom knew us - and others who went out of their way to introduce themselves.

For example, two of the CNAs went to high school with our son. One even had gone to the prom with him. The other brought him flowers and a "get well" card on her day off.

The ICU supervisor was a neighbor. She took the time to, well, just talk, sharing stories about her family and asking after mine. In the hospital lunchroom, the nurses and others asked about our son.

Another former neighbor who worked at the hospital greeted me in the hallway, asking how I was doing.

“In a small town, you really do get to witness the circle of life, the ebb and flow of friends, neighbors and strangers you encounter.

This was more than I would have ever expected. To me, the empathy was almost as important as the medical expertise. My wife and I, and our son, needed both.

After the infection had subsided and our son was feeling better, my wife and I arrived at the hospital to take him home to continue his recovery. As we reached the door, a young husband and wife were taking their new baby to their car for the first trip home, excited and thankful and full of anticipation. The mom was an acquaintance and the daughter of friends.

Then it occurred to me. In a small town, you really do get to witness the circle of life, the ebb and flow of friends, neighbors and strangers you encounter. Sometimes it's under the worst of circumstances; other times, it's the best of circumstances.

In a small town, you have to buy into the concept of neighbor much more readily than in a big city. Unlike life in a big city, you can't divorce yourself and your fate from the town's, because every one of us is important. Every town is a tapestry of the people who live in it. That's true whether you live in Silverton, Mount Angel, Stayton or Sublimity.

We, the people, make a town. We give it that sweet, loving and sharing character. ■

Carl Sampson is a freelance writer and editor. He lives in Stayton. Article reprinted with permission from Our Town Community News.

PRESIDENT/CEO:

Terry Fletchall

BOARD OF DIRECTORS:

Maryann Meredith, President

Ron Etzel, Vice President

Mike Odenthal, Secretary

Victor Kintz

Juanita Culver

Norm Rauscher

Ed Diehl

Randy Mickey

Pamela Ray

HOSPITAL AUXILIARY OFFICERS:

President, Pat Spaeth

Vice President, Mary Lou Hazelwood

Recording Secretary, Karen Andall

Corresponding Secretary, Char Bartosz

Treasurer, Marlene McCoy

Assistant Treasurer, Sandra Zolkoske

