

Women's Care Physicians In the News



Congratulations to **CATHERINE YORK, MD**, who was named a Guardian Angel by the Sacred Heart Foundation. The recognition is given annually to caregivers who provide extraordinary support

and compassionate care to hospitalized patients. This award is particularly special because the nominations are made by patients and their families rather than a physician's peers and administrators.



MATTHEW HAUGEN, MD, (left) met recently with Lane Community College nursing student Ed Willson, recipient of one of two Women's Care nursing scholarships awarded this academic year. Women's Care has funded the scholarships since 2004.



Women's Care Supports Relay for Life Fundraising Effort



Relay for Life began in 1985 when Dr. Gordon Klatt walked and ran around the University of Puget Sound track for 24 hours to raise money for the American Cancer Society. Since its inception, millions of people have participated in Relay for Life nationally and internationally; they go to support family and friends who are battling cancer, celebrate those who have defeated cancer, or remember those who have passed.

The Eugene/Springfield Relay for Life started in 1992 and Women's Care has been a proud supporter since that time. We are participating in Relay for Life as a part of the Northwest Specialty Clinic's Cancer Care Alliance, an interdisciplinary group of physicians and clinics dedicated to creating a team approach to cancer care.

The 2010 Eugene/Springfield Relay for Life will begin at noon on Friday, August 6, at Thurston High School and last until noon Saturday. Please show your support and visit the Women's Care physicians and employees at the Cancer Care Alliance tent, or help us reach our fundraising goal by participating in our raffles at any of our three Women's Care locations.

Sign Up for Monthly Specials at the Aesthetics Center



At the Aesthetics Center at Women's Care, RiverBend, we are always happy to help you look and feel your best. We offer monthly specials on products and services. Follow the link on our homepage at www.WomensCare.com to sign up for our e-mail list and our new specials will be sent

directly to your e-mail inbox each month. You can also follow us on Facebook at The Aesthetics Center at Women's Care. For more information, please call (541) 868-9700.



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SPRING 2010

Healthy Perspectives

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Essure Procedure Offers Permanent, Incision-less Birth Control for Women



Women's Care patients whose families are complete now have a proven and permanent birth control option that doesn't require incisions, hormones, general anesthesia or slowing down to recover. Known as Essure, the procedure is a permanent, irreversible and effective birth control option that works with the body to create a natural barrier to pregnancy.

Brooke Kyle, MD, performs this gentle 15-minute procedure in an outpatient surgery center. Before joining Women's Care, she performed the procedure routinely in her Miami practice. Dr. Kyle says that she and her patients were very happy with the results.

See **ESSURE PROCEDURE** inside

Essure Procedure

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The procedure is performed under light sedation and involves inserting tiny spiral-shaped implants into the fallopian tubes through the vagina, cervix and uterus. According to Dr. Kyle, most women resume their normal activities within one day of the procedure.

After the procedure, the fallopian tubes create scar tissue that forms a natural barrier that prevents sperm from reaching the egg. Three months after the Essure is placed, an x-ray confirms that the tubes are fully blocked and that the patient can rely on Essure for permanent birth control. In the interim between the insertion and the confirmation test, patients must use another form of birth control.

“Unlike birth control pills, patches, rings and some forms of IUDs, Essure doesn’t contain hormones that interfere with the natural menstrual cycle,” notes Dr. Kyle. “A woman’s periods will more or less continue in their natural state.”



In use over the past five years, Essure has been proven to be 99.8% effective in four years of clinical trials, comparing favorably with tubal ligation.

As with all procedures, there are risks associated with Essure, including slight pain and cramping after the procedure; expulsion of the implant; and a very rare chance of perforation of the fallopian tube or uterus. Still, says Dr. Kyle, Essure has the fewest risks of any form of permanent birth control.

To learn more about Essure, or to see if it’s appropriate for you, call Women’s Care to schedule a consultation with Dr. Kyle.

“Unlike birth control pills, patches, rings and some forms of IUDs, Essure doesn’t contain hormones that interfere with the natural menstrual cycle.”

Brooke Kyle, MD

New HPV Testing Creates Change in Screening Guidelines

By Cristin Babcock, MD

The recent development of a test for human papilloma virus (HPV) has created a change in national recommendations for routine Pap smears for women. Women’s Care has changed its guidelines in accordance with those recommendations.

The Pap smear has been part of annual gynecological exams in the U.S. since the 1950s. During the Pap smear procedure, the physician collects cells from the cervix to detect cancer or abnormal cells that may lead to cancer. The test can also find non-cancerous conditions, such as infection and inflammation.

Since the advent of the HPV test, the same specimen that is taken for the Pap smear is also tested for HPVs. HPVs are a group of more than 100 viruses. Some types cause the common warts that grow on hands and feet. More than 30 types of HPV can be passed from one person to another through sexual contact. While some of these sexually transmitted HPVs cause wart-like growths on the genitals, they don’t lead to cancer. About 15 sexually transmitted HPVs are considered high-risk because they’re more likely to lead to the development of cancer. If a woman tests positive for the HPV virus, we know that we will need to monitor the patient through more frequent screenings.

HPV infection is the primary risk factor for cervical cancer.

Screening Guidelines

Here are the new Women’s Care guidelines for routine Pap smears and HPV tests:

- Annual Pap smears beginning with sexual activity until age 30.
- At age 30, start testing for HPV in tandem with Pap smears.
- If both tests are negative, it’s OK to test once every three years.
- If the HPV test is positive, continue annual Pap smears.
- Women who have had a hysterectomy don’t need a Pap test unless the surgery was done as a treatment for pre-cancer or cancer.

Be sure to speak with your Women’s Care physician if you have questions about the new guidelines, or about any aspect of your health care.

About 6 million new genital HPV infections occur each year in the U.S. Although HPV infection is very common, only a very small percentage of women with HPV infections develop cervical cancer.



Patients Benefit from Electronic Prescribing

Women’s Care is making it quicker, safer and cheaper for our patients to fill prescriptions. By using prescribing software, we send electronic prescriptions directly to the pharmacy of your choice. Here are the benefits for you:

- You won’t have to deliver a paper prescription to the pharmacy and wait to have your prescription filled. Simply inform the pharmacy staff that you have an electronic prescription waiting for you.
- When you request a refill from the pharmacy, the request is sent to Women’s Care by computer rather than fax or phone. This means we can confirm the refill quickly so you get your medication sooner.
- The prescription software lets your physician view the selection of medications preferred by your health plan, possibly saving you money.
- The software provides your prescription history from other physician offices, alerting your Women’s Care provider to possible adverse medications or reactions in your medical background.

Please note that some restricted (Schedule 2) narcotics must still be prescribed with written prescriptions only.

Dr. Katz Receives Education Award

Congratulations to Vern Katz, MD, who has been recognized for his dedication to medical education in our community. He was recently presented the prestigious 2010 Community Preceptor Award by the School of Medicine at Oregon Health & Science University.

Dr. Katz’s contributions to medical education in our community are numerous. He helped establish the regional medical education program at Sacred Heart Medical Center and is a founding course director for the Center for Medical Education and Research. Dr. Katz created a sub-internship in perinatology and a course in advanced OB/GYN for fourth year medical students. He also helps coordinate clinical teaching for OB/GYN third year students in clinics and hospitals in Eugene/Springfield. For the past decade, Dr. Katz has been a community professor for pre-med students in the Department of Human Physiology at the University of Oregon.

Women’s Care is proud of Dr. Katz and his achievements that strengthen the future of medicine in our region.

