

## Women's Care Physicians In the News



On Aug. 12, Drs. **PAULA JEWETT, MD**, (above left) and **CATHERINE YORK, MD**, reached a milestone, performing the first ever robotic hysterectomies at Sacred Heart Medical Center RiverBend using the new third-generation da Vinci® Si robot. Best known for its use in prostate surgery — 80 percent of all prostate surgery is now done robotically — the da Vinci robot is also used for gynecologic surgery. Drs. Jewett and York both underwent additional surgical training in order to become certified on the da Vinci device. They performed a total of four da Vinci surgeries in August and have an additional four surgeries scheduled in September. Sacred Heart Medical Center will host a public open house showcasing this new technology on Saturday, October 3, from 11 a.m. to 3 p.m. in the RiverBend Main Lobby.



## Aesthetics Center Open House

The Aesthetics Center at Women's Care is celebrating its one-year anniversary with an open house on Thursday, September 24 from 5:30 p.m. to 8 p.m. Please join us for wine, hors d'oeuvres and drawings for free products and services. You'll receive the latest information on skin care and more information about exciting new services. Additionally we're offering 25 percent off all laser and Velashape packages for attendees!

Medical Director Paula Jewett, MD, and Aesthetician Tiffany Diangson will be on hand to provide demonstrations and tours of our new and larger aesthetics treatment room, and answer questions about any of our non-surgical treatments.

We are also pleased to announce the addition of the new Matrix RF applicator to our laser offerings. It is the first radio frequency device from Syneron that helps rejuvenate skin, reduce wrinkles and correct other imperfections such as acne scars and unwanted pigment.

The Aesthetics Center will also be offering specials on products such as LATISSE®, the first and only FDA-approved prescription treatment that results in longer, fuller and darker eye lashes. Hope to see you there!

## Women's Care Adds Physician



Welcome to **BROOKE KYLE, MD**, who joins Women's Care as a specialist in obstetrics and gynecology. She will work in the Springfield office. A board-certified OB/GYN, she was in private practice with Morales and Esserman LLC of Miami, Florida, before coming to work for Women's Care. Dr. Kyle is certified by the American College of Obstetricians and Gynecologists and a member of the American Association of Gynecologic Laparoscopists.



**Women's Care  
PHYSICIANS & SURGEONS**  
3100 Martin Luther King Jr. Parkway  
Springfield, OR 97477



### SPRINGFIELD

3100 Martin Luther  
King Jr. Parkway  
(541) 342-8550

Cristin Babcock, MD  
Frederick Green, MD  
Robert Jacobson, MD  
Paula Jewett, MD  
Brooke Kyle, MD  
Gary LeClair, MD, LMFT  
Catherine York, MD  
Susan Trezona, CNM

### Northwest Gynecologic Oncology

3355 RiverBend Dr. Ste. 210  
(541) 465-3300

Deborah Dotters, MD  
Audrey Garrett, MD, MPH

### Center for Genetics and Maternal-Fetal Medicine

3355 RiverBend Dr. Ste. 210  
(541) 349-7600

Keith Balderston, MD  
Vern Katz, MD

### EUGENE

590 Country Club  
Parkway Suite B  
(541) 686-2922

Melissa Edwards, MD  
Peter Hatfield, MD  
Matthew Haugen, MD  
Tina Schnapper, MD  
Jennifer Tufariello, MD  
Heather York, MD  
John York, MD

### The Fertility Center of Oregon

590 Country Club  
Parkway Suite A  
(541) 683-1559

Douglas Austin, MD  
Lesla Hill, MHS, PA-C  
Sue Armstrong, CNM  
Jeannie Merrick, RNNP

PRSR STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 459  
EUGENE OR 97401

