

LANE COUNTY MEDICAL SOCIETY | JUNE 2021

MEDICAL MATTERS

Setting Boundaries

Dr. McVay shares how wellness plays a part in his professional and personal life.



**STOP Human Trafficking
CME Event
June 9th @6pm**



WORLD CLASS CARE IS HERE.



When it comes to brain and spine surgery, you deserve the best. The world-class team at Oregon Neurosurgery offers the full-range of brain and spine surgical services, including pain management options. Our highly trained specialists use minimally invasive techniques and innovative technology to provide the best possible outcomes for our patients.

Learn more at oregonneurosurgery.com



OREGON
NEUROSURGERY
3377 RiverBend Drive, Fifth Floor
Springfield, OR 97477
541.222.8400 / 800.924.8353

Andrew J. Kokkino, M.D. | Daniel Hutton, D.O. | Neil E. Roundy, M.D. | Peter Kosek, M.D. | Valerie Coon, M.D.

Contents

LANE COUNTY MEDICAL SOCIETY | JUNE 2021

GLOBAL WELLNESS

9

MENTAL WELLNESS

Karen McGovern, a new provider with our Provider Wellness Program team introduces some of the topics she has worked with physicians on in the past.

13

LIFESTYLE WELLNESS

Dr. Sage discusses the importance of setting priorities in life and how lifestyle affects well-being.

14

MEMBER PROFILE

Dr. McVay shares how his curiosity led to his work in medicine and how he finds balance through various past times.

19

HEALTHY MEALS

Positive Community Kitchen talks about the importance of healthy eating and some of the programs they provide.

22

DO A GOOD DEED

Eugene Parks and Open Spaces encourages community members to connect to the area through volunteering.

LCMS MISSION STATEMENT

The Lane County Medical Society is a professional organization that represents, unifies, and supports its physician members as they practice the science and art of medicine.

The Society promotes the interests of member physicians and advocates for the health of the community.

24

ADVERTISER SPOTLIGHTS

Oregon Surgical Wellness talks about the surgical wellness programs they've developed.

Sittner & Nelson share about managing one's student debt.



MARDAC
HEALTHCARE CONSULTING

www.Mardac.com

Eugene, OR

LET US HELP YOU WITH:

- **HIPAA / HITECH**
- **CYBERSECURITY**
- **TRAINING**
- **COMPLIANCE PLAN**
- **AUDITING**

EMAIL | claire@mardac.com PHONE | 541-689-0998 CELL | 541-520-2052 FAX | 541-689-3237

MEDICAL MATTERS

Lane County Medical Society Executive Committee

President

Alice Horrell, DO

Vice President

Kevin Modeste, MD

Secretary

Benjamin Vazquez, MD

Treasurer

Priya Carden, MD

Past President

Mark Mueller, MD

Executive Director

Shondra Holliday

Editor/Designer/Photographer

Kianna Cabuco

Advertising Inquiries

info@lcmcdsociety.com

Membership Inquiries

Pam@lcmcdsociety.com

Lane County Medical Society

PO BOX 7192

Springfield, OR 97475

Phone: 541-686-0995

Fax: 541-687-1554

info@lcmcdsociety.com

www.lcmcdsociety.com

Follow Us on Social Media

FB: @LaneCountyMedicalSociety

LCMS Provider Wellness Program

Confidential Counseling
Call Cascade Health or access
the 24-hour support line
at 541-345-2800

Stress Reduction Workshops
Amy Trezona, RN
541-912-0216

Executive/Life Coaching
Shannon O'Leary
541-255-2669

Executive/Life Coaching
Karen McGovern
920-903-0323

UPCOMING DEI MEETINGS

Join us at our upcoming meetings featuring
representatives from different groups in our
community as they provide insight, information,
and resources.

Thursday, June 17th @6pm

Thursday, July 15th @6pm

Thursday, August 19th @6pm

**CME Credit
Available!**
Register on our
website today at
lcmcdsociety.com.



DIVERSITY
EQUITY &
INCLUSION

The Joy of a Good Moment

FEELING ALIVE YET PEACEFUL

Hopefully, you completed the WALKING CHALLENGE issued last month and notified us of your total steps in May (making you eligible for prize drawings). Surprised at how many steps you took in a day? In a week? In a month?

And, for those who ventured out to EXPLORE OREGON, by visiting one (or more) of the 7 Wonders of Oregon, hopefully you witnessed the distinct harmony only nature provides. Don't forget to send us photos-not just for the Global Wellness Day Challenge, but anytime!

These getaways, scattered throughout the state offer low crowds, extraordinary views and even some hidden surprises.

One of my most treasured memories was backpacking at one of the 7 Wonders, Wallowa Lake, for a weekend adventure with friends. Inexperienced and not prepared physically for the unending switchbacks or geared properly for the intense sun and frigid night temperatures, I was instantly invigorated once I reached the top. Blisters and sore muscles forgotten as I stared in amazement at the reflections off the lake and the gigantic moon that seemed close enough to touch. A gentle, quiet reminder of the unparalleled peacefulness nature offers.

Obviously, I highly recommend this hike... with the proper preparation, gear, and sunscreen (thank you for the

reminder, Dr. Vazquez! – see the May issue of *Medical Matters*).

VOLUNTEERISM

"You cannot do a kindness too soon, for you never know how soon it will be too late." -Ralph Waldo Emerson

Just as immersing yourself in nature is a remedy to reduce stress and restore strength, volunteerism can provide similar benefits. In fact, 94% of volunteers report feeling happier after volunteering and studies show there is a relationship between people's physical and emotional health and the amount of time they spend on community service.

Lane County has countless opportunities for environmental stewardship, so LCMS encourages employees to volunteer several times a year as "Team LCMS." We plan to continue indefinitely, and welcome anyone interested in joining us. Upcoming activities will be posted on our Facebook page or website.

Last year, we participated in Alton Baker Park's work party cleaning up the Sebring Rock Garden, and this month, we worked with Friends of Hendricks Park through the City of Eugene Parks & Open Spaces (see more on page 22).

As an employer, we find this is a great way to connect to the community, and support employees hoping to "champion causes." It is also reported as one of the

most valuable job satisfaction benefits.

FINDING YOUR RHYTHM

If explorative travel and volunteerism aren't what you're looking for, there are plenty of other possibilities such as starting a challenging new outdoor activity such as rock-climbing, trying a new nutritious meal using ingredients from your garden, or sharing your knowledge and experience by becoming a mentor to one of LCMS's newest member physicians. Whatever you choose, you can stay true to your own rhythm.

Also consider including colleagues, family members, or a four-legged friend. It will evoke more enjoyment and, no doubt, enhance all your essential connections.

Just as the flight attendant's pre-take-off announcement instructs "always secure your own oxygen mask before helping others," being personally refreshed ultimately allows you to be a better business partner, life partner, parent, pet owner, and physician-providing better care to your patients.

If you found the perfect activity for YOUR "Joy of a Good Moment," please consider sharing your story for a future magazine issue.

Shondra



LOGO REFRESH

LCMS is excited to unveil a new logo for the organization. Over the past few years, the Lane County Medical Society has been transforming into a more relevant, engaged, and updated organization to best serve its physician members in Lane County. The new logo was created in partnership with Asbury Design, a Eugene-based marketing firm who also designed the beautiful new full-color magazine layout nearly 4 years ago.

