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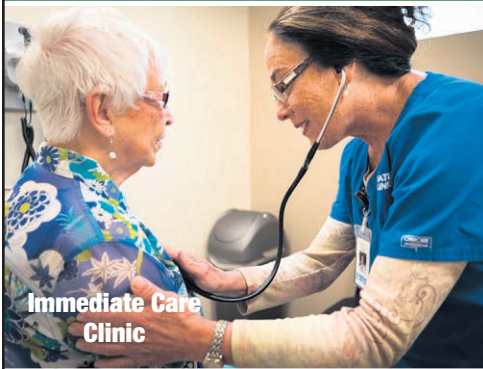
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# Chiropractor expands areas of care for patients

**BETH BURBACK**  
The World

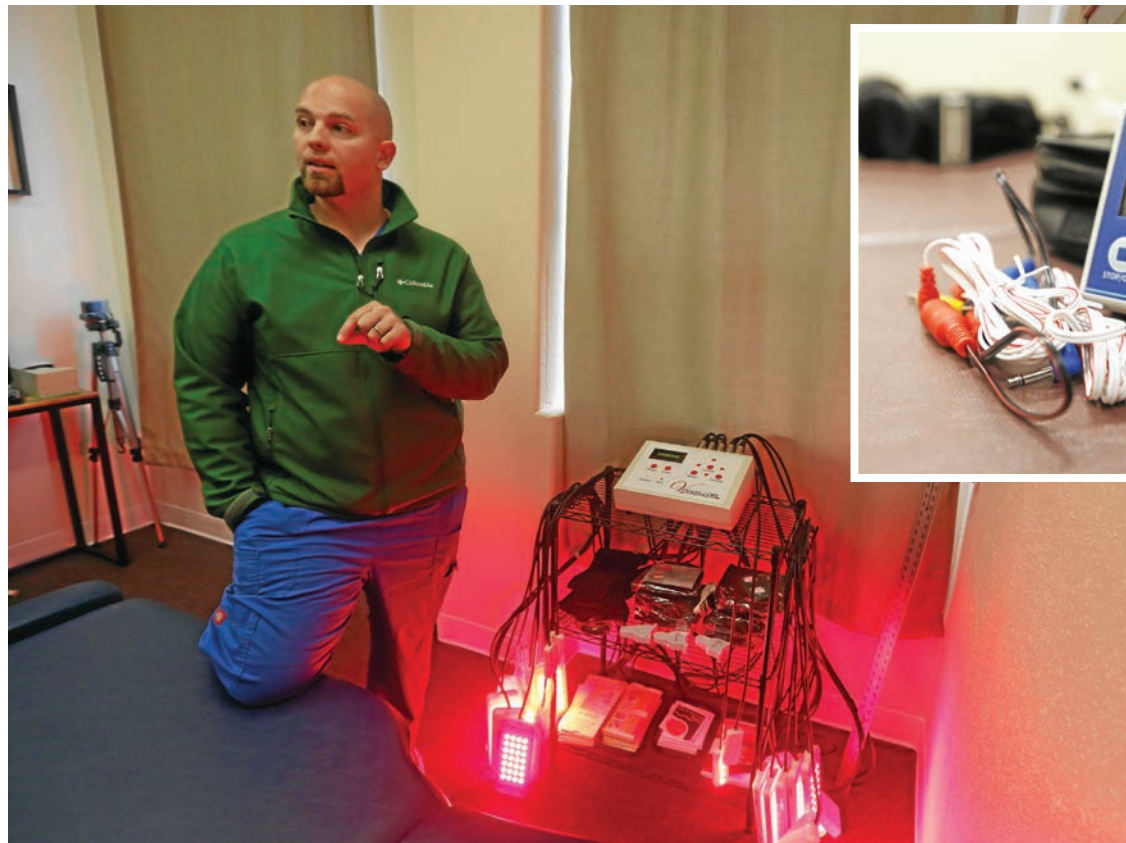
The body is a finely tuned system and when one part fails it can have a ripple effect. Things out of alignment? That can cause chronic pain as can another systemic disturbance like muscle or tissue damage. One approach doesn't work treating every ailment so Dr. Bryon Blackwell has added alternative treatments to his practice's bag of tools. Dr. Bryon Blackwell is a chiropractic physician with "A Different Take on Chronic Pain Care and Weight Loss."

Recently he moved his practice to suite 501 in the Hall Building where he will transition to full time around March. He's sharing the new space with Nicole Hand, Medical Massage Practitioner. In the new complex there's a dry sauna, light therapy and a Frequency Specific Microcurrent.

