



Life & Health

WINTER 2014

A JOURNAL DEVOTED TO HEALTHFUL LIVING

Happy hips

A surgical solution can keep you active and pain-free

WE love healthy hip joints—their fluid, pain-free movement. So when aching, degenerative arthritis limits our ability to move comfortably and remain active, we start looking at ways to decrease pain and restore function. Total hip joint replacement is a surgical option when initial approaches for managing progressive arthritis have failed.

Orthopedic surgeon Ben Olson, DO, of the Regional Ortho Clinic, says some of the conservative management options he advises his patients to try before exploring any joint replacement surgery include weight loss, activity restriction, physical therapy, bracing, medications or injections. For those patients for whom initial conservative measures have not worked, however, arthroplasty can be an excellent option to restore function and decrease pain, he says. If you are now considering hip joint replacement, consider the less invasive benefits of Dr. Olson's preferred surgical method:



Orthopedic
Surgeon
Ben Olson, DO

anterior-approach hip arthroplasty.

A better approach

The anterior (or front) approach to hip joint replacement, Dr. Olson says, has multiple postsurgery benefits for the patient over the traditional posterior

(back) or lateral (side) approaches.

Dr. Olson explains that the physiology of accessing the hip joint from the front allows him to work between the muscles and tendons, rather than having to surgically detach them and then reattach them, as is done with posterior or lateral approaches.

“This muscle-sparing approach allows for an earlier recovery with improved mobility and pain control in comparison to traditional approaches,” says Dr. Olson. “In addition, there is less risk for joint dislocation postsurgery.”

With the anterior approach, the postsurgery recovery time is also shorter. Dr. Olson's patients are able to resume their daily



routines more quickly.

“Our goal is early ambulation,” Dr. Olson says. “Patients are up walking and working with a physical therapist the day of surgery.” This not only builds the patient's confidence but also decreases potential for blood clotting.

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Whether it's through the golf tournament or a will or trust, there are plenty of ways to invest in health care in our region.

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Hips

—Continued from cover

The road to recovery

Postsurgery rehabilitation during the first six weeks to three months is crucial, Dr. Olson says. “We want our patients to be able to get back to their regular routine as soon as possible.”

Physical therapists from Grande Ronde Hospital’s rehab therapy department work with the surgeon and patient to devise the best rehabilitation plan for the best possible outcome in the shortest amount of time.


The best candidates for joint replacement, Dr. Olson says, are those who are in good health and good physical shape. Surprisingly, age is less of a barrier than one might think.

“I performed arthroplasty on a woman in her 90s who is doing very well,” he says. “She was healthy and in otherwise good physical shape going into the surgery.”

In fact, a patient’s presurgery state of health is so important to a successful surgical outcome that smokers or those whose BMI* is beyond the healthy range may be advised to quit smoking or lose weight before joint replacement surgery is scheduled.



Hip, hip, hooray! Total joint replacement surgery gives patients more movement and less pain. For a consultation with Dr. Olson, call **541-663-3100**.

Other examples of health concerns that may put a patient at higher risk for infection or other postsurgery complications include having diabetes with uncontrolled glucose levels or having certain types of skin conditions or an open wound. In cases like these, surgery will be postponed until the health of the patient can be improved. 

*Body mass index (BMI) is a measure of body fat based on height and weight in adults.

A couple of measures worth taking


ARE you at a healthy weight? Two simple tests you can do at home may answer that question.

The first involves a measurement of your waist.

Readings greater than 35 inches if you’re a woman or 40 inches if you’re a man put you at risk for weight-related health problems.

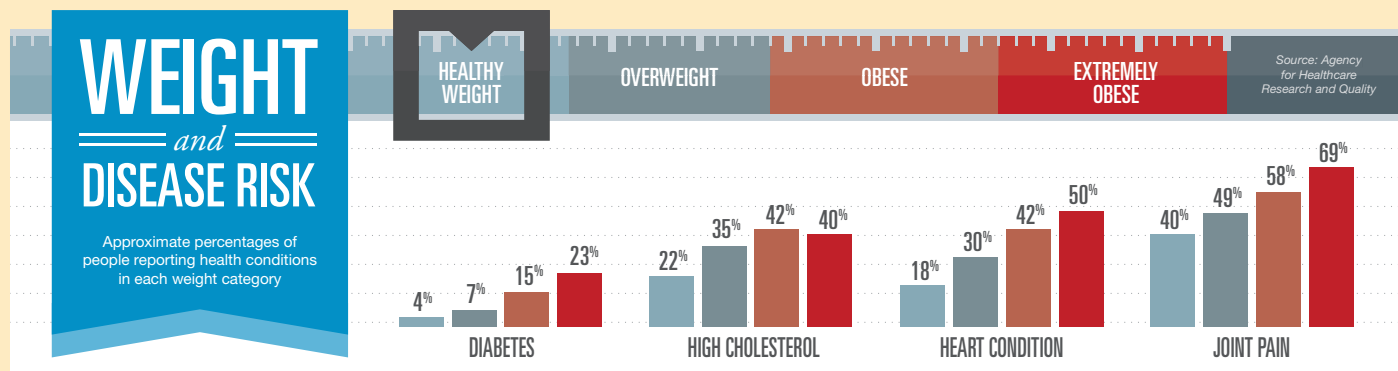
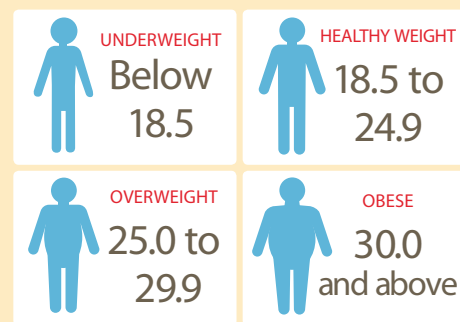
The second test determines your

body mass index (BMI). This is a measurement of your weight in relation to your height. It’s a fairly reliable indicator of body fat for most adults, although not necessarily for everyone, including athletes and older people.