This transformative journey over the past several years found us updating not only what we do but how we do it, so now the time has come to update and align the emblem that represents us. We think the new logo accomplished that perfectly. The logo utilizes a more modern typeface, embraces a soft color palette and features a background image that represents the beautiful scenery surrounding us. We hope you like it as much as we do.





CHAMBERS CONSTRUCTION

CCB# 114258

*Building What's Important
in Peoples' Lives*

New medical facility serving families in Douglas County

The **Evergreen Family Medicine** Family & Women's Health project was a complete renovation of an existing two-story building into a modern medical office, including new mechanical, electrical and low voltage systems, seismic upgrades and new exterior cladding.

Size: 30,000 SF

Location: Roseburg, OR

Completed: June 2020

Large & Small Commercial Projects • Pre-Engineered Metal Buildings

541-687-9445 • ChambersConstruction.com

Chart Notes

“There are a lot of things you can do, like exercise, to help take your mind off work and stay healthy, but a lot of that relies on consistency... In some European countries, they have made laws about times of day you can contact an employee. I try to internally practice some of that in my daily routine.”

– DR. BRYAN McVAY
SEE PAGE 14 FOR MORE



STOP Human Trafficking – Learn to Identify & Respond June 9th @6pm

LCMS is hosting this event via Zoom on Wednesday, June 9th at 6pm where providers can learn more about stopping human trafficking in our area.

Amanda Swanson from the Department of Justice and chair of the Attorney General's Trafficking Intervention Advisory Committee, as well as Florence Mackey, FBI Victim Specialist with the FBI's Portland Division will lead the event.

Program Objectives:

- Attendees will walk away understanding the basic dynamics of sex trafficking.
- They will be able to identify red flags and how to respond when a victim is identified.
- Plus, we will have a full day training in the Fall.

All physicians, NPs, and PAs welcome!

Register for the event at lcmcdsociety.com/events.

DEI Group Meeting June 17th @6pm

We are working with the Asian American Council and various LatinX groups in town to provide information and access during our summer series.

So far, we've been able to provide general diversity, equity, and inclusion training: bringing in representatives

from the NAACP and TransPonder; and grow our outreach into the community. We hope you'll be able to join us at one of our upcoming meetings!

See page 4 for more meeting dates.

UPCOMING EVENTS

Global Wellness Day is Saturday, June 12th this year!

This magazine issue is focused on a few of the pillars that are the focus of this program. They include: walk for an hour, drink more water, eat healthy food, do a good deed, have dinner with your loved ones, sleep at 10pm, and don't use plastic bottles. These are encouraged to provide overall wellness in one's life. Our challenge to you last month was to track your steps and/or visit one of the 7 Wonders of Oregon. We hope you were able to get outside, enjoy the nice weather, and “step” away from any stressors in your life.

We'd love to share the stories of your adventures! Our ask is that you send us any photos and a short blurb about your visit so we can share them with your peers and encourage others to explore Oregon as well. Please send your adventures to info@lcmcdsociety.com.

Equals make **THE BEST PARTNERS.**

We're taking the mal out of malpractice insurance.

As a company founded and led by doctors, we know what keeps you up at night. It's why we partner with practices of all sizes to help manage the complexities of today's healthcare environment and reward the practice of good medicine. Because when you have a partner who's also a peer, you have malpractice insurance without the mal. Join us at thedoctors.com



The Doctors Company
TDC GROUP



Thank You for Your Referrals!

We are honored to be your choice for Physical Therapy.
We continue to strive for excellence in all that we do...
and take pride in helping clients "reclaim" their
mobility and a pain free life!

YOU CAN GET THERE...FROM HERE

RECLAIM

PHYSICAL THERAPY, LLC



Mark Ouellette
PT, MS, OCS, COMT

1144 Willagillespie Road, Suite 1 • Eugene, OR 97401 • 541-636-4471 • Fax 541-357-4992 • www.reclaimpt.com

New PWP Executive Coach

BY KAREN McGOVERN
FOR LANE COUNTY
MEDICAL SOCIETY

LCMS welcomes Karen to the Provider Wellness Program Team!



Why coach physicians? My experience working with physicians spans nearly two decades. I specialized in anxiety and depressive disorders as a cognitive behaviorist in a large primary care and family practice clinic. Later, I transitioned into a management role in a hospital where I learned the art of how to have a difficult conversation with overwhelmed and overburdened physicians. I observed the spectrum of interpersonal skills and team dynamics that brought both reward and tears to staff.

Recently, I had the privilege to be the on-site coach for an eight clinic, multi-

state specialty practice. My role focused on physician leadership development. Some of the areas that I focused on include:

- Developing a broader repertoire of interpersonal communication
- Effective communication with partners, administration, team members and board members.
- Understanding other's emotional state and developing appropriate responses; becoming a better listener
- Transitioning into a practice, retirement or stepping back from full time to part time practice
- Becoming a more effective and influential leader
- Life transitions such as divorce, illness, death, birth, and adoption
- Understanding the role of the leader-with peers, as mentors, as board members and team members

- Time management; identifying and understanding procrastination habits and the impact on work life balance
- Unproductive behaviors such as dominating, interrupting or passivity
- Managing difficult and/or demanding co-workers
- Support which enables the processing of difficult events or encounters
- Team dynamics
- Work-life balance
- Career fulfillment
- Burnout prevention
- Resilience and stress management
- Establishing, maintaining, and sometimes repairing relationships with peers, other specialists, and team members
- Learning how to take care of yourself in often hectic, demanding and emotionally challenging environments

Continued on page 10



**Discounted Pricing
for LCMS Members
541-255-5246**

As the Exclusive Staffing Provider of the Lane County Medical Society, Favorite Healthcare Staffing provides a comprehensive range of staffing and placement services at preferred pricing for LCMS members.

Favorite has set the standard for quality, service, and integrity in medical staffing since 1981. Call today and let us show you why we are **The Favorite Choice** of Physician Practices and Healthcare Professionals across the U.S.

**Quality Staffing
Exceptional Results**



Phone: 541-225-5246

Email: MedicalStaffing@FavoriteStaffing.com

AA / EOE / M / F / V / D



I believe that coaching is a form of development in which a coach supports a physician in achieving a specific personal or professional goal by providing insight and guidance. Coaching focuses on specific tasks or objectives, as opposed to more general goals or overall development. My objective as a physician coach is to assist in incremental change so that physicians achieve a better life, better practice, better balance. I have enjoyed the level of accessibility that I bring because not only have I worked with physicians, I married one! ♦

Karen McGovern is now available to book appointments through the LCMS Provider Wellness Program. Physicians receive up to eight free and confidential sessions annually. To schedule a meeting with her, call 920-903-0323.

“One day can change your whole life” is the slogan of Global Wellness Day. May’s issue of Medical Matters included a flier

“The idea is to have you step back and really think about your life and how you want to live it – well.”

inviting all members and their family and friends to grab some water in a sustainable container and head off to one (or more) or Oregon’s seven wonders.

