

HEALTHY Perspectives

WOMEN'S CARE PHYSICIANS & SURGEONS



Women's Care
PHYSICIANS & SURGEONS
598 E. 13th Avenue
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Women's Care Staff in the News



Congratulations to **Catherine York, MD**, who has been recently certified by the American Board of Obstetrics and Gynecology.



Certified medical assistant **Candy Miller** received the Spirit of Medical Assisting Award at the annual convention of the American Association of Medical Assistants in Milwaukee, Wisconsin, recently. The award is given for outstanding service to the community and the profession. Candy, a community volunteer extraordinaire, is the current president of the Oregon Society of Medical Assistants.

Birth Control Now Comes in Chewable Form

Women who rely on oral contraceptives for birth control now have a new and convenient option. The first and only FDA-approved chewable birth control pill is now available by prescription.

The spearmint flavored daily tablet, Femcon Fe, is a convenient option for busy women on the go. It can be chewed or swallowed whole and provides the same ingredients and reliability as the traditional pill.

“New birth control options are important since studies show that 47% of women miss one or more pills a month, thereby increasing their risk of pregnancy,” says Women's Care physician Catherine York, MD.

Femcon Fe comes in a 28-day regimen in which women take 21 active tablets followed by seven placebo tablets containing iron. Risks associated with the product are similar to those of other birth control pills and include an increased risk of blood clots, heart attacks and strokes, particularly for smokers over the age of 35.

Your Women's Care physician is happy to discuss Femcon Fe and other birth control options with you.

Cola Lowers Bone Density

New research shows that women who drink cola regularly may be at an increased risk for osteoporosis. The study found that drinking diet, regular and decaffeinated colas can lead to lower bone mineral density in women over the age of 60. Low bone mineral density puts women at an increased risk for osteoporosis. Researchers found no correlation between cola intake and lower bone density in men.

The study found that the more cola women drank, the lower their bone density was. This is true for both regular and diet colas, especially if they contain caffeine. Caffeine is known to cause some loss of calcium. But even non-caffeinated colas caused a bone-thinning reaction. One reason might be that both caffeinated and non-caffeinated colas contain phosphoric acid, which causes calcium to be replaced in bones by the phosphoric acid.

Regardless of the reason, the bottom line is that cutting back on sodas will help you keep your bones healthy and strong.

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Women's Care Staff in the News

New Women's Care Office to Open This Fall

The physicians of Women's Care are pleased to announce that we will open a new facility this fall in Springfield. The new office will be located at 3100 Martin Luther King Jr. Blvd., across from the new Sacred Heart Medical Center at RiverBend. It will replace the Women's Care office now located at 13th and Patterson in Eugene and is just five miles – or 10 minutes – from the current location.

According to Gary LeClair, MD, “The opportunity to build a state-of-the-art facility for our patients feels incredible. We've been in our current building for so many years, we've gotten used to the tiny exam rooms and squeaky floors.”

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Women's Care Launches Electronic Medical Record

While old-fashioned warmth and compassion will always be essential to the care we provide, the physicians of Women's Care realize that there is a place for technology in our daily lives.

Women's Care, along with five other local specialty offices, has undergone the largest of technological advances: we've moved from a paper chart to an electronic medical record (EMR). There are innumerable advantages to taking this huge step, but the most important is ensuring the health and well-being of our patients. Components of our new system include an increased ability to anticipate and avoid adverse drug interactions and allergies, a better system for tracking preventive screening results and needs, and an increase in testing efficiency. Additionally, we hope you'll notice quicker response times for lab results and prescription refills, and improved communication with Women's Care physicians and staff in general. This all translates into better care for our patients.

The next time you're in we'll ask to take your photo for your new electronic record. This photo is especially important so we can be certain your medical record belongs to you and is one more way that we can offer the strictest possible security to your personal health information. Be assured that the EMR has built-in safeguards to protect the privacy and confidentiality of your medical record.

For more information about the EMR, please contact Jennifer Ocker at (541) 345-7756.

Using Family History to Promote Health

By now we're all familiar with the typical New Year's resolutions: Resolve to get healthy by achieving a healthy weight, stopping smoking, eating a balanced diet and exercising regularly. But there are steps beyond those familiar health tips that can further ensure good health.

