LANE COUNTY MEDICAL SOCIETY | DECEMBER 2021

MEDICAL MATTERS



Delivering Women's Health

Dr. Beyerlein shares how family influenced his interest in pregnancy medicine and how reading helps transport his mind.

SAVE THE DATE!
Medical Misinformation: How to Diagnose & Treat
Wednesday, January 12th



WORLD CLASS CARE IS **HERE.**

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









We are proud to welcome our newest provider
Katherine Kunigelis, MD

Dr. Kunigelis joins us after completing neurosurgery training at University of Colorado Denver followed by fellowship at Moffitt Cancer Center in Tampa, Florida. She is excited to join Oregon Neurosurgery and looks forward to treating a full spectrum of neurosurgical patients in Oregon.

Dr. Katherine Kunigelis enjoys all aspects of neurosurgery with a special interest in brain tumors. She performs surgeries for brain and spine tumors, neurosurgical trauma, degenerative spine disease, hydrocephalus and peripheral nerve disorders.

Learn more at **oregonneurosurgery.com**
3377 RiverBend Drive, 5th Floor
Springfield, OR 97477
541.686.8353 / 800.924.8353

OREGON NEUROSURGERY

THIS ISSUE

Contents

LANE COUNTY MEDICAL SOCIETY | DECEMBER 2021

8
PWP

The Physician Wellness Program will celebrate its 10th anniversary in 2022. LCMS takes a look at how it all started and how it has helped influence similar programs across the country.

RECOMMENDED READING

10-15 & 20-23
BOOK RECOMMENDATIONS

What better way to end the year than by some of our members recommending their favorite books. Whether it's fiction and fun or wellness and self-help, an audio book or good old-fashioned paperback, there are bound to be a few to add to your reading list.

16
MEMBER PROFILE

Dr. Beyerlein shares about his passions for learning and improving care for women as well as why he loves the Eugene/Springfield community.

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.

26
YMCA

Dr. Ciesielski and Dr. Ewing talk about the impact of the Y's youth, health, and wellness programs and progress toward a new facility.

29
ADVERTISER SPOTLIGHT

Jennifer Kinkade shares about Columbia Bank's work throughout the pandemic and programs including their Pass It On Project.

A gift that matters...



Happy, Healthy YOU in 2022

The most powerful medicine is our lifestyle and choices.
Your wellness is a gift for you and all you love and serve.
Book your wellness journey today!

CANDID MEDICAL
candidmedical.com (541) 600-2492

Joe Sage MD FACP FAAP
Board Certified Lifestyle Medicine
Proud to support YOU through the
LCMS *Physician Wellness Program*

Physician Wellness Program (PWP) Turns 10 in 2022

The PWP provides free and confidential counseling with 24/7 support through Cascade Health to Lane County physicians in need. PWP providers are experienced in counseling healthcare professionals and sessions are not reportable to the Oregon Medical Board.
Donate today to help a fellow physician and invest in our community.

Scan this QR code to donate securely through the LCMS website.

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@lcmedsociety.com

Membership Inquiries
Pam@lcmedsociety.com

Lane County Medical Society
PO BOX 7192
Springfield, OR 97475
Phone: 541-686-0995
Fax: 541-687-1554
info@lcmedsociety.com
www.lcmedsociety.com

LCMS Physician Wellness Program

Confidential Counseling
Cascade Health or
24-hour support line
541-345-2800

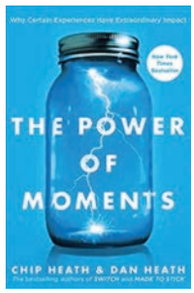
Stress Reduction Workshops
Amy Trezona, RN
541-912-0216

Executive/Life Coaching
Shannon O'Leary
541-255-2669
Karen McGovern
920-903-0323

Lifestyle Medicine
Joseph Sage, MD
541-600-2492

Changing the Script

Current Book?



The Power of Moments by Chip and Dan Heath.

Why Recommend It?

Both personally and professionally, the book clarified why certain moments are more memorable (good and bad) and a blueprint of how to intentionally achieve more experiences that elevate and shape us.

Personally

Recently I lost a dear friend to a 5-year battle with cancer, and the premise of this book offered some comfort. Our core group of friends initially reeled from the devastating diagnosis, but we didn't want to get stuck there. Instead, we recognized the blessing of knowing her time was limited so we wouldn't miss an opportunity to celebrate EVERYTHING. We intentionally made our moments together matter – exactly what the book delves into.

The main takeaway – moments are worth making time for. No one reflecting on life has ever wished for fewer. This book reflects on these defining moments and gives practical advice on how to achieve them (however, some of the best ones happen by accident).

As I look back, some of my most treasured memories with her were not just the big, grand adventures but rather the quiet one-on-one afternoons, just sipping coffee, laughing, and reminiscing. Connecting.

Professionally

From an organizational standpoint, this book provides practical guidelines to developing defining moments that "create shared meaning – highlighting the mission that binds us together and supersedes our differences."

A reminder that "This is important. This is real. We're in this together. And what we're doing matters."

This book challenges readers and offers ideas to "change the script." Ideas are the easy part, "We should do that!" but the execution is another story. Ultimately, it is about action.

How did LCMS "change the script" in 2021? We sent Bonus Boxes to the first 50 registrants of the Annual Meeting. We created a Global Wellness Day Challenge connecting steps to landmark distances around our beautiful state. We hosted 3 Coffee Appreciation Days for ALL hospital staff, acknowledging everyone helps hospitals run smoothly.

Elevating Events

About 20 years ago, Ed Viesturs presented at a Society meeting. Viesturs is a high-altitude mountaineer who successfully reached the summits of all the world's fourteen 8000-meter peaks without supplemental oxygen. He thrilled the audience with his incredible slideshow and about his Mt. Everest climbing adventures. Over 400 people attended, and to this day, members still mention this event – a "peak" moment for LCMS.

So, to celebrate the **10th Anniversary of the Physician Wellness Program**, let's create similar elevated memories with a formal Gala in the Fall providing elegance, entertainment, and connection while also raising funds for this valuable program. Plans are in the works, so stay tuned!

Round of Applause

December is a perfect time to thank long-time members for renewing and welcoming new members to our organization. It's also an ideal time to thank the people "behind the scenes."

The Board and staff at LCMS wear many hats. There are only three staff members (2.5 FTE), so we tackle various tasks to put Board ideas into action.

For example, in addition to her accounting duties, Pam handles membership (including all new members), often hand-delivers things to member offices, and writes a personal thank you note to members who make financial contributions to the Foundation.

And as anyone who's been a "profile" for the magazine knows, Kianna not only puts together the entire magazine, but she also takes these fantastic photographs. In 2020, she also agreed to facilitate the DEI meetings, where she arranges for various speakers and offers connections to local community resources.

These are just a few examples of the extra duties they take on, and as the year draws to a close, I want to acknowledge and express my appreciation to both Kianna and Pam for their dedication and hard work. The organization is better because of them.

Moments that Shape Us

Last week I received an email from a long-time LCMS member (now retired), thanking me for a recent communication and expressing his disappointment of not knowing any of the new physicians. He had been very involved in the healthcare community in his practicing years when everyone seemed to know one another.

He hoped we could grab coffee together once he got back to town, and I was thrilled by the idea. I will put this plan into action because I understand the value these connections offer – both personally and professionally. I always appreciate personally meeting with members because I believe these moments are important, real, and matter.



Shonda









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

"I think it is very important to be able to reset your mind. You dedicate your life to medicine, but you also have to realize that you have to take care of your mental and physical health. If you don't take care of yourself, you can't take care of others."

– DR. RICHARD BEYERLEIN
ON TAKING TIME TO READ AND RESET
TO READ MORE, TURN TO OUR MEMBER PROFILE ON PAGE 16

LCMS's Annual Meeting will be January 12th

This year, presenters will share via Zoom about *Medical Misinformation: How to Diagnose and Treat* on Wednesday, January 12th.

Panelists will address the increase in social media influence, best practices to handle these types of situations, how to present information that resonates, creating trust, and more!

LCMS will also be announcing new Board leadership and trustees for 2022 as well as presenting Presidential Citations.

Register now at www.lcmedsociety.com/events!

