

Healthy You

The best time
to plant a tree
is 20 years ago.
The second best
time is now.

—Proverb

It's harvest time!

AFTER A LONG growing season with warm, relaxing days of summer, it is time to reap our harvest for the fall. If your tomatoes are not quite there or your lettuce looks listless, don't worry. There is still time to put in a late-season crop.

This can be the same with your health as well. No matter what your age, there are always actions you can take to improve your health.

In addition to improving your diet and moving more, your family can try these healthy steps.

Manage your health. Take charge of your health by finding a primary care provider to be your partner. Together you can identify concerns early on and actively manage chronic conditions like asthma or diabetes and possibly even prevent some ailments.

Stay sharp. Learning new things helps keep your brain sharp. Kids do it naturally through play, but adults may need to set some goals. Whether you choose to pick up a new skill or drive a different route across town, challenging your brain helps keep it healthy.

Sleep soundly. During sleep, your body repairs tissues, generates new cell growth, and processes

activities from the day. At each age, your body requires a different amount of sleep to function at its best.

Taking small steps each day can positively impact your health. At PeaceHealth, we are here to partner with you and your neighbors to make healthy strides. Read on in this issue to see how our joint efforts are having an impact in our community.



Learn more about your particular sleep needs at peacehealth.org/healthy-you.



PeaceHealth

The Spirit of Health

PeaceHealth Southwest Medical Center
PeaceHealth Medical Group
PeaceHealth Southwest Medical Center Foundation



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Rebound Orthopedics
200 NE Mother Joseph
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TALK WITH A DOCTOR!

Hip and Knee Arthritis: How to Manage Pain

When: Wednesday, Sept. 14,
6 to 8 p.m.

Where: PeaceHealth Southwest's
Health Education Center

Info: Presented by Michael
Fleischman, DO, of The
Vancouver Clinic.



Human touch, robotic precision

YOUR KNEES OR YOUR HIP may have been giving you trouble. Your doctor has had a look at it, and the diagnosis was osteoarthritis (OA).

You may be a candidate for MAKO—a robotic arm-assisted procedure designed to relieve pain and restore range of motion. MAKO® is an innovative treatment option that allows your surgeon to customize the procedure for your unique anatomy and increase accuracy to optimize surgical results.

How does it work?

Using real-time information and images of your joint, your surgeon controls accurate implant placement for the hip or can resurface your knee while sparing the healthy bone and ligaments surrounding it, which can be difficult to achieve with traditional techniques without a robotic arm.

What are the benefits?

- This procedure enables surgeons to personalize implant placement to achieve optimal results.
- For total hip replacement, the MAKO procedure offers a more accurate cup placement and accurate leg length, potentially decreasing the need for a shoe lift.
- MAKO allows for partial knee resurfacing for adults living with early- to midstage osteoarthritis that has not progressed to all three compartments of the knee.
- It is less invasive than traditional total knee surgery.
- It allows the surgeon to resurface the diseased portion of the knee, sparing the healthy bone and surrounding tissue.
- Since healthy bone is preserved, patients may still be candidates for a total knee replacement procedure later.



Discuss all treatment options with your doctor to determine which is best for you. To learn more, watch a video about this procedure at peacehealth.org/southwest/jointjourney.



A new device is changing lives

"MY MOTHER DIED FROM A STROKE at a very young age," says David Struthers, 63, of Vancouver. "She was a loving and intelligent mom, and it's sad that my kids never had the chance to know her."

When David was confronted by his own life-threatening health issues, he decided to undergo an innovative cardiac procedure to improve his odds of surviving to care for his own family. He was the first person in the greater Portland-Vancouver area to receive the new Watchman® cardiac device, implanted by James Reiss, MD, at PeaceHealth Southwest Medical Center.

Stopping clots at the source

"This is a tremendous advancement in the treatment of atrial fibrillation," says Jonathan Lowy, MD, an electrophysiologist and cardiologist at PeaceHealth Southwest. "It offers patients, for the first time, a treatment to prevent stroke that does not require the long-term use of blood-thinning medications."

Atrial fibrillation (AF) is a common abnormal heart rhythm. During AF, the upper chambers of the heart beat rapidly—300 to 400 beats per minute—and a pouch on the heart's left upper chamber, called the left atrial appendage, doesn't have time to squeeze out the blood. The blood can pool in the appendage and form a clot, which can travel to the brain and cause a stroke.

