

Women's Care Physicians In the News



DEB DOTTERS, MD, participated in a 1.25 mile swimming race from Alcatraz Island to Aquatic Park across the chilly waters of San Francisco Bay in June. She finished fourth in her age group, completing the race in 45 minutes and 12 seconds.



DOUG AUSTIN, MD, spoke recently at the Half Day Women's Conference at Bay Area Hospital in Coos Bay on polycystic ovary syndrome. The conference was attended by local physicians, certified nurse midwives and nurse practitioners.



Congratulations to **PAULA JEWETT, MD,** who married John Linn, associate pastor at Central Lutheran Church in Eugene, this summer.

For Your Datebook

- Within the next month, two Women's Care subspecialty groups—Northwest Gynecologic Oncology and The Center for Genetics and Maternal-Fetal Medicine—will move to a new five-story medical building. The new Northwest Specialty Clinics building is across the street from the new Women's Care RiverBend office and in front of the new Sacred Heart Medical Center at RiverBend.



- **Thursday, Oct. 9:** In observance of national breast cancer awareness month, Women's Care and Face It!, a cosmetic boutique and service provider, will co-sponsor an evening of education and fun beginning at 7 p.m. at Face It!, 285 E. Fifth Ave., across from the Fifth Street Market in Eugene. Dr. Paula Jewett and Miffy Davis, R.N., of Women's Care will present information about breast health and related issues. Davis will also demonstrate breast self-exams on a life-sized breast model. Staff from Face It! will provide complimentary make-overs on a sign-up basis. Attendees will receive dessert and champagne, and the first 50 attendees will receive a goody bag with donated items from the Face It! product lines. A portion of the store's income that day will be donated to Susan G. Komen for the Cure.
- **Monday, Oct. 20:** Dr. Paula Jewett and aesthetician Tiffany Diangson will represent the Aesthetics Center at Women's Care as exhibitors at Shades of Pink, an evening for women, wine and wellness. The event takes place from 4:30 p.m. to 8:30 p.m. in the Playwrights Hall at the Eugene Hilton. For more information, visit www.pacificsource.com/shadesofpink.



**Women's Care
PHYSICIANS & SURGEONS**
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Women's Care
PHYSICIANS & SURGEONS

SPRINGFIELD

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(541) 342-8550

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

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

Northwest Gynecologic Oncology

1200 Hilyard Suite S510
(541) 465-3300

Deborah Dotters, MD
Audrey Garrett, MD, MPH

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Keith Balderston, MD
Vern Katz, MD

AUTUMN 2008

Healthy Perspectives

WOMEN'S CARE PHYSICIANS & SURGEONS

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For Your Datebook



Aesthetics Center Now Open for Noninvasive Treatments

Ready to gain the confidence that comes from looking and feeling your best? The physicians you know and trust at Women's Care are proud to announce The Aesthetics Center at Women's Care RiverBend.



At the Aesthetics Center at Women's Care, we provide the latest FDA-approved non-invasive procedures to significantly enhance your appearance without the pain, risks and recovery time of surgery. Our medical spa services cause minimal discomfort and involve little or no downtime.

See AESTHETICS CENTER inside

Aesthetics Center Open House Set for September 16

We're eager to show off our new Aesthetics Center, so we're throwing open the doors for a party! Please join us for an open house on Tuesday, Sept. 16, from 5:30 p.m. to 7:30 p.m. Aesthetics Center medical director, Paula Jewett, MD, and aesthetician Tiffany Diangson will be available to provide demonstrations, give tours and answer questions. We'll have music and light refreshments and will hold a drawing for complimentary services. The Aesthetics Center is located at 3100 Martin Luther King Jr. Parkway in Springfield. We hope to see you there!



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Aesthetics Center

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Whether you are interested in the latest laser technology or body contouring, you can be sure that the utmost care and expertise will be devoted to the success of your treatment. We offer the most advanced techniques, procedures and applications with proven and documented results. Our work is performed by a certified aesthetician with specialized training and expertise. Because the Aesthetics Center is affiliated with Women's Care, you can enjoy the peace of mind of knowing that all work performed is supervised by a medical doctor.

Women's Care physician Paula Jewett, MD, is uniquely qualified as the medical director of The Aesthetics Center at Women's Care. With a personal interest in exercise physiology, strength training and the aging process of women, Dr. Jewett has designed her practice of aesthetics to complement the health care services she and her physician colleagues offer at Women's Care.

Dr. Jewett completed her internship and residency in obstetrics and gynecology at Vanderbilt University Hospital in Nashville, where she became a clinical instructor. She received her medical degree at Vanderbilt University where she was a member of Alpha Omega Alpha honor society. She specializes in gynecology.

According to Dr. Jewett, "A healthy sense of self can be artfully enhanced through gentle treatments designed to manage the effects of aging, bringing out your inner beauty."

By using the following procedures, we can safely and gently soften the effects of time:

LASER TREATMENTS

Our elos™ laser technology is safe and effective for the following:

- **Wrinkle reduction**—The Matrix IR™ Wrinkle Reduction procedure reduces mild to moderate wrinkles with no recovery time.
- **Hair removal**—Hair of many colors and types from all skin tones is effectively and gently removed.
- **Leg and facial vein treatment**—Problem veins on the legs and face are diminished while protecting the surrounding skin.
- **Skin rejuvenation**—Fade the appearance of rosacea, spider veins, age spots, uneven skin tones and skin imperfections caused by sun damage.
- **Skin tightening**—Reduce the appearance of wrinkles and loose skin for a smoother and more youthful appearance.