COFFEE APPRECIATION

We were very honored to be involved in LCMS's "Thank you" to all of the hospital staff! We all know what a challenge this past year and a half has been. We appreciate everything you all do for our community!

* Everyone was so incredibly grateful we were there.
* They were very excited to get a free drink and a lot of them got extra shots – well deserved!
* We were asked a couple times to come back weekly!
* Mostly we enjoyed the excitement they had in getting to choose a special drink and add whipped cream if they wanted because it's fun and a treat! We tried to make it very special!

Thank you! We really do enjoy doing special events with people who care about their employees! A small token of kindness goes along way! I look forward to working with you again.



Thank you so much!
Sincerely,
Dawn, Most Wanted Espresso

NOTES

LCMS's Diversity, Equity, & Inclusion group will be taking a pause for the holiday season and will pick back up in January. In 2022, we hope to bring you another training series with a local diversity leader, more connections with different groups and organizations, more resources for you and your patients, and opportunities for learning. If you have any recommendations for meeting topics, people or organizations to connect with, or general DEI ideas, please reach out to kianna@lcmedsociety.com.

Thank you to all who attended meetings this year! It is an ongoing battle to create a welcoming community for all, and we appreciate your time, input, and energy!

PWP UPDATE

LCMS's Physician Wellness Program Celebrates 10 years in 2022

BY VANESSA SALVIA
FOR LANE COUNTY MEDICAL SOCIETY

LCMS's groundbreaking Physician Wellness Program turns 10 in 2022. This program was the first county medical society-sponsored program of its kind and has since been copied throughout the state of Oregon and the nation. "The program was so good we stole it!" laughs Steven Reames, executive director of the Boise Idaho Ada County Medical Society (ACMS), who has helped propagate the model. "Actually, Candice developed it and then pretty much gave it to everybody."

Reames took over the Boise-based medical society in late 2014. He says he was just searching online to see what other medical societies were doing and stumbled across the program, which had been developed by LCMS director emeritus Candice Barr. There was a cluster of three local physician suicides during Barr's tenure, and she felt compelled to develop a behavioral health program to provide a trusted, local source of help to doctors. She thought it was crucial to address the silence around physician mental health issues and make it clear that seeking help was a reasonable thing to do. The program strives to reduce or eliminate the barriers that may prevent physicians from seeking help: a fear of a lack of privacy or confidentiality, time constraints, lack of mental health care providers who understand the issues physicians face, and treatment cost.

The following spring, the ACMS board held a strategic retreat. "Physician well-being emerged as one of two strategic initiatives, so I needed to figure out a way to pursue and explore that," he says. "I



called Candice and she explained to me how they operated."

That July, the American Association of Medical Society Executives (AAMSE) held its annual conference in Portland. "This was my first chance to attend an AAMSE conference and I told the board that I had to go because Candice was going to lay out the details of this program to all the county society directors," he recalls. "There were 25 or 30 of us in the room that day, and that represents about a quarter of the county medical societies who are part of AAMSE. The program was replicable, and there were three or four of us in that meeting who said, 'OK, we're doing this.'"

Some societies got the program up and running faster than others: Amanda Borges in Portland had already started in early 2015 and was followed by Lexington, Kentucky's medical society led by Chris Hickey, and ACMS in 2016. Barr's resources covered just about everything, from basic operations to fundraising and marketing. Each society made some small changes to reflect their specific program, but for the most part they followed the LCMS template. The most notable difference in the way that ACMS and Lexington organized was choosing to work with mental health providers as contractors on-site versus employing the providers.

The main objective was to provide privacy and confidentiality to the physicians. Rather than have the physicians call and make appointments directly with the county society, some societies set up a third-party appointment hotline, for example, or set up separate entrances to the facility. Reames explained his board's rationale: "They told me, 'a) You don't have time as a solo employee to take the calls and, b) we'd rather ACMS didn't know names of people using the program.'"

Barr retired from LCMS in 2016 and by the beginning of 2017, medical societies were calling Reames, Borges, and Hickey asking how to start their own programs. "As if we were suddenly the experts," Reames recalls. "I knew that we had to figure out a way to document the major decision points — what are the things that need to happen, what are the discussions, where do you start?" The few who had jumpstarted programs started making lists, and physician wellness programs started popping up all over the place. By the end of 2017, another nine programs had started in various counties.

Belinda Clare, the director of the Travis County Medical Society Foundation (TCMS) in Texas had started their PWP that year. Because of prior experience publishing a toolkit for the Project Access model, she took the lead and applied for a grant from the national Physicians Foundation. Together, about a dozen medical society leaders assembled the informal shared lists and procedures and published a formal toolkit, presenting it at the AAMSE 2018 national conference for the first time.

The LifeBridge Physician Wellness Program Tool Kit is a free 132-page guide which walks medical societies through the process of developing a physician wellness program. The kit provides royalty-free logos which can be used by any county medical society along with resources such as management models, client intake models, and information on data collection and analyzing program outcomes. The group published a website, www.physicianwellnessprogram.org, to make it widely available. The website lists about 30 medical societies that are now operating a program more or less based on LCMS's model.

It took too long to recognize physician burnout as a serious problem. The toolkit states that this issue was not documented significantly until the years between 2011 and 2014, by Dr. Tait Shanafelt, then at the Mayo Clinic. A 2012 study published in the International Model of Preventive Medicine stated that one in 10 medical students reported experiencing suicidal thoughts, a rate that is five times more than the general population. Many physicians experience burnout, depression, anxiety, and other negative symptoms. But many are afraid to seek help out of a fear that reporting these symptoms will impact their medical license.

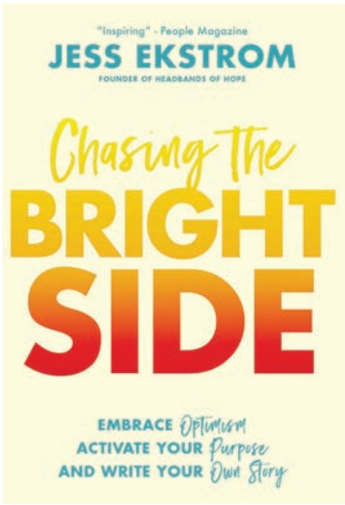
Even though awareness has improved, there is still a "culture of shame." In fact, an October 2017 article published by the Mayo Clinic entitled "Medical Licensure Questions and Physician Reluctance to Seek Care for Mental Health Conditions" explains that states that ask the most questions about mental illness on licensure applications are the states where physicians are more reluctant to seek treatment. But even that is changing slowly, state by state, and community by community.

"Overall, this issue became something that doctors, hospitals, and medical societies could all agree on, because it's important," says Reames. "We're all working on this together because it matters and it raises the tide for all boats. It creates an environment in the medical community where cultural change is possible and that to me is the most exciting thing that these conversations and programs push along." ◆

PWP DONATIONS

Since PWP services rely heavily on private donations, please consider making a donation (QR code provided to donate securely through LCMS website). Donations support your fellow physicians' well-being, which helps build a healthier healthcare system and ultimately a healthier community.

RECOMMENDED READING





I finally have some time to read for fun again after finishing my Master's earlier this year, and it's helping settle my brain back down. I've always enjoyed reading and can still hole up with a cup of tea and a blanket and get lost in a book for the whole day.

One of the recent books I read was Chasing the Bright Side by Jess Ekstrom, who is the founder of Headbands of Hope, which is an organization that gives a headband to hospitals and cancer patients for every headband they sell. Ekstrom tells the story of how she came up with the idea for Headbands of Hope, her struggles as a young entrepreneur, and how so many of her life events impacted her journey. I loved how it was a reminder to take life in stride and to find ways to work through the pain, especially if it's for something near and dear to your heart. Be prepared to shed a tear or two since she recounts some of her interactions and experiences working with cancer patients.

The other recent one I read was Instructions for Dancing by Nicola Yoon. I was looking for something fun and free-spirited from an author I haven't read yet, and this did not disappoint! It's a bit of a young adult read, but the underlying lessons are applicable at any age. Yoon reminds us that although bad things do happen, it's important to see all the good as well – what is happening to you right now that is good and happy and meant to be enjoyed without worrying about the end. Take the chance on something outside your comfort zone. Say yes to new adventures. Forgive and let go of things you can't control. Move forward with those who want to move forward with you.

