

CENTER *of*
EXCELLENCE

Women's Health

Three Women Find the Path
to Optimum Health



WOMEN'S HEALTH SCREENINGS

Liz Petersen is a 51-year-old mother of a teenage daughter and sole owner of RevUp Creative Media, a graphic and web design company. Liz takes her role as a mother seriously and knows the importance of being a role model for her daughter. Over age 50, she knows she has to follow her physician-recommended health screenings. “As the mother of an energetic teenager, I want to make sure I follow through on recommended screenings so that I’m around to help my daughter grow into womanhood.”



“Thus far, I’ve only taken advantage of the breast screenings at Mendocino Coast Hospital. The staff is so kind; they seem to really care. I have always had a good experience at the hospital. While mammograms can sometimes be slightly uncomfortable, they are absolutely necessary. A good friend of mine was

fortunate to have her breast cancer caught early because of her regularly scheduled mammogram. We’re so fortunate to have digital mammography available right here, and I urge all of my women friends to follow through with their regular health screenings.



“My mother broke a hip in her early 60’s, so I do have a concern about osteoporosis, even though I haven’t needed a

Top: Liz with daughter Eden monkeying around at Mendocino Coast Botanical Gardens. Above: Liz in her office at RevUp Creative Media. Right: Taking a spin on the backroads of Fort Bragg.



bone density screening yet. I may request the screening at my next physical, in order to have a baseline for where I am now.”

An avid motorcyclist, often taking multiple-day journeys with her life partner, Tony Reed, Liz knows she must stay fit in order to offset the risk of riding. “While I know that riding motorcycles is a risky venture, I’m super careful and attentive when I ride, and I make sure I’m in good physical shape before heading out on a lengthy journey. A fit rider is a safer rider. When you get tired, you’re more prone to making errors in judgment that can lead to an accident. I won’t give up my passion for motorcycling, but I can do everything within my power to stay alert and safe while riding. Again, it all comes down to wanting to make sure I’m alive for the long term, especially for my daughter’s sake.” 🍊



Staff expert Riki Thoreson, BS, R.T.(R)(M)(ARRT), with Liz Petersen.

Health Screenings **Two of the most important screenings for women are breast exams and bone density.**

BREAST SCREENING: The American Cancer Society estimates that a woman in the United States has a one in eight chance of developing invasive breast cancer during her lifetime. It is the second most common type of cancer among women in the U.S., and the leading cause of death among women aged 40 to 49. The good news: as screening programs have become more common, more cases of breast cancer are being detected in the earlier stages of disease, when they are more easily and successfully treated. Even better news: our new Digital Imaging Center uses the latest magnetic resonance imaging (MRI) scanning and digital mammography technology, supported by a highly skilled team of physicians and technicians. An MRI is a noninvasive method to create detailed pictures of the breast and surrounding tissues. It may be done in combination with mammography or ultrasound.

However, it is not a replacement for mammography. Among the advantages of digital mammography, a recent advance in x-ray mammography, are shorter examination times and significantly improved patient comfort and convenience.

BONE DENSITY SCREENING: Women are at greater risk for osteoporosis (the disorder in which progressive bone loss results in increased risk of fracture) than men. Women start with lower bone density than their male peers and they lose bone mass more quickly as they age, which leads to osteoporosis in some women. According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, osteoporosis statistics show a greater burden for women in the following ways:

- 68 percent of the 44 million people at risk for osteoporosis are women.
- One of every two women over age 50 will likely have an osteoporosis-related fracture in their lifetime. That’s twice the rate of fractures in men — one in four.
- 75 percent of all cases of hip osteoporosis affect women.

Using our Digital Imaging Center’s bone densitometer, physicians can measure patient bone density and follow it over time. If the patient’s bone density is low, or decreases at an abnormally fast rate, the patient may be at risk for osteoporosis. Through changes in diet, exercise habits and/or medication, further deterioration of bone can be prevented. “The test takes just minutes,” says staff expert Helena Coello, M.Ed., R.T.(R) (ARRT).”



Masha Bychkova, 28, was born in the Ural Mountains in a small Russian town. Her passion for horses led her to Fort Bragg, where she guided trail rides at a local ranch. Masha now works at the Fort Bragg Bakery and as a bank teller. Nearly seven months pregnant, riding her horse is difficult to say the least. “My family is very important to me and it’s hard that they’re so far away. I guess our little zoo is just my way of making a family here.” Included in the “zoo” are two horses, two dogs, a cat, multiple rabbits, chickens and one lonely goldfish. Masha’s pregnancy was a planned one, although at times both she and her fiancé Skyler feel as if they’re not really ready.