"I want to focus on FSM, it's for chronic pain conditions that aren't responding to other treatments," said Blackwell. He had a Fibromyalgia (chronic pain that affects muscle and nerves) patient who had been suffering for 12 years respond to FSM."Fibromyalgia can come on after a head injury or motor vehicle accident." This patient struggled with a one mile walk, her situation was the result of an automobile accident. "Five treatments, she works out, she has her life back. So it works extremely well," said Blackwell.

The doctor said, "It could work for neuropathy, regional sympathetic disorder, there is a whole slew of things it works for you can find on my website, www.drblackwell.com. Facet syndrome, that's the little bones in the small of the back. When they get inflamed it can cause a lot of problems for people that they will have for a long time." It could be caused by injury or from a lot of repetitive movement like using a shovel, gardening, basically a lot of disc rotation.

He said, "The body has three systems, the nervous, chemical and the microcurrent that turns different processes in the body on and off. So when you have an injury that microcurrent comes on



Dr. Blackwell speaks about a laser-like light therapy device, the Vevazz, in his new office on Tuesday, Jan. 16.

and says hey we need to fix that tissue." And it changes once that 'healing process' has been corrected.

"The main thing is you have to be fully hydrated, you have to have your electrolytes plumply in store, because they help conduit the electricity and the system." Patients need to drink 2 quarts of water. He added that, "A lot of things will improve just by hydration, but that you have to have the water for the electrical properties to work properly."

In another office for weight loss light therapy, a tentacle contraption dangled paddles of LED lights. The Vevazz has high intensity LED lights, a light emitting diode, not a laser. The doctor explained that the light goes into the adipose tissue, helps open up that tissue to release fatty acids to break down into the system. Ideally after a treatment you'd do vigorous exercise for 30 minutes or get into the sauna to help sweat it out. If you do nothing but the light treatment you will still

notice a reduction in girth from each of the 10 visits.

Patients keep track of their behavior, serving sizes and numbers and at each session measurements are taken and then an evaluation of the progress determines the next steps. It's not a diet it's a weight loss program enforced with advanced technology. Some insurance will cover the Vevazz weight loss plans.

Studies have shown that light can trigger your body to manufacture things like vitamin D. "The light is transcribed into vitamin D," said Blackwell. "Different lights have different frequencies and the body has different reactions to different light frequencies." Long term exposure to UV light frequency can over time give you cancer. "Other frequencies have a positive effect on the body. For instance blue light has been found to activate certain enzymes in the body that create a healing factor."

Using the sauna in addition to the light therapy the doctor

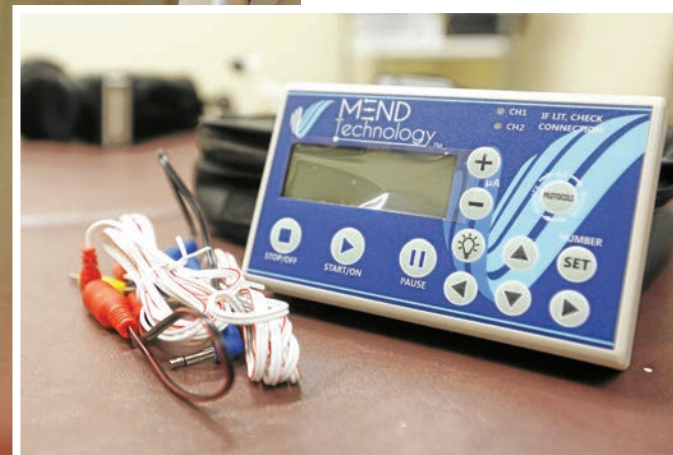
said that "sweating through the skin, our largest organ, is one of our main detoxers for the body. It's one way we get rid of a lot of toxins that are stored in adipose tissue." So that's what the sauna

Dr. Blackwell utilizes frequency specific microcurrent treatments in his new Coos Bay office.

does, it helps open up cells and get rid of toxins from the fat tissues.

The sauna in this office is infrared therapy, a dry method of heating molecules from the inside out. "It penetrates deep, heats up and increases the blood flow to the area which is really good for chronic conditions," said Blackwell.

"When people don't sweat enough you build up a lot of toxins in your adipose tissue. You have to get rid of them, you have to sweat. If your'e not sweating you can correlate a lot of health conditions with people that don't sweat a lot."



