

The Dalles Chronicle



Pathways TO HEALTH

Friday, May 30, 2014



Power Up! instructor Tracy Miller leads a set of bicycle moves with Jim Carter behind her. Kathy Ursprung photo.

POWER UP!

By Kathy Ursprung
The Dalles Chronicle

Come early to The Dalles Fitness and Court Club and you'll usually find a congenial, but fairly quiet crowd making use of the pool, the cardio machines and the weight equipment, with their headphones plugged in to music, news or sports – until 6 a.m., that is.

That's when the music goes high-volume in the aerobics room and fitness kicks into high gear. Tracy Miller leads the Power Up! class on Tuesdays and Thursdays (Mondays and Wednesdays she teaches spinning at the same time), plus a 7:30 class on Saturday mornings.

continued on page B3

inside



Physical Therapy



Pregnancy Massage



Aromatherapy

PHYSICAL THERAPY

By Neita Cecil
The Dalles Chronicle

Physical therapy isn't a place where you go and get hurt, it's a place where you go to stop hurting. That's the reality that Dr. Jason Harris sees in his practice, Harris Physical Therapy Sport and Spine Specialists, at East Second and Madison in downtown The Dalles.

That's the reality that Dr. Jason Harris sees in his practice, Harris Physical Therapy Sport and Spine Specialists, at East Second and Madison in downtown The Dalles.

"I have a lot of people that kind of jokingly say PT means pain and torture. I think there is that misconception that that's the way it has to be," he said.

But for patients arriving in pain "most of the time, we can have them do things that improve their motion and mobility without worsening their pain."

Harris overcomes patients' fear of pain by explaining what he's doing and why.

In some cases, it's important to restoring mobility for a person to work toward their pain limit. "But they're a participant in it, they're not passively having something horrible done to them."

He's learned that when people call to cancel an appointment because they're in too much pain, they're the ones who would especially benefit. And sure enough, when he convinces them to come, they leave in less pain.

While Harris has never reduced anyone to tears through forcibly manipulating their limbs, he has seen tears of relief from patients who are finally believed that they have a real injury, even if it's one that can't be seen on an MRI.

Harris went through four years of college, then another three years of professional school at a university, receiving his doctorate in physical therapy, as is standard in the field today.

Physical therapists tend to be active, altruistic people who appreciate and value being active and want to help others restore their own activity levels, Harris said.

The goals of physical therapy, he said, are to improve motion and mobility, provide alternatives to expensive, painful surgery, or to help people manage or eliminate pain — possibly without prescriptions medication and the side effects that come with it.

Harris sees people from age 11 or so on up. What he mostly sees are problems relating, in order, to the shoulder, back and knee. He also sees a handful of patients with balance issues and neurological conditions.

Changes in insurance rules have reduced the former standard of three visits a week for a month down to two visits a week for a few weeks, Harris said.

But, somewhat ironically, insurance companies are also recognizing that physical therapy can bring success where surgery can't, so he also sees patients who grudgingly tell him they have to get physical therapy before insurance will approve surgery.

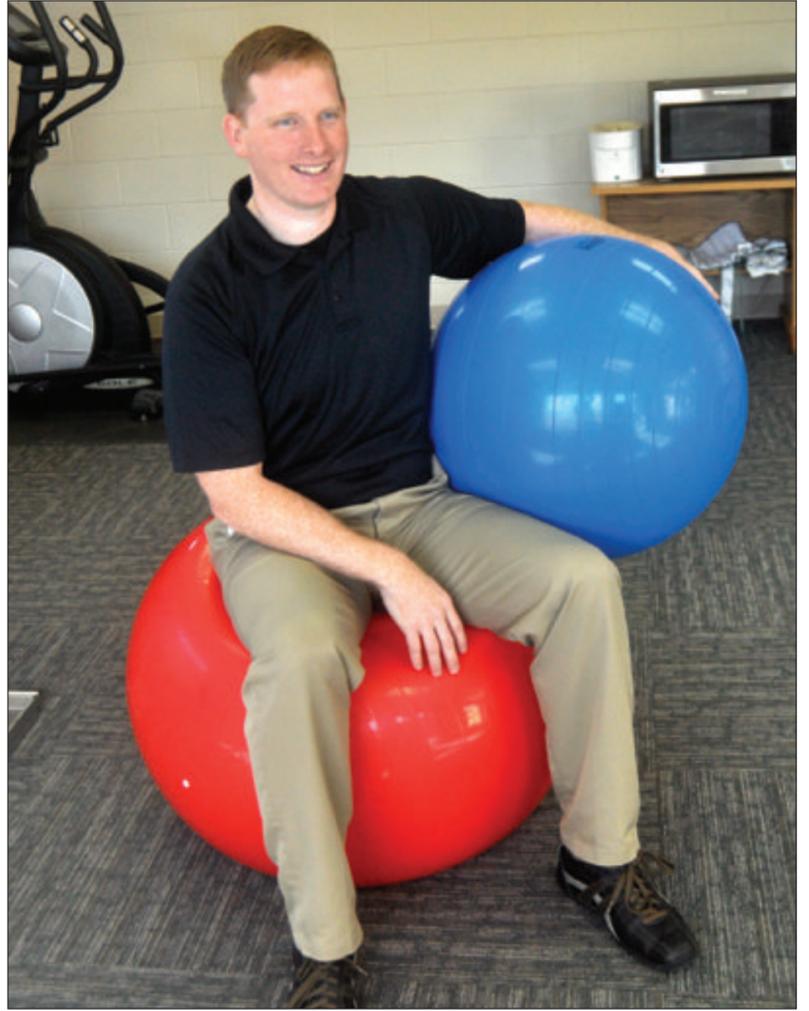
Oftentimes, those patients do avoid surgery.

In their professional training, physical therapists learn about the musculoskeletal system, or bones, muscles and joints. They also learn about the neurologic system, which is the brain and nervous system. They also work in pediatrics, such as with children born with, say, cerebral palsy, and they also work in wound care, such as for people who have had amputations, or post-operative wounds that aren't healing.