The connection between exercise and the benefits to your mental health and well-being as well as physical health have been well studied and documented. But what about just being outside?

According to Yale researchers, studies have shown that time in nature is an antidote for stress: It can lower blood pressure and stress hormone levels, reduce nervous system arousal, enhance immune system function, increase self-esteem, reduce anxiety, and improve mood.

Whether you’re strolling the ocean shore, hiking a trail in the woods, or relaxing at a local park, being outdoors

in nature can be healing and beneficial for the body and mind. Nature offers a calming effect.

The next time you’re enjoying the song of a bird, the strength of a mighty oak or the distinct scent of pine either standing still or while kayaking, biking or hiking take note of the positive benefits that you’re experiencing. The idea is to have you step back and really think about your life and how you want to live it – well.

When cross country skiing, I would always remark that I never saw an angry cross country skier. No matter how bitter the Wisconsin winds could get, the people on the trails were smiling. Tonight I’ll sit outside with my husband and our pups, Cooper and Hamilton, listening to the evening birds and staring up at the stars. ♦



**Experience & Creativity
are the Keys to Selling
Your Home!**

*Celebrating over 20 years in
Real Estate in Lane County*



Adrienne St.Clair

THE Adrienne St. Clair Group



**BERKSHIRE
HATHAWAY**
HomeServices
Real Estate Professionals

Contact Us Today! (541) 953-6206 | adrienne@thestclairs.com | TheStClairs.com



Preferred Healthcare Professional Footwear Provider

Select Brands at a Discount for
Healthcare Professionals

Burch's Oakway

541-683-4115
16 Oakway Center, Eugene

burchsshoes.com

Partnership for better health!

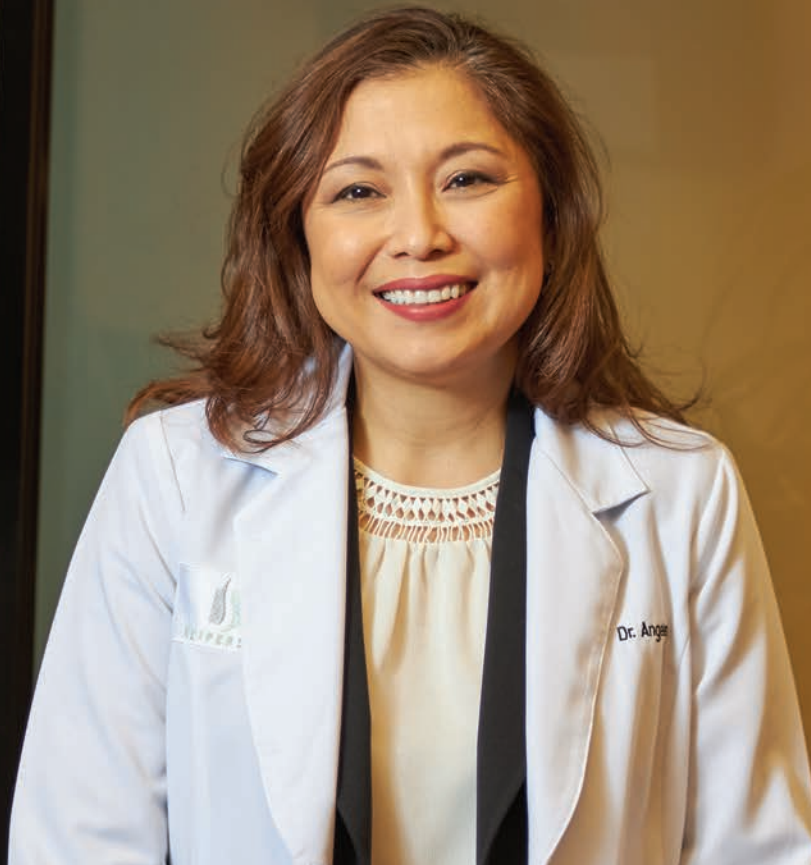
Proudly announcing our expanded partnership
with FOOD for Lane County.

Together we are helping local families in need
get fresh fruits and veggies at no cost.

It's a partnership for better health!



TrilliumOHP.com



Dr. Carmina Angeles
Neurosurgeon

BANK ON US.

Dr. Angeles specializes in minimally invasive techniques to treat spine disorders, helping her patients get back to doing the things they love. With the help of our banking team, Dr. Angeles was one of 752 businesses statewide to secure PPP loans since the health crisis hit.

“The pandemic has been stressful for all businesses, including mine. A lot of my elective cases had to be delayed or cancelled. The PPP loan helped me stay afloat,” she says.

Oregon Pacific Bank has loaned more than \$125.2 million to businesses and nonprofits in Lane, Coos, Douglas and Jackson counties, as part of the U.S. Paycheck Protection Program, retaining more than 15,000 local jobs, including those in the medical field. See more stories at bankonopb.com



Not your ordinary bank.

EUGENE | FLORENCE | COOS BAY | ROSEBURG | MEDFORD
59 E 11th Ave. Eugene OR 97401 | 541-636-4804 | opbc.com



Lifestyle Medicine

BY JOSEPH SAGE, MD

FOR LANE COUNTY MEDICAL SOCIETY

“You’ll have your first heart attack in your 50’s. I did. We all do.” Those were my doctor’s words to me during my first physical exam in Eugene. Wasn’t he just stating what has become accepted as routine in medicine? As people get older, they acquire illness and medical interventions. Not so fast.

In the office, much of the counseling is repetitive. However, lifestyle often outperforms medical intervention. For example, compared to stents and statin drugs, men with known coronary artery disease regress their disease with lifestyle change¹ and have fewer repeat heart events with bicycling². The data is incontrovertible, the majority of illness is treatable and preventable with lifestyle.

If chronic disease is preventable, why are some of our nation’s healers so unhealthy? It certainly isn’t from lack of education, and it should not be from lack of resources. Other factors must also be at work. Regardless, your health is paramount.

That’s the first step; recognize that

your health is important. Not because you’re a physician and society has invested resources in you. Not because patients have healthier outcomes when their health care providers are healthy. Your health is important because you are a human being, and you have intrinsic worth and value.

Once you accept this, it is helpful to know that we can use evidence-based therapeutic lifestyle intervention—including a whole-food, plant-predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection—as a primary modality to prevent and treat chronic disease³.

What does it mean to be healthy? Of course it means not being ill; being ill stops life on a dime. More than the absence of illness, though, health means being able to fully enjoy your life’s many activities. Wellness in its fullest expression is life without disability.

Are you ready to embark on this wellness journey? Let’s do it. I’ll guide you there. Sit on a chair. Take a deep breath... WAIT!

Do me a favor and go back a few paragraphs and read the part about evidence-based lifestyle interventions again. We can’t go back in time during a busy day and un-eat the french fries we grabbed in a moment of haste. Fitness can’t come from two workouts a week. Watching the recording of your child’s concert is not the same as being there. So while stress reduction techniques are important coping skills, let’s not miss the forest for the trees.

This wellness day, let’s acknowledge that disease is preventable and health attainable. It is necessary for us to prioritize our own health. This shift in priorities requires planning and work. Start by performing a health self-assessment. Consider your health from the domains of a healthy lifestyle: a plant-predominant (whole food plant based) diet, regular exercise, adequate sleep, avoiding risky substances, stress management and social connectedness.