***-Kianna Cabuco**, LCMS Director of Communications*

"I have lived a thousand lives and I've loved a thousand loves. I've walked on distant worlds and seen the end of time. Because I read."

-GEORGE R. R. MARTIN

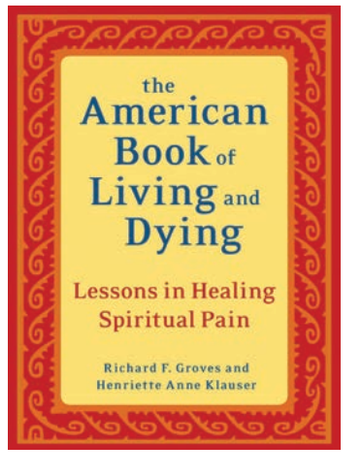
I like to read Biographies on influential women. Just finished Ruth Bell Graham Celebrating an Extraordinary Life. She was raised in China by missionary parents. Her father was a physician and her mother worked beside him in the hospital.

***- Pam Snyder**, LCMS Accounts Manager*



Reading for fun or interest is something I engage in every evening. It's a way to enter another world or deepen my learning on a topic of interest, turning off the noise and details of day-to-day life. The Forgetting Time was a wonderful, thought-provoking book I read on my way to the Grand Canyon for white water rafting in May. I was swept up in the beautiful writing, and the car ride flew by. This book is about a mother's love and connection with her young son, intergenerational trauma showing up in unexpected ways, past lives, and a professionals' grappling with the end of his life, making meaning of his life's work. It is beautifully written; a debut work by author Sharon Guskin.

Another book I enjoyed this year was The American Book of Living and Dying, Lessons in Healing Spiritual Pain by Richard F. Groves and Henriette Anne Klauser. I loved hearing Grove's case studies of clients' end-of life concerns through the lens of the Enneagram. The stories he shared were rich and thought-provoking. We are each unique and yet carry our "personalities" through the dying process. The end of the book has many practical suggestions for ways to show up for the dying.



***-Amy Trezona**, RN, PWP Provider*



Don’t let pain control your life.

At Pain Specialists of Oregon, we endeavor to improve patients’ lives through compassionate, individualized, and goal-directed care. Our multidisciplinary approach recognizes that we can only accomplish this through collaboration with all members of the healthcare community. We provide not just a full spectrum of evidence-based, advanced solutions from our specialty, but also encourage, educate, and connect patients with the resources to improve their lives according to their values. Let us be your partner in managing pain and improving health.

Now accepting new patients!

PAIN SPECIALISTS OF OREGON

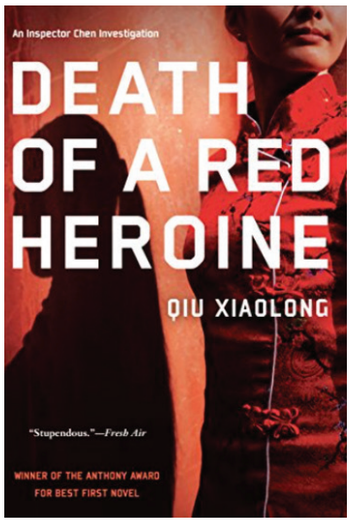




360 S Garden Way, Ste. #290, Eugene, OR | 541-844-1807 | psopain.com

info@psopain.com

RECOMMENDED READING



Since reading under the blankets as a kid after it was lights out to cruising the aisles as a library assistant in junior high and randomly picking titles, books have been a passion of mine. They are a portal to another universe, transportive, and enlightening. There are usually around ten books, both fiction and non-fiction, beckoning me. I have been in as many as three book groups at one time.

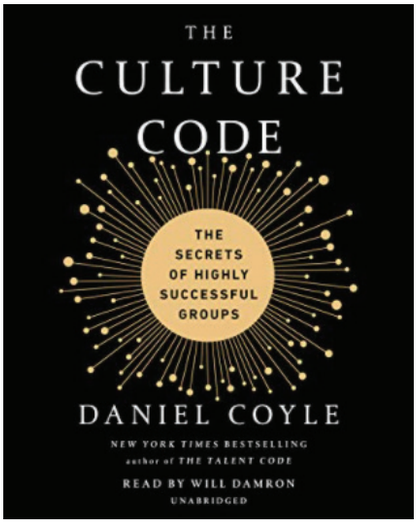
With that said, I am pleased to introduce to you an enigmatic and soulful character, Inspector Chen Cao. As a published poet and T. S. Eliot translator, Chen seems an unlikely candidate to be police inspector in present-day Shanghai. Qiu Xiaolong's 12-book mystery series does an exquisite job of weaving murder intrigue with the political intrigue of post Tiananmen Square China. You will meet members of the Politburo, High Cadres and High Cadre Children. The backdrop is the impact and devastation of Mao's Cultural Revolution, giving the reader a real sense of how the Chinese people endure all the while holding you rapt in suspense, pushing to each book's satisfying conclusion. Not only has this been a compelling mystery series, but a much-needed history lesson for me. Start at the beginning, Death of a Heroine due to the continuing storyline.

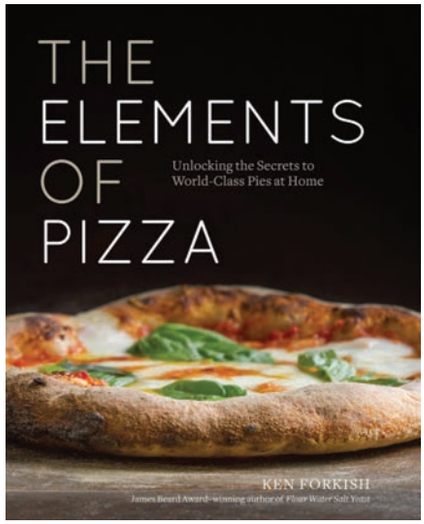
The Last Thing He Told Me by Laura Dave, is a current New York Times best seller which I devoured in one sitting. This is an unconventional love story wrapped up in a thriller. It starts with Owen, Hannah's husband of one year, disappearing. He smuggles her a cryptic note, "Protect her," referring to his teenage daughter, Bailey, who wants nothing to do with Hannah. Thrown together, Hannah and Bailey are forced to put the pieces of Owen's life together to move forward. With an unexpected twist at the end, I was left with a different and poignant sense of the meaning of love.

- Shannon O'Leary, *Executive/Life Coach, PWP Provider*

For a long time, I stopped reading anything other than news articles and material related to medical practice. At the moment, I tend to shy away from violence in books, both imaginary and real. However, my reading has picked up a bit this year. Mostly, books help me expand my horizons and point of view. Two recommendations:

1. The Culture Code by Dan Coyle. This book is an easy and engaging read about the behaviors of team players and characteristics of environments that foster high performing teams. At a webinar I attended, it was recommended in three of the four sessions. It had many good anecdotes.





2. The Elements of Pizza by Ken Forkish. Of course, Ken Forkish initially moved to Eugene to establish a bakery. He ended up moving to Portland (read his first book to learn why). Did you know that one poll landed Portland as the top pizza city in the US? Well, anyway, this book on how to make artisan pizza at home is like taking a vacation. We've been eating pizza out of this book about 3 times a month all summer. Enjoy!

***- Joseph Sage**, MD, PWP Provider*

CHOICE

By choosing Oregon Imaging Centers, Providers have access to our skilled Technologists and Radiologists, and the most advanced diagnostic medical imaging technology in our community.

- 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

541.334.7555
oregonimaging.com

University District | RiverBend Pavilion

AUTO CRAFT
Collision Repair

Your Go-To for All Collision Needs

Family Owned and Operated & Offering Quality Repairs for Over 30 Years

Call Today for an Estimate

EUGENE
541-342-5501

SPRINGFIELD
541-747-1616

autocraft-inc.com







Experience & Creativity are the Keys to Selling Your Home!

Trusted and Experienced Real Estate Professionals Serving Lane County for More Than 20 Years

The Adrienne St. Clair Group is celebrating over 20 years in the same location with the same company while consistently achieving Top Sales Awards. The knowledge and skills we have gained have allowed us to sell well over 1,500 homes in Lane County. In addition to our record sales, our reputation comes from the service we provide to each of our clients whether a buyer or seller.