Finally, they learn about the cardiovascular system, leading to work in both cardio (heart) rehab and pulmonary (lungs) rehab.

A patient's overall health is key, and one they are trained to monitor. "It doesn't help us to get your back better if you have a heart attack," he said.

Motivating patients is a key to success in physical therapy, and, in turn, the key to motivation is having a good connection with the physical



Dr. Jason Harris poses with exercise balls commonly used in physical therapy. Neita Cecil photo.

therapist. That's why he thinks it's important to have a choice of physical therapists in town.

Successes for him range from a skier on the Canadian national team who was able to return to skiing after a torn ligament, to a man who just wanted to be able to climb into his motorhome so he and his wife could travel again.

While the body is good at fixing itself, the result isn't always optimal, and physical therapy can maximize the restoration of motion and mobility. While some injuries can never be fully recovered from, the good news "is often, fortunately, you only need 60 percent to work well," he said.

Harris sees the whole range of effort from patients: a few who do everything they're asked, and a few who do nothing. Most fall in between.

"I don't have to ask people if they're doing their own program because I can tell," he said.

He said it's ironic that the patients who are most dedicated to following through are the ones who heap credit on him. He always tells them it's their own effort that is producing results.

Harris gets that physical therapy is a mystery to many. "Even my family's like, 'Well, I'm not sure what a physical therapist does,' and that's fair enough. If you're having trouble moving or you're in pain, that's what we can help you with."

A Better Quality of Life Living at Home

Since 1997, Assured Quality Home Care has offered assistance in every form of home care needed.



414 Washington Street, Suite 2E, G
The Dalles, Oregon 97058
Phone 541 370-1200 www.aqhinc.com

Mary Alva's SENIOR CLASS ADULT FOSTER CARE

"We are fortunate that our family found Mary Alva's Senior Class. Gail is safe and receives great care from Mary and the wonderful staff."

Jim Shinn



541-993-4908 | 705 West 12th and 1211 Bridge Street The Dalles
www.seniorclassadultfostercare.com

Pediatrics at Columbia Hills: THE KID SPECIALISTS



541-296-9151
mcmc.net/chfm



COLUMBIA HILLS FAMILY MEDICINE



Start young for healthy hearts

By Patty Ortega-Flores
For The Chronicle

You may be surprised to know that a healthy heart starts in childhood.

Early heart disease can now be found in children who have poor diets and a sedentary lifestyle. This is why it is so important to teach children healthy habits that will promote a healthy heart and overall well-being.

Kids are like sponges which is why it is imperative to instill healthy habits that they will carry with them through their lifetime.

Our heart is the most important muscle in the body. In the classroom, we talked about the role of the foods we eat and the exercise we do in keeping the heart healthy. We focus on proteins and how *MyPlate* suggests that we consume fish twice a week versus consuming red meats since meat is higher in cholesterol.

Students learned that *MyPlate* suggests that at least half our plates be made up of vegetables and fruits. Choosing a low-fat salad dressing over regular salad dressing and finding healthier alternatives were also among the topics discussed.

Students will be sampling a Food Hero Hummus recipe this month. It is a good source of protein since the key ingredient is cooked garbanzo beans and it is also very high in fiber. Students will be given the recipe to take home for their families to try.

Meanwhile, consider the following healthy heart tips:

1. All children age 3 and older need yearly blood pressure measurements.
2. A healthy heart starts with a healthy breakfast.
3. Kids like to feel great. Teach them how to be good to their heart.
4. Salmon has omega-3 heart healthy fat that's also good for your brain.
5. Look for the words "100 percent whole" when buying whole wheat or whole grains.
6. For chocolate lovers, eat antioxidant-rich, heart-healthy, organic dark chocolate.
7. Sauces such as low sodium soy sauce, rice wine vinegar, wasabi, or ginger are healthy choices.
8. Most kids eat too much salt. Keep the salt shaker off the table.
9. Healthy oils come from fish, nuts, and liquid oils like grape seed, olive oil, avocado and hemp oil.
10. Keep an eye on cholesterol by reading the food labels.
11. Try healthy spray butter for your dinner rolls and veggies. They taste great and add zero calories.
12. Keep your heart healthy with lots of fruits, vegetables and whole grains.

Remember: your heart is a muscle so give it a workout! Exercise for at least an hour a day for a healthier lifestyle.

Patty Ortega-Flores is nutrition educator for the Oregon State University Extension SNAP/OFNP Program in Wasco County.



Lisa Wallace works out in the Power Up! class at The Dalles Fitness and Court Club. Kathy Ursprung photo.

continued from page B1

"It's low-impact weight-lifting set to music in a set routine," Miller explained.

Participants work with a bar and small, medium and large weight plates that range from 2 kilograms each to 10. But beginners start with just the bar, at two or three pounds.

"This is geared for anybody and everybody," Miller said. "I don't care about age or weight. That's what I like about it. We need to remember as women that we need weight-bearing exercise."

Marlene Long has been doing the class for two years now and said she started using just the bar. Today she keeps a steady pace and makes it look easy with weights attached.

Women are in the majority in the class, but men are regular participants, too.

Miller says she has noticed over time how shapes tend to change. "This is not a bulking session, this is a firming session," she said. Women sometimes worry that they will bulk up by lifting weights as if they are on steroids, Miller noted, but that's not the case. The higher number of repetitions and relatively lower weight keeps this workout on the firming end of the spectrum. Plus women generally don't bulk up anyway.

"We take 10 songs and of those 10 songs, each is anywhere from four to six minutes long," Miller said, explaining the routine. "Each of the songs is geared toward a specific body part."

Some students combine the weight workout in the Power Up! class with other weight classes or individual weight-lifting, but Miller doesn't recommend overdoing it.

"You do want to give your muscles a break in between," she said. "No more than three days a week would you want to do this. You can build up a lot of lactic acid and that's when you start cramping."

For her own workout, Miller adds walking and other cardio on her off days.