Set some goals for yourself based on your individual situation. If you are looking for suggestions, here are my top 3: 1. Make some days of the week meatless/cheeseless food only, 2. Get outside for at least 30 minutes every day this week – starting today, and 3. Turn your mobile devices on silent and place them out of the bedroom at bedtime.

I am glad that you are embarking on this journey. If our lifestyle determines our health, this wellness day is just the beginning. We will need to learn new things and change our daily practices⁴. Be gracious with yourself, and, when necessary, seek professional help. Every great undertaking is better with a team, so invite others along with you.

We’ve got this! ♦

“Set some goals for yourself based on your individual situation...here are my top three: 1. Make some days of the week meatless/cheeseless food only, 2. Get outside for at least 30 minutes every day this week – starting today, and 3. Turn your mobile devices on silent and place them out of the bedroom at bedtime.”

1. Ornish DM, Scherwitz LW, Billings JH. Intensive Lifestyle Changes for Reversal of Coronary Heart Disease. JAMA. 1998;280(23):2001-2007. doi:10.1001/jama.280.23.2001

2. Hambrecht R, Walther C, Mobius-Winkler S et al. Percutaneous Coronary angioplasty compared with exercise training in patients with stable coronary artery disease: a randomized trial. Circulation. Mar 23;109(11):1371-8. Doi: 10.1161/01.CIR.0000121360.31954.1F.

3. What is Lifestyle Medicine. American College of Lifestyle Medicine. <https://lifestylemedicine.org/What-is-Lifestyle-Medicine>

4. Self-education starting points: lifestylemedicine.org, pcrm.org, watch the movie Forks Over Knives

Dr. McVay and his dog, Martha, often walk to the trail near his home. When McVay and his family were originally trying to come up with a name for her, they couldn't think of something everyone liked. As Beatles fans, they remembered the song "Martha, My Dear," which Paul McCartney wrote about his own dog, and so Martha found her name.



Setting Boundaries

How Dr. McVay steps back
to step into healthy living.

BY ALAN SYLVESTRE

FOR LANE COUNTY MEDICAL SOCIETY

Finding a home-to-work balance can be a battle that many people struggle to achieve. With constant access to people digitally, where do you draw the line? And how do you decide when it's time to "turn off" your work brain for the day.

Creating a healthy lifestyle requires setting aside time to be away from the stressors of the "daily grind."

Dr. Bryan McVay, a general surgeon with McKenzie-Willamette Medical Center and a board member for Lane County Medical Society, says this internal argument is constantly on his mind.

"There are a lot of things you can do, like exercise, to help take your mind off work and stay healthy, but a lot of that relies on consistency," McVay says. "In medicine, every day is different. There are some days we are starting at 6am, and it feels like you don't have time for breakfast. Then you end up working straight through lunch."

He says he tries as much as possible to carve out time away from the hospital to be with his family, and maintain a healthy style of living.

"In some European countries, they have made laws about times of the day you can contact an employee," McVay says. "I try to internally practice some of that in my daily routine."

MEMBER PROFILE

The boundaries of home-to-work balance have shrunk since the introduction of digital technology into the workplace and European governments have acknowledged that.

In 2017, a law passed in France that required employers with more than 50 employees to establish hours they would not email their employees.

Called the “Right to Disconnect,” it was first introduced in France and now several European countries have followed with their own versions of the law. These laws have also been modified since the start of the global pandemic to introduce legislation around remote working.

The punishments on employers vary from country to country, but in most there are fines and potential imprisonment for repeat offenses.

Carving Out Time for Wellness

Global Wellness Day is a worldwide initiative started in 2012 to set aside a day to free yourself of the everyday stressors and bad habits that can form in your lives.

It was established in Turkey as the “first” day dedicated to living well, and has now been accepted worldwide. Reflecting its success, in 2020 Global Wellness Day was celebrated globally with a 24-hour livestream which started in New Zealand and ended in Los Angeles, once again drawing attention to the importance of “living well”.

The initiative believes in seven pillars of health that include, “Walking an hour a day, drinking more water, not using plastic bottles, eating healthy foods, doing a good deed, having dinner with your loved ones, and getting to bed at 10 pm.”

The organization believes that if you implement these 7 pillars, you’re setting yourself up for a more successful and healthier lifestyle.

For McVay, he wants to promote this day, and to maintain this train of thought into your overall routines throughout the year.

“Everybody can get stuck in routines where we don’t do a good job at balancing our lives and dealing with stressors that are work related or life related,” McVay says. “But the question becomes, how do we deal with this? Do we work less so we can focus on our health more with potential financial consequences?”

And this internal dilemma is one that can be a stressor within itself. McVay feels it can be stressful to find a way to “carve” out that time, but if you create and



The center of your financial life is all in the family

Let us help you take care of what matters most



Getting to know you and what you care most about — planning for college, taking care of an elder family member, passing a legacy to future generations, buying a second home — is so important. Once we understand your priorities, together, we can help you pursue the goals you’ve set for yourself and your family. Call to learn more today.

Collis Wealth Management Group



Merrill Lynch

800 Willamette Street
Suite 650
Eugene, OR 97401
541.342.5600
fa.ml.com/collis_group
NMLS#: 590130

Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and Member SIPC, and other subsidiaries of Bank of America Corporation.

Banking products are provided by Bank of America, N.A., and affiliated banks, Members FDIC and wholly owned subsidiaries of Bank of America Corporation.

Investment products: **Are Not FDIC Insured** **Are Not Bank Guaranteed** **May Lose Value**

© 2019 Bank of America Corporation. All rights reserved. | AR76MH5H | AD-04-19-0457.B | 471089PM-0119 | 04/2019



stick to a plan it is easily achievable in your daily life.

Hobbies That Help

Tying into the theme of unwinding your mind, one of McVay's favorite hobbies to relax is "winding up" his crochet hook.

"A few years ago I developed a hobby for crocheting and I enjoy doing that more so when the weather isn't as nice," McVay says. "It's something I can do with my hands and try to feel a little bit centered."

Primarily crocheting hats, at first he wasn't sure what to do with them when they were made. As word spread among colleagues of his newfound hobby, other members of the medical community started requesting hats.

Deciding he did not want money for them, he created a pay-it-forward method to help the community at large.

"Now what I will do is crochet a hat for somebody, and then they make a donation to a charity of their choice in the amount they feel the hat was worth," McVay says.

It's his way of paying it forward to aid his community with some of the donations going toward international food relief agencies.

And in addition to crocheting, another of McVay's favorite pastimes is tending to his garden.

Cultivating a love of the outdoors, gardening has been an essential staple of his life since childhood.

"My maternal grandfather was a farmer and I grew up helping on the farm. We would reserve some of the acreage for personal farming and gardening to supply the family with preserved produce," McVay says.

At every location his family has lived, apartment or house, gardening has always been present.

Even when my wife and I were first married and living in an apartment, we had some small planter boxes for growing small amounts of produce," McVay says. "I really value growing some of the food that we eat and supporting local agriculture and I hope someday that I can have more

growing space so that I can provide not just for my family, but for other friends and family members."