BETHANY BAKER PHOTOS, THE WORLD

## On the cover



Dr. Blackwell is shown in an exam room in his new office at 320 Central Ave. Suite 501 in Coos Bay on Tuesday, Jan. 16.

# Woman dies in Nepal village because of menstrual exile

KATHMANDU, Nepal (AP) — A woman has died in a remote village in Nepal because of a tradition in which women are exiled from their homes and forced to live in huts during menstruation, a government official said recently.

The 21-year-old is believed to

have died from smoke inhalation from a fire she lit in the hut to keep warm in the freezing temperatures in the mountain village, said government administrator Tul Bahadur Kawcha.

The woman was found dead three days later.

Kawcha said the tradition is still

practiced in some remote villages despite a government ban on the practice and a law introduced last year to punish people who force women to follow the custom.

The new law goes into effect in August this year, with violators who force women into exile during menstruation facing up to

three months in prison or a fine of 3,000 Nepalese rupees (\$29).

Many menstruating women are still forced to leave their homes and take shelter in unhygienic or insecure huts or cow sheds until their cycle ends, though the practice — called “Chhaupadi” — was actually outlawed a decade ago.

But without any penalties, the custom continued in many parts of the majority Hindu Himalayan country, especially in the western hills.

While exiled in isolation, some women face bitter cold or attacks by wild animals. Unclean conditions can also cause infections.



PHOTO BY CURT OICURTO

## ‘We Need to Talk’ about your driving

COOS BAY — “We Need To Talk” is a new interactive seminar that promotes conversations, between families and older adults, about driver safety. It was developed by AARP based on information created jointly by The Hartford and the MIT AgeLab.

We Need to Talk is a 90-minute information seminar designed to help adult children and friends learn to talk with their loved ones about remaining active and participating in the community when it is time to limit or stop driving.

We Need to Talk, hosted by Bay

Area Senior Computer Club, will be 10-11:30 a.m. Friday, Feb. 2, at Gloria Dei Lutheran Church located at 1290 Thompson Road in Coos Bay.

Dennis Dater, a trained facilitator will lead seminar participants in a conversation about topics such as: the meaning and importance of driving to older adults; recognizing the warning signs of unsafe driving; identifying and creating a plan to use alternative transportation; and tips for holding productive discussions about driving safety.

People over age 65 are the fastest-growing population in the United States. By 2030, one in four drivers will be age 65 or older; more than 30 million older drivers will be on the roads. Their ability to remain safe on the road and mobile in their community can be compromised by changes in their health. However, this presentation is appropriate for discussions with anyone, regardless of their age, who should not be driving.

For additional information, contact Dennis Dater at [dennis-dater@gmail.com](mailto:dennis-dater@gmail.com).

## ‘Arrogant’ UK surgeon burned initials onto patients’ livers

LONDON (AP) — A British surgeon who burned his initials into patients’ livers during transplant operations has been fined 10,000 pounds (\$13,600) and ordered to perform community service.

Simon Bramhall pleaded guilty last month to two counts of assault, in a case a prosecutor called “without legal precedent in criminal law.”

Bramhall used an argon beam coagulator, which seals bleeding blood vessels with an electric beam, to mark his initials on the

organs.

The 53-year-old surgeon resigned from Queen Elizabeth Hospital in Birmingham in 2014 after another doctor discovered what he’d done. The hospital says there was “no impact whatsoever” on the success of the operations.

Passing sentence Friday at Birmingham Crown Court in central England, judge Paul Farrer said Bramhall displayed “professional arrogance of such magnitude that it strayed into criminal behavior.”



JOE GIDDENS, THE ASSOCIATED PRESS

Specialist surgeon Simon Bramhall leaves Birmingham Crown Court in Birmingham, England, Friday, Jan. 12, 2018. A British surgeon who burned his initials into patients’ livers during transplant operations has been fined 10,000 pounds (\$13,600) and ordered to perform community service. Simon Bramhall pleaded guilty last month to two counts of assault, in a case a prosecutor called “without legal precedent in criminal law.”

# What causes dry sinus?

**Q.** *Is thick nasal mucus or sludging considered dry sinus? What causes dry sinus?*

**A.** Let's consider the statement dry sinus. Is the patient actually experiencing a dry sinus or irritated sinuses that feel dry? The two are very different conditions as are the solutions.

