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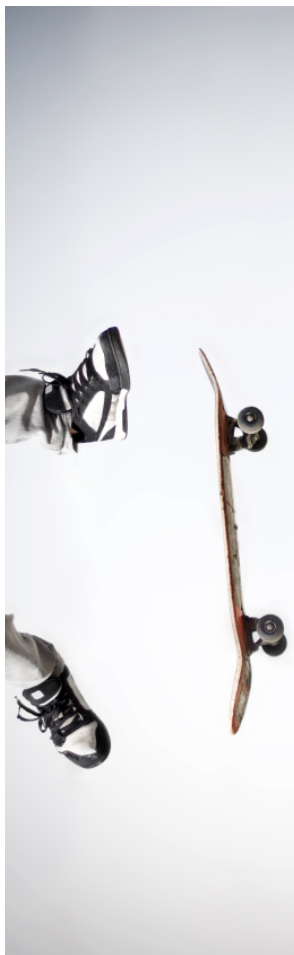
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Legacy Mount Hood Medical Center
24800 SE Stark Street
Gresham, Oregon 97030
www.legacyhealth.org/mounthood

Accidents happen — that's why we're here

New emergency department for expert care



Your child is trying to skateboard, but he hasn't learned how to turn. Your neighbor is hanging holiday lights, but his ladder is not steady. Your co-worker takes up skiing, but she is a bit clumsy.

As we all know, accidents happen. Good thing Legacy Mount Hood Medical Center's newly expanded Emergency Department is right here, close to home.

"We are proud of our expansion because it offers easy access to expert emergency care for East County residents," says Michael Frommlet, M.D., medical director of the emergency department. "We have twice the capacity to meet the area's growing needs and have

added new, state-of-the-art equipment for high-quality care."

The hallmarks of our new, fully complete emergency department:

- **More space and privacy.** A private entrance, comfortable waiting areas and an efficient design to promote prompt, respectful and private service.
 - **Area just for kids.** A separate waiting area for children, colorfully painted and with activities for kids, along with child-friendly exam rooms to help us care for the almost 1,000 children we see in the emergency department each month.
 - **Fast track care for less serious cases.** For patients who have
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For the finest in care

Legacy Mount Hood Medical Center is a nonprofit organization that relies on charitable support to offer the finest medical care. Gifts to Mount Hood Medical Center Foundation make a difference. Please call 503-674-1634 or donate to:

Mount Hood Medical Center Foundation
P.O. Box 4484
Portland, OR 97208-4484
www.legacyhealth.org/foundations

503-335-3500

Looking for a doctor?
Legacy has primary care clinics across the metro area, along with seasoned specialists in every field.
So if you are looking for a doctor, we have your number.

Help prevent breast cancer

Self-exams, screenings key to prevention and detection

Because breast cancer is a common form of cancer—only skin cancer is more prevalent—every woman should consider herself at risk. However, most women who have breast cancer today are diagnosed at an early stage. With the help of more effective treatments, these women go on to lead productive lives as cancer survivors.

The earlier you're diagnosed, therefore, the better your chances are for successful treatment. The best method for early detection is combining monthly breast self-exams with periodic mammograms and professional breast exams. That way, if a breast change does occur, it will be detected, diagnosed and treated as early—and successfully—as possible.

Mammography is a low-dose X-ray procedure used to produce a film or digital image of your breast, which is called a mammogram. Often, this procedure can identify breast cancer long before it can be detected by a physical examination.

A clinical breast exam is a test done by a health professional to feel for lumps and look for changes in the size or shape of the breasts. During the clinical breast exam, you can learn how to do a breast self-exam.

Between the ages of 20 and 39, every woman should have a clinical breast exam every three years; and after age 40 every woman should have a clinical breast exam done each year. Every woman should do a self-exam once



You should have an annual mammogram if you are over 40 or have a family history of breast cancer.

a month, about a week after her period ends. About 15 percent of tumors are felt but cannot be seen by regular mammographic screening.