The Power Up! exercises come in familiar forms like squats, lunges, deadlifts, clean-and-press, and more of the gym variety, but they are energized by the music's thumping beat and Miller's enthusiasm. "It's not boring," she said. "The music makes a huge difference."

She's been teaching the class for six years and has a steady group of participants, but room for a few more, too.

She invites people to observe on their first visit, just to get a sense of the routines and the names of the different exercises.



“The Place Where Honor Lives”
 Safety • Honor • Integrity • Respect • Trust
 Skilled Nursing, Long Term Care, Rehabilitation Services
 Tours Available 7 Days a Week
 700 Veterans Drive - The Dalles, OR 97058
541-296-7190

DON'T MONKEY AROUND ... GO SEE YOUR DENTIST



Dentistry in a relaxed and caring environment.
 • General Dentistry • New Patients Warmly Welcome
 • Most Insurances Accepted • Finance Plans Available • Senior Discounts

ROBERT BREWER, DDS
 818 West Sixth Street, Suite 3, (541) 296-9134

Stan Starr, a licensed massage therapist, demonstrates a system of cushions used to suspend a baby while doing a pregnancy massage. Comfort is key, he noted. Mark B. Gibson photo.

PREGNANCY MASSAGE

By Victoria Osborne
The Dalles Chronicle

Arguably one of the most anxiety-ridden rites of passage a woman can experience, pregnancy is stressful on both the body and the mind, making stress management and relaxation vital to maintain a healthy lifestyle.

Stacey Dillard and Stan Starr, licensed massage therapists practicing at the Spa at Water's Edge, each have a long history working with pregnant clients and both tout the wide range of benefits massage can have for expecting mothers.

"Women's bodies undergo lots of physical changes during pregnancy, and when on top of that they also have all of the mental and emotional stress and discomfort that go along with these changes, it can make for a pretty overwhelming combination sometimes," Dillard said. "Through massage, we can help alleviate some of those discomforts and hopefully reduce some of that stress in the process."

An important part of pregnancy massage, both therapists said, has to do with positioning clients correctly and making sure they are being provided with enough physical support through the careful use of body cushions and various other techniques designed to make sensitive bodies feel comfortable.

"One of the really great things we can do is help mothers comfortably rest off her side through the use of body cushions," Dillard said. "Often when lying down, an expecting mom hasn't been able to be off her side in months, and just by doing this we can help alleviate some of the pain that constantly having to be on one side has generated."

"Pregnancy massage is not a specialty that's widely practiced, although I believe there is a fair amount of need for it," Starr said. "It's something we want people to be more aware of because it's such a natural stress-reliever."

"As a man, it's a surprising thing to specialize in," he said. "But after helping my wife through two pregnancies, I realized that once you figure out how to make a woman comfortable and how to position her safely, it's amazing how much relief a woman can get from a simple massage."

A mother of two boys herself, Dillard said the massages she received during her pregnancies "really helped relieve a lot of my lower back pain" as well as provided numerous "energy benefits" that combatted her symptoms of fatigue.

"Massage stimulates the body's system to work harder, which helps release toxins," she said. "While I was in labor and having a very hard time, my midwife did a nice leg and foot massage that I felt helped relieve some of the pain and anxiety I was experiencing at the time."

"Most of the women who come in during their second and third trimester just don't feel good," Starr said. "They're experiencing a lot of morning sickness and it's a time when their bodies are undergoing an unparalleled amount of change. The postural stress added by the weight of the fetus as it's developing in the womb puts a lot of stress on the whole body, particularly the back and the ligaments that are having to work extra hard to hold the baby up, so it's wonderful that massage just happens to have the ability to address a lot of those issues."

"The changing center of gravity that occurs during pregnancy causes many women to have lower back and hip pain," Dillard added, "but the right kind of massage can release relaxing hormones into the bloodstream and help relieve some of the ache."

"Because the baby continues to take up more and more room, leg circulation is often affected and at that point women ideally should be getting more massages and working less," Starr laughed, "but of course



Stacey Dillard, a licensed massage therapist and foot reflexologist at Waters Edge uses a variety of essential oils in giving a massage, including pregnancy massage. Mark B. Gibson photo.

many still have to work, so massage can serve as a nice break for a much-needed slow-down period in which women can just relax and focus on maintaining their good health."

Swollen feet and ankles, another notorious hallmark of pregnancy, can be treated with specific types of massage that stimulate circulation and help cycle oxygen and nutrients throughout the body.

Starr said he'd previously had a client who, after giving birth at the hospital, had to be kept under observation because her blood pressure readings were too high.

"They took her blood pressure before I gave her the massage and it was still very high," he said. "Afterwards, though, they took it again and it had returned to normal. It just shows how much massage can affect the body's circulation."

Dillard said she wishes she saw more of her clients post-delivery.

"Postpartum, your hormones are changing at a really rapid rate and you may be dealing with some anxiety and a little depression or even a lot of both. For myself, it was a combination of anxiety and simply not being able to sleep. There are so many emotional and physiological changes you go through while your body attempts to readjust, so at this point I think it's really more important than ever to be able to take some time for yourself to engage in deep relaxation."

"While it's great to be a skilled technician," Starr said, "massage is as much a skill as it is an art form. We pay a lot of attention to creating a peaceful environment and making it into a place where someone can come in and relax with the help of soothing music, dim lighting and aromatherapy. The massage just leads into that whole experience of relaxation."

"Massage can help with the pain and anxiety new moms experience at almost every stage of pregnancy," Dillard said. "Being able to provide some measure of relief to clients as they go all the way from hoping, to expecting and then finally to full-fledged mom is an immensely rewarding experience, and I just wish more women took advantage of our support when they need it most."

The Dalles
Dental Care
HALEY HUNT DMD

Front Row: Makenzi, Laurie, Keiko, Michelle, Dr. Haley Hunt; Back Row: Mary, Bethany
Not Pictured: Hygienists; Teresa and Mary Jo

Comprehensive and compassionate dentistry for all ages. Welcoming new patients with or without insurance. Visa, MC, and Care Credit accepted.

