

HEALTHY Perspectives

WOMEN'S CARE PHYSICIANS & SURGEONS



Women's Care
PHYSICIANS & SURGEONS
598 E. 13th Avenue
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Maintaining Healthy Weight During the Holidays

The holiday season, with its many bountiful meals and numerous social gatherings, offers many temptations for those watching their waists. Here are tips for eating smart during the holidays.

- Bring a healthy dish to share. This will ensure that there's at least one healthy appetizer at the table. Good choices include a veggie tray, shrimp cocktails, or a hummus plate with whole wheat pita bread and vegetables.
- Be choosy about alcohol. If you plan to drink, stick with a glass of wine, light beer or a cocktail without a sugary mixer. Use club soda, tonic water or diet soda as a mixer. Also, drink in moderation; drinking too much can lead to overeating.
- Don't stand next to the food when mingling. Being close to the food makes it too convenient to eat.
- Dance, dance, dance! Burn calories while having fun!
- Don't graze all night. Take a plate of food and stop after that; you're more likely to overeat if you snack throughout the night.
- Don't go to an event on an empty stomach. Having a semi-full stomach will help you avoid overeating at the party.
- Drink plenty of water. Coffee and alcohol dehydrate your body. Water is a natural appetite suppressant and will help curb your appetite.

Women's Care Providers in the News

Catherine York, MD, is helping to develop simulation training for obstetrical emergencies. She recently participated in a day-long workshop simulating obstetrical emergencies with the entire health care team including nurses, nurse managers, and obstetrical techs. She is also serving on the board of directors of the Lane Independent Practice Association.

Congratulations to **Jeannie Merrick, RNNP**, who recently passed the prestigious North America Menopause Society (NAMS) examination to become a credentialed Menopause Practitioner.

Doug Austin, MD, made a presentation about menopause to the Eugene Delta Rotary in October.

Dr. Austin and Keith Balderston, MD, addressed local physicians, nurses and medical assistants at a Women's Health Care Symposium recently. Dr. Austin discussed uterine fibroids; Dr. Balderston provided an update on multiple gestation and discussed the use of antidepressants during pregnancy and C-section on maternal demand.

Maternal Obesity Increases Risks

By now, most of us are aware of the obesity epidemic in America. Obesity in both genders and all age groups is growing. In the early 1960s, 13% of Americans were classified as obese. By 2000, the number had skyrocketed to more than 30%. Today, almost 67 million Americans — or two-thirds of the population — are considered overweight while one in three is obese.



While being significantly overweight or obese presents numerous health risks for all ages, it poses special problems for pregnant women. Being overweight or obese at the time of conception can lead to a high-risk pregnancy for the mother and serious complications — from stillbirth to multiple birth defects — for the baby, according to Dr. Vern Katz, a perinatologist at the Center for Genetics and Maternal-Fetal Medicine at Women's Care.

The risk factors of being obese and pregnant, says Dr. Katz, are actually greater than those of smoking while pregnant, conceiving at

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Pregnancy During Cold and Flu Season

Women's Care recommends flu shots for all women who will be pregnant during flu season, November to March. Because the flu shot is made from killed (inactivated) influenza virus, it's considered safe at any stage of pregnancy. However, pregnant women should not use the nasal spray flu vaccine, which is made with live, weakened influenza virus. Be sure to speak with your Women's Care provider about getting a flu shot.

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an advanced age or being underweight. Yet, although half of all women of childbearing age are overweight or obese, the public is still uninformed about the problems the condition can cause to both mothers and their babies.

Mothers are considered overweight if their body-mass index, or BMI — a height-weight ratio — is between 25 and 30, and obese if their BMI is 30 or higher. (See related article.)

Overweight or obese women are two to three times as likely as normal-weight women to give birth to babies with either one or more serious defects, including the neural tube malformation known as spina bifida, omphalocele — in which intestines or other abdominal organs protrude through the navel — and malformations in the anal opening or urethra in boys, according to a study published in the August 2007 issue of the *Archives of Pediatric and Adolescent Medicine*.

Also, overweight or obese women have higher rates of miscarriage, gestational diabetes and hypertension, stillbirths and delivery of small infants. Additionally, it's more difficult to monitor a pregnancy in an overweight or obese mother and therefore, the costs are also greater, Dr. Katz says. He also notes that there is an increased risk for Cesarean births in women with obesity.

It's unclear why the public is still ill-informed about the risks of overweight or obesity in pregnancy. But Dr. Katz is adamant about one thing: "Women who are obese in pregnancy don't need to gain additional weight," he says.

Dr. Katz says he thinks part of the lack of awareness may stem from the long-time emphasis on women gaining enough weight during pregnancy. "But now, we've gone over the line," he says. "The pendulum has swung in the other direction."

Dr. Katz encourages women considering pregnancy to consult with their physician about the risks involved in conceiving while overweight. He recommends losing weight, adopting a more nutritious diet, and taking a daily multivitamin containing at least 1 milligram of folic acid. He also advises obese women planning to get pregnant to stabilize their weight loss program at least one month or one menstrual cycle before conception.

What's a Healthy Weight?

Body mass index, or BMI, is an inexpensive and easy-to-perform measure that correlates the ratio of height, weight and body fat. BMI is used as a screening tool to determine whether you're at risk for a weight-related illness.