AUTUMN 2009

# Healthy Perspectives

WOMEN'S CARE PHYSICIANS & SURGEONS

## Inside



Ten Easy Ways to  
Stretch Your Health  
Care Dollars

The Art of  
Breastfeeding

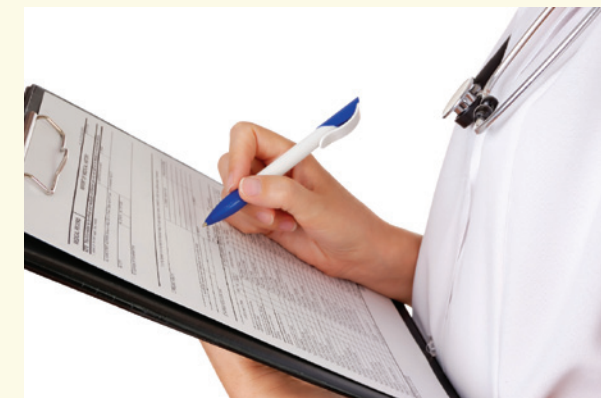
New Patient  
Portal Technology

Women's Care  
Physicians in the  
News

Aesthetics Center  
Open House

Women's Care Adds  
New Physician

## Women's Care Awarded PacificSource Grant



A new partnership between Women's Care and PacificSource promises to make Chlamydia screening and treatment a regular part of annual exams for women. Women's Care will join with PacificSource as part of the Community Health Excellence Program and receive \$48,000 in funding to help improve the reproductive health of women.

Women's Care was one of seven organizations, along with Northwest Specialty Clinics, to receive a PacificSource Community Health Excellence Program grant. The program seeks to elicit changes that will have positive health impacts, foster continuous improvement of patient care and inspire "collaborative and innovative engagement." By choosing Women's Care as a recipient, PacificSource concluded that

See **PACIFICSOURCE GRANT** inside

## PacificSource Grant

Continued from page one

the two organizations share a vision of improved, high quality community health.

Chlamydia screening and treatment are essential health services that represent a cost-effective means of preserving reproductive health. In terms of preventive services, experts say, it should be considered a top priority.

More than one million cases of Chlamydia were reported to the Centers for Disease Control in 2006, making it the most common bacterial sexually transmitted infection in the U.S. Experts believe the true burden of the disease has been underestimated due to insufficient screening and reporting. Only a small proportion of women with Chlamydial infections are symptomatic.

According to a study published by the American College of Obstetricians and Gynecologists, Chlamydia can lead to pelvic inflammatory disease and cause infertility, ectopic pregnancy, chronic pelvic pain and other problems. Given the fact that half of the U.S.'s reported cases of Chlamydia occur in women



between the ages of 15 and 25, it makes sense to expand Chlamydia testing to ensure early detection and treatment.

“Increasing Chlamydia screening will have far-reaching positive effects,” said Women’s Care Project Sponsor Tina Schnapper, MD. “We are grateful that PacificSource shares our concerns and sees the opportunity that increased screening presents to improve the reproductive health of women in our community.”

The Community Health Excellence Program will allow Women’s Care to take some immediate steps. We are currently developing educational materials specifically for women aged 15–25 and discussing the importance of screening at the time of the annual exam or other visit. If you would like more information on the new screening guidelines for Women’s Care, please visit our Web site at WomensCare.com or ask your physician or nurse next time you visit.

*Chlamydia screening and treatment are essential health services that represent a cost-effective means of preserving reproductive health.*

## Ten Easy Ways to Stretch Your Health Care Dollars

**M**aking the most of your health care dollars can actually be easier than you think. Here are ten easy ways:

**Understand how your health plan works.** Know the deductibles, copayments, and other out-of-pocket costs you are responsible for paying before you use medical services or get a prescription filled.

**Use in-network providers.** Participating providers generally accept discounted payments for plan members.

**Look into freestanding surgical and diagnostic centers.** If you need surgery, you might save money by having it performed at an ambulatory surgical center. Talk to your doctor to be sure this is appropriate for you.

**Ask your doctor about home testing devices.** Home tests can help ensure you are following your doctor’s orders and that prescribed treatments are working. Report results regularly and call your doctor if you notice anything unusual.

**Only go to the hospital emergency room for true emergencies.** If your regular doctor is not available, think about going to an urgent care center rather than a hospital emergency room.

