

Women's Care Physicians In the News



Drs. **MELISSA EDWARDS** (above, left) and **HEATHER YORK** of the Women's Care office on Country Club Parkway in Eugene have completed additional training to become certified users of the new third-generation da Vinci Si robot. Best known for its use in prostate surgery, the da Vinci is also used for gynecologic surgery. Dr. Edwards is a board certified gynecologist with special interest in the treatment of pelvic prolapse. Dr. York specializes in obstetrics and gynecology with areas of interest including laparoscopic procedures. They join Drs. Paula Jewett and Catherine York of the Springfield office, who are also certified and performed the first robotic hysterectomies at Sacred Heart Medical Center at RiverBend in August 2009.



GARY LECLAIR, MD, LMFT, was elected to a three-year term on the Lane Community College Board of Trustees. Board members are chosen for their professional expertise, community involvement and their

support of Lane Community College. This is a volunteer, unpaid position.

Women's Care Offers Free Childbirth Classes

Women's Care is proud to be the only women's health care practice in the area to offer free classes related to labor, delivery and postpartum care. Similar classes can cost up to \$60 at other practices in the Eugene/Springfield area. Our classes are offered exclusively for Women's Care patients and take place at our RiverBend and Country Club Parkway locations.

Here are classes scheduled in the first half of 2010:

Childbirth

Provides useful information for mothers in their last trimester. Plan to attend two or three months before your due date. Offered as an all-day class or a series of three evenings.

ALL-DAY CLASSES

- **RiverBend, Saturdays, 9 a.m. to 3 p.m.**
Jan. 9, March 13, April 10, May 15, June 12
- **Country Club, Saturdays, 10 a.m. to 5 p.m.**
Feb. 20

EVENING CLASSES (Series of three)

- **RiverBend, Tuesdays, 7 to 9 p.m.**
Jan. 5, 12, 19; March 2, 9, 16; May 4, 11, 18
- **Country Club, Wednesdays, 7 to 9 p.m.**
Feb. 3, 10, 17; April 7, 14, 21; June 2, 9, 16

Breastfeeding

Wednesdays at 7 p.m.

- **RiverBend: Feb. 24, June 23**
- **Country Club: April 28**

Breastfeeding Consultations

We offer free consultations by phone or in our office with our certified lactation educator, Miffy Davis, RN. We also have a complete line of breastfeeding supplies for purchase or rent.

Newborn Baby Care

Focuses on the health and development of your newborn.

Thursdays, 7 p.m.

- **RiverBend: March 18**
- **Country Club: Jan 28, May 27**



**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
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**

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**

WINTER 2010

Healthy Perspectives

WOMEN'S CARE PHYSICIANS & SURGEONS

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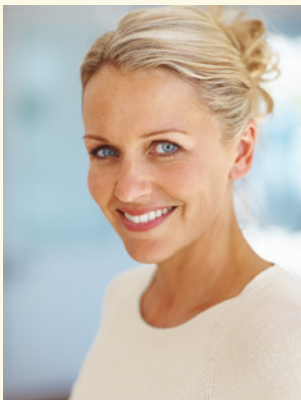
Women's Care Offers Free Childbirth Classes



Women's Care Guidelines for Breast Cancer Screening Remain Unchanged

By Jennifer Tufariello, MD

American women and much of the medical community were shocked last November when a federal task force recommended dramatic changes in long-held guidelines for breast cancer screening. For years, the American Cancer Society (ACS) and the American Congress



of Obstetricians and Gynecologists have recommended screening mammograms every one to two years for women age 40 to 49, annually for women age 50 and older, and breast self exams for all adult women. However, the U.S. Preventive Services Task Force (USPSTF) has recommended that most women should wait until age 50 to begin mammographic screening unless they're at high risk for breast cancer. It also recommended that women get screening mammograms every two years instead of annually. And finally, it said doctors should stop teaching women to perform breast self exams.

See **BREAST CANCER SCREENING** inside

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Breast Cancer Screening Continued from page one



Women's Care will continue to teach patients to do breast self exams.

The USPSTF is an independent group of experts in prevention and primary care appointed by the federal Department of Health. The task force is responsible for reviewing the scientific evidence related to the effectiveness, appropriateness and cost-effectiveness of clinical preventive services in order to help the health care community develop recommendations. While the task force doesn't have authority to enforce its recommendations, many health care providers rely on the task force's reviews about the effectiveness of preventive screening tests.

In explaining the rationale for its recommendations, the USPSTF said that although women in their 40s and women in their 50s benefit equally from routine screening mammography, women in their 40s experience greater harms from screening than do women in their 50s. The harms the task force listed were radiation exposure,

false positive and false negative results, overdiagnosis, pain during procedures, and anxiety, distress, and other psychological responses.