Women who have had breast cancer or other breast problems or who have a family history of breast cancer might need to start getting mammograms before age 40 or they might need to get them more often. Talk to your doctor about when to start and how often you should have a mammogram.

Take a stand against cancer by:

- Learning the proper techniques for routine breast self-examinations
- Not ignoring any breast lump
- Seeing your doctor for regular breast examinations
- Scheduling yourself, or having your physician schedule you, for mammograms on a routine basis

Legacy Mount Hood Medical Center offers digital mammography services. Our caring technologists will make sure you have a private, comfortable screening. They will also teach you the proper techniques to use for your monthly breast self-examination. And you can have the reassurance of knowing that our program is accredited by the American College of Radiology.

Call 503-674-1663 to schedule a mammogram.

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minor illnesses and injuries, we have new rooms designed to fast-track care. By separating patients who have more critical needs, patients with minor medical issues can be treated more quickly.

- **Professional, caring staff.** The emergency department has a staff of compassionate professionals dedicated to caring for your emergency needs. The doctors are board-certified in emergency medicine. Specialists are trained to address stroke, cardiac and other serious medical emergencies. Many of the doctors and nurses have years of experience at Legacy Mount Hood.

Many also live in East County and have a personal stake in caring for the community.

- **High-tech imaging.** For the best diagnosis, Legacy Mount Hood has the finest imaging technology: X-ray, computed tomography (CT), magnetic resonance imaging (MRI) and emergency ultrasonography, plus a comprehensive laboratory.
- **Access to expertise.** For patients who need a high level of care, Legacy Mount Hood has an intensive care unit and a staff of experienced physicians. Legacy Mount Hood is also closely affiliated with The Children's Hospital at Legacy Emanuel for specialty care for children, as

well Legacy's centers for traumatic injuries, heart care, advanced surgical care and more.

The expanded and redesigned space would not be as effective if not for the dedication and training of the doctors and nurses who staff it. For stroke and many other emergency conditions, the doctors at Legacy Mount Hood have a series of specific "protocols" aimed at consistently delivering the most effective treatment

The protocols are clinically tested treatments consistently and uniformly applied.

See www.legacymounthood.org for more information.

Services grow with the community

Hospital marks 25 years

On Legacy Mount Hood Medical Center's 25th anniversary at our Stark Street campus, we are using the occasion to look forward to see how we can continue growing to meet the needs of the community.

"We seek to provide the best in medical care so that you don't have to travel out of your neighborhood," says Gretchen Nichols, R.N., administrator of Legacy Mount Hood. "We are continually improving and growing to ensure that you have what you need."

One of the most significant areas of growth has been in services to outpatients, those people who are not admitted to the hospital. Here are some of the hospital's notable outpatient services:



Radiation Oncology

Uses beams of radiation to eliminate or shrink cancer tumors. Legacy Mount Hood offers a technology known as "intensity modulated radiation therapy" (IMRT) that uses highly sophisticated software and the precision of CT and MRI scans to deliver treatment. The precise treatment delivery minimizes damage to healthy tissue surrounding the tumor and to critical adjacent organs. For more information, please call 503-674-1152.

Imaging

Uses technology to detect health issues. Legacy Mount Hood offers advanced diagnostic imaging services, including CT scanning, MRI and ultrasound. Please call 503-674-1233.

Outpatient Rehabilitation

Offers a comprehensive range of physical, occupational and speech therapy; helps with sports injuries and work-related injuries. Please call 503-674-1123.

Cardiac and Pulmonary Rehabilitation

Helps those with heart and lung problems recover through physical activity and other therapies. Please call 503-674-1590.

Sleep Medicine

Offers a full range of diagnostic tests and sleep studies guided by board-certified doctors who specialize in sleep medicine. We offer a complete evaluation, diagnosis, and treatment of sleep disorders, including sleep apnea, narcolepsy, restless leg syndrome, insomnia and more. Please call 503-674-1289.

More information can be found at www.legacyhealth.org/mounthoodservices.