Free bleaching with new patient comprehensive exam and x-rays!

Call to schedule an appointment today! Open Mon-Thurs, 8-5

(541) 298-4411
501 E 7th St | The Dalles OR 97058

HEALTHY HAPPY HOUR

Pathways to Optimal Health Announces
Healthy Habits Support Hour
Free health support group
TUESDAY EVENINGS AT 7:00

LIMITED SPACE
FACILITATED BY: MARC AND JANICE ELDRIDGE,
C.O.P.E., CERTIFIED HEALTH COACHES

**You can change your life by
Creating Healthy Habits
That Last A Lifetime!**

- Healthy Eating •
- Healthy Weight •
- Healthy Habits of Motion •
- Healthy Sleeping •
- Healthy Mind and Wellbeing •

To RSVP and for more information call
541.506.5056 OR 541.993.5056
<http://marcandjanice.ichooseoptimalhealth.com/>



Aromatherapy

By Victoria Osborne
The Dalles Chronicle

When one thinks of the word ‘medicine,’ images that often spring to mind are cabinets stocked with bottles of prescription drugs or situations involving the poke of a needle by someone in a white lab coat, complete with stethoscope and matching serious expression.

To relax after a stressful day at work, Robison suggests turning down the lights in an environment free of disruptive activity and pouring (depending on the essential oil) 5 to 10 drops into an already full bath, “swishing” around the water to evenly distribute the oil and soaking for at least 10 minutes.

“No matter what your house is normally like, it really doesn’t take much to turn it into a spa,” she laughed. “Anyone can do it.”

Other uses for essential oils include providing relief for cold and flu symptoms. Eucalyptus Radiata and Ravensara oils, used separately or together, can aid in the decongestion process and act as natural alternatives to Vicks VapoRub if made into a chest rub.

In addition, Tea Tree oil is especially good for creating fresh-smelling laundry, and can even act as a powerful anti-viral for a household in need of an immune system boost while also being completely safe to use, Robison said.

While camping, she said she often dots a combination of Lemongrass and Citronella oils onto rocks around the perimeter of a campsite to ward off mosquitos.

Robison reports she’s even seen great success when people who are making an effort to quit smoking use Tangerine oil to help reduce their cravings. When feeling the need to smoke, she suggests dabbing a few drops onto a handkerchief and inhaling for about three minutes while waiting for the craving to pass.

“The thing about aromatherapy is that it has the ability to address the physical as well as the emotional side,” Robison said. “It’s a natural part of a holistic approach to health and wellness, and it’s a wonderful thing to add to your self-care toolbox.”

Robison recommends testing out oils before purchasing, as different scents will naturally appeal to some individuals more than others. She also advises “changing up” what you use most often so they can remain fresh and effective to your olfactory senses.

To determine whether or not you might be allergic to a particular oil, do the patch test by applying one drop of oil on the inner side of your elbow and observe for 24 hours. If signs of redness or any itching sensations occur, it’s probably best to use another.

It’s also crucial to pay attention to your chosen oil’s specific dosage recommendations, as one drop of an essential oil is very concentrated

and can in some instances even be equivalent to ingesting 30 cups of herbal tea.

Milder oils like lavender, however, can safely be used with children 6 years of age or older, although drop dosages should be reduced by 1/3 to 1/5 of the adult recommendations. That being said, Robison warns that essential oils should not be used on children or pregnant women without the guidance of a qualified aromatherapist.

Ultimately, though, Robison said essential oils “are simple and affordable to use and bring us back to a lot of good self-care and self-awareness habits that are often lost in the rush to make it through the daily grind. It’s a more natural way to manage some of our most irritating health symptoms, is very easy on the environment and is also a fantastic way to relieve stress. There really is no downside.”

However, more supplementary types of medicine can be done in the comfort of your own home to relieve stress, soothe persistent muscle aches and pains, or even get rid of that pesky headache that’s been bothering you since last Tuesday—all without popping a pill.

Translated literally, aromatherapy is the use of aromas for their specific healing properties. A “potent form of the use of essential oils,” it’s important to use only under the direction of a qualified aromatherapist but, once you learn how, there are almost a limitless number of ways they can be integrated into your daily routine. *continued on page B6*

Our Gift to You

A free 15-minute consultation, with Chinese Medical Pulse Diagnosis, insurance verification or fee schedule information, and amini-trial Acupuncture treatment focused on stress.

Hood River **541-387-4325**
The Dalles **541-298-2378**
Stevenson **509-637-3163**

Get Healthier – Naturally
www.CascadeAcupuncture.org

It's Your Choice!

You have the right to choose where you receive physical therapy services.

Flexible and timely appointments available!

REBECCA STREET PHYSICAL THERAPY

Private Therapist Owned Practice Since 1989

115 West 4th Street, The Dalles
541 296-3368
M-F, 8 am-5 pm
www.rebeccastreetpt.com

Lift the Fog

& Clear the Blur

Eye health and vision care for the entire family

CASCADE EYE CENTER

Chris Barbour, OD | Kevin Riedel, OD | John D. Willer, DO
Board Certified Ophthalmologist

The Dalles • 541-296-1101 www.CascadeEye.com Hood River • 541-386-2402

WOMEN CARING FOR WOMEN

Obstetrics | Gynecology | Midwifery | Primary Care

Lena Weinman, DO

Mandelynn Morgan, CNM

Jennifer Wilde, FNP

Ananda Boyer, MD

Analene Pentopoulos, MD

From annual well-woman exams to complete obstetrical care and advanced gynecologic surgeries, Columbia River Women's Center offers the care and expertise you need to enjoy life to its fullest.

Call today for an appointment with one of our providers.

541.296.5657

MCMC
MID-COLUMBIA MEDICAL CENTER

COLUMBIA RIVER WOMEN'S CENTER

1810 E 19th St., Ste. 209, The Dalles
Se Habla Español | crwc.net

continued from page B5

Director of Water's Edge Spa and Mind-Body Medicine, Barb Robison has been a clinical aromatherapist for 15 years and says that something as simple as a 10-minute soak in an aromatherapy bath can serve as an easy way to "make everything look so much brighter."