Medications called anticoagulants or blood thinners are used to make it harder to form a blood clot in the pouch. But they also thin the blood throughout the body, which increases the risk of internal bleeding—including in the brain.

There is now an alternative, for some patients. The Watchman device—about the size of a quarter—is implanted in the left atrial appendage in a minimally invasive procedure through a blood vessel in the leg. This seals the pouch off from the circulation, thus protecting from stroke without the risk of bleeding. Patients recover quickly and usually only need an overnight hospital stay.



Learn more at peacehealth.org/watchman.



FREE!

Peripheral Artery Disease Screening

When: BY APPOINTMENT ONLY, Saturday, Sept. 24, 8 a.m. to 1 p.m.

Where:
PeaceHealth Medical Group
Thoracic and Vascular Surgery
505 NE 87th Ave., Building B,
Suite 301, Vancouver

Info: Peripheral artery disease (PAD) is a circulatory problem in which narrowed arteries reduce blood flow to your limbs, heart, and brain. Diagnosing PAD is very important. Don't miss your chance to get this free screening.

To find out if you are a candidate
for this screening and to
register, call **360-514-1854**.



Choosing your health plan?

Here's where to start

OPEN ENROLLMENT is creeping closer, and now is the time to start planning for the next year.

Today, people spend more time planning their weekend getaway than researching their health care benefits. Aflac reported that in 2014, 46 percent of people spent 30 minutes or less reviewing health care plan offerings. Why? Mostly because people don't really know where to start when it comes to reviewing benefits and making health plan decisions.

Even though that weekend escape is important for your health, so is planning for your health care future, and some simple questions and guidelines can help take out the guesswork.

First, gather some information from the last year's health care costs and individual health status. How much did you pay out of pocket? Was last year a typical year? Did anyone in the family develop a new health issue or possibly resolve a past issue?

Most important is to learn how your coverage works. Utilize company resources. Often your company will provide links to decision support tools and other resources for you to make the most informed decision.

When planning for your health care future, some simple questions and guidelines can help take out the guesswork.

Learn more about health savings accounts and how they can benefit you. Also remember to check into wellness programs offered by your employer. Often there are financial benefits as well as health benefits when you take advantage of these offerings.

Choosing which path to take when it comes to open enrollment is seldom a quick decision, so take your time and do your research. And enjoy that weekend getaway!

Are you eligible?

To find a tool for estimating whether you qualify for Medicaid and subsidies, and how much you may need to pay for health insurance, go to **healthcare.gov**.



Grown-ups with ADHD

Attention-deficit/hyperactivity disorder (ADHD) doesn't just affect children. Adults can have it too.

According to the National Resource Center on ADHD, about 10 million adults in the U.S. have ADHD. They commonly have problems like:

- Losing or quitting jobs frequently
- Poor ability to manage day-to-day tasks, such as paying bills or completing household chores
- Relationship problems
- Stress over failing to meet goals and responsibilities
- Use of a variety of substances to "self-medicate"—attempting to correct or cope with what they experience on the inside

Many of the treatments that work well for children with ADHD benefit adults as well. Medication, a structured environment, and behavioral therapy can help.

If you think you or a loved one may have ADHD, talk to a doctor.



When ADHD hits *home*

Treatment helps kids and parents alike

SOMETIMES CHILDREN are a whirlwind of activity. They can't sit still. And they can't concentrate on anything for more than a minute.

That's normal behavior for many kids, at least some of the time. But when behavioral problems make it difficult to function at home, at school, or in social situations, it might signal attention-deficit/hyperactivity disorder (ADHD).

Does my child have ADHD?

Diagnosing ADHD is a process. It involves gathering input from all of a child's caregivers. This helps clinicians see how the child behaves in different settings—at home, at school, and with friends.

If you think your child might have ADHD, a clinician will look at how your child's behavior compares to his or her peers' behavior. The clinician will also look for symptoms, such as if your child:

- Is easily distracted from work or play
- Often doesn't seem to listen
- Can't stay seated
- Frequently interrupts others
- Often acts and speaks without thinking

It can be challenging to diagnose ADHD in children younger than age 4 and in teenagers. But no matter your child's age, your child's doctor can help.