A Picture Worth a Thousand Words

For McVay, the path to becoming a doctor was one that stemmed from a moment of epiphany.

"When I was in high school, I walked into my school's library to check out a book because at lunchtime, I would read a lot. I had finished up the book I was on and went to get a new one," McVay says. "Someone had left a magazine in the fiction section."

Naturally, he picked up the magazine out of curiosity, and the image on the cover was all it took.

"On the cover there was a picture of someone dressed as a surgeon holding a baby," McVay says. "I took one look at it and I don't know what it was, but I said to myself that I'm going to be a doctor."

He felt that was how he could help society and serve his community. From there, it has flourished into a robust career as a general surgeon.

And one of the things McVay says he treats the most as a general surgeon are hernias.

"As a general surgeon I repair a lot of hernias," McVay says. "They are some of the more common things that a general surgeon treats."

Apart from celebrating Global Wellness Day in June, it is also National Hernia Awareness Month. The purpose behind the cause is to "raise public knowledge of hernias and the latest treatment options."

A hernia, according to John Hopkins University, occurs when an organ pushes through an opening in the muscle or tissue that holds it in place. For example, the intestines may break through a weakened area in the abdominal wall.

Many hernias occur in the abdomen between your chest and hips, but they can also appear in the upper thigh and groin areas.

Although some hernias can happen no matter how you take care of your body,

some of the common reasons a hernia can develop is because of obesity, lifting heavy items, poor nutrition, smoking, and physical exertion.

"There are ways you can prevent hernias by practicing a healthy lifestyle, exercising frequently, and eating healthy," McVay says. "In some severe cases, hernias can be life threatening, but most hernias are easily treatable."

According to McVay there are several treatment approaches depending on the severity and style of hernia.

"We can use laparoscopic surgical methods, and we can also use open surgical methods like using sutures or mesh to close the hernia," McVay says.

In the end, he says a healthy lifestyle can make one a better candidate for hernia repair and speed recovery with fewer complications.

Why LCMS?

For McVay, the answer is simple – networking.

"I think that part of modern medical practice seems like it's very connecting, but it's very isolating," McVay says.

The isolation stems from uniformity among digital charting, which McVay says means less time a physician has to interact with another physician to achieve the same results.


"Some of our traditional mechanisms for seeing and knowing each other are not really happening anymore," McVay says. "You used to see more providers when they would come into the hospital to do rounds and see other patients."

Now with less physical in-person interaction, McVay says he believes it's important to find outlets to stay connected to the local medical community like his leadership role as a member of LCMS' Board of Trustees.

"I think that when we see each other, and know each other, we have a stronger bond," McVay says. "In my opinion, that will ultimately result in more quality patient care." ♦



FOCUSED ON THE HEALTH OF YOUR PRACTICE.

Member FDIC  Equal Housing Lender

A personal approach to medical banking.

At Columbia Bank, we understand the medical industry inside and out—from acquisition and equipment loans, to refinancing and more. And since we're a community bank, you get more than just expertise, you get a relationship with bankers who get to know your unique practice. Find out more at ColumbiaBank.com/medical or call 877-272-3678.



MOM'S CHOICE

THIS MONTH, THINK OF THE WOMEN IN YOUR LIFE

Each May we celebrate moms everywhere, we take the time to let them know we appreciate all of the things they do for us in a variety of ways. Whether they are our mothers, grandmothers, aunts, sisters, daughters or friends this year let them know you care by reminding them to schedule their annual mammogram. The best defense against breast cancer is early detection.

OUR SERVICES INCLUDE

- 3D Mammography
- MRI (1.5 & 3T)
- PET/CT
- Low-Dose CT
- Ultrasound
- Digital X-ray
- Fluoroscopy
- Bone Density (DEXA)
- PRP Treatment
- Automated Breast Ultrasound (ABUS)
- Elastography
- Pediatric Imaging



**OREGON
IMAGING
CENTERS**

oregonimaging.com • 541.334.7555

University District | RiverBend Pavilion

Feeding the Hunger to Help

BY MEGAN RICHTER
EXECUTIVE DIRECTOR
POSITIVE COMMUNITY KITCHEN

A 12 Week Commitment for Community Health

Since 2013, every Monday & Tuesday novice chefs pair with the pros for a marathon of cooking & cleaning of incredible proportions.

Despite team size being reduced by 75% due to physical distancing & space limitations, production & morale are still high. This crew of 100+ volunteers still safely creates, packages, and distributes over 600 menu items in less than 16 hours weekly. What was once a devastating two-month waitlist to receive these free meals, has thankfully dissolved, but unfortunately transformed into a two-month waitlist to join a kitchen team.

One-hundred percent of the people serving at Positive Community Kitchen (PCK) responded to a recent survey that through this experience they had made a friend. Sixty-three percent of those volunteers are youth. When asked to expand on what that means, one volunteer shared, “I love being involved with an organization which is doing so much amazing work ‘on the ground’”. Its dual missions [providing free meals to community members facing life-threatening illnesses & teaching cooking & nutrition] touch lives directly and on a practical level. I’ve also found the kitchen to be a warm, welcoming place to volunteer.”

Mildly unnerved by the inconsistency of school schedules, rules, and guidelines presented by COVID-19, services have prevailed safely because of one consistent

practice. It is requested that each meal recipient & each volunteer dedicate to joining this effort for at least twelve weeks. This three-month period initially feels like a lifetime to contract but by week six of the commitment, the reflection is almost always the same: “Wow, that happened fast”. As one volunteer put it, “It feels so special to be part of such an extensive process. Even though I don’t interact much with volunteers outside my shift, I feel connected to them because we are all working on different steps of a very meaningful project”.

The Positive Community Kitchen uses food as the vehicle for inspiring community wellness for neighbors who receive the meals and for youth & adults in the kitchen.

The freshly prepared soups, salads, entrees, and desserts are local, organic, &

SHAVED FENNEL CITRUS SALAD

Ingredients:

- 2 large fennel bulbs, shaved
- 1 1/2 cups celery, shaved
- 4 navel oranges, cut as supremes
- Fennel fronds, for garnish
- Dressing
 - 2 cups orange juice
 - 1 cup olive oil
 - 3/4 tsp black pepper
 - 2 tsp salt



For more recipes, visit
[positivecommunitykitchen.org/
recipe-index](https://positivecommunitykitchen.org/recipe-index)

Instructions:

- Wash and trim fennel bulbs. Cut bulbs in half from root to stem and shave, using a mandolin.
- Wash and trim celery, shave using a mandolin.
- Supreme oranges with a sharp knife by cutting off the top and bottom of the oranges and then following the curve of the orange with your knife, cut off all the peel and white membrane.
- Cut into each orange segment, so that a half moon segment orange is removable. Collect all segments of orange supremes.
- Combine the fennel, celery, and orange segments.
- Remaining peel and the inner portion of the orange can be squeezed to capture all remaining juice to use in the dressing.
- Make the dressing by combining orange juice, olive oil, salt, and black pepper. Blend or whisk until thoroughly combined.
- Pour vinaigrette over fennel, oranges, and celery and toss gently. Garnish with fennel fronds.
- Serve and enjoy!

gluten-free and come together in a package of nutrient-dense goodness meant to support a taxed immune system. However, it's the brightness & variety of quality ingredients coupled with the evidence of a homemade meal in each cut & placement, garnished with a personalized pen-pal card & call that makes this package the ultimate multi-vitamin of this era.

