

HEALTHY Perspectives

WOMEN'S CARE PHYSICIANS & SURGEONS



Women's Care
PHYSICIANS & SURGEONS
598 E. 13th Avenue
Eugene, OR 97401



Childbirth Classes Scheduled Through 2007

At Women's Care, we know that maternal and fetal health require care that begins long before the birth. Our wide menu of maternity classes includes Healthy Pregnancy, Childbirth, Newborn Baby Care and Breastfeeding. For a complete list of classes, descriptions and times, and to register, please visit www.WomensCare.com.

Here's a listing of Childbirth classes scheduled through the end of 2007. Please plan to attend one series of three classes two to three months before your due date.

Women's Care at 590 Country Club Pkwy.		Women's Care at 598 E. 13th Ave.	
Tuesdays at 7 p.m.		Wednesdays at 7 p.m.	
July	10, 17, 24	July	11, 18, 25
August	7, 14, 21	August	8, 15, 22
September	11, 18, 25	September	5, 12, 19
October	2, 9, 16	October	3, 10, 17
November	6, 13, 20	November	7, 14, 21
December	4, 11, 18	December	5, 12, 19

Staff in the News

Vern Katz, MD, is one of four new editors of the fifth edition of *Comprehensive Gynecology*, a popular reference and textbook that's just off the press.

Congratulations to **Gary LeClair, MD, LMFT**, who recently celebrated his 30th anniversary at Women's Care at a luncheon with other physicians and staff.

Audrey P. Garrett, MD, MPH, was course director for a day-long course, "Gynecologic Care of the Breast Cancer Patient," at the national meeting of the American College of Obstetrics and Gynecology recently. She presented earlier this month on access to gynecologic oncology care at the New England Association of Gynecologic Oncologists. Dr. Garrett also has been speaking widely on the new HPV vaccine.

Doug Austin, MD, was recently featured in a front-page article about a surrogate mother in the *Register-Guard*.

Bravo to **Matt Haugen, MD**, and his son, Drew, for their roles in a recent Rose Children's Theatre production of *Charlotte's Web* in Springfield.

Congratulations to Women's Care physicians and staff who participated in the Eugene Marathon in April. **Brittany Jones**, electronic medical records analyst, finished the marathon. Completing the half marathon were **Brandy Sundberg**, sonographer; **Lorissa Miller**, medical office assistant; **Vern Katz, MD**; and **Melissa Edwards, MD**.

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Women's Care Offers Online Bill Paying

Our patients can now benefit from the convenience of paying their Women's Care bills online. Log on to our website at www.WomensCare.com to use your credit card for payment. Our payment form is on a secure Web server to protect your credit card information.

Implantable Birth Control Now Available at Women's Care



By Sue Trezona, CNM

A new implantable contraceptive device now offers Women's Care patients a new option in birth control. Implanon is a flexible rod the size of a matchstick that's implanted on the inside of a woman's upper arm. It releases a low, steady dose of progestin to prevent pregnancy for three years.

Implanon has proven to be 99% effective, making it one of the most effective forms of birth control, even surpassing the efficacy of tubal ligation. Birth control pills have lower rates of effectiveness, in part because a woman must remember to take the pill at the same time every day. With Implanon, that's not a problem—you can start it and forget about it.

Continued on inside

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

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

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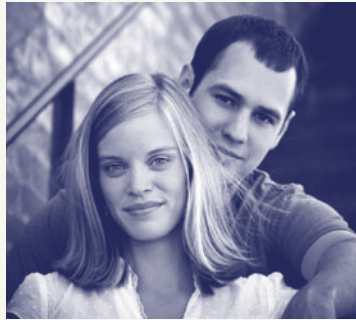
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Implanon has proven to be 99% effective, making it one of the most effective forms of birth control.



The implanting procedure is done by health care providers in our office, and takes just five minutes. We use a local anesthetic, and the procedure is about as involved as getting blood drawn. The device can be removed in our office at any time at the request of the patient. The patient then returns to her previous level of fertility.