**Carefully check all medical bills.** Keep a careful tally of individual and total family payments so you don’t overpay.

**Use any additional programs or discounts provided by your employer or health plan.** Many provide access to free disease management programs and programs to prevent illness and lower health costs over the long run, such as smoking cessation and weight loss programs, or discounts on fitness clubs.

**Live a healthy lifestyle.** Healthy habits like exercising regularly, eating well, and not smoking can increase your stamina, lighten your mood, and lower your risk for certain diseases.

**Make careful decisions about prescription drugs.** They are the fastest rising area of health care costs. Use generics whenever possible, even for over-the-counter medications.

**Know how your drug plan works.** Check your copayments and know the maximum amount for one year. Find out if your plan has a formulary (a list of preferred drugs they will cover).

**Use a mail order pharmacy if one is available.** You might save 10–15 percent.

**Consider pill-splitting.** Some medications can be obtained at double the prescribed dose, and then split in half. Talk to your doctor first.

**Look into drug manufacturer aid programs.** All require your doctor to apply for you.

**Use a health care spending account to pay for medical expenses with pre-tax money.**

*Content courtesy of Strategic Benefits, Boise, ID.*

## The Art of Breastfeeding

By Miffy Davis, RN, CLE

**B**efore examining the many reasons why breastfeeding is effective, I like to remind women of the simple beauty of the experience. It is an amazing thing to look down at your baby and know that your body is sustaining and giving life to a little human being. Breastfeeding is natural and beautiful — and it works!

The American Academy of Pediatrics recommends that babies be breastfed for the first year of their lives. Breastfeeding benefits a baby’s immunological system, helps prevent bacterial and viral infection, reduces the likelihood of allergies and upper respiratory problems and can benefit a baby into adolescence and even adulthood.

Breastfeeding is both an art and a science. However, in this era of breast pumps and bottles, it’s easy to forget this fact. It’s one thing to look at the lines on a bottle and calculate how much an infant has consumed, but it’s quite another accomplishment to allow your baby to breastfeed and know your child is thriving. Pumps and bottles certainly have a place in today’s modern world. However, if we rely on them too heavily, we may easily forget the connection between our bodies and the needs of our babies.

I want women to know as much as they can, and recommend they take a breastfeeding class. I urge husbands or partners to attend classes, too. The single biggest factor for breastfeeding success is the involvement of a partner or the presence of family support. This participation can include everything from changing diapers to being emotionally supportive to making sure the mother is in a comfortable position while feeding.

Although breastfeeding is a natural process for which mother and child are innately equipped, there is a degree of learning involved. Even mothers who have had several children often need to coax their babies along and reacquaint themselves with the process. When beginning breastfeeding, many women encounter some rocky moments, which makes the presence of a supportive partner and a breastfeeding consultant all the more important.

The next free Women’s Care breastfeeding class will be at 7 p.m. on Wednesday, Sept. 23 at Women’s Care, 3100 Martin Luther King Jr. Parkway, Springfield. It will also be offered at 7 p.m. on Wednesday, Oct. 28 at our Country Club Parkway office.

*Miffy Davis, RN, CLE, is a Certified Lactation Educator at Women’s Care. Miffy also offers Lactation Services to those patients needing extra care and support with breastfeeding their baby.*



## Women’s Care Announces New Patient Portal Technology

**W**omen’s Care is online! The new technology allows patients to communicate directly with our offices in a safe and convenient manner, saving time, money and other resources and providing a completely confidential communication channel. Intended to create a higher level of service, patient portals have been cropping up across the country and are becoming an increasingly important service for patients.

Patients who sign up for the Women’s Care Patient Portal can access portions of their medical records, receive test results electronically through secure email, request prescription refills, request appointments, pay bills, and update their history. The service is available via a secure login on our Web site ([www.WomensCare.com](http://www.WomensCare.com)). All communications are sent through a secure messaging system within the patient portal and are encrypted to protect patient privacy. Women’s Care is one of the first independent specialty clinics in the Eugene-Springfield area to offer this service.