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

When the world changes, rely on us

We can provide customized, comprehensive advice and guidance to help you stay on track and pursue your goals. Call us to talk it through.



Collis Wealth Management Group

Merrill Lynch Wealth Management
800 Willamette Street
Suite 650
Eugene, OR 97401

541.342.5600

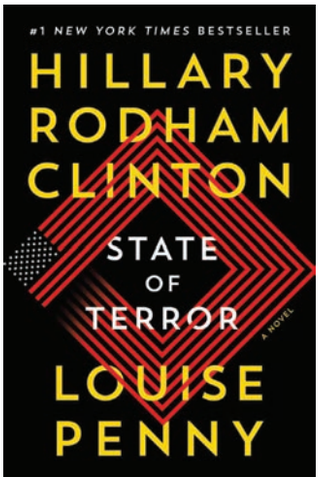
fa.ml.com/collis_group

MERRILL
A BANK OF AMERICA COMPANY

Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as "MLPF&S" or "Merrill") makes available certain investment products sponsored, managed, distributed or provided by companies that are affiliates of Bank of America Corporation ("BofA Corp."). MLPF&S is a registered broker-dealer, registered investment adviser, Member SIPC and a wholly owned subsidiary of BofA Corp.

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

© 2021 Bank of America Corporation. All rights reserved. MAP3016351 | AD-05-21-0182.A | 472522PM-0520 | 05/2021

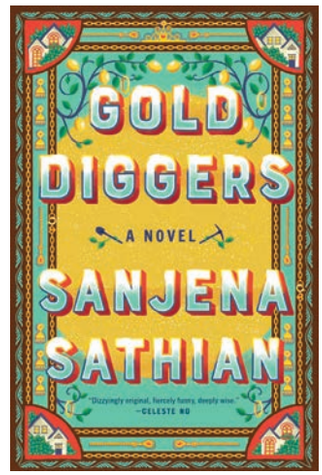


What I am reading:

Listening on Audible:
State of Terror by Hillary Rodham Clinton and Louise Penny
I heard from a trusted friend that this was a well done thriller. So far, I agree.

Reading on Kindle:
Gold Diggers by Sanjena Sathian
Friends of Indian heritage mentioned that this book, while fictional, represented some experiences of first generation children of immigrants well. So far, a fun read.

Reading in good old fashioned print form:
Unbound: My Story of Liberation and the Birth of the Me Too Movement by Tarana Burke
I heard the author interviewed in a podcast, and became curious about her work. It is really engaging so far.



One of my favorites:
Cutting for Stone by Abraham Verghese
I have read and re-read this book. This author, a physician, crafted a fantastic tale about brothers, one of whom becomes a surgeon.
Why I read: Reading is a way I continue to learn. Whether I am seeing society through someone else's eyes in an autobiography, learning deeper history in a nonfiction work, or gaining new skills such as in a gardening manual, books keep my mind active.

***-Kimberly Ruscher**, MD*

I loved The House In the Cerulean Sea!! It was a totally different kind of story that surprised me. It's message of light hearted, funny inclusivity is CHARMING! I might have liked it so much I rationed it, as I really didn't want it to end.

***- Brooke Kyle**, MD*



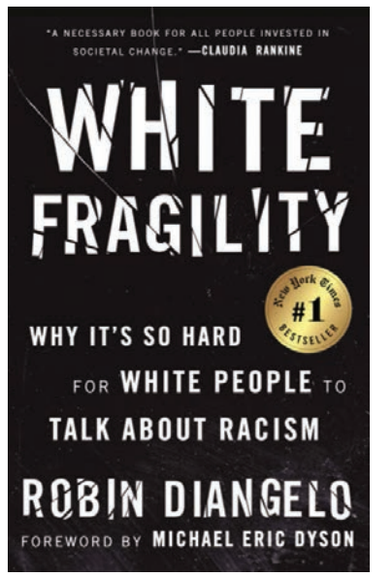
Photo provided by Dr. Kyle

I especially liked White Fragility -Why It's So Hard for White People to Talk About Racism by Robin DiAngelo as it is a very important analysis of biases that are imbedded in our culture that "White People" and People of Color have been influenced by. I appreciate the way in which she makes a complex psychological and societal issue clear such that only those intentionally resistant to self-reflection can ignore.

Medical Apartheid-The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present by Harriet A. Washington is a fascinating report on the advancement of medicine through the unethical and hideous use of Black Americans. The distorted beliefs of the largely White American males who ignored the lack of consent, pain and dignity of Black Americans perpetuated what they believed was the advancement of science. Unfortunately this history is hidden and the perpetrators of the cruel treatments are celebrated as pioneers in Medicine while the victims are long forgotten.

Another interesting one is Charles Duhigg's Smarter,Faster, Better-The Transformative Power of Real Productivity.

***- Karen Crocker-Wensel**, MD*



MEMBER PROFILE

Delivering Women's Health

How Dr. Beyerlein uses his family upbringing to advance the field of fetal medicine.

BY ALAN SYLVESTRE
FOR LANE COUNTY MEDICAL SOCIETY

For Dr. Richard Beyerlein, an obstetrician and gynecologist with Pacific Women's Center, his interest in pregnancy medicine started at an early age.

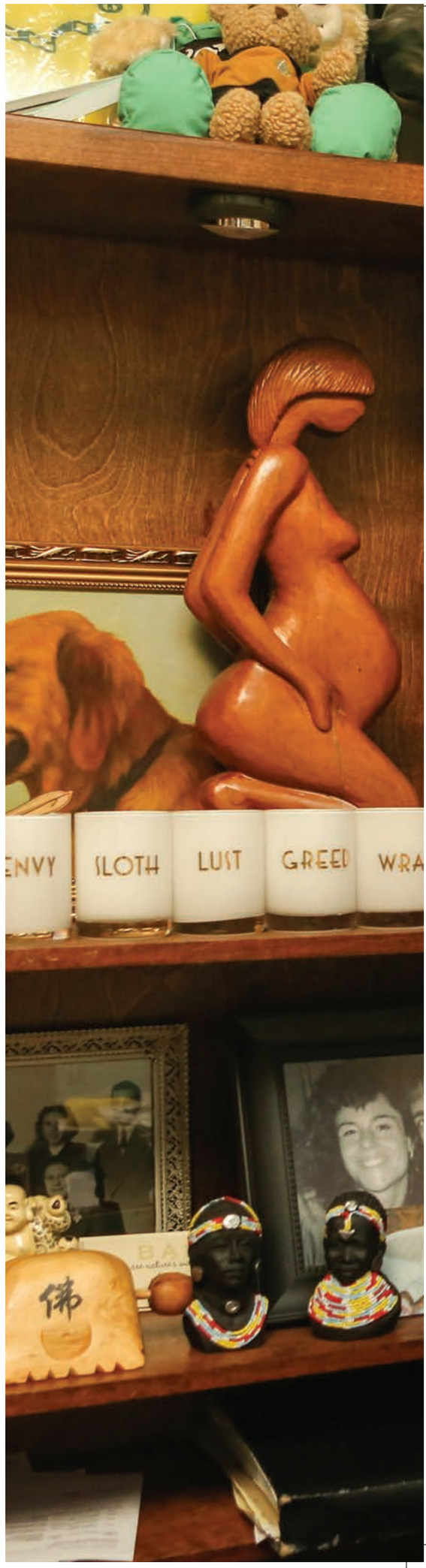
It's a story that stems from his sister's birth. A story of family hope.

"My mother had an extremely premature infant [my sister] at 23 weeks, and no baby had ever survived at that age during that time and location, and my sister did," Beyerlein says.

With his sister now being a NICU nurse, Beyerlein says he knew early on he was going to go into fetal/pregnancy medicine to help advance women's health medicine. The reason – to help more pregnant women have successful premature births.

And a story on two-folds, his interest in medicine also stems from the loss of his father, who was a med tech. Beyerlein believes medicine runs in his DNA.

"My whole life, I was surrounded by medicine so it just made sense," Beyerlein says.