“We’ve had all our tests and ultrasounds done at the hospital, and also toured the facilities and taken pregnancy and post-partum education classes. It was good to meet other couples who were having the same experiences that we were!” Neither Masha nor her fiancé were well-educated on the subject of pre- or post-natal care before now. “There are so many tests and procedures that are needed to assure that our baby is healthy, and the hospital has done a great job of providing information and choices. We feel so safe knowing that there is such a caring safety net for us and our baby.”



Masha at the Fort Bragg Bakery.



Masha on the set of “Sundays”, a Fog Line Films production, a made-for-the-Web series of short videos stories about life in a small Village on the Northern California Coast.

Because of the impersonal and frustrating nature of socialized medicine in Russia, Masha feels that she receives close personal and friendly care when she visits the Mendocino Coast Hospital. “Every time I visit, no matter why, I feel that I am treated like family. I actually look forward to it. I always get the feeling that the hospital staff would go out of their way to answer questions or offer help.” Masha’s experiences with pregnancy haven’t always been perfect either. “We had one miscarriage and it was very difficult for both of us. We were really happy when



With dietitian Lynn Unroe at Harvest Market.



the hospital showed so much concern, monitoring our second pregnancy every step of the way.”

Masha is happy that there are so many choices for her care during pregnancy. She knows her friends at the Mendocino Coast District hospital are always there with help and support. 🍊



*Above: Masha with fiancé Skyler Hinkle and their animal family.
Right: Undergoing an ultrasound at Mendocino Coast Hospital.*



Maternity Care

From inception to delivery and beyond, Coast Hospital is here for you every step of the way. Using our new OB Suite 4D ultrasound system, physicians can view your baby from all angles in real time, enabling better evaluation of fetus health and development. During labor, electronic fetal heart rate monitoring is used to assess fetal well-being. Our obstetrics team of physicians and nurses have completed 1,500 hours of fetal monitoring training. Says Roni McDermott, RN, Chief Clinical Officer, “It’s critical that our doctors and nurses understand how to properly monitor patients and interpret readings, because it affects how we manage their care during labor and delivery.”

Shortly after delivery, newborns are welcomed into the world with a technique called Healing Touch For Babies. The stress of birth can be minimized, especially if there are complications, by using simple healing techniques that allow the body to relax, accelerating the recovery process — for both mom and baby. Once home, pediatricians, family practice physicians and nurse practitioners at our North Coast Family Health Center are here to care for you and your baby.

Kim Duryee, R.N. practices Healing Touch for Babies on a newborn.

Marsha Royer has a sparkle in her eye as she talks about her love of fitness. The intake nurse for Home Health Care at Mendocino Coast Hospital, this lively and energetic 59-year-old is incredibly focused on her health. “When I was in my 30’s, I jogged and did aerobics. As I’ve aged, I have modified my fitness activities to suit my body’s needs. I’ve always had an interest in nutrition and fitness. At home, I’m wife to John, daughter to Frances (her mother, who lives with them), and ‘mommy’ to our two Bichons, Joy and P-nut. I need to take care of myself so that I can take care of others. To me, wellness is feeling good and having energy to take care of my work and family responsibilities.”



Marsha in the Mendocino Coast Hospital’s Healing Garden.

As a hospital employee, Marsha makes sure she incorporates a fitness routine into her daily schedule. “On work days, I exercise at lunch time. I use the hospital’s Physical Therapy gym [available to MCDH employees following an orientation] or I walk. In the winter when it’s too cold or rainy, the gym is such a blessing. On days off, my husband and I walk on the Haul Road.” On the weekend, there is nothing Marsha enjoys more than working on the landscaping of her 2.5 acre parcel, creating beauty in her garden. Gardening “satisfies my soul,” says Marsha.

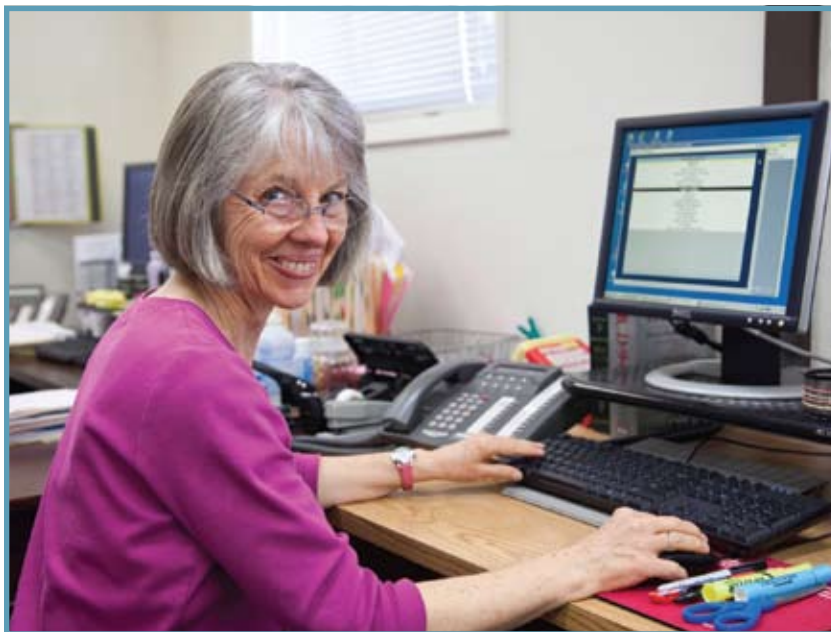


Left: Marsha in her home garden with husband, John, and mother, Frances. Above: Tai Ji Instructor Theresa Kirke leads Marsha through exercises.