"Americans are ones who get up in the morning, shower, dress and then go 65 miles an hour for the rest of the day without once slowing down," she said. "Achieving overall health is not about having one therapy or one solution, it's about having your own personal plan of wellness and becoming adept in intuitive self-care."

While fragrances in perfumes are synthetic and meant to last a long time, essential oils are "the natural essence" of the plant they come from and are not meant to linger long, but provide a number of ways to manage existing symptoms, Robison said.

"Some of the simplest treatments can yield the most wonderful results," she said. "The use of different aromas can help relieve pain, lower blood pressure, even alleviate symptoms of depression."

Bergamot is touted as one of the most powerful anti-depressant oils for its ability to lift spirits and combat feelings of sadness. Lavender, which "blends beautifully" with most other essential oils, is a go-to for relieving stress and calming agitated nerves.

But how does it work? There are a number of ways one can experience the benefits of aromatherapy.

"Our sense of smell is deeply rooted and, depending on how it's stimulated, can produce an array of physical and emotional responses," Robison said. "That's why when you arrive home greeted by the smell of your favorite foods cooking on the stove, you immediately feel comforted and cared for—it's all based in the senses."

To relax after a stressful day at work, Robison suggests turning down the lights in an environment free of disruptive activity and pouring (depending on the essential oil) 5-10 drops into an already full bath, "swishing" around the water to evenly distribute the oil and soaking for at least 10 minutes.

"No matter what your house is normally like, it really doesn't take much to turn it into a spa," she laughed. "Anyone can do it."



Spa tub for use with aromatherapy. Contributed photo.

Other uses for essential oils include providing relief for cold and flu symptoms. Eucalyptus Radiata and Ravensara oils, used separately or together, can aid in the decongestion process and act as natural alternatives to Vicks VapoRub if made into a chest rub.

In addition, Tea Tree oil is especially good for creating fresh-smelling laundry, and can even act as a powerful anti-viral for a household in need of an immune system boost while also being completely safe to use, Robison said.

While camping, she said she often dots a combination of Lemongrass and Citronella oils onto rocks around the perimeter of a campsite to ward off mosquitos.

Robison reports she's even seen great success when people who are making an effort to quit smoking use Tangerine oil to help reduce their cravings. When feeling the need to smoke, she suggests dabbing a few drops onto a handkerchief and inhaling for about three minutes while waiting for the craving to pass.

"The thing about aromatherapy is that it has the ability to address the physical as well as the emotional side," Robison said. "It's a natural part of a holistic approach to health and wellness, and it's a wonderful thing to add to your self-care toolbox."

There really is no downside."



Aromatherapy can be applied in a variety of ways. A variety of scents can be used therapeutically. Contributed photo.

For those that have the need... there's us!

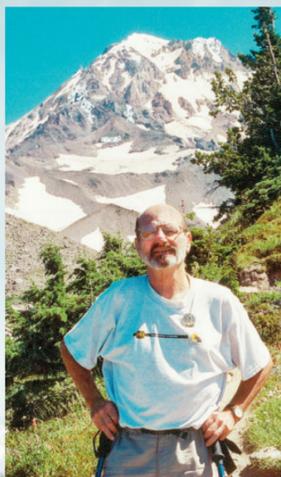
Cascade Orthopedics & Sports Medicine Center, PC

SERVING THE COLUMBIA GORGE FOR OVER 40 YEARS

Appointments available in The Dalles, Hood River and White Salmon. The only Sports Medicine Fellowship trained Orthopedic Physicians in the Columbia Gorge. Comprehensive Orthopedic Care for all Sports and Non-sports Related Injuries.

Specializing in Sports Medicine and Shoulder & Hip Surgery

- Arthroscopic Surgery of the knees, shoulder, wrist, ankle, elbow, hip
- Carpal Tunnel Release
- Foot & Ankle Surgery
- Fracture Care
- Arthritis & Joint Replacement Surgery



Gregory M. Stanley, MD. Sports Medicine Fellowship Trained



Charles Petit, MD US Ski & Snowboard Team Physician Sports Medicine Fellowship Trained



Robert A. Staver, MD. American Academy of Orthopedic Surgery



Clara DeLeon, PA-C NCCPA Certified



Columbia Gorge SURGERY CENTER

YOUR INDEPENDENT, SAME-DAY SURGERY CENTER



YOU HAVE A CHOICE WHEN IT COMES TO SURGERY—

Our Ambulatory Surgery Center (ASC) offers an exceptional level of convenience, anonymity, cost-effectiveness and comfort in surgery. Patients arrive on the day of the procedure, have surgery in a fully equipped operating room and recover under the care of our nursing staff, all without hospital admission. Our highly-competent staff, State-of-the-Art facility and hand selected surgical equipment enables us to perform world-class technical procedures right here in the Columbia River Gorge.



Orthopedics

Hip, Knee, Foot, Ankle, Shoulder, Hand, Elbow and Sports Related Injuries



Ophthalmology

Cataract Surgery Laser Surgery



Plastic Surgery

Ocular Plastics Eyelids



Columbia Gorge SURGERY CENTER

www.ColumbiaGorgeSurgery.com
phone 541-769-0426 . fax 541 769-0431
1020 Webber Street . The Dalles, OR

1715 East 12th Street
The Dalles, OR 97058
(541) 296-2294
www.casmc.org

1750 12th Street
Hood River, OR 97031
(541) 296-2294
www.casmc.org

Skyline Hospital
211 North East Skyline Drive
White Salmon, WA 98672
541-296-2294 www.casmc.org

Pathways TO HEALTH



Dr. Gregory Stanley, MD, in his office at Cascade Orthopedics. Mark B. Gibson photo.

DIABETES By Neita Cecil The Dalles Chronicle

is a diabolical disease that, if not properly managed, can set upon the body in a variety of ways. One particularly sobering outcome is amputation. Dr. Greg Stanley, an orthopedic surgeon with Cascade Orthopedics & Sports Medicine Center, in The Dalles and Hood River, said in the world of the diabetic, amputation happens because of infection.