With the latter, the nasal cavity or sinuses are often infected, making them feel irritated or dry. This condition requires medical treatment for the infection or irritation to clear the symptom. Alter-



**DR. CHARLES HURBIS**

natively, truly dry sinuses have different causes and can lead to a host of problems. The nasal cavity/sinus complex produces, believe it or not, one full liter of mucus a day under normal circumstances. The purpose of this persistent flow is protection. Our noses are constantly being exposed to bacteria, fungi, viral particles, allergens, etc., all of which can irritate us or cause us harm. With the constant mucus flow, these particles are rapidly flushed down into the stomach where they are inactivated by the stomach's acidic environment. In the truly dry sinus, this system becomes compromised putting us at risk for an infection.

A classic example is airline travel. People often get sick after flying. This is probably less a factor of being exposed to an infection on the plane and more a factor of the dry air. The misconception is that all air travel infections stem from that one sick person in row 20. If you do get sick after a trip, it is more likely that you were already carrying some virus and that the very dry plane environment, along with the disruption of your daily routine during travel, allowed that virus to infect you opportunistically. Your normal defenses were down.

Truly dry sinuses, with sludging as you mention, can be brought on by an ambient dry environment such as air travel as noted, travel to the desert or just the winter climate. Dryness also can be brought

on by lifestyle issues including habitually poor dietary fluid intake, or the occasional alcoholic binge. Many prescription medications are notorious for creating dry mucus membranes including diuretics and psycho-effective drugs, as is the use of home oxygen.

The best way to prevent the complications of dry sinus is to prevent the dryness in the first place, which is pretty obvious. Always, always, always maintain good hydration. For ideal nasal/sinus function, one should consume a minimum of 64 oz. of fluid per day (non-caffeinated/non-alcoholic). This is your the first line of defense.

There are many nasal lubricants available when hydration is not enough. Saline sprays are helpful, but brand name Pretz spray, which contains natural lubricants, is superior and should be considered when traveling to a dry environment.

On the plane, if you are one of those people that does not mind that crazy person with the mask — look, masks can help. It's not so much that they filter the air (this effect is not complete unless you have the Darth Vader canister variety that seals your face completely), but they do humidify the air you are breathing. Even the simple blue mask variety limits dryness of inspired air and provides a level of protection.

If you feel that a medication you are taking is causing your dry nose, consider the lubricants noted above, or perhaps substitute a different drug if possible, especially if you are developing sinus complications.

No, dry sinuses are not happy sinuses and they will cause you trouble. It is best to avoid or treat the dryness in the first place than to deal with the aftermath. So, the next time they offer you that cup of water on the plane, take it. It'll do you good.

Dr. Charles Hurbis is an ENT-otolaryngologist has been practicing in the Bay Area since 1991. His areas of interest/expertise include the diagnosis/treatment of sinus disease and nasal airway issues, treatment of skin cancer, sleep medicine, facial plastic surgery as well as the other spectrum of head and neck disease. Dr. Hurbis's practice is located at 2695 N 17th St. in Coos Bay. Call 541-266-0900.

## Get a healthy start to 2018

*Small changes can add up to a healthier you*

*By Ganesh D. Kini, MD, PhD, FACP, FHM, Medical Director, Western Oregon Advanced Health*



Looking to be healthier in 2018? Healthier habits can be within reach with even small changes to your diet. And, it doesn't take a gym membership to be more active.

Keep it simple! Try eating better and be more active. Start with one small change at a time, like eating more vegetables or cutting down on your salt intake and going on a walk four to five times a week. As it gets easier make another change or two to your diet or exercise routine.

Making small changes to what you eat and how active you are can improve your health in a big way now and in the future. Any action you take to be healthier is positive progress. You'll enjoy more energy, while getting into a healthier you. Loosing extra pounds reduces your risk for high blood pressure, diabetes, and heart disease. Plus, being more active can improve your mood and reduce stress.

You don't have to sign on to a hard diet plan or drop a lot of weight to see changes in your health. Start with getting in 10 minutes of activity here and there during the day. It all counts.

And, celebrate your success. Reward yourself when you hit goals like cutting out processed foods for a month or losing five pounds. Give yourself some "me time" to do what you like. Go out to a movie, or pick another special treat.

**Get started today with these simple diet and exercise tips:**

### Healthy eating tips

- Eat more vegetables, fruits and whole grains
- Decrease fat use, substitute canola or olive oil for lard and shortening
- Reduce your salt intake
- Cook with more spices and herbs
- Limit portion sizes
- Cut out processed food
- Stay away from added sugars
- Try a new healthy recipe once a week

### Get more active

- Aim for 30 minutes of physical activity four to five times a week
- Walk during your lunch break
- Take the stairs instead of the elevator
- Do yardwork over the weekend
- Take a 10-minute dance break with your kids
- Start walking/jogging or swimming
- Mix cardio exercises with lifting weights

Keep in mind that it's ok to take it slow and see what works best for you. All you need is to give a couple healthier habits a try and keep at them.