"If you have questions about your child's behavior, talk to your pediatrician, family medicine, or behavioral health provider," says Layne Prest, PhD. "We can determine if your child has ADHD or any other condition and get your family moving toward the right treatment."

What treatments are available?

Some parents worry that treating ADHD automatically means medicating their child. That's not necessarily the case.

The American Academy of Pediatrics, American Academy of Family Practice, and American Association for Marriage and Family Therapy recommend educating the patient and family about the condition, then providing both behavior therapy and medication as good options—preferably together. For preschoolers, behavior therapy is suggested as the first treatment.

"We've found many children respond positively to this combination of treatment," Dr. Prest says. "It helps parents learn new skills to guide their kids and manage their behavior, and it helps those kids replace the behaviors that are causing problems."

Behavior therapy often starts right after diagnosis. Parents, teachers, and children can all work with a therapist to learn effective strategies.

Medications can help children with ADHD as well. Several kinds of medication are approved to treat children with ADHD. These medicines can affect children differently. Your doctor will work with you to find the treatment that's best for your child.



Layne Prest, PhD
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Concerned parent? Learn more about ADHD symptoms and complete the symptom checklist. Visit peacehealth.org/healthy-you.

EYE HEALTH

Q I'm 40 and my vision is fine, but what can I expect as I age?

A Here's what to expect as you reach age milestones and what you can do about potential eye problems:

40s

- Have routine eye exams.
- Don't smoke.
- Wear sunglasses that block 100 percent of UVA and UVB rays.

50s

- Diabetic retinopathy—have regular eye exams to limit potential vision loss.
- Advanced presbyopia—ask for multiple eyewear solutions.

60s

- Increased risk of cataracts, glaucoma, and macular degeneration—have routine eye exams.
- Decreased ability to see in low lighting—use brighter lights for reading; adjust to changing light conditions.
- Visual disturbances, such as spots, flashes, and floaters—if flashes or floaters appear suddenly, call your eye doctor immediately. This could be a retinal detachment.

70s and 80s

- Cataracts—consider cataract surgery if you haven't had it already.
- Have regular eye exams to manage diseases that can cause decline in color vision, narrowing of visual fields, or decreased vision, and increase lighting.
- Get eyewear or lenses to help maximize acuity and increase contrast.



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SPORTS INJURIES

Q My son wants to participate in high school football, but I'm concerned about injuries. What's the best way for him to avoid getting hurt?

A Injuries are common in all sports and difficult to completely avoid. There are some things you can do to help your son prepare for the season:

- First make sure your son is in good physical condition. It can be tough to return to an intensive sport without preparation and training over the summer. A sports physical is a great time for your doctor to assess your son's condition.
 - Avoid very heavy weight lifting, but instead go for moderate weights with higher repetitions.
 - Consider cross-training and not just running and lifting weights.
 - It is very important for the equipment to fit well, especially the helmet.
 - Talk to your son about concussions and the signs and symptoms to watch for, such as headaches, difficulty concentrating, and sensitivity to light. It's important that he tell the coaching staff and you about any potential head injury, and not just in a game.
- Sometimes injuries can be due to bad luck, but proper preparation and well-fitting equipment is key to avoiding injuries where possible.



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SLEEP AND WEIGHT LOSS

Q I can't seem to lose these last 10 pounds. Could lack of sleep affect my weight?

A Inadequate sleep appears to increase the risk of many health problems, including high blood pressure, heart disease, and even obesity. Researchers have found a connection between sleep deprivation and hormones that regulate appetite. Specifically, lack of sleep may lead to increased appetite.

The good news is there are some things you can do to get a better night of sleep.

- Maintain a regular bed and wake time schedule, including on the weekends.
- Establish a regular, relaxing bedtime routine such as soaking in a hot bath and then listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet, and cool.
- Finish eating at least 2 to 3 hours before your regular bedtime.
- Exercise regularly, but not too close to bedtime.
- Avoid caffeine close to bedtime.
- Avoid nicotine.
- Avoid alcohol close to bedtime.

Still, there are millions of people who, no matter what changes they make, can't seem to get quality sleep. This is when a sleep doctor can help, as a sleep disorder may be present. To learn more about sleep disorders, visit peacehealth.org/phmg/vancouver.



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FREE!