COVER: Dr. Beyerlein jokes that the books in his office only represent about 1/100th of his collection. **SPREAD:** His office houses a collection of items he's gathered throughout his career including the watercolor paintings from China to his left, where his wife met a local artist while they were touring a hospital and purchased them from the artist's private home collection. There is also the ebony statue of a fertility god from Kenya, a wooden maternity statue from Brazil, a game of Operation that was refitted to do a cesarean, and more!

A Passion for Women's Health

In 1996, Beyerlein founded Pacific Women's Center with the hope of providing an atmosphere where physicians can continually strive for excellence and provide state-of-the-art care for women in all aspects of their lives.

He has also served as the chief of obstetrics and gynecology for both PeaceHealth Hospital and McKenzie-Willamette Medical Center and has served on each of the hospital's executive and hospital quality assurance committees.

And one of the things that stood out to him the most in his career is how the field has evolved to be able to birth babies at a much earlier rate, with higher chances of survival.

"I've been involved in research studies in obstetrics and gynecology for over 25 years, and I've been lucky enough to be at the forefront of helping make this happen alongside a lot of other incredible minds," Beyerlein says.

> "[Lane County] has really become an impressive medical community with top-notch people in their fields. A lot of physicians in the area now are coming from top programs and are extremely bright. I'm lucky to get to practice alongside them."

And this work has taken him all over the world. Beyerlein was a medical ambassador for the Dwight D. Eisenhower foundation that took him to countries like China, Kenya, and Mongolia.

An experience he says changed his perspective about how lucky he is to practice in a developed country.

"You go to places like the National Hospital in Kenya, and you see they have an x-ray machine, but they don't have any x-ray film," Beyerlein says. "Yet the doctors are practicing as state-of-the-art as they can with no resources and it gives you a perspective of how lucky we are in the U.S.."

Throughout all of his experiences, he says one of his favorite parts of the job is the connections he forms with



his patients.

"I am now delivering babies for people who I delivered," Beyerlein says. "That's such a magical feeling that I'm now bringing a baby into the world for a person I delivered when they were born."

He says every time he steps into a delivery room, he always appreciates the opportunity to bring new life into the world.

"I've never once gone in for a delivery and said to myself, 'I have to do this again,'" Beyerlein says. "It's always a miracle."

Constant Reading

A connoisseur of knowledge, Beyerlein says he also spends his free time reading. For both enjoyment, and to constantly learn.

The most recent book he read was an inspiring story of a physician who copes with advancing lung cancer. A story that Beyerlein says "tugged with his heart."

Called "When Breath Becomes Air" by Paul Kalanathi, Beyerlein says it provided him with an eye opening experience about how people view the perspective of life.

He also frequently reads political science and other forms of non-fiction to transport his mind somewhere else away from medicine.

"I think it's very important to be able to reset your mind," Beyerlein says. "You dedicate your life to medicine, but you also have to realize that you have to take care of your mental and physical health. If you don't take care of yourself, you can't take care of others."

By engaging in a hobby he enjoys, he can continue to pursue the career that he so admires.

"Being an obstetrician is something I have taken great pride in," Beyerlein says. "And I've also been fortunate to have a family who has loved it."

> "You go to places like the National Hospital in Kenya, and you see they have an x-ray machine, but they don't have any x-ray film. Yet the doctors are practicing as state-of-the-art as they can with no resources, and it gives you a perspective of how lucky we are in the U.S.."

Returning to Oregon

Originally from Corvallis, Beyerlein left during his residency to study in Southern California, but kept getting called back to Oregon.

"At the time, Eugene was without subspecialties in women's health, and I had many of the needed skill sets to initially fill that void," Beyerlein says.

That, coupled with his love of family brought him back. Now, when he's not at his practice, you can find him visiting his 96-year-old mother who still lives in his childhood home.

He enjoys practicing medicine in the area because of the expansive medical field that has been created in a college town.

"It has really become an impressive medical community with top-notch people in their fields," Beyerlein says. "A lot of the physicians in the area now are coming from top programs and are extremely bright. I'm lucky to get to practice alongside them."

> "[It's] such a magical feeling that I'm now bringing a baby into the world for a person I delivered when they were born...I've never once gone in for a delivery and said to myself, 'I have to do this again.' It's always a miracle."

He also loves the ease of access to the outdoors, and the local artistic community.

"An hour away you have the coast, and an hour and a half in the other direction and you can be in the mountains," Beyerlein says. "Eugene is a great spot in between."

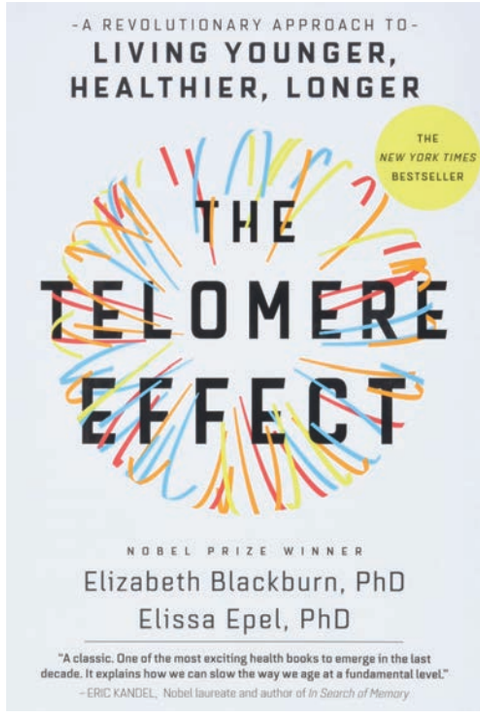
Living in a geographically connected region, Beyerlein says he feels it's also important for himself to stay connected to the medical community at large. He does this by being a member of the LCMS board.

"At this point in my career, I wanted to know the young doctors and to see what their passion is like," Beyerlein says. "And to be honest, their passion is absolutely outstanding."

He uses this time with the younger generation to stay inspired and connected to the greater community.

"I've met doctors from so many walks of life, and their perspectives on life are so different from my own, " Beyerlein says. "Maybe it's generational, but it's impressive how much they want to give back to the community." ◆

RECOMMENDED READING

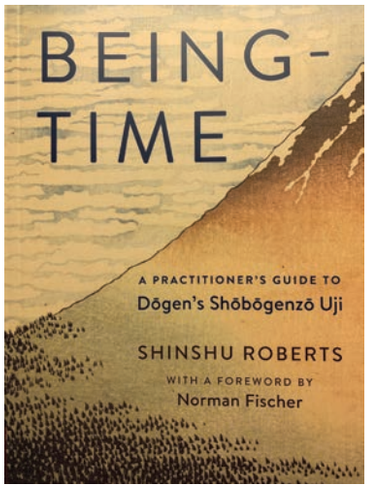


Nobel prize winner Dr. Blackburn discussed in The Telomere Effect how diet, physical activity and lifestyle factors affect the length of telomeres, which influences how we age. The findings presented in the book motivated me to change some behaviors as I dig deeper into the study of longevity. Although several advances have been made in aging research since the book was published in 2018, it's chapters especially on mindfulness and stress management are very much applicable to this day due to Dr. Epel's contributions. Telomerase activity (one of the many hallmarks of aging) had been the central focus of the book, but the many lessons one can learn from reading this informative book will be valuable for ages.

***- Rechelle "Ritz" Asirot**, MD*

The Tao te Ching is refreshing and a good reminder to keep an agile mind so that our lives are full of joy.

Being Time is one of those books that rearranges the way I experience the world every time I read it. It's about Dogen's writing, and he was a Zen monk from long ago. I like this quote because when I began residency I told my Zen teacher, Mark, that I was disappointed that I would have no time for meditation. He told me that the practice of medicine is meditation. It requires showing up every moment and responding with skill and an open heart. The way he reframed how we use time stopped me from feeling like I was sacrificing spiritual practice to become a doctor. I didn't fully understand what he said at that time in 2009, but his response was like a lighthouse when I was at sea.



Another book that I love is Why We Sleep, which is by a neuroscientist. Several doctors I know read it and stopped working nights. One of them retired after reading it. Because we are all so sleep deprived in our training, I think that we have forgotten the importance of sleep if we ever knew it. This book was influential because I feel really happy even when I don't get very much sleep. But I am mending my ways!