A normal BMI is between 18.5 and 24.9. Any number below 18.5 would be underweight; any number above 25 is considered overweight. A person with a BMI of 30 and above is considered obese.

Those with a BMI of 25 or higher may be at risk for such conditions as high blood pressure, high cholesterol,

heart disease, stroke, diabetes, arthritis and cancer.

You can calculate your BMI by using the following formula: Divide weight in pounds by height in inches squared, then multiply by 703. (For example, if you weigh 150 pounds and measure 5'5" (65"), your calculation would look like this: $[150 \div (65)^2] \times 703 = 24.96$.)

If you don't want to do the math, ask your doctor or check the Women's Care website at www.WomensCare.com/home/wc1/page_334_53/what_is_a_healthy_weight.html. The National Institutes of Health, www.nhlbisupport.com/bmi/, also offers a free BMI calculator.

Cutting Fat May Prevent Ovarian Cancer

(Ivanhoe Newswire)—If there weren't already enough reasons to eat healthy, there may be one more for women to add to their list. New research reveals a low fat diet may help reduce the risk of ovarian cancer in post-menopausal women.

Previous research revealed a healthy diet could reduce the risk of breast cancer and colorectal cancer in postmenopausal women. Now researchers at the Fred Hutchinson Cancer Research Center in Seattle have found the same correlation between a healthy diet and preventing ovarian cancer.

Nearly 50,000 postmenopausal women were studied. One group of about 20,000 women was randomly assigned to the diet modification group. This group was to reduce fat intake by 20%, eat at least five servings of fruit and vegetables and six servings of whole grains a day. The remaining 30,000 women were not to modify their diet at all.

Researchers followed participants for an average of eight years. Women in the diet modification group had a lower risk of ovarian cancer. The women who saw the greatest risk reduction were those with the highest fat intake before the study.

Women's Care Opens New Office

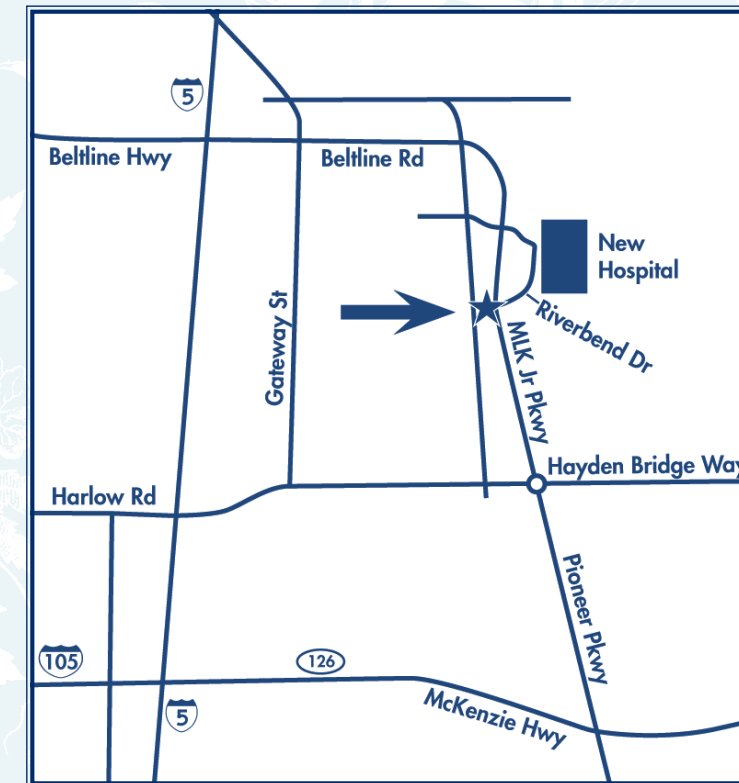


To better serve our patients, we've moved our 13th Avenue office to a new facility at 3100 Martin Luther King Jr. Parkway in Springfield. Our phone number remains the same: 342-8550. We look forward to seeing you at our new location!

Directions:

From Harlow Road— Proceed east past Gateway. Go through the roundabout and exit on Martin Luther King Jr. Parkway. Get into the left lane; continue to the first stoplight (Riverbend) and turn left into our driveway.

From Beltline Road— Proceed east past Gateway. Get into the right lane and continue to the third stoplight past Gateway. Turn right into our driveway at the stoplight (Riverbend).



The new office features ample free parking, larger exam rooms, a better floor plan for faster check-in and check-out, close proximity to the new Sacred Heart Medical Center at RiverBend, and accessibility for our differently-abled patients.



Dr. Paula Jewett (left) meets with scholarship recipients Roslyn Overstake and Lindsay Weber.

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 nursing students at Lane Community College. The recipients of the scholarships are Roslyn Overstake and Lindsay Weber.

Roslyn hopes to pursue a bachelor's degree in nursing and put it to use in the U.S., and perhaps intermittently overseas. She hopes to work directly with patients in a broad array of settings to get the greatest amount of experience and knowledge.

In her second year of Lane's nursing program, Lindsay plans to work in a challenging area such as surgery, special procedures or the ICU.

Congratulations, Roslyn and Lindsay!