Staying Safe as You Age

Fall Prevention and Vision Adaptation

When: Wednesday, Nov. 9, 6 to 8 p.m.

Where: PeaceHealth Southwest's Health Education Center

Info: This free event highlights ideas on aging gracefully at home. Learn tips to keep your body strong and fit to optimize strength, function, and balance. Discover practical ways to adapt your home to increase safety if you are affected by age-related vision changes. Presented by Ann Ferguson, OTR/L, and Lisa Nienstaedt, PT, PeaceHealth Southwest Outpatient Neurological Therapies.

To register, visit peacehealth.org/southwest/events.



Healthier You

CLASSES & EVENTS

LOSE THE WEIGHT. CHANGE YOUR LIFE.

If you have a BMI between 40 and 69.9, weight loss surgery could help you improve your health. Join us for a Weight Loss Surgery Information Session.

First Wednesday of each month, 6:30 to 8:30 p.m., and
third Wednesday of each month, noon to 2 p.m.
peacehealth.org/southwest/events

FAMILY

New Dad Workshop

When: Thursday, Oct. 27 or Dec. 8,
6 to 9 p.m.
Where: ■
Info: \$30

Childbirth and Parenting Classes

Visit peacehealth.org/southwest/events or call
360-514-BABY (360-514-2229)
to choose the class that's right for you.
Info: Costs vary. Those on state medical
insurance may receive classes for free.

HOW MUCH WILL THESE CLASSES COST?

Classes and events are free
unless otherwise noted. To
register, visit peacehealth.org/southwest/events or call **360-514-2190** unless otherwise
noted.

WHERE IS THIS CLASS?

Classes and events are at the
following locations unless
otherwise noted.

■ = Family Birth Center
From 87th Ave., enter on
Fifth Street

▲ = Health Education Center
NE 92nd Ave. and
E Mill Plain Blvd.

◆ = Memorial Health Center
100 E 33rd St.

● = Specialty Clinic
8716 E Mill Plain Blvd.,
Vancouver

New Grandparents: How-to Be Helpful

When: Tuesday, Nov. 1, 6 to 8 p.m.
Where: ▲

WEIGHT MANAGEMENT

Healthy Eating: Food as Medicine

When: Tuesday, Sept. 13 or Nov. 8,
6 to 7:30 p.m.
Where: ●

Weight Loss for Life: Program Options

When: Mondays, noon to 1 p.m., or
Thursdays, 5:30 to 6:30 p.m.
Where: ●

SAFETY

Infant CPR for Friends and Family

When: Tuesday, Sept. 13, Oct. 18,
Nov. 8, or Dec. 13, 6:30 to 9 p.m.
Where: ■
Info: \$20; not valid for day care or
foster care licensing.

Senior Driving: How-to Get There Safely (two-day class)

When: Tuesday and Wednesday, Sept. 13
and 14, or Nov. 1 and 2, 10 a.m. to 3 p.m.
Where: ▲
Info: \$12

Heartsaver CPR & AED Training

When: Wednesday, Sept. 28,
6 to 10 p.m.
Where: ▲
Info: \$35; American Heart Association
course valid for two years.

Childlife First Aid, CPR and AED Training

When: Saturday, Oct. 22,
8:30 a.m. to 4:30 p.m.
Where: ▲
Info: \$50; American Heart Association
course valid for two years.

Car Seat Class & Clinic

When: Third Saturday of each month,
9 a.m. to 2 p.m.
Where: ▲
Info: Class is free; car seats are \$20 for
low-income families only; limited supply.

Special Event! Staying Safe as You Age: Fall Prevention and Vision Adaptation

When: Wednesday, Nov. 9, 6 to 8 p.m.
Where: ▲
Info: See page 5.

HEALTHY YOU

Managing Your Arthritis

When: Wednesday, Sept. 14, Oct. 12,
Nov. 9, or Dec. 14, 10 to 11 a.m.
Where: Total Joint Center Education
Room, Physicians' Pavilion

Talk with a Doctor Event! Hip and Knee Arthritis: How-to Manage Pain

When: Wednesday, Sept. 14,
6 to 8 p.m.
Where: ▲
Info: Presented by Michael Fleischman,
DO, The Vancouver Clinic.

HeartCheck 360° Screening Clinic

Info: \$189. No physician referral
required. Call **360-514-7755** or
877-501-5055 to schedule an
appointment.