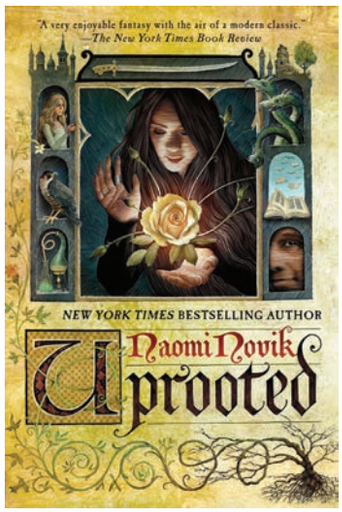
I love all the books by Nick Seluk. He's hilarious. Another good title is How I Broke Up with My Colon.

***-Moxie Loeffler**, DO*

"Dōgen's fascicle 'Uji' can be understood as the zazen of fully inhabiting this being-time. It is setting oneself in accordance with all of reality as it manifests in the particularities of our life. This is the activity of formal zazen and of zazen as everyday life. From a buddha's point of view, there is no activity that is not zazen."

-FROM BEING-TIME

I read a lot of science fiction and fantasy books. My 8th grader is a voracious reader and I try to read some of his books as well. We like to talk about the characters and commiserate when something sad happens in the book. He just finished the Arc of a Scythe trilogy by Neil Shusterman and I'm just starting the second book. It's a dystopian world in which no one dies naturally because of advances in medicine and government. He checked out the first book from the library at Roosevelt Middle School and then found out he could read the next two electronically on an app called "Sora" that the school district provides. It's a little like "Hoopla" from the Eugene Public Library. He goes through books so quickly that we have a hard time keeping up. Thank you to the library and being able to check out books throughout the pandemic!









I've loved Naomi Novik's books – Uprooted, Spinning Silver, and Deadly Education. My favorite recent fiction book is House of Broken Angels by Luis Alberto Urrea, about a large Latino family whose patriarch is dying. The characters are vivid and funny and heartbreaking. I like books that have characters that come to life for me. Even if the writing isn't perfect, I still want to spend time in their world. Books that are funny and educational are also a favorite. Mary Roach is brilliant at this genre – Bonk, Gulp, Stiff, Grunt are all amazing. I read almost everything except political nonfiction– I leave that to my husband!

***- Monique Carroll**, DO*

SITTNER & NELSON
COMPREHENSIVE WEALTH MANAGEMENT
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

RECOMMENDED READING

List of Books Your Kids Would Want

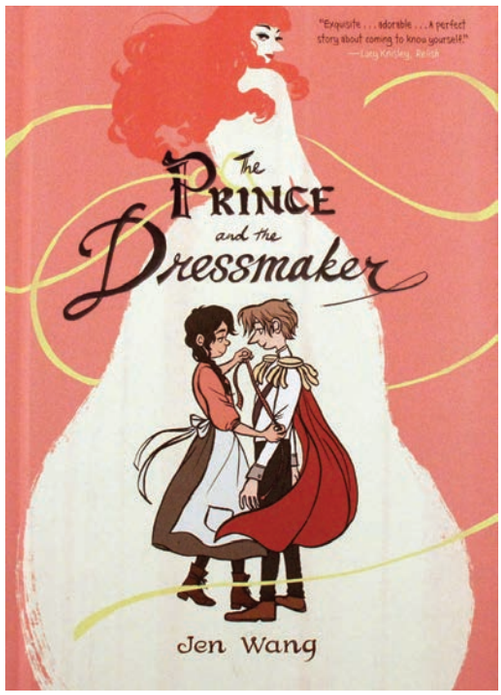


FROM ASPEN MODESTE, AGE 10

- Wings of Fire series by Tui T. Sutherland
- Making Friends series by Kristen Gudsnuk
- Nathaniel Hale's Hazardous Tales by Nathaniel Hale
- Friends series by Shannon Hale
- Allergic by Megan Wagner Lloyd
- The False Prince by Jennifer A. Nielsen
- New Kid by Jerry Craft
- All Summer Long by Hope Larson
- Be Prepared by Vera Brosgol
- Awkward, Brave, and Crush by Svetlana Chmakova







- Cleopatra in Space series by Mike Maihack
- Amulet series by Kazu Kibuishi
- Animorph series by K.A. Applegate and Michael Grant
- Guts, Sisters, Smile by Raina Telgemeier
- The Baby Sitters Club (updated series!) by Ann M Martin or, adapted to graphic novels by Gabriela Epstein
- The Prince and the Dressmaker by Jen Wang
- A Good Kind of Trouble by Lisa Moore Ramée
- The Invention of Hugo Cabret by Brian Selznick

SCAN TO DONATE TO THE PHYSICIAN WELLNESS PROGRAM



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!



Mark Ouellette
PT, MS, OCS, COMT

YOU CAN GET THERE...FROM HERE
RECLAIM
PHYSICAL THERAPY, LLC

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

COMMUNITY

Lane County Medical Alliance

The Lane County Medical Alliance has been helping homeless families with ShelterCare's Family Shelter on Highway 99 in Eugene through our Holiday Gift Project for almost 25 years. These families come to the shelter in need of so much more than just a home. ShelterCare aids them in accessing housing and community supports. We have worked with ShelterCare to provide the basic items necessary for everyday life: bath towels, toothpaste, soap, toilet paper, shoes, clothes, jackets, gloves, and backpacks or duffel bags. We always add a few surprise treats for the children such as books, toys, sleeping bags and a fleecy blanket. We have all seen the increase in homelessness in our community. This year, we will be sponsoring five families with children ranging from two months to 13 years. We will also be providing a small laundry basket filled with personal care and household items to each of the 22 medically fragile individuals also residing at the shelter. We rely on donations to support the LCMA Holiday Gift Project. ◆

> "This year, we will be sponsoring five families with children ranging from two months to 13 years."

If you are able to make a tax deductible donation, please send a check to Stacy Haugen at 1860 Tabor Street, Eugene, OR 97401.



Photo provided by LCMA



Serving those who provide care.

IT'S IN OUR DNA.

We're taking the mal out of malpractice insurance.
Delivering the best imaginable service and unrivaled rewards is at the core of who we are. As an organization founded and led by physicians, we understand the value of superior care. Because for us, it's not just a best practice, it's in our unique code. Join us at **thedoctors.com**



The Doctors Company
TDCGROUP

Partnering with Providers to Achieve
HEALTH EQUITY

Trillium Community Health Plan



Free Virtual Cultural Competency Training Course

TRILLIUM IS PROUD TO OFFER

"Moving from Cultural Competence to Cultural Humility"

Explore implicit and explicit bias, CLAS standards, and healthcare disparities

- Tuesday, December 7
  8:00 a.m.-10:00 a.m.

– *or*

- Thursday, December 16
  11:00 a.m.-1:00 p.m.

To register, or view other course offerings, visit:
www.trilliumohp.com/behavioral-health-training

COMMUNITY

New YMCA Crucial to Community Health

BY PAULA CIESIELSKI, MD
YMCA BOARD OF DIRECTORS
AND TOM EWING, MD
YMCA CAPITAL CAMPAIGN CABINET

Our medical society has a proud and unique history of coming together to work toward community health. In that spirit, we are writing to you on behalf of Lane County Medical Society in support of the Eugene Family YMCA's campaign to build a new Y.

As medical providers in our community, we are acutely aware of the importance of the local Community Health Improvement Plan, our county's long-term, systemic effort to address public health problems. The Eugene Y shares the plan's emphasis on targeting Health Equity, Health Disparities and the Social Determinants of Health. They do this in part by offering robust financial assistance that ensures access to all ages and income levels and also by providing programs that directly address high rates of health ailments—diabetes, cancer and arthritis, to name a few.

Through numerous recent challenges in our community and world at large, the Eugene Y has shown us once again that they are a key partner in caring for our community. Their offerings are crucial to improve mental health—especially the older, more vulnerable populations they serve.