Here is to a healthier you in 2018!

# Would You Benefit from Balloon Sinuplasty?

Balloon Sinuplasty is a minimally invasive sinus procedure performed on eligible patients who suffer from the symptoms of chronic sinusitis. A tiny balloon is placed in key areas in the sinuses, which are then dilated to widen the sinus passageways. Studies show that over 90% of patients treated by sinuplasty have their symptoms greatly improved.

**COMFORTABLE SETTING** – Completed in the office

**QUICK RECOVERY** – Most return to work the next day

**LOCAL ANESTHETIC** – Avoiding the risk of General Anesthetic

**PATIENT SATISFACTION** – Patients highly recommend this to others



To schedule a consultation call 541-266-0401 Visit our website at [oregonsinuswellness.com](http://oregonsinuswellness.com)



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# NEW ROUTINES

Rowing, rebounders, boxing among 2018's top fitness trends

If you skipped most of your workouts to be more “present” during the holiday festivities and aren't looking forward to getting back on the treadmill, we feel you. We rounded some of the workouts that have fitness fans talking to keep you motivated. Do them at home, in the studio, on a trampoline or a lake (gasp) — whatever it takes to get moving.

— Kelli Kennedy, Associated Press



9ROUND

## If you like boxing

Supermodel Gigi Hadid always is gushing about her boxing workouts at Gotham Gym in New York. Enough said. Boxing workouts have followed the ebb and flow of most fitness fads and are having a big moment now with studios for everyone. HotBox in Nashville offers group classes in a heated room with your own bag and gloves and a killer playlist. In New York, there's Church Street Boxing, Shadowbox, Overthrow Boxing Club and Work Train Fight. In Los Angeles, try Gloveworx, Trinity Boxing Club or Box 'N Burn. 9Round gets it done in just 30 minutes with 600 locations around the country and chances are your local YMCA or fitness club is offering a few sparring classes too.

## If you like yoga

As the fitness scene has focused more on upping the intensity ante, there's been a counter movement that's all about active rest and recovery. Beyond just sitting on the couch watching Netflix, these classes are focused on yin yoga, gentle stretching, dim lights, self-massage, foam rolling and aromatherapy. Crunch Gym's newest class is Hair of the Down Dog: Detox Yoga to help you recover from late night partying or too many burpees. Equinox doubled down on restorative classes with stretch essentials and athletic stretch classes that includes guided self-massage and flexibility training for better range of motion. In Dallas, Foam Roller Fitness is all about rolling out your troubles. At New York's Mile High Run Club recovery room, you can book stretch sessions, reflexology and acupuncture or spend some time in their compression boots or playing with the Hyperice recovery tools. At Naam Yoga's aromatherapy class in New York, students put the essence of plants on specific body points to help restore harmony and wellness.



VICTORIA MATTHEWS/BETHANY C. MEYERS

Bethany C. Meyers has a new streaming workout called be.come, a music driven mash-up of low impact yoga, pilates and strength training.

## If you love working out at home

There are tons of amazing streaming options out there and the new offering from former SLT star Bethany Meyers' new streaming workout is worth checking out. be.come is a music driven mash-up of low-impact yoga, Pilates and strength training. Best of all, it doesn't require any equipment and the body positive message and focus on becoming the best, strongest you is super motivating. Also worth a look: Anna Kaiser's streaming service AKT On Demand which offers 55 videos ranging from 10 to 90 minutes and includes everything from her popular dance cardio to signature strength-training moves that have made her popular among celeb clients Kelly Ripa and Shakira.

## If you dread cardio

It's easy to see why trampoline or rebounder workouts are all the rage. It's low impact and gentle on your joints but offers the heart pumping cardio benefits of a hard run. It's great for improving balance and most importantly, it's fun! Mini trampolines are relatively inexpensive (you can buy one from celeb trainer Tracy Anderson for \$70) and there are tons of online workouts to get you started. Anderson's 50 minute workout (available online or on DVD) is half muscular structure followed by 25 minutes of dance cardio performed on the rebounder. Or if you can't take in-person classes with Simone de la Rue of Body By Simone in Los Angeles, try her DVD which includes trampoline routines to target the upper body, lower body and core.