"It's an interesting balance because diabetes, with high blood sugars, causes microvascular disease. Microvascular disease means you have decreased blood flow to your fingers and your toes," he said. Diabetics can also get neuropathy, which is nerve damage that results in reduced sensation. "Now you have decreased blood flow to an area of your body that you can't feel very well and you're set up" for problems, Stanley said. *continued on page B9*

Kidsense

pediatric therapy center

Motor concerns, emotional regulation, sensory issues (touch, sounds, lights, movement, motor planning), learning difficulties, feeding, handwriting, visual skills, daily living, injury, concussion recovery, developmental delays, social skills, communication and articulation issues, and more...



www.kidsense.biz

Coba, Annette Broddie, Darla Kroll, Jody Clough, Devery Broddie, Heather McClure, Patti Newman, Andrea Roberts, Brooke Serdar, Michaela Bowen. Not pictured: Terese Roeseler, Dan Baier.



"ALL IS WELL!"

Brain and Body Health for the whole family!

We offer unique and proven alternatives to help new and lingering issues.

- Sports injury?
- Muscle, tendon, joint pain?
- Jaw and facial bone issues?
- Migraines?
- Concussion issues?

Upgrade your Health, Learning and Sport Skills with Neural Integration.



Kidsense and wholebodyworks are located at:
**315 Oak Street, Ste. 200
Hood River • 541.386.0009**

Help support a Healthy Community



Non-profit organizations are struggling to make ends meet. The following pages show some of the many needing your investment of time or money. Don't wait — **please support your favorite today.**

FORT DALLES DAYS 2014

1st Annual CHILI COOK OFF

July 11, 2014 • 6-10 pm

— Presented by the Mint building benefiting Hospice of the Gorge —

*Two people per team.
Electricity/booth space provided by the Mint Building.
Decorate your booths.
Use your own favorite recipe.
Deadline for entry is July 3, 2014.*

Schedule:
4PM: Start Booth Set-up.
6PM: Doors open to public.
9PM: Judging results and Awards Ceremony

PRIZES: JUDGED BEST CHILI!!! JUDGED 2ND BEST CHILI!!! PEOPLE'S CHOICE BALLOT WINNER!!!

For questions and event rules contact
Maggie Wood or Johna Gadley
541-296-2100
1st Annual Fort Dalles Days Chili Cook-Off Benefit
704 E 2nd St, The Dalles, OR 97058
email: johna@columbiagorgeins.com

INVEST IN OUR CHILDREN..

Briar Rose 2013, Plays in the Park

•Missoula Childrens Theatre
Rapunzel
June 16-21

•Free Plays in the Park
King Midas & the Golden Touch
July 12th & July 19th

VOLUNTEERS NEEDED!

*The Theatre
Company of
The Dalles*

thetheatrecompany.org

Supported by a grant from the Wasco County Cultural Trust Coalition with funds from the Oregon Cultural Trust to support Oregon's arts, heritage and the humanities

Promising Futures

"Child trauma is the number one public health problem facing our country today concurrently approximately 44% of women experience domestic violence in their lifetime."

HAVEN's counseling program serves children, youth, and adults survivors with warmth, kindness and an understanding that taking the first step toward healing can be difficult. We provide a safe healing environment to help survivors find hope and decrease the impact of trauma. Whether the assault occurred recently or years ago, HAVEN's counseling program can help survivors feel empowered and reconnected with their core selves. We provide free individual counseling for any person who is a survivor of domestic/sexual violence. The children's counseling program offers Parent Child Play Therapy (PCP).

HAVEN counselors support parents in building on their natural strengths, so that they may feel more confident in meeting the needs of their children. With a focus on children and their siblings through emotional support, play therapy and assisting parents with regard to addressing emotional and behavior problems.

FREE Counseling for survivors of Domestic/ Sexual Violence and their families.

For more information on these FREE and confidential supportive services call the HAVEN office at 541-296-1662.

A little help means a million to a family in financial crisis.

neighbor to neighbor

That is what the Neighbor to Neighbor Program is all about – helping local elderly, handicapped and low-income families with their security deposits and delinquent electric bills

It's easy, and its tax deductible.

- One time contribution; or
- Donate a little each month with you PUD bill.
- PUD will match all donations dollar for dollar.

NORTHERN WASCO COUNTY PUD

100% of donations go to CAP who determines eligibility.

Who says doing a good deed can't be fun!

**Join us for
Bingo Thursday
nights at
6 p.m.**

All Proceeds
go directly to Meals on Wheels to keep our wheels rolling and our food serving!

The Dalles Meals On Wheels

Donations can be sent to: Meals on Wheels, PO Box 487 The Dalles, OR 97058

541-298-8333
www.mealsonwheelsd.com

SATURDAY NIGHT GET LUCKY!!

**DOORS OPEN 4:30PM
BINGO STARTS AT 6PM**

OVER \$1000 PAID OUT EACH NIGHT!

MINIMUM BUY IN \$10

ALL AGES WELCOME!

MID-COLUMBIA SENIOR CENTER
explore-connect-contribute

1112 W. 9th St • 541-296-4788
www.midcolumbiaseniorcenter.com

Empower Women in Recovery

You can provide hope and healing, and change her life forever!

I'll help transform a life with my gift of:

\$15

\$75

\$25

\$200

\$50

\$_____ to help as much as possible

To donate online, go to TDFH.org

PLEASE CLIP AND MAIL WITH YOUR GIFT TODAY

VISA Name _____

MasterCard Address _____

Discover Apt. _____

AMEX City _____ State _____ Zip _____

Check Email _____

FPO THE DALLES FREEDOM and Maria's House

We are a 501(c)3 non-profit organization
TIN-20-1937636

To mail your gift today, please reply to:
The Dalles Freedom House
2308 East 12th St.
P.O. Box 2170
The Dalles, OR 97058

Contact us: (541) 296-6058
info@TDFH.org

MEMBER **RECOGNITION**

WE ARE COMMITTED TO EMPOWERING WOMEN WITH KNOWLEDGE OF THE TRUTH

What will you help us build?