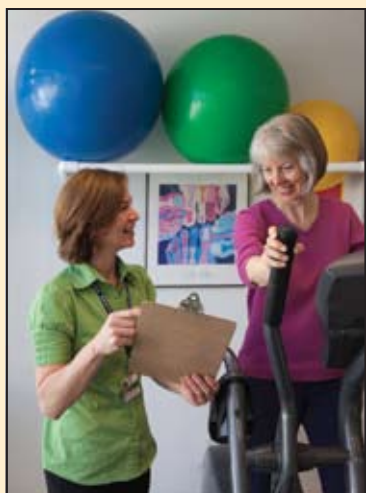


Marsha utilizes some of the Wellness Center's programs, including nutrition counseling with Lynn Unroe and participation in Theresa Kirke's Tai Ji class. "Nutrition plays a big part in feeling good and staying healthy. Lynn Unroe, the hospital dietitian, has helped my husband and me with a meal plan that is delicious and satisfying. Eating well is a family priority. The Wellness program is terrific! I've been doing Tai Ji with Theresa for three years; it's part of my 'mental health' routine, along with gardening and spending time with my husband."

Marsha's goal is to continue feeling good and to stay active as long as possible in her life. 🍊



Wellness Programs



Wellness Coordinator Donna Schuler coaches Marsha Royer.

Achieving and maintaining wellness is a life-long endeavor, and Coast Hospital offers a rich and varied program of activities and courses designed to help keep you feeling fit in mind and body. Exercise classes include Tai Ji, Pilates and yoga. Wellness classes and courses cover such topics as nutrition, women's hormones, eating disorders, diabetes management, and Weight Watchers®. You can even arrange for a personal

wellness coach to help identify and clarify health concerns you may have, and develop a step-by-step plan for achieving your goals. To schedule a personal coaching session, call Donna Schuler at 961-4670.

At the core of the hospital's Wellness Program is the "Create Your Health" workshop, offered quarterly. The course teaches effective tools for supporting our capacity to heal. The latest schedule of wellness classes and courses has been inserted with this newsletter. You may also view it on the hospital website: www.mcdh.org/calendar.



Tai Ji, Yoga Help With Balance, Strength and Relaxation

"I developed spine and knee issues and had lost three inches in height and needed to learn ways to stop 'hunching.' The atmosphere in the classes is one of acceptance and encouragement."

– Yoga class student, age 75

"Tai Ji is an ancient Chinese exercise with a modern application that focuses simultaneously on body, mind, and spirit. Clinical studies have shown that the gentle, fluid movements in Tai Ji enhance muscular strength, flexibility, posture, balance, relaxation, and mind/body integration."

– Theresa Kirke



"Hatha Yoga is a form of movement which provides a balanced approach to wellness and exercise and which can be adapted for anyone. It is an effective tool when working with osteopenia and osteoporosis because it helps stimulate and strengthen the bones. "

– Helen Jacobs



MENDOCINO COAST DISTRICT HOSPITAL

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Healthy Outlook

*A Publication of
Mendocino Coast District Hospital*

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Lewis & Summers Public Relations

Design & Graphic Production

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WINESONG! ANNUAL HOSPITAL FUNDRAISER September 9–10, 2011

Enjoy a casual, feel-good weekend along the Mendocino Coast at **Winesong!** where a great international showcase of wine, food and auction items are sure to delight your senses.

Winesong! kicks off with an exclusive Barrel Tasting on Friday, September 9. Meet and mingle with the Anderson Valley winemakers at our seaside setting overlooking the spectacular Pacific Coast. Savor this elegant opportunity in an informal setting to evaluate new Anderson Valley Pinot Noir and to learn how this classic wine improves with age.

Then, enjoy a Feast for your Senses at our Annual Wine & Food Tasting and Auctions on Saturday, September 10, at the magical Mendocino Coast Botanical Gardens. Entering its 27th year, **Winesong!** has become the primary fund-raiser for the Mendocino Coast Hospital.

Purchase tickets online at www.winesong.org/purchase-tickets or phone 707-961-4688.

Winesong! is produced by the Mendocino Coast Hospital Foundation, 775 River Drive, Fort Bragg, CA 95437.