## If you love high-intensity interval training

Miami's Spartan Gym focus is like a playground for gym rats. Classes include circuit training, obstacle courses and race training to build athleticism, strength, endurance and mental acuity. Think overhead ropes, nets and pipes for traditional Spartan course training. Or unleash your inner athlete at New York's Tone House where sessions are team-oriented, competitive and fun. The goal is to bring sports conditioning workouts to the mainstream. Think moves like battle ropes, squat jumps and bear crawls. Around the country, check out the race training classes at Obstacle Academy in Edina, Minnesota, the Spartan SGX class at Urban Fit in Hatsfield, Pennsylvania or Life Time gyms for their Spartan Strong classes.

# A faster, simpler heart surgery is gaining favor

Procedure requires less anesthetic and a smaller incision, offers faster recovery

**THERESA NOVAK**  
The Register-Guard

SPRINGFIELD, Ore. — A high-tech heart valve replacement surgery that requires less anesthetic, a smaller incision and faster operation and recovery time has been performed on more than 425 heart patients at PeaceHealth Sacred Heart Medical Center at RiverBend in the past five years.

Now, this transcatheter aortic valve replacement procedure — TAVR for short — is available to an expanded group of heart patients: the younger, stronger ones.

“Initially the only people we could put these valves into were the ones at high-risk for open-heart surgery,” said cardiologist Dennis Gory, one of the surgeons who perform TAVR procedures at RiverBend’s Oregon Heart & Vascular Institute.

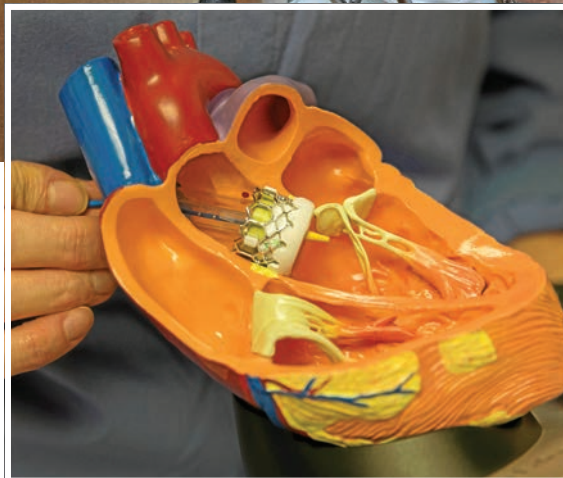
TAVR long has been considered the aortic heart valve replacement surgery of last resort for people like Herbert Ball, 89, of Cottage Grove.

A professor emeritus of mechanical and nuclear engineering at Kansas State University in Manhattan, Kansas, Ball likes to take walks. But recently he noticed that he was becoming increasingly breathless and exhausted. A trip to his cardiologist, Dr. David Duke at RiverBend, diagnosed Ball’s problem as aortic stenosis, a narrowing of the aortic valve opening.

The aortic valve closes off the lower left chamber of the heart after the heart pumps. That closure prevents oxygen-rich blood from moving back into the heart, and instead ensures that the blood flows through arteries into the body. A defective aortic valve inhibits that crucial flow.

Without replacement, an aortic valve failure eventually leads to heart failure and death. Cardiac disease continues to be the top cause of death in the world for both men and women.

The professional group that sets



**Above:** Herb Ball of Cottage Grove, Oregon, is wheeled into the operating room at Sacred Heart Medical Center at RiverBend in Springfield, Oregon, for a transcatheter aortic valve replacement (TAVR), a minimally invasive alternative to open heart surgery.

**Left:** A model of the heart shows how the artificial aortic valve fits into the heart, expanding and replacing the damaged valve.

**BRIAN DAVIES PHOTOS, THE REGISTER-GUARD**

clinical practice guidelines, the Society of Thoracic Surgeons, traditionally has considered open-heart surgery the appropriate treatment for aortic valve replacement with a mechanical valve. But in the summer of 2016, the group climbed aboard the TAVR train and is predicting an 80 percent shift from open-heart procedures to transcatheter procedures in the next decade.

## Side-by-side comparison

A quick comparison of open-heart surgery with TAVR shows why the rapid change:

Open-heart surgery is done under general anesthesia and involves a six-inch midline chest incision, followed by a three- to four-hour

open-heart operation. The patient is on life support while the new artificial valve is put into place. Risks include restarting the heart, and after the surgery the patient must be monitored in the intensive care unit and endure a lengthy recovery.

Although Gory has performed many open heart surgeries in his 35 years as a cardiologist, he said he’s never been more gratified by a surgical result than he is with the TAVR procedure he performs three or four times a week.