Today, our Y is:

- Leading the charge to partner with area schools to close the academic achievement gap. The Y is Lane County's largest childcare provider through its after school, camp, aquatics safety, early learning and youth sports programs. Each year, the Y serves thousands of profoundly diverse youth by providing them with programming focused on cognitive, physical and social/emotional development.
- Working with area health care professionals to help prevent diabetes, help cancer patients regain strength and support those with arthritis.
- Taking a stand for the value and worth of diversity and inclusivity in our community. Our Y is filled with languages from around the world, individuals with all manner of abilities and disabilities, and families from all levels of the socioeconomic spectrum. The Y provides well over $450,000 worth of direct financial assistance to more than 4,500 community members to access its programs and services each year.

The Y's youth, health, and wellness programs serve over 18,000 people annually. The Y's Diabetes Prevention Program has been proven to reduce incidences of full-blown diabetes by 58 percent. LIVESTRONG® at the YMCA helps cancer survivors improve their strength, physical fitness and quality of life while diminishing therapy side effects. With about 10,000 baby boomers retiring every day, the Y has responded by offering opportunities for social interaction including Enhance Fitness®, a class helping seniors and arthritis sufferers develop and maintain movement, flexibility and quality of life. Weight-loss classes, alter-abled programming for people using wheelchairs, yoga classes and other offerings provide comprehensive healthful connections with individuals working to achieve their healthy living goals.

> "Our community will never outgrow the need for healthful living..."

Our community will never outgrow the need for healthful living served by the comprehensive array of programs and resources the Y has provided for over 134 years in Lane County. It has become obvious, however, that they have outgrown our aging facility. Beyond the roof leaks and rusting pipes, the present Y is no longer a viable building to accommodate the approximately 223,000 visits per year in a facility built to serve a 1950s community of about 70,000 people. The facility is not accessible to all with disabilities nor does it allow for the flexible programming required in a diverse community with a variety of needs and interests. Each day of operation at the current site is a loss to the community—a loss of the Y's ability to meet its potential in providing high-impact, evidence-based remedies to pressing problems.

With the support of a generous community, the Y will construct a 74,000 square-foot state-of-the art Y at the highly-visible, easily accessible corner of 24th and Hilyard. The new flagship facility will make it possible to serve twice as many people and greatly increase the Y's capacity to offer health and youth programming that transforms lives.

Now is the time to help create a new YMCA, which will add to our foundation of health for Lane County's future. ◆

To learn more about the need for a new building, the proposed project and to give, go to http://www.eugeneymca.org/new-y.

the YMCA

THIS IS Y.

Campaign for a New Y



Together we can build a healthier community.

GIVE TODAY!

eugeneymca.org/donate





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.

"CNA" is a registered trademark of CNA Financial Corporation. Certain CNA Financial Corporation subsidiaries use the "CNA" trademark in connection with insurance underwriting and claims activities. Copyright © 2020 CNA. All rights reserved. 20200803 1125-FM

Healthcare Pros & Bankers – Managing a Once in a Lifetime Challenge

BY JENNIFER KINKADE
SVP, HEALTHCARE BANKING
RELATIONSHIP MANAGER

As we've all seen over the past two years, signs saying, "Heroes Work Here" adorn hospitals and other healthcare institutions across Lane County and across the country. Indeed, the amazing work of every professional in the healthcare field has undoubtedly earned the title of hero.

As a banker who has worked with these professionals for several decades, I have known all along how truly selfless and dedicated they are, and I am so glad that the recognition is finally coming to light after a generational pandemic.

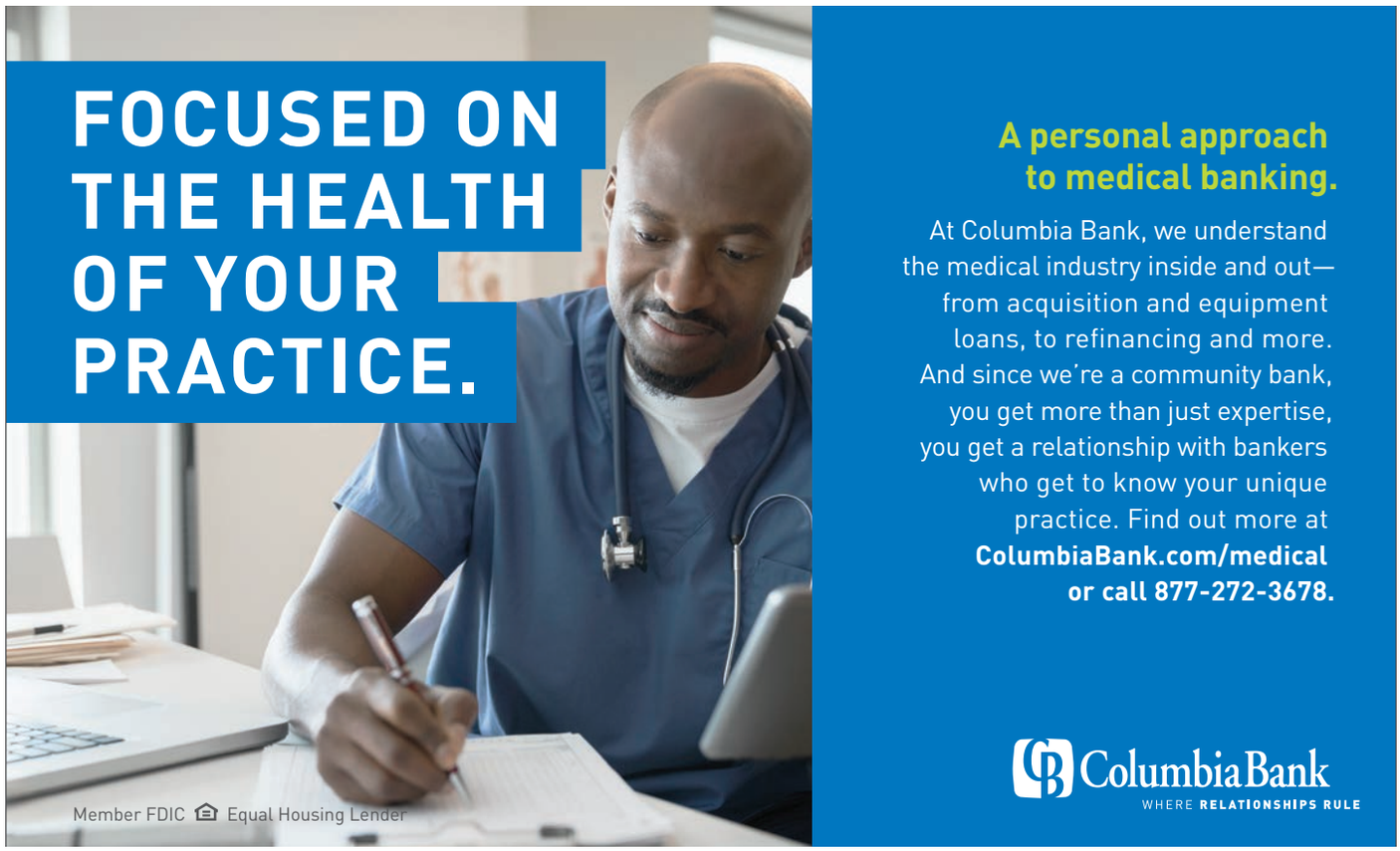
Of course, any article about the partnership between healthcare professionals and bankers must begin with the amazing way medical pros implemented and executed a safe work environment. The amazingly fast and effective way in which practice owners have established safety protocols to serve patients has been nothing short of inspiring. Add to this the way they've gotten their staffs vaccinated and the incredible volunteer efforts they've undertaken to help the community get vaccinated is nothing short of heroic.

As a community banker, this kind of altruism is familiar to me. At Columbia Bank, like many other community banks, we doubled and tripled our efforts to get as many Paycheck Protection Program loans as possible to our clients.

Further, our bank launched a first-of-its-kind program to redistribute our community impact funds directly to clients who in turn helped others in their neighborhood. This program, called the Pass It On Project, provided more than $600,000 to small businesses in the communities we serve to perform services for those who were adversely impacted by COVID-19.