SHOP . DONATE . VOLUNTEER

Your donations help build homes for local families

Donations & volunteers needed!

**OPEN TUESDAY-SATURDAY
9 AM to 6PM**

Pickup and Delivery!

The Dalles Area Habitat for Humanity ReStore

1001 W 6th Street • The Dalles
541-296-4486
Email: restore@gorge.net

BECOME A FAN

Petrie
Live it up

Wade
Live healthier

Schanapps
Live happier

Adopt a friend today!

Please help us find forever homes!

meow.....
Trixie

Bruiser
Live Longer

2014 Cans for Canines & Kitties Bottle & Can Recycling
Your donation of cans and bottles help us more than we can say!

SPONSORED BY:

- Hatt's Fuel Stop @ 3rd & Lincoln
- West 6th St. @ 3902 W. 6th St.
- Lone Pine St. @ 100 Lone Pine St.

HOME AT LAST
HUMANE SOCIETY

200 River Road, The Dalles

Open Tues.-Fri.
11 a.m.-5 p.m.
Saturday
10-4 p.m.
541-296-5189

www.homeatlasths.org

continued from page B7

Any break in the skin can become infected, and the main activity that leads to trouble is trimming toenails. The best defense against problems is having someone check your feet regularly, or checking yourself with a mirror, to see if there are any developing wounds, he said.

"Toenail care is hugely important to diabetics," he said.

In diabetes, the pancreas doesn't produce enough - or any - insulin, a hormone used to transfer glucose, the blood sugar used to fuel the body, into the body's cells. When the glucose can't get to cells, it stays in the blood and gets flushed out of the body in urine. Poorly controlled diabetes can lead to stroke, kidney failure and blindness, in addition to amputation.

In a healthy body, the blood supply brings white blood cells to an infection to fight it. But with tiny blood cells compromised by poorly controlled diabetes, the body can't get white blood cells to an infection to fight it when it starts, he said. And even a course of antibiotics might not work. "How does the antibiotic get to your foot? Through the blood cells.

"Once there's a break in the skin and the immune system can't fight that, an infection can spread very rapidly, and in a matter of hours it can compromise a good portion of the foot, depending on how aggressive the bacteria is and how severe the person's diabetes," Stanley

said. The infection can be so rampant that it even "dissolves" the bone completely, he said. Infection in the soft tissue directly overlying the bone "provides a conduit to go ahead and jump in the bone. Once it gets into the bone it has its own word, which is osteomyelitis. Osteomyelitis is a bad thing because once you get infection in a bone it is very, very hard to get the bacteria out of the bone. It kind of anchors in there and it makes it just much more likely that amputation is necessary," Stanley said.

"You can take a picture and there's a section of the bone that's been eaten away. It's gone. Early on it can look like a sponge, with holes through it, but if it stays there long enough it can eat the whole thing away, just like termites."

Amputations on diabetics typically range anywhere from a small section of a toe or the foot to amputation above the knee.

Very rarely, Stanley has seen diabetics who needed their entire lower leg amputated due to infection.

"What happens more frequently in diabetics, unfortunately, they get into where they wind up having a series of small amputations," Stanley said. "You lose a toe, then you lose another one, and then you lose the forefoot and then the entire foot, and then half the shin. They lose more and more and it keeps working its way up."

"If a person doesn't change their blood sugars and their management, you can't win. It just keeps creeping up," he said.

And, unfortunately, even amputations don't serve as a wakeup call for most. The creeping series of amputations happens "very commonly. That happens probably a majority of the time because it's hard to change peoples' habits."

He said people do briefly pay closer attention to their diabetes management and foot care, but it typically lasts "for about two weeks.

"That's just human nature, and when you look at people in general and look at people in this disease, it's a shocking and concerning situation to them, but very few people are able to make the lifestyle changes necessary to stop the disease process," he said.

"Old habits die hard, we all know that," he said.

Stanley himself does 10 to 20 amputations a year. Orthopedic surgeons, general surgeons and podiatrists all do such amputations.

Stanley said three main things lead to amputation: trauma, atherosclerotic disease, which causes bad blood flow, and diabetic infections. Smoking is a contributor to atherosclerotic disease and bad blood flow. "When you add smoking to diabetics, you just took two of those things and added them together."

Nicotine causes blood vessels to constrict, decreasing blood flow even more. "A good portion of diabetics are smokers and that only makes things worse, unfortunately," he said. "It's like pouring gasoline on fire."

Help support a Healthy Community



Non-profit organizations are struggling to make ends meet. The following pages show some of the many needing your investment of time or money. Don't wait — **please support your favorite today.**

Women who **talk** to their doctor **about abuse** are 4x more likely to seek help.



Ask your patients about violence and abuse. It's good medicine.

Universal screening and addressing Domestic Violence and Sexual Assault in the health setting is becoming the standard of care.

Since 2011 HAVEN has been working with healthcare providers to create resources to help providers identify and support women and girls experiencing intimate partner violence (IPV). We know that health providers have limited time to develop the tools to integrate screening and counseling into their practice. With funding from The Office of Adolescent Health, The Oregon Health Authority and Mid-Columbia Health Foundation, HAVEN has created a toolkit to help providers screen and refer survivors of IPV.



Bridging Health and Intimate Partner Violence

Project Connect and The Safer Futures Project allow HAVEN to increase the safety and well-being of women who are victims of domestic/sexual violence, particularly women and teens who are parenting and are victims of Intimate Partner Violence. HAVEN will provide training and technical assistance, as well as on call advocacy services for survivors at local healthcare providers.

Please contact HAVEN for more information about this exciting project connecting physical health with healthy relationships.

Healthy Relationships Class: First & Third Thursday of the month 6:00pm - 7:00pm
Gain knowledge and tools to increase safety for yourself and your family, learn about partner abuse dynamics and how to respond to the safety needs of your children.