News Briefs

City, hospital team for drug "turn-in"

Legacy Mount Hood Medical Center and the city of Gresham are asking residents to turn in unused prescription medications at Gresham City Hall, 1333 NW Eastman Parkway, from 10 a.m. to 4 p.m., Saturday, November 7. No questions asked.

The Partnership for a Drug Free

America says one in five teens has abused prescription pain medication, stimulants or tranquilizers. Household drugs also reach the public water source. Individ-

uals are asked to remove personal information on the container.

Nurse leader named chief administrator

Gretchen Nichols, R.N., has been named chief administrative officer of Legacy Mount Hood Medical Center. She replaces Bryce Helgeson, who became vice president of hospital operations at Legacy

Emanuel Medical Center in Portland.

Nichols has served as nurse executive at Legacy Mount Hood for two years, making many contributions to quality and service.

Fair helps with safety

Children in the community are a bit safer because of the recent Healthy Kids' Fair at Legacy Mount Hood Medical Center, with support from Mount Hood Medical Center Foundation.

- More than 2,500 people, including some 1,000 children, attended.
- Nearly 700 bike and snowboard helmets were sold at discounted rates.

Healthy lives start with a great doctor

Primary care clinics focus on wellness

You want to be healthier, right? You would rather avoid a health issue than have to go through treatment, correct? And wouldn't it be great to have a doctor close to home?

If so, then you might be interested in the Legacy Medical Group (previously known as Legacy Clinics) model of care. Legacy Medical Group operates two primary care practices in East County: Legacy Medical Group–Mount Hood and Legacy Medical Group–Firwood.

The doctors promote building a close relationship with their patients, which studies have shown improves a person's health.

"Having a good relationship with your primary care provider makes it far more likely that you'll avoid the most common problems, far less likely to have problems with heart disease and diabetes," Melinda Muller, M.D., senior medical director of Legacy Medical Group. "Even if you have a disease, the severity seems to be less, you'll have fewer surgeries, you'll be healthier and it will cost you less."

For a complete list of Legacy primary care clinics in the area, see www.legacyhealth.org/primarycare. To find a doctor who is right for you, call 503-335-3500.



Help us protect our patients

New visitor guidelines for the fall flu season

To help protect our patients, visitors and staff from H1N1 ("swine") flu, we are limiting visitors to our hospital during the fall flu season:

- Visitors ages 18 and younger are limited to immediate family members of Legacy patients
- No visitors ages 18 and younger are permitted in our intensive care unit and Family Birth Center
- Only immediate family members or up to two support persons can accompany expectant moms to the Family Birth Center during their hospital stay and delivery

For more information, please check www.legacyhealth.org.

- More 100 car safety seats were examined for proper installation.

Healing Garden dedication

An open house and dedication for the healing garden at Legacy Mount Hood Medical Center is 2 to 3 p.m., Thursday, Nov. 19. The garden, which is open to the community, is a place where patients, their families and visitors can enjoy nature's healing benefits. Bricks and tiles to support the garden are still available for purchase. For details, contact Beverly Herbert with Mount Hood Medical Center Foundation at 503-674-1634.

For your health...

Legacy Mount Hood Medical Center offers a range of classes, screenings and events for your health. Please see www.legacyhealth.org/classes. Call 503-335-3500 for a complete list or to preregister (required) for one of the offerings below.

Legal and Financial Planning for Midlife and Beyond

Tuesday, November 10, 6-8 p.m. Free.

Legacy Wellness Screenings

Legacy offers an extensive package of screening and testing aimed at keeping you healthy. The screenings are held on other Legacy campuses. For more information, call 503-335-3500 or see www.legacyhealth.org/wellness

Other resources

Diabetes and Nutrition

Call 503-674-1254 for more information

Prenatal Education

See www.legacyhealth.org/prenataled for schedule, or call 503-415-5498

Surgical Weight Loss

Call 503-413-7557

Caregiver Support

Call 503-413-7707

Cancer Support and Education

Call 503-674-1123 or 503-413-7284

Safety and First Aid

Call 503-335-3500