About half the women who use Implanon will experience irregular and unpredictable light spotting. For some women, Implanon stops menstruation entirely. Other side effects may include acne, headaches, breast tenderness and weight changes. Like other hormonal contraceptives, Implanon doesn't protect against AIDS or other sexually transmitted diseases.

The cost of Implanon is similar to that of birth control pills and other forms of hormonal birth control. However, its cost—roughly \$975—is paid upfront, rather than being spread out over the three-year life of the device. A new state law, effective January 1, 2008, requires private health insurers to cover prescription birth control.

More than 3 million women in 17 countries have used Implanon since it was introduced in 1998. The Federal Drug Administration approved the device for use in the U.S. in July 2006.

If you're interested in trying Implanon, ask your Women's Care provider if this type of hormonal contraceptive might be right for you.

Sue Trezona, a certified nurse midwife and women's health care nurse practitioner at Women's Care, has traveled throughout Oregon training physicians and other health care providers on implant and removal techniques for Implanon.

Women's Care Continues Conversion to Electronic Medical Record



At Women's Care, we're converting medical records for patients from paper charts to an electronic medical record (EMR). The medical information we've gathered from you over the years must be transferred into our new system in a thorough, accurate, and timely fashion.

The conversion is painstaking and time-consuming, but one that offers long-term benefits that you, our patient,

shouldn't be without. With the EMR comes the peace of mind of knowing your medical record is safe, that your physician has the most current information on your behalf, and that safeguards are in place to monitor your health.

Our patients have been generally positive about this change even though check-in takes a bit longer. We hope that an explanation of the conversion process will help

you know what to expect and will make your next visit more pleasant.

In essence, every patient who walks through our doors is a new patient to our EMR system. When you check in for the first time under the new system, we'll take your photo. This security feature helps ensure that we're seeing you and only you for future appointments. It also enables us to put a name with a face when we speak with you on the phone.

Each time you're seen at Women's Care you'll be given a "bubble sheet" to fill out—similar to the tests we all took with our #2 pencil in school. Instead of a test, our bubble sheet is a survey of your body systems, which

helps your physician know what symptoms, if any, are related to the reason for your visit. Even if you don't have symptoms, that fact is crucial to your medical record. Once complete, the form is scanned into your EMR.

Some of our offices also request that you fill out a history form in the bubble sheet format, while others continue to ask for a handwritten version. Both are scanned into the EMR.

We know that your time is valuable and have tried to streamline our check-in process as much as possible. Thanks for your patience as we make this important change to ensure that you receive the very best health care possible.



Women's Care physicians break ceremonial ground at the site of their new medical facility during a celebration on April 17. The new 10,500-square-foot facility will replace the current office at 13th and Patterson in Eugene and is scheduled to open this fall at 3100 Martin Luther King Jr. Parkway, across from the new Sacred Heart Medical Center at RiverBend in Springfield.

Welcome Back, Sue!

The physicians and staff of Women's Care enthusiastically welcome the return of Sue Armstrong, a certified nurse midwife who previously worked at Women's Care from 1996 to 2003. In her new position, Sue will serve as the egg donor coordinator for The Fertility Center of Oregon. While no longer

delivering babies, Sue will continue to offer well-woman exams as well as leading the egg donor program. Sue is extremely popular with physicians, staff and patients, and we're very happy to have her back with us!



Weight Gain Increases Breast Cancer Risk

Putting on pounds after menopause increases the risk of breast cancer, according to a recent study.

Researchers at Brigham and Women's Hospital and Harvard Medical School in Boston wanted to know how weight gained by middle-aged women affected their breast cancer risk. Previous studies have shown women who lose weight have a decreased risk of cancer

More than 87,000 post-menopausal women between ages 30 and 55 were followed for up to 26 years to analyze weight change since they were 18. Women who gained 55 pounds since then were 45% more likely to develop breast cancer than women who maintained their weight. Women who gained 22 pounds after menopause were 18% more likely to develop breast cancer than women who maintained their weight after menopause. Women who lost 22 pounds or more after menopause and had never used hormone therapy had a 57% lower risk of developing cancer.

The researchers say the data they gathered shows weight gain during the adult years is dangerous for women.

—Ivanhoe Newswire