Now that we seem to be rounding the corner on the pandemic, our efforts as partner to the medical community have not waned an ounce. Currently, our bankers are meeting continuously with our healthcare clients to plan for 2022. For many clients, the prospect of increasing their in-person appointments, extending credit to purchase much needed medical equipment, and re-prioritizing systems to better accommodate a hybrid staff are all action steps we are working on together.

So, it is truly inspiring, yet predictable, that the two different professions of banking and healthcare have come together for the people they serve. It's one of the reasons I not only love my job but love my clients. Their desire and follow-through to help people is something rather timeless among medical pros and bankers. ◆



Announcements

New Members

Annaleigh Boggess, MD
Emergency Medicine
Eugene Emergency Physicians
PO Box 5920
Eugene 97405
P: 541-344-8757
F: 541-683-2527

Lindsay Bromley, MD
Endocrinology
PeaceHealth Medical Group
1200 Hilyard St
Eugene 97401
P: 458-205-6453
F: 458-205-6492

Justin Bucci, MD
Rheumatology
Oregon Medical Group - Gateway Medical Center
1007 Harlow Rd Ste 210
Springfield 97477
P: 541-741-0387
F: 541-242-4634

Tanya Bucierka, DO
Emergency Medicine
Eugene Emergency Physicians
PO Box 5920
Eugene 97405
P: 541-344-8757
F: 541-683-2527

Tanush Gupta, MD
Intervention Cardiology
Oregon Cardiology/OHVI
3311 Riverbend Ste 300
Springfield 97477
P: 541-484-4332
F: 541-242-6770

Luke Henderson, DO
Cardiothoracic Surgery
Oregon Cardiology/OHVI
3311 Riverbend Ste 300
Springfield 97477
P:541-222-3531

Priyanka Iyer, MD
Endocrinology
PeaceHealth Medical Group
1200 Hilyard St
Eugene 97401
P: 458-205-6453
F: 458-205-6492

Matthew Kingsbauer, DO
Family Medicine
Northwest Medical Homes
2280 Marcola Rd
Springfield 97477
P: 541-747-4300
F: 541-747-0655

Katherine Kunigelis, MD
Neurosurgery
Oregon Neurosurgery
3377 Riverbend Dr
Springfield 97477
P: 541-222-8400

Kenneth McCarley, MD
Otolaryngology
PeaceHealth Medical Group
1200 Hilyard St
Eugene 97401
P: 458-205-6500
F: 458-205-6453

Sean McCully, MD
General Surgery
McKenzie-Willamette Wound Care
3154 W 11th Ave
Eugene 97402
P: 541-988-6200

Bradley Stoker, DO
Family Medicine
Oregon Medical Group - Crescent Medical
2830 Crescent Ave
Eugene 97408
P: 541-686-9000
F: 541-242-4585

Nicholas Wolfgang, MD
Family Medicine
Sound Physicians - McKenzie - Willamette Hospitalists
1460 G St
Springfield 97477
P: 541-744-8555
F: 541-744-6150

Sushan Yang, MD
Cardiovascular Disease
Oregon Cardiology/OHVI
3311 Riverbend Ste 300
Springfield 97477
P: 541-484-4332
F: 541-242-6770

Robert Swangard, MD
Returning Retired Member

Notes

We are always open to recommendations for the magazine and events – whether they be themes, people, or organizations! Some upcoming magazine themes include nutrition, autism awareness, mental health, and arts and music. If you or one of your colleagues would like to share on one of these topics or if you simply have information our readers might be interested in, email kianna@lcmedsociety.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.

Physician Wellness Program (PWP)

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

LANE COUNTY MEDICAL SOCIETY



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

'Tis the season and we want to thank you for trusting us with your patients!

OSW is celebrating its first year and we couldn't be more grateful for your support. We've worked hard to bring Oregon an innovative surgical practice building on what we do best. This year we have performed over 800 surgeries and entered in over 1000 surgical quality outcomes! We look forward to perfecting our unique approach and growing our programs in the new year. We wish you a happy, healthy and safe holiday season.

Your wellness is our passion!



Learn more about our Breast, Hernia-Robotic, Endocrine, and General Surgery Wellness Programs.

oregonsurgicalwellness.com

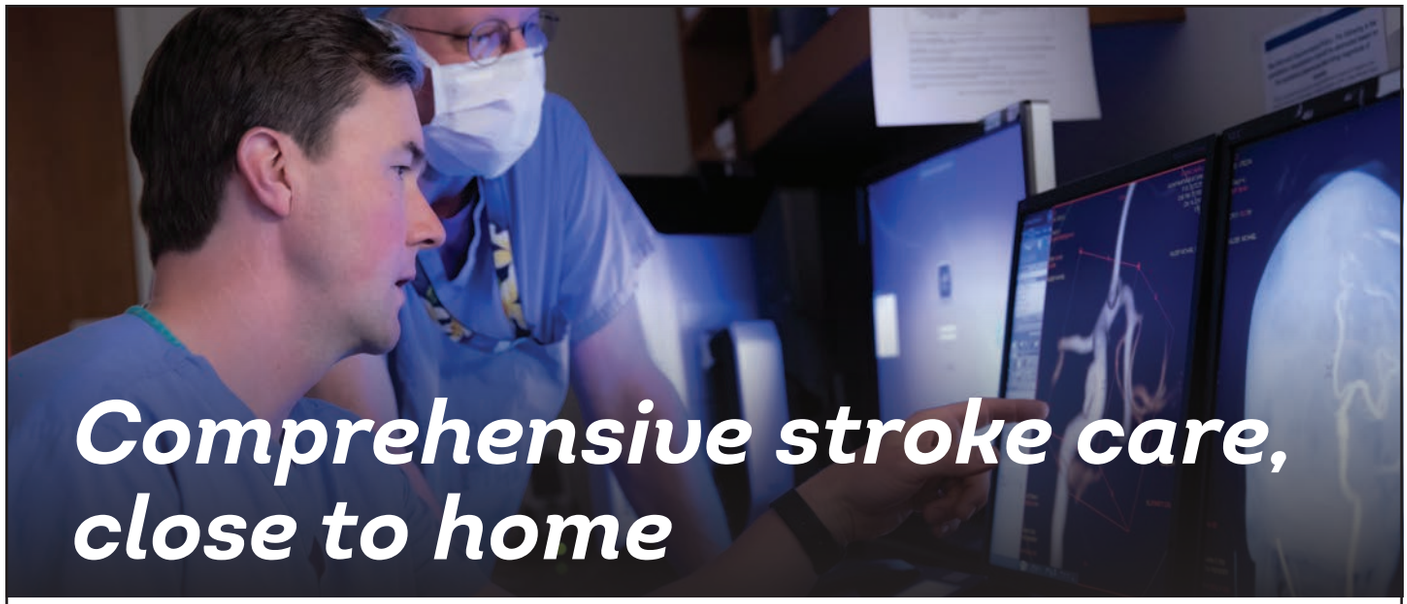
Oregon Surgical Wellness

3783 International Court, Suite 200
Springfield, Oregon 97477
phone: 541.735.3778
info@oregonsurgicalwellness.com

MEDICAL MATTERS
Lane County Medical Society
PO Box 7192
Springfield, OR 97475

Change Service Requested

PRSRT STD
US POSTAGE
PAID
EUGENE, OR
Permit No. 921



Comprehensive stroke care, close to home

When time is brain. BE FAST and partner with PeaceHealth.

The PeaceHealth Sacred Heart Medical Center at RiverBend has been certified as a Comprehensive Stroke Center by Det Norske Veritas (DNV). This certification is a symbol of quality and demonstrates a commitment to clinically excellent care for our patients.

The PeaceHealth Stroke Center features a team of specialists from a range of medical disciplines including neurosurgeons, neurohospitalists, neurointensivists, neurointerventionalists, neuroradiologists and emergency medicine. Our experts provide comprehensive stroke services including cutting-edge endovascular large vessel clot-removal which is available at only a handful of hospitals in Oregon and Northern California.

Specializing in stroke evaluation, treatment, care, prevention, education and support, the stroke center exceeds achievement and quality measures set by the American Stroke Association.

In addition, we offer rehabilitative services including extended inpatient services and outpatient therapy at PeaceHealth Sacred Heart Medical Center, University District.

PeaceHealth

PeaceHealth.org/stroke
or call for a referral 541-329-7450