Respecting Choices: Advance Care Planning

When: Saturday, Nov. 12,
10 a.m. to noon
Where: ▲

Blood Donation

When: Wednesday, Oct. 12,
11:30 a.m. to 5:30 p.m.;
Wednesday, Nov. 23, 9 a.m. to 3 p.m.;
Friday, Dec. 30, 9 a.m. to 3 p.m.
Where: ▲

SUPPORT

Bereavement Support Groups

Info: Visit peacehealth.org/southwest/bereavement or call
360-696-5120.

Diabetes Education and Counseling Programs

Info: Visit peacehealth.org/southwest/diabetes or call
360-514-2500, option 2.

Mental Health and Substance Abuse Support Groups

Info: Visit peacehealth.org/southwest/adapt or call
360-696-5300.

Stroke/Brain Conditions Support Group

Info: Visit peacehealth.org/southwest/strokecenter or call
360-514-3273.

Tobacco Cessation Support Class

When: First Monday of each month,
5:30 to 7:30 p.m.
Info: Hosted by SeaMar and
Clark County Public Health.
Call **360-397-8214** to register.

Weight Loss Surgery Post-Op Support Group

Info: Visit peacehealth.org/southwest/weightcenter or call
360-514-4265.

St. Vincent de Paul's 4th annual Friends of the Poor 5K Walk/Run

When: Saturday,
Sept. 24
■ 7:30 a.m. Registration
■ 9 a.m. Run
■ 9:05 a.m. Walk
■ 10 a.m. Awards and
snacks

Where: Proto-Cathedral
of St. James the Greater,
218 W. 12th St.,
Vancouver

Info: To get involved,
visit svdpusa.net/fop.
All funds raised remain
local to provide
emergency assistance
to those in need
regardless of race,
origin, religion, or
gender.

Drug Take Back Event



When: Saturday, Oct. 22, 10 a.m. to 2 p.m.
Where: PeaceHealth Memorial Health Center, 33rd Street
and Main, Vancouver
Info: Free drop-off of all out-of-date and unused
medications, including narcotics, prescription medications,
controlled substances, over-the-counter (OTC), and
pet medications. Just drive up and drop off; no need
to get out of your car! For more information, visit
preventclarkcounty.org.



PeaceHealth
Southwest Medical Center

Information in HEALTHY YOU comes from a wide range of medical experts. If you have any concerns or questions about specific medical issues that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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PEACEHEALTH is a non-profit, integrated health care organization with facilities in Alaska, Washington, and Oregon.

HEALTHY YOU is published by PEACEHEALTH to provide health care and wellness information to residents of Clark County.



For health news, events,
and tips, visit
peacehealth.org/healthy-you.

Healthy You



Young philanthropists honored

Parody pageant presented philanthropy award

STUDENTS from Union High School's National Honor Society will be honored with the "Youth in Philanthropy" award by the Association of Fundraising Professionals of Oregon and Southwest Washington on Nov. 7.

The distinguished award recognizes young people who have dedicated themselves to improving the community through philanthropy.

Sponsored by the school's National Honor Society, the Misster Union Pageant began in 2014 and

has raised more than \$250,000 for the Holtzman Twins Neonatal Intensive Care Unit at PeaceHealth Southwest over the past three years. Culminating in a mock pageant, this year's contestants raised nearly \$120,000 to provide families in need with newborn care packages and to purchase an advanced retinal camera—a crucial tool in preventing blindness in premature infants.

We couldn't be more grateful to or proud of such an inspiring next generation of philanthropists!

Two leaders awarded for service

ALDEN ROBERTS, MD, and T. Randall "Randy" Grove were the first recipients of the Sister Andrea Nenzel Award, named for the chairwoman of the PeaceHealth System Board. The announcement was made at the Cascade Society's* 10th anniversary dinner in May.

The award recognizes individuals who give their time, resources, and talents to the PeaceHealth Southwest Foundation and holds them up as outstanding examples of service and leadership within our community.

Dr. Roberts, PeaceHealth Southwest's Chief Medical Officer and Vice President of Quality and Patient Safety, has served as an advocate of the importance of philanthropy among physicians, patients, and donors. Grove is an emeritus board member of the Foundation and an attorney at Landerholm Law firm. His expertise in the trust and estates field makes him a valuable resource to donors as they explore the benefits of planned giving.