Family history is an important influence on your risk of developing heart disease, stroke, diabetes or cancer. And while you can't change your genetic makeup, knowing your family history can help you reduce your risk of developing health problems.

According to a 2004 survey, 96% of Americans believe that knowing their family history is important to their health. Yet, the same survey found that only one-third of Americans have ever tried to gather and write down their family's health history.

A family medical history or medical family tree is a powerful health screening tool. Also known as a 'pedigree,' a family medical history is a record of illnesses and medical conditions among family members. A medical family tree resembles the family trees used by genealogists, visually depicting the relationships between each member of your family along with their health information. According to

Kathryn Murray, a certified genetic counselor and director of genetics services at the Center for Maternal and Fetal Medicine, "The most useful family medical history includes details on first, second and third degree relatives. Organizing that information into a detailed family tree helps you and your physician visualize how traits may be clustered within families and move through generations."

According to Murray, the following are 'red flags' in family history that might suggest a genetic condition or inherited susceptibility to a common disease:

- Diseases that occur at an earlier age than expected (10 to 20 years before most people get the disease)
- Disease in more than one close relative
- Disease that does not usually affect a certain gender (for example, breast cancer in a male)
- Certain combinations of diseases within a family (for example, breast and ovarian cancer, or heart disease and diabetes)
- A sudden death in someone who seemed healthy
- Three or more pregnancy losses.

Also, within individuals, Murray says it's important to look for learning disabilities;

behavioral problems; unexplained seizures; unexplained infertility; anatomical malformations; and congenital deafness, blindness or cataracts.

Compiling a family history and sharing it with your physician allows your doctor to calculate your risk of a certain disease and your risk of passing certain conditions to your children. In addition, the family history helps your doctor determine whether you may benefit from preventive measures or medical tests.



Here are resources that may help you create a family medical history:

- **Compiling Your Family Medical History (www.mayoclinic.com/health/medical-history/HQ01707): Tips for compiling a family medical history.**
- **My Family Health Portrait (<https://familyhistory.hhs.gov/>): A new, free online tool to help make it easy to create a portrait of family health.**
- **Family History Resources and Tools (www.cdc.gov/genomics/public/famhistMain.htm): A Web site for the public developed by the Centers for Disease Control that includes fact sheets, presentations, case studies, news articles, relevant links, and other resources.**

New Women's Care Office to Open

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The new building will feature:

- Ample free parking
- Bigger examination rooms
- Accessibility for our differently-abled patients
- Better facility layout for faster check-in and check-out
- Close proximity to the region's premier medical center and Interstate 5

... and, of course, the experienced, caring physicians and staff of Women's Care will continue to offer you the best patient care possible.

The colors are still being decided upon, but the building design has been finalized. An emphasis on soothing, comfortable and rich earth tones will contribute to the building's appeal.

We'll keep you posted as we get closer to a confirmed move-in date. We promise to make the transition seamless for you.

If you have questions or concerns, please contact Evelyn Taylor at (541) 485-2777 or visit our Web site at www.WomensCare.com for the latest information.

Cervical Cancer Vaccine Available

A new vaccination available at Women's Care guards against human papillomavirus (HPV), the common sexually transmitted disease that causes 70% of cervical cancer.

The vaccination is recommended for girls and women aged 13 to 26, ideally given before they become sexually active. Administered in a series of three injections over a six-month period, the vaccination is proven to be more than 95% effective.

At Women's Care, we encourage adult women to speak to pediatricians about vaccinations for their daughters and to their gynecologist or primary care physician about the vaccination for themselves. We also urge women to get annual pap tests, since cervical cancer can also be prevented through screening and early detection.

Women's Care Funds Nursing Scholarships

To help alleviate a critical nursing shortage, Women's Care has awarded \$1,000 scholarships and the possibility of internships to two second-year nursing students at Lane Community College. The recipients of the scholarships are Charleanne Wade and Jill Tauchert. Charleanne is a volunteer breastfeeding educator through La Leche League and looks forward to working in the areas of maternal/newborn nursing, and possibly, midwifery. Jill has eight years' experience in administration and management, and hopes to pursue nursing management, as well as public health and education.

Congratulations, Charleanne and Jill!