In the hope of spreading the news about the suitability of the surgery to younger heart patients, RiverBend recently invited members of the media to witness a TAVR procedure. Retired professor Ball gave his written approval

to be a living lesson on the procedure, which was photographed and filmed in December 2017.

## The surgery

For Ball’s surgery, a team from the manufacturers of the balloon-expandable Sapien XT aortic valve were on hand. The device is made of bovine — cow or bull — pericardial tissue that forms a kind of peace symbol shape — the same configuration as the human aortic valve. This bovine vein is custom-fitted onto a glittering cobalt chromium frame that looks like a tiny crown. It’s royally priced as well, costing about \$25,000.

This device is crimped impossibly small and threaded onto a catheter for insertion.

Gory cut a small incision in the femoral artery in Ball’s right leg and began threading the catheter toward his heart. But the calcium deposits were so thick, he quickly made an incision in the left femoral artery and began again.

The catheter was making steady progress, visible on the array of computer monitors in the room. It was carrying the tightly furled valve toward its new home. It stopped at Ball’s leaking, calcium-thickened aortic valve. Then, as the dramatic execution of a well-rehearsed act, the new valve was expanded, fusing with the old one. For an instant, the monitors showed Ball’s heart pause, almost as if humming, and then the new valve began to steadily and strongly to take over the job of pumping his blood.

Even the calcium had a role, helping to hold the new valve firmly in place. The surgery had taken less than an hour.

## The recovery

The day after his surgery, Ball was walking. He went home on the third day, and less than a week after the TAVR, he could detect differences.

“My body feels much better now,” he said, much warmer.

He was looking forward to rehab. He said the extra blood circulating through his body made his extremities tingle sometimes, but his energy level was good, except for the cold he’d caught.

## New surgery, same price

If there is one way that TAVR still isn’t much different than standard open-heart surgery, it’s costs. TAVR or standard aortic heart valve replacement surgery ranges from \$70,000 to \$200,000, depending on its complexity.

For the elderly, Medicare covers most of the expense. Much of the TVAR cost for the surgery, Gory said, is because it still is accepted protocol to have an open-heart team standing by during TAVR procedures.

However, Gory predicts that as more TAVR programs are established, costs will decline. TAVR, he said, is a good example of how less is proving to be more.



# To reduce the effects of an aging heart, start an exercise habit before you're 65

LESLIE BARKER

The Dallas Morning News

If you're younger than 65 and have never exercised, start now. It'll reverse damage to an aging or sedentary heart, plus set the stage for a reduced chance of heart failure in the future.

Such are the findings of a two-year study conducted by the Dallas-based Institute for Exercise and Environmental Medicine, a collaboration between UT Southwestern Medical Center and Texas



Levine

Health Presbyterian Hospital Dallas. Study results were published recently in *Circulation*, a journal of the American Heart Association.

There are two caveats: To get the most benefit, people need to start before age 65. They also must workout four to five times a week, varying intensity and duration.

Dr. Benjamin Levine, senior author of the study and director of IEEM, said the study shows that if you want to remain vigorously active as you age, "exercise needs to be part of your personal hygiene."

"It's not something that gets added onto the end of the day: You brush your teeth, you change your clothes, you eat your food," he said. "You do these things for personal hygiene. Exercise is as important as these. You need to find ways to incorporate it."

Three years after being part of the study, Mae Onsry hasn't stopped exercising. "If I haven't done it, I'm like, 'Oh my gosh, I didn't do it today! I have an hour before the sun sets. I can do it!'" said Onsry, a now-avid walker who is 66 and lives in Dallas. "It's so addictive."

She had never followed a workout routine before volunteering to be part of the study, but adapted easily to the three- and later four-day weekly schedule. "I don't want to get sick when I get old," she said. "The heart, you can do something for it."

Onsry was one of more than 50 men and women ages 45 to 64 who were recruited to help answer this



ROSE BACA, THE DALLAS MORNING NEWS

Mae Onsry, 66, of Dallas, walks near Flag Pole Hill in Dallas. Onsry had never followed a workout routine before volunteering to be part of a study, but now is an avid walker. The study was conducted by the Dallas-based Institute for Exercise and Environmental Medicine.

question: "How much of aging is related to gradual loss of function of cells over time and how much to conditioning?"

Participants were divided into two groups. Half, including Onsry, participated in supervised cardiovascular exercise; the control group focused solely on yoga and balance training.