"The pandemic has made so many things more difficult: shopping and menu planning for obvious reasons and then our work became so much more difficult as well. We had to work three times as hard to just stay afloat. It has been enormously stressful and I don't think we could have made it without PCK", stated a recent meal recipient.

It is painfully clear today that health is complex, that the ability to heal from illness is affected by stress, loneliness, physical health, and includes what we

choose to ingest. The Positive Community Kitchen's superpower is nutrition education. So how has this specialization become so much more?

Every three hours the kitchen team takes a pause called "circle up" to pulse: How is our team doing today? Do we know each other's names? In addition to these welcoming practices & culinary skills, there is a conversation around a holistic picture of health that does not include calorie counting, sweat accumulated, or blood being drawn. These primary foods address everything beyond the plate and encompass topics such as finance, relationship, joy, and social life.

Weekly, these big picture primary foods are shared & exercised in a phone call & letter to each meal recipient, ensuring inclusion in the learning culinary terms is one with a direct correlation of community impact.

What's cooking in this kitchen is much more than a meal. It is the physical & social nourishment that is well-being. It is the dedication to nutritional security & social nutrition that is the life-saving antidote that keeps the humans on the service teams ready for whatever the next twelve weeks to twelve months present. ♦

If you or someone you know could benefit from lovingly prepared FREE healthy meals delivered to their doors, simply ring the office at 541.249.4942 ext 102 or email info@positivecommunitykitchen.org to get started. At this time, no referral is required & delivery is available to the Eugene/Springfield area & beyond! Positive Community Kitchen invites you to try for yourself or to purchase a package to give through Meal4Meal by PCK. Learn more at www.positivecommunitykitchen.org.



JONATHAN SHERMAN, M.D.

Board Certified in Neurosurgery

GLENN L. KEIPER JR., M.D.

Board Certified in Neurosurgery

CARMINA ANGELES, M.D., Ph.D.

Board Certified in Neurosurgery

We've got your back

KeiperSpine's team of neurosurgery leaders specialize in groundbreaking, minimally invasive procedures.

It's a common-sense approach that puts patients first and views surgery as the last option. See how we can put back pain behind you.



541-485-2357

1410 OAK STREET IN EUGENE
KeiperSpine.com



Serving Oregon Physicians for 50 Years

Customized Coverage for Oregon Physicians, Created by Oregon Physicians

While other insurance carriers have come and gone, CNA has been a fixture in the Oregon marketplace, helping physicians navigate the healthcare landscape for over 50 years. Our tenured professionals average 32 years of experience, and our strong partnership with the OMA helps ensure you get the coverage you need. With local claim professionals and a comprehensive risk control program, CNA creates insurance solutions to help keep your practice running smoothly, year after year.

For more information, contact CNA's Portland office at 800-341-3684 or visit theoma.org/cna.

Volunteer in Your Community

BY KIANNA CABUCO

DIRECTOR OF COMMUNICATIONS
LANE COUNTY MEDICAL SOCIETY

Christina Bentrup is the Hendricks Park Volunteer Coordinator for Eugene Parks and Open Spaces. She helped coordinate LCMS staff's volunteer work last month.

What does Parks and Open Spaces do?

Parks and Open Spaces manages the public parks and natural areas within the City of Eugene. With over 5000 acres of land and more than 80 parks, managing these spaces for recreation opportunities, wildlife, and the whole community takes a lot of work. Staff care for playgrounds and picnic areas, mow lawns and remove trash, steward open natural areas, restore native habitat, build and maintain trails, and much more.

What types of volunteer opportunities are there? Are there opportunities for families to get involved?

Volunteers help with many aspects of supporting our parks and natural areas. We have four major areas where volunteers can get involved - in our developed parks mulching and weeding landscape beds and cleaning playgrounds, tree planting and natural areas restoration, waterways

clean-ups and stewardship, and care of the city's two public botanic gardens. We have weekly volunteer events throughout our park system and almost all of our events are family friendly. Volunteer opportunities are posted through an online calendar at www.eugene-or.gov/volunteer.

How does this affect our community?

Volunteers have a huge impact on our park system. Our 2020 Volunteer Impact report highlights a few recent stories. Our volunteers contribute over 10,000 hours each year in trash clean-up, weeding, native habitat restoration and so much more. This work just wouldn't get done without volunteer support. During the COVID-19 pandemic we realized more than ever before how much park volunteers contribute and how they help build a community of support throughout parks.

How can this relate to overall wellness?

While it's no secret that Eugeneans love their parks, we find that engaging in meaningful stewardship activities within parks really supports people's sense of belonging and the whole community's well-being. Helping to care for a favorite place can make that place even more special.

Do you personally have a favorite park in the area and why?

Absolutely, Hendricks Park! Hendricks Park is a special park because it has incredible gardens, the Rhododendron and Native Plant gardens, and a large forest just a couple of miles from our city center. The community that supports Hendricks Park continues to amaze me and we have the very best group of regular volunteers and long-time supporters. We always welcome new folks too.

What sparked you to get involved?

I've been a gardener my whole life but also really enjoying working as a part of a team. Many years ago I started working with volunteers in public gardens and it was the perfect match of gardening and community-building at the same time. When the opportunity to work at Hendricks Park came up, I was really excited about the diversity of landscapes as well as the community of people supporting the park. ♦

To volunteer at Hendricks Park, contact Christina at cbentrup@eugene-or.gov or 541-300-7051, or visit the Parks and Open Spaces website for more information about how to get involved.



LCMS staff connected with Christina last month to help clean up the Native Plant Garden at Hendricks Park. We made sure to follow Dr. Vazquez's recommendations on sunscreen from the May magazine while clearing some of the overgrown garden beds.



Hepatobiliary dignitary

Meet Dr. Daniel Cusati, a leading surgeon and educator specializing in minimally invasive procedures to treat diseases of the liver, gall bladder, and pancreas. Because at Northwest Surgical Specialists, innovation is our specialty.



**Compassionate perfectionists
committed to patient care**

DANIEL A. CUSATI, MD, FACS

Located on the RiverBend Medical Center campus • 541-868-9303 • nwsurgicalspecialists.com





SAPIENT
PRIVATE WEALTH MANAGEMENT

Sapient
[sā-pē-ənt]

*Having or showing great wisdom
or sound judgment.*

• A FOCUS FINANCIAL PARTNER

101 East Broadway, Ste. 480, Eugene, OR 97401
541.762.0300 | sapientprivatewealthmanagement.com

Wellness From a Surgeon's Perspective

The WHO defines wellness as “an optimal state of health,” which expresses “a positive approach to living,” and health as a “state of complete physical, mental and social well-being - not merely the absence of illness.” This is why Oregon Surgical Wellness (OSW) stands by its motto, “Your wellness is our passion.” Specializing in Breast, Hernia, Endocrine, and General Surgery, Drs. Winnie Henderson and Christine Kollmorgen believe health is a fundamental goal and wellness is the active process of achieving it. OSW's innovative programmatic surgical care emphasizes the whole patient and promotes complete restoration of health and wellness even after major surgery for life-threatening diseases.