To calculate your BMI, visit www.morehealth.org/bmi. 

Sources: Academy of Nutrition and Dietetics; National Institutes of Health

BMI RESULTS ARE CLASSIFIED AS FOLLOWS:





Foundation
GRANDE RONDE HOSPITAL

**Contact the
Foundation**

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Email: foundation@grh.org

Many ways to give to Grande Ronde Hospital

IF you would like to make a difference in the lives of people in our community, we'd like to hear from you.

Through the work of Grande Ronde Hospital and the Grande Ronde Hospital Foundation, we invest—every day—in the well-being of the community. That investment takes a lot of resources. And here's how you can help.

Your donation can help. Find out how at www.grh.org/foundation.

One way to contribute is by volunteering your time or talent. Another way is by making a charitable donation. This can take the form of cash or assets, such as real estate, stocks or life insurance.

Because a charitable gift often provides tax advantages for the donor, you can help yourself while helping others.

Your gift may be used to offer care for those who cannot afford it, see that pregnant women have access to prenatal care or provide lifesaving technology, to name but a few examples. Among the options for planned giving are:

Charitable gift annuities (CGA). This type of donation allows you to transfer money, property or other assets to our foundation. In return, you will receive an annuity—or a series of annual payments—for a specified period of time. (If you like, a designated beneficiary, such as your spouse, can also receive annual payments from your CGA.) In addition, you can take an immediate tax deduction for a portion of the gift you transfer.

Gifts of stock. You can transfer shares of stock or other securities to our foundation, helping us provide the best possible health care and, at the same time, earning a tax



Thank you to the donors whose generosity helped to remodel the SurgiCenter waiting room at Grande Ronde Hospital.

deduction for the market price of the stock you donated.

Real estate. You may donate many forms of real estate, including your primary residence, vacation home or commercial property. You can also make your gift outright or retain an interest in your property. If you have owned the property for more than a year, you are entitled to a tax deduction equal to the property's full market value.

Life insurance. You can name our foundation as the beneficiary of your life insurance policy.

To learn more about these and other options for planned giving, talk to your financial adviser or lawyer. To learn more about the work of the Foundation, call

541-963-1431.

New technology for the birthing center

Seventy-one golfers from around the region converged for the Grande Ronde Hospital Foundation's 20th annual Grande Ronde Amateur Golf Tournament. The tournament included 36 holes of individual stroke play at the La Grande Country Club on Sept. 12 through Sept. 14.

This year, nearly \$17,000 was raised for the purchase of two wireless transducers for antepartum fetal monitoring in the

hospital's Family Birthing Center. The new monitors will further enhance the patient care experience for expectant moms at Grande Ronde Hospital (GRH) by giving them greater freedom of movement during labor and delivery.

Missed the tournament? You can give online

With just a few weeks left in 2014,

online giving is an easy way to make a tax-deductible contribution to support patient care at GRH or to honor the memory or service of an individual. You can donate with Visa, MasterCard, American Express or Discover cards. Go to www.grh.org/giving.



Donate to the GRH Foundation at www.grh.org/giving.

LIFE AND HEALTH is published as a community service for the friends and patrons of GRANDE RONDE HOSPITAL, 900 Sunset Drive, La Grande, OR 97850.

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Heart to heart

Healthy gift ideas

WOULD you like your holiday gifts to be as heart-healthy as they are heartwarming? Mix and match these to help please everyone on your list.



Stress reducers. The gift of relaxation comes in many forms: exercise mats, soothing CDs, museum memberships, scented candles or soaps, or hand-held wooden massagers.

Home-gym gadgets. Jump ropes, kettlebells and resistance bands are affordable tools for getting hearts pumping at home. Including a heart-rate monitor might help inspire more workouts. And since hydration is one key to good heart health, give a rubber-wrapped glass water bottle or a BPA-free plastic version.



Culinary delights.

Create recipe cards for your favorite heart-healthy meals, and pair them with a garlic press and a braided rope of the pungent bulbs. Instead of a traditional fruitcake, pack a basket with the season's freshest apples, oranges and grapefruits. Add some unshelled walnuts and almonds and a nutcracker.



Runarounds. For the runners or joggers on your list, stock a fuel belt with nutrition gels or bars and sports drink powders.



Off-the-couch vouchers. Wrap up tickets for a spin at the local skating rink or an uplifting day on the ski slopes. Or consider a gift certificate for a fitness class or a session with a personal trainer. 

Sources: Academy of Nutrition and Dietetics; American Council on Exercise; American Heart Association

Happy holidays from
Grande Ronde Hospital. Visit us
at www.grh.org.