These two community leaders epitomize the spirit of service, and their work has enriched PeaceHealth and our community.

*The Cascade Society recognizes donors who make annual contributions of \$1,000 or more to benefit PeaceHealth Southwest.



Alden Roberts, MD



T. Randall "Randy" Grove

Investing in our future

Health care is changing. But one thing that hasn't changed is the need for highly qualified medical personnel. It is crucial for bright, talented people to be encouraged to pursue their dreams of becoming health care professionals.

With that in mind, PeaceHealth is committed to offering Health Career Scholarships. Combined with the Jack and Nancy Barry Health Career Scholarship Endowment and donations from the community, the Foundation recently awarded \$25,000 in scholarships to 12 PeaceHealth caregivers and both junior and adult volunteers.

These scholarships support future leaders in their efforts to earn a high-quality education that will improve patient outcomes and the overall health and well-being of our community.



Foundation Health Career Scholarship recipients

Back, from left: Ethan Knight, Jannai Rauda, Kelly Beck

Middle, from left: Tatyana Molchanova, Melissa Plate, Baochau Tran, Yuliya Vergulyanets

Front, from left: Karen Cortes-Ortiz, Maritza Hernandez



For more information about the Cascade Society, please contact Alison Lazareck at alazareck@peacehealth.org or 360-514-3634.

Inside the Olympics

Train Like an Olympian: Tips From a Team USA Doctor

When: Tuesday, Sept. 13 noon to 1 p.m.

Info: Free. A one-hour webinar presented by Kevin deWeber, MD.



Register at peacehealth.org/olympian.



PeaceHealth
Southwest Medical Center

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Vancouver, WA 98668

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SW

DONOR SUPPORTED KEARNEY BREAST CENTER

'Tremendous blessings'

SUE HENRY HAS WORKED at the Kearney Breast Center for nine years. She had three kids before age 30. She has no family history of any kind of cancer.

However, she remembers reading that the majority of people who get breast cancer don't have a family history. "That was me in a nutshell," she says.

And then, during Christmastime 2015, she heard the words every woman dreads: "You have breast cancer." But Sue didn't lose courage.

On the other side of things

During diagnosis, Sue appreciated her three radiologists' expertise and their care both professionally and personally. Her breast cancer was found on a routine mammogram. She couldn't feel it herself. "Thank goodness for the technology we have now," she says.

According to Michael Myers, MD, Medical Director of Oncology, PeaceHealth Medical Group Hematology & Oncology, women diagnosed with breast cancer are living longer because these cancers are now being found early, when treatment is easier.

"One of the most invigorating aspects of being an oncologist is finding the best treatment for a patient after taking into consideration all of the cancer specifics, patient specifics, and most important, what the patient's goals are," Dr. Myers says. "We have found that even with



PATIENT PROFILE ★

the rapidly advancing technology, there is no replacement for spending time and getting to know your patient."

Sue put complete trust in the experts at the breast center, from the diagnosticians to the nurse navigator, surgeon, oncologist, and radiation oncologist. Six months after diagnosis, Sue is done with chemo, but she still has other treatment steps for her type of breast cancer.

"I am so glad God placed me at the KBC to work," she says. "The caring people I work with have been tremendous blessings for me in every way."



Michael Myers, MD
Radiation Oncology
PeaceHealth Southwest
Radiation Oncology
8821 NE 5th St.
Vancouver, WA
360-514-1900

FREE!

Breast health screenings

Pre-enrollment is required.

When: Saturday, Oct. 22, 9 a.m. to 1 p.m.

Where: Kearney Breast Center, 200 NE Mother Joseph Place, Suite 420, Vancouver, WA

Info: FREE clinical breast exams and 3-D digital screening mammograms for uninsured women who:

- Are 40 and older
- Have no current breast concerns
- Live in Washington
- Qualify through the Breast Cervical and Colon Health Program

Do you have insurance? Need your mammogram? Come in and we will bill your insurance (all insurance guidelines apply).



To pre-enroll, please call
800-992-1817, ext. 1.



For Spanish or Russian, please call
888-202-3301.

Schedule your mammogram!



PeaceHealth
The Spirit of Health

peacehealth.org/kearneybreastcenter