While focusing on measuring quality outcomes, OSW has worked tirelessly developing the following surgical wellness programs:



Their newly developed **High-Risk Breast Clinic** is a comprehensive program designed to identify patients at risk of developing cancer. Using a digitally transformed screening tool, they offer genetic testing, diagnosis, counseling, and treatment options for patients who have or may have hereditary cancer conditions. Working collaboratively with certified in-house genetic counselors, primary care providers, gynecologists, radiologists, and physician specialists in our community, Dr. Henderson and Kollmorgen develop personalized risk management strategies for patients who qualify as “at-risk.” Plans might include additional screening, chemoprevention, and preventive surgeries. In turn, their patients can then live informed, healthy, and cancer-free lives. The program simplifies an often complex process and provides everything from core resources to referring providers.

As breast surgical oncologists who advocate for patients' psychological and physical wellness, OSW's **Breast Surgery Program** is proud to be the only certified

HIDDEN SCAR BREAST CANCER SURGERY CENTER between Seattle and Sacramento. To minimize the traumatic effects of breast cancer treatments and deliver beautiful surgical outcomes, Drs. Henderson & Kollmorgen have spent over a decade perfecting their breast surgical skills by training in advanced Oncoplastic Breast Surgery and Hidden Scar Breast Cancer Surgery. Additionally, OSW's wellness protocol helps alleviate the anxiety associated with a cancer diagnosis by reaching out to patients within 72 hours of receiving a referral. Their work is gratifying, and they are so thankful to their referring providers for allowing them the opportunity to make a positive impact on their patients' lives.



OSW's **Hernia Repair and Robotics Program** thrive on the innovative approach of pre-habilitation and rehabilitation in restoring abdominal core health. As members of The American Hernia Society, Drs. Henderson & Kollmorgen collaborate with a national hernia registry, The Abdominal Core Health Quality Collaborative (ACHQC), to advance abdominal core health in our community locally and nationally. OSW provides pre and postoperative multimedia guidance to their hernia patients and monitors their surgical outcomes for six years following hernia surgery. Post-op monitoring allows them to evaluate the results of their surgical techniques critically.



The **Endocrine Surgery Program** at OSW offers a programmatic mindset, getting patients back in the driver's seat of their body quickly and efficiently. While using minimally invasive surgical techniques, Dr. Kollmorgen works side by side with endocrinologists, pathologists, radiologists, and primary care providers to provide a positive experience and the best possible outcome. Transparency leads to better results, so the information given in the consultation

will be used to develop a wellness plan for success. Surgical outcomes are then tracked through The Collaborative Endocrine Surgery Quality Improvement Program (CESQIP), and the data collected is then used to give potential patients more information.



OSW surgeons are general surgeons by training. Their **General Surgery Program** focuses on optimally preparing general surgical patients for their procedures. They perform minimally invasive gallbladder, anti-reflux, colectomy, and other soft tissue procedures. This program utilizes surgical risk calculators and community resources to help patients achieve the ideal BMI, optimal diabetes control, smoking cessation, nutrition, and exercise before surgery. Drs. Henderson and Kollmorgen collaborate with patients' primary care providers and physician specialists to improve patients' health and reduce the risk of complications. OSW tracks surgical outcomes through the national registry American College of Surgeons *Surgeon Specific Registry (SSR)*.

Oregon Surgical Wellness understands that surgical treatment can be anxiety-inducing and dependent on the surgery; the pain can be debilitating. OSW's certified patient navigators and integrative care partners, Pacific Integrative Oncology, help reduce surgical stress and pain by offering evidence-based solutions regarding nutrition, supplements, exercise, guided imagery, and music therapy, acupuncture, and aromatherapy. Their blog “Speaking of Wellness” found at www.oregonsurgicalwellness.com is filled with community-curated knowledge to invigorate and heal because knowledge is power. You can find evidence-based surgical & wellness knowledge providing a hub of ideas that make a wellness journey successful. If you have a wellness topic and would like to contribute, please reach out to info@oregonsurgicalwellness.com. ♦

Student Debt Management

With U.S. student loan debt ballooning over the last decade, one of the most common questions Sittner & Nelson receives from young professionals is, “How do I best manage my student debt?”

The answer is complex, but typically begins with assessing your eligibility for loan forgiveness opportunities—such as the Public Service Loan Forgiveness (PSLF) program—based on your loan type, career, and/or employer. If eligible for a program, it often prescribes next steps in your debt management process.

For non-forgivable debt, you should consider what is most important to you: maximizing monthly cash flow, or minimizing the total interest paid. That consideration will dictate your selection of either an aggressive repayment plan, or an extended or income-driven plan. While

a longer repayment period results in more interest paid over the life of the loan, you will be afforded a higher monthly cash flow. A higher monthly cash flow means having the freedom to build the future you imagine and working toward the goals that matter to you the most—from buying your first home to setting aside money for retirement.

Two common approaches to tackling debt are the avalanche and snowball payoff methods. Both involve paying the minimum on all but one loan. With the avalanche method, you make extra payments on the loan with the highest interest rate, making your payments go further and ultimately minimizing the overall interest paid. Meanwhile, the snowball method focuses on paying off the smallest debts first, providing momentum

and freeing up cash flow when a payment is eliminated completely. Both are effective strategies that depend on your priorities and personal preferences.

If you have higher interest debt with private lenders, there may be opportunities to refinance at greatly reduced rates, particularly in today’s low-interest rate environment. However, make sure to utilize a reputable lender. For federal loans, refinancing is a more complicated decision, as there are certain protections and benefits that you give up when you refinance with private lenders.

Whichever method you choose, having a well thought out debt-reduction plan in place can make your dollar stretch further and set you up for future success. ♦



It's personal®

Financial Planning | Investment Management | Corporate Retirement Plans



Fred Sittner, MBA, CFP® | Todd Nelson, CPA, CFP® | Sarah Brooke, CFP® | Kevin Sittner, CPA, CFP®

497 Oakway Road, Suite 300 Eugene, OR 97401 | 541.636.4001 | www.sittnerandnelson.com

Advisory services offered through Sittner & Nelson, LLC, an SEC Registered Investment Advisor

Announcements

New Members

Rebecca Carroll, MD

Anesthesiology
Northwest Anesthesia
3333 Riverbend Dr
Springfield, 97477
P: 541-686-9551

Nicholas Engstrom, MD

Cardiothoracic Surgery
McKenzie Heart Group
960 N 16th St Ste 304
Springfield, 97477
P: 541-744-6172

Hannah Fine, DO

Osteopathic Manipulative
Medicine
OMG – Gateway Medical
Center
1007 Harlow Rd Ste 310
Springfield, 97477
P: 541-242-4300

Jon Gilbert, MD

Anesthesiology
Northwest Anesthesia
3333 Riverbend Dr
Springfield, 97477
P: 541-686-9551

Thomas Kincheloe IV, DO

Osteopathic Manipulative
Medicine
OMG – Gateway Medical
Center
1007 Harlow Rd Ste 310
Springfield, 97477
P: 541-242-4300

Renewing Members

Gulrukh Rizvi, MD

Family Practice
Gulrukh Rizvi LLC
1161 Lincoln St
Eugene, 97401
P: 541-972-3627

John Haines, MD

Ophthalmology
The Eye Center
1550 Oak St Ste 3
Eugene, 97401
P: 541-683-2020
F: 541-683-1509

Kent Karren, MD

Ophthalmology
The Eye Center

1550 Oak St Ste 3
Eugene, 97401
P: 541-683-2020
F: 541-683-1509

Notes

Don't forget to send us any photos of your visits to the 7 Wonders of Oregon and a short description of your trip! We want to see where you've explored and what it means to you. And if you haven't gotten outside yet, take a look at our flyer from last month for some ideas, and explore Oregon!