BODY CONTOURING

VelaShape™ contours, shapes and slims the body by improving cellulite and reducing circumference of the abdomen, buttocks and thighs. VelaShape™ precisely targets and heats fatty tissues, and is the only FDA-approved non-surgical alternative to liposuction.

Discounts are available with the purchase of a package of any of our medical spa services.

We're also proud to offer the SkinMedica line of aesthetic skin care products that rejuvenate skin, reverse sun damage and maintain the benefits of clinical and surgical procedures.

The Aesthetics Center at Women's Care RiverBend is located at 3100 Martin Luther King Jr. Parkway in Springfield.

Still have questions? Please visit us online at www.WomensCare.com or phone us at 342-8550 for more information or to schedule a consultation.



Genetic History Adds to Risk of Ovarian Cancer

By Audrey P. Garrett, MD, MPH

One of the major risk factors for ovarian cancer is a family history of ovarian cancer. Women who have a mother, daughter or sister with ovarian cancer may be at increased risk, especially if their family risk is related to a genetic mutation in one of the genes known to be related to breast or ovarian cancer (known as BRCA1 and BRCA2). Also, some women with a family history of cancer of the breast, uterus or colon may carry a different genetic mutation that may also put them at a slightly increased risk of ovarian cancer as well as a significantly increased risk of endometrial cancer.

If several women in a family have ovarian or breast cancer, especially at a young age, this may be considered a strong family history. If you have a strong family history of ovarian or breast cancer, you may want to talk with a genetic counselor. The counselor may recommend genetic testing for you or other women in your family. These tests can sometimes reveal gene changes that significantly increase ovarian cancer risk.

Women who have inherited certain altered (mutated) genes have a greatly increased risk of developing ovarian cancer. It may be as high as a 60% lifetime risk if you have mutations in the BRCA1 or BRCA2 genes. While very rare in the general population, these mutations are found in 2.5% of those of Ashkenazi Jewish descent.

Sometimes women with a very strong family history of ovarian cancer decide to have their ovaries and fallopian tubes removed as a precautionary measure. Known as a prophylactic (preventive) bilateral salpingo-oophorectomy (removal of both tubes and ovaries), the surgery greatly reduces the risk of ovarian cancer in women who have inherited an altered version of the BRCA1 or BRCA2 genes; the surgery can also reduce their risk of breast cancer by as much as 50%. With prophylactic removal of the ovaries, there is still a small chance that ovarian-like cancer may develop.

It's important to have a cancer risk assessment and counseling before making this decision. Obvious risks of prophylactic oophorectomy include loss of fertility. Other potential risks include hot flashes, altered libido, vaginal dryness, bone loss and increased risk of heart disease. As with any surgery there are risks involved with the actual procedure itself and it is important to weigh the risks and benefits for your particular situation.

While genetic mutations can confer a high risk of ovarian cancer, there are other risk factors that have been linked epidemiologically to ovarian cancer. The theory of "incessant ovulation" (i.e., women who have ovulated without a break like pregnancy or birth control pills) has been linked to ovarian cancer; women who have taken the pill (and thus not ovulated during



that time period) can decrease their risk of ovarian cancer by as much as 50%.

Having a risk factor certainly doesn't mean that a woman will get ovarian cancer. Many women with risk factors don't get ovarian cancer and 90% of women who do get the disease have no known risk factors. If you think you may be at risk for ovarian cancer, be sure to talk with your doctor.

September is National Ovarian Cancer Awareness Month. To learn more about causes, prevention, detection and treatment of ovarian cancer, visit www.cancer.gov/cancertopics/types/ovarian



Relay for Life

Cancer survivor Carolina Preciado, a patient at Women's Care and Northwest Gynecologic Oncology, was one of three patients who joined the 10-member Women's Care team at the Eugene/Springfield Relay for Life in July.



Women's Care Responds to Readership Survey with Plans for E-Newsletter

Thanks to all the Healthy Perspectives readers who responded to our recent newsletter survey. More than 300 of you took the time to go online to share your opinions. And three of you lucky respondents won the drawing for gift certificates at Bello Day Spa and Salon!

Generally, you gave us high marks for the newsletter...thank you! And some of you made valuable suggestions that we're taking to heart. Among those suggestions is that we transition to an electronic newsletter. While we'll continue to post Healthy Perspectives on our website, our ultimate goal is to make a complete transition to an e-newsletter in the future.

An e-newsletter will allow us to better track topics of interest and readership on an ongoing basis. We'll also be able to customize content so that you're sure to get articles about topics and events that are of particular interest.

To help us move in that direction, we'd like to ask that those readers who prefer to receive Healthy Perspectives via e-mail go to our website, www.WomensCare.com, to register for that option. Thank you!

Women's Care Awards Nursing Scholarships

Congratulations to Lane Community College nursing students Kendra Northam and Jennifer Jarman, recipients of \$1,000 scholarships from Women's Care. In an effort to alleviate a critical nursing shortage, Women's Care has provided scholarships to Lane nursing students in each of the past three years.