In response to the USPSTF recommendations, Dr. Otis Brawley, chief medical officer for the ACS, said, "The task force advice is based on its conclusion that screening 1,300 women in their 50s to save one life is worth it, but that screening 1,900 women in their 40s to save a life is not." He went on to say that the task force's recommendations "are essentially telling women that mammography at age 40 to 49 saves lives, just not enough of them."

Not surprisingly, the USPSTF recommendations have been widely criticized by patients and physicians alike. Women's Care, the ACS, the Susan G. Komen Foundation and many other health care organizations continue to recommend screening mammograms every one to two years and clinical breast exams for all women annually beginning at age 40.

In the past two decades, we've made tremendous gains against breast cancer deaths. Early detection as a result of mammography is making the biggest difference, and the combination of better treatments and greater breast cancer awareness runs a close second, says the ACS. Between 1950 and the late 1980s, overall death rates from breast cancer were high and remained relatively stable. But when screening mammograms came into wider use in the 1990s, death rates began to fall steadily and continue to decline

today. Thanks to early detection, 61% of breast cancers are currently diagnosed at a localized stage, for which the five-year survival rate is 98%.

At Women's Care, we take seriously our role as your health partner and advocate. If you have questions or concerns about the benefits, limitations and potential harms linked with regular mammography, please ask. You should know that mammograms can miss some cancers, and they sometimes show false positives. Despite their limitations, however, they remain a valuable tool for detecting breast cancer. We believe our patients deserve every tool available to detect breast cancer early, and for that reason we will continue to recommend annual screening mammograms for all patients age 40 and older. We will also continue the very important work of teaching our patients to do breast self exams to encourage greater awareness of breast health.

Women's Care physicians will closely follow the debate that's sure to continue on this very sensitive issue. We'll keep you informed about further developments.

Women's Care Joins Efforts to Prevent Spread of H1N1 Virus

Because Women's Care is concerned about your good health, we've joined forces with the Lane County Public Health Department as a community partner to help protect against the spread of the H1N1 virus (swine flu). While the number of cases in Oregon peaked in late October, some infectious disease experts predict that we may see a second surge of the H1N1 virus in February.

Women's Care worked early on to acquire and maintain an adequate supply of H1N1 vaccinations. We've made these available for each of our patients who are considered to be high-risk for H1N1, specifically, obstetric patients and post-partum patients with infants 6 months of age and under. As of Dec. 17, we've administered 606 H1N1 immunizations to patients.

According to the Centers for Disease Control (CDC), pregnant women should be vaccinated

because they're at higher risk of complications and can potentially provide protection to infants who can't be vaccinated. Parents of children younger than 6 months should also be immunized because younger infants are at higher risk of influenza-related complications and can't be vaccinated. Vaccination of those in close contact with infants younger than 6 months old might help protect infants by "cocooning" them from the virus, says the CDC.

In addition to providing vaccinations, Women's Care nursing staff and childbirth educators have been teaching patients about everyday prevention of flu and other illnesses. At right are tips they'd like you to know about protecting your health, and the health of those around you.

Be sure to contact your Women's Care physician if you have questions or concerns about the H1N1 flu virus or the vaccination. We're here to help keep you healthy!



- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use. Clean your hands after every cough or sneeze.
- If you don't have a tissue handy, cough or sneeze into your upper sleeve, not your hand.
- Wash your hands often with soap and warm water. The CDC advises rubbing your hands together to make a lather and scrubbing all surfaces. Continue rubbing hands for 15 to 20 seconds (the time it takes to sing the "Happy Birthday" song twice). Rinse your hands well under running water. Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- When soap and water aren't available, use alcohol-based disposable hand wipes or gel sanitizers. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.
- Don't share eating utensils, drinking glasses, towels or other personal items.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If you're sick with flu-like illness, stay home for at least 24 hours after your fever is gone. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others to prevent spreading the illness.



Aesthetics Center Open House February 4

Join The Aesthetics Center at Women's Care for an open house on Thursday, Feb. 4, from 5:30 p.m. to 7:30 p.m. The event will feature demonstrations by Medical Director Paula Jewett, MD, and Aesthetician Tiffany Diangson. They will provide tours of the facility and answer questions about the Center's many non-invasive and minimally invasive procedures and services.

Light refreshments and wine will be served. We will also hold a drawing for complimentary products and services.

The Aesthetics Center is co-located with Women's Care, 3100 Martin Luther King Jr. Parkway in Springfield. We look forward to seeing you on Feb. 4!