We want to share your good news, your accomplishments, and more! If you, your colleague, or your group has something to share, be sure to send it our way. We'd love to celebrate you as a community.

Send your stories to info@lcmcdsociety.com!

Classified Advertising

CUSTOM SUNRIVER HOME:

3 BR, 3 BA, den with Q futon + sleep/play loft. Sleeps 8-10. 4 flat screen TVs, 2 DVD players, Wi-Fi, new gas cooktop, gas barbeque, fireplace, bikes, 2 car garage, hot tub, private setting by Nat'l forest. \$240 + cleaning. No smoking. Call Carol Berkman – cell: 541-953-5430.

MEDICAL BUILDING

AVAILABLE in spring (for lease or sale). Good access to both hospitals. Call 541-968-9779.

Provider Wellness Program

Free & Confidential Help is Available
To schedule an appointment or access the 24-hour support line,
Call 541-345-2800



CONGRATULATIONS, KIANNA!

Not only does she do an amazing job as LCMS' Director of Communications and putting together the monthly magazine, she's been busy furthering her education and connections within the community. Watching her juggle all this has been inspiring and we are very proud of her accomplishments. Last month, she graduated from the Leadership Eugene-Springfield program where she gained new connections for the LCMS DEI group and collaborated with her LES group to support local businesses and non-profits through a gift card chain. Kianna is also finishing her MBA from the UO this month and plans to use her skills to continue improving LCMS' monthly magazine, member engagement, and community outreach.





Winnie Henderson MD, PhD, FACS | Christine Kollmorgen MD, FACS

Oregon Surgical Wellness is one of three hernia centers in Oregon that actively participates in quality reporting at the national level. We are committed to improving patient's Abdominal Core Health through collaboration with the **ACHQC Hernia Registry**.

Quality outcomes and
experience matter when it
comes to hernia repair.
We welcome your referrals.

Learn more:

oregonsurgicalwellness.com

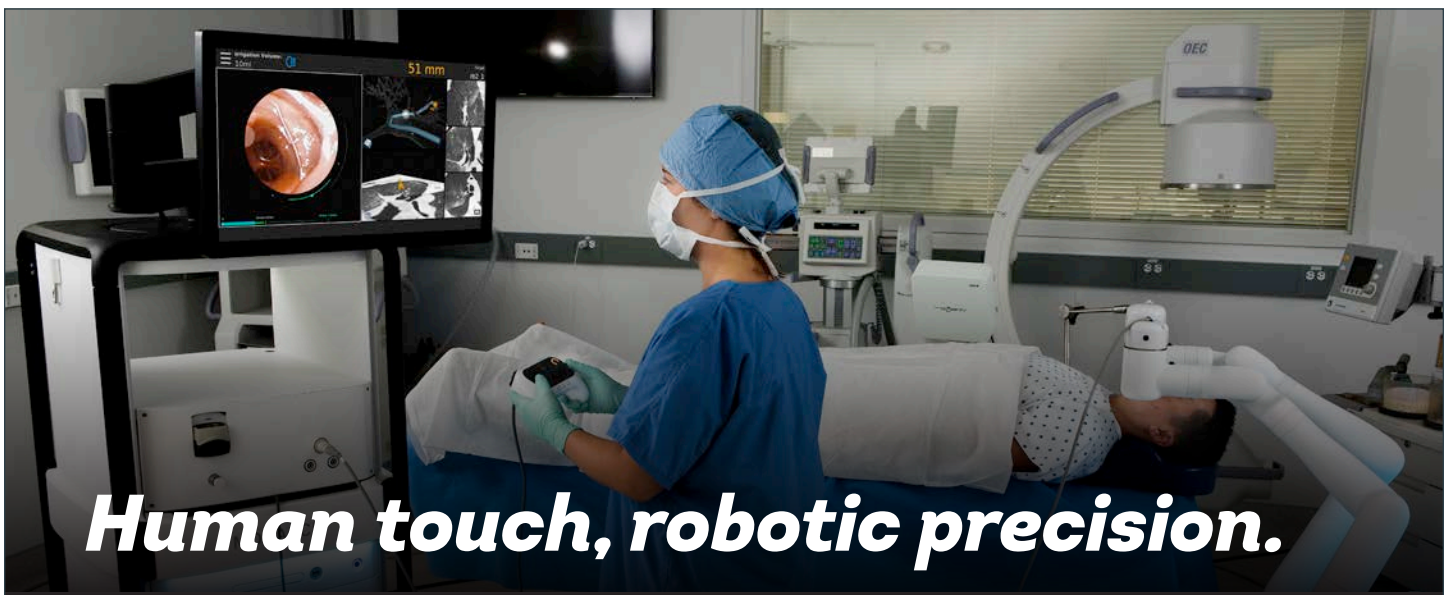
 **regon
urgical
Wellness**

3783 International Court, Suite 200

Springfield, Oregon 97477

phone: 541.735.3778

info@oregonsurgicalwellness.com



Human touch, robotic precision.

PeaceHealth Sacred Heart Medical Center at RiverBend is proud to be the first hospital in the Pacific Northwest to bring patients the Monarch Robotic-Assisted Bronchoscopy Platform.

Lung cancer is the #1 cancer killer – claiming more victims each year than breast, colon and prostate cancers combined. One of the reasons why lung cancers so deadly is that it is difficult to diagnose safely and reliably when it is in stage 1 or 2. These nodules tend to be very small and deep in the periphery of the lung, requiring a transthoracic needle aspiration (TTNA) which has a higher complication rate than bronchoscopy. When a traditional, manual bronchoscopy is used, it often does not lead to a diagnosis.

With the Monarch™ Platform using Robotic-Assisted Bronchoscopy, we can potentially diagnose these small nodules during this early stage. This procedure is similar to traditional bronchoscopy and provides us with advanced precision and control that comes from robotic technology.

The Monarch Platform combines traditional camera views into the lung with computer-assisted navigation based on 3-D models of the patient's own lung anatomy. For the first time, we have the benefit of a platform designed to provide bronchoscopic visualization throughout the procedure.

What this means to your patients? Patients who have small, peripheral nodules can be diagnosed using a minimally invasive procedure.



*To learn more about this remarkable technology
log on to peacehealth.org/robotic-assisted-bronchoscopy*

For questions or to refer a patient, please call (541) 687-1712