Sexual Assault Survivor Support Group: Tuesdays 5:30pm
A safe space for survivors of sexual assault to foster support, empowerment, and recovery from violence.

FREE Counseling for survivors of Domestic/Sexual Violence and their families.

For more information on these FREE and confidential supportive services call the HAVEN office at 541-296-1662.



Help make a difference & Support our local kids!

- Summer Reading Program
- SMART Reading Program
- Head Start Book Program/Picnic
- Back to School Project
- TD Art Center Youth Program
- College Scholarship
- Riverfront Trail Pocket Park
- Kiwanis Children's Cancer Program (KDCCP)
- Annual Steak Feed/Sorosis Park
- Mt. Hood Kiwanis Camp
- Community Meals
- Big Brothers / Big Sisters
- TDHS Key Club
- TDMS Builders Club
- Key Leader Training
- Challengers Little League

JOIN KIWANIS TODAY

Sherry Munro: 541-298-4825 Antoine Tissot: 541-296-9900

SPLASH FOR Pink

A BENEFIT FOR BREAST CANCER CARE
A MAUPIN COMMUNITY EVENT



JUNE 28, 2014
on the Deschutes River, Maupin, Oregon

Splash for Pink isn't just a day of white water rafting! There is a barbecue, live music all day, a kids' fun area, raffle, silent auction, poker tournament, walk/run, FREE beer, wine and liquor tasting... and much more! We are asking for your support at our 5th annual event as we strive to raise even more money to help find a cure for breast cancer and support those affected by the disease.

For more info and to register online:
www.SplashForPink.com 541-993-1708

Become a Fan on



All proceeds go to the Celilo Cancer Center / Mid-Columbia Health Foundation, Sarah's Project at St Charles of Central Oregon, and the OHSU Knight Cancer Institute in Portland.

A big thanks to Joy Krein!

DONATE LOCALLY

Serving The Dalles for 125 Years



All Donations Stay Local



Rowena Wildlife Clinic

Providing medical and surgical care to injured wildlife.

We'd like to remind everyone to tread lightly in our landscape, to change our habits, making it easier for all species to share the planet. Learn what you can do to help!

541-478-2584 www.rowenawildlifeclinic.org



Space donated by:

DEVCO MECHANICAL
INDUSTRIAL • COMMERCIAL • RESIDENTIAL
PLUMBING • HEATING

1539 BARGEWAY, THE DALLES (541) 298-8889



Jo Ann Wixon leads the group at Jazzercise.

JAZZERCISE

By Kathy Ursprung
The Dalles Chronicle

When it comes to exercise, some folks march to their own drummer, and some folks want a steady backbeat and an enthusiastic group of people to share it with to get in the right frame of mind. That's where Jazzercise comes in.

Three times every week, a Jazzercise group meets at The Dalles Civic Auditorium, turns up the music and steps into an energetic one-hour exercise program that incorporates jazz dance and aerobics training with Pilates, yoga, kickboxing and strength training.

Jo Ann Wixon has been the local certified instructor for 10 years, but started participating in Jazzercise more than 20 years ago in Anchorage, Alaska.

"Every 10 weeks, we get 30 professional routines to teach, so we never get bored," Wixon said. "They are structured for safety, fun and

fitness. Everybody's level is different, so I demonstrate low-impact and high-impact. I tell class members to work at their own level.

This is no competition."

The routines are consistent the world over, so Jazzercise students from The Dalles could walk into a class half a world away and still feel right at home.

"It gets under your skin so you've just got to have a Jazzercise fix," Wixon said.

Class participants tend to agree.

"I love to dance," said Chrissie Bliss, a Jazzercise participant since 2007. "That's why I go here and not other exercise classes, because it brings in the dance element. It's lots of fun."

Her friend Katie Wallis agreed. "It's dancing and not exercise."

Not only is it exercise, said Sharon Hull, a class participant for two years, it's a comprehensive workout. "It works everything. You use yoga and weights too. It works your balance and your memory [because you have to follow the routines] – everything."

Instructors are subject to annual reviews and critiques by people from the corporate headquarters, to make sure their teaching is of high quality and consistent with other Jazzercise instructors.

Jazzercise was founded 45 years ago – one of the longtime veterans of group exercise classes – by its ongoing CEO Judi Shepperd Missett. She started it in her backyard with her husband videotaping her. She has continued to play a guiding roll in the program and helps to develop routines produced monthly, Wixon said.

The social aspect of the classes is evident as students arrive and gather into groups prior to the start of class to visit.

"You may not have anything in common with someone here but Jazzercise, but it knits us together," Wixon said.

Hopefully, that's motivation for regular participation, but if that's not enough, Jazzercise also rewards regular participation. Those who attend 125 classes in a year get to join the group called Fit Club and enjoy an annual luncheon. Those who participate in 100 classes – roughly two out of three per week – get a T-shirt.

"It's fun trying to meet your goals," Wixon said, "and 100 classes is not hard to do. It even gives you time to go on vacation. Consistent work is what it all boils down to."

Connie Walden has found that Jazzercise consistency has been the key to her workout success.

"I have trouble working out at home, although I always think I can do it at home," Walden said. When she moved to the area 10 years ago, she found Jazzercise was what she needed.

"It was fun and my goals were health goals – more inner health – blood pressure, cholesterol, it helped a lot."

For a prime example of the benefits of Jazzercise, look no further than Wixon herself.

"It's seen me through 23 years of life," she said. "I've made incredible friends. I'm 62 years old and going strong. I'm proud of my age and fitness."

MID-COLUMBIA HEALTH FOUNDATION

MCMC



Your donation to

the Water's Edge Medical Fitness Scholarship makes it possible for those who cannot afford a gym membership to work towards their medical fitness goals.

In 2013 more than 20 people benefitted from this scholarship.

Be part of helping people in our community get healthy. Make your donation online at donate.mcmc.net/wemfs.

Send donations to:

Mid-Columbia Health Foundation
1700 E 19th Street,
The Dalles OR 97058

Call: 541-296-7275

Donate online: donate.mcmc.net/wemfs