## What the study found

At the end of two years, the control group showed no cardiovascular benefits. But the exercise group showed an 18 percent improvement in their maximum oxygen uptake, or how the body uses oxygen, during exercise. They also had more than a 25 percent improvement in compliance,

or elasticity, of the left ventricle of the heart.

Why is that important? "Imagine a brand new box of rubber bands," Levine said. "You take them out of the box, stretch them and they snap back. Stick them in a drawer for 10 years and what happens? They're stiff; they've lost elasticity. That's what hap-

pens to many parts of the human body. Think of your eyes — you need bifocals; your skin — you get wrinkles. Your muscles and your joints and your heart."

The left ventricle is significant because it's the chamber that pumps oxygenated blood back into the body.

"When the muscle stiffens," Levine said, "you get high pressure and the heart chamber doesn't fill as well with blood. In its most severe form, blood can back up into the lungs. That's when heart failure develops."

Previous IEEM studies had shown that by age 70, the effects on the heart of aging and being sedentary couldn't be reversed. Researchers, though, found late middle age to be "the sweet spot," said Levine, who holds the S. Finley Ewing Chair for Wellness at Texas Health Dallas and the Distinguished Professorship in Exercise Sciences at UT Southwestern, where he is a professor of internal medicine.

Although results of the study didn't come as a surprise, he said, what did was "how dramatic the effect" of exercise was.

Levine, who hasn't missed more than two days a week exercising in 40 years, recommends workouts with "diversity in duration, intensity and mode. I think everybody should do one long workout a week, at least an hour. I don't care if it's tennis or a bike ride or a brisk walk with the family or Zumba. It's good for the soul, as well as the body."

Everyone also should do one day of high-intensity training, which alternates short bursts of energy with rest periods. "That's one of the most effective in everything we do," Levine said, "and supports burst activities like running for a bus or having a fright."

That leaves two to three days for 30-minute workouts in which you're "breaking a sweat, being a little short of breath but able to carry on a conversation," he said. Round out the week with at least one day for a strength-training session.

"It's my prescription for life," he said. "I think our society needs to be reorganized along that strategy!"

# Southern Coos Health Center

Bandon, Oregon

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**Dr. Noel Pense, DO**  
Osteopathic Medicine

**Dr. Megan Holland**  
Primary Care



## *Meet Our Staff!*



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Ogunnaike, FNP**  
Primary Care

**Dr. Bobby Baharloo,**  
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General Surgeon

**Shane Matsui**  
Licensed Clinical  
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PHOTO BY WAVE BREAK MEDIA

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**Dr. Kelly Reed**, internal medicine, is the newest member of the Southern Coos Health Center physician team. She most recently

worked at Witham Health Services in Lebanon, Indiana, where she provided primary medical care for an average of 60-80 patients per week. She has experience in physician home care services for home-bound patients; providing urgent care coverage; and working in radiation oncology. She received her medical doctorate at the University of Texas Houston Health Science Center and performed residencies at the University of California, San Francisco and the University of Washington, Seattle.

**Dr. Noel Pense**, osteopathic medicine, is a board certified internal medicine physician. He graduated cum laude from Arizona State University with a bachelor of science in biomedical engineering. He went to medical school and completed his residency in internal medicine in Denver, Colorado. He is well versed in both inpatient and outpatient medical care of complex patients. Common medical conditions treated

include heart disease, COPD, thyroid dysfunction, diabetes, kidney failure, infectious diseases, and many more. He did 6 months elective training in critical care and intensive care unit hospital work. As an osteopathic physician, he integrates manual diagnoses and treatments to optimize a patient's health while treating any active diseases. He believes that a healthy diet and regular exercise in addition to excellent medical care is the best way to maintain a healthy and joyful life.

**Elizabeth Ogunnaiké**, DNP, is most recently from the Dallas, Texas area, and is board-certified by the American Academy of Nurse Practitioners (AANP). Ms. Ogunnaiké graduated from Vanderbilt University in 2009 and 2011; first with a Bachelor of Science in Nursing, and then with a Master of Science in Nursing, where she became a Family Nurse Practitioner. She recently completed Doctor of Nursing Practice from Vanderbilt University. Elizabeth is licensed in



PHOTO BY PURESTOCK

the state of Oregon.

**Dr. Babak Baharloo**, DPM, specializes in a wide variety of medical & surgical foot & ankle conditions. Dr. Baharloo is a Board Certified Podiatric Surgeon and is available for treatment and care of painful feet, ingrown toenails, sports injuries, diabetic care, corns and callous, heel pain and spurs, wounds, and medical and surgical of bunions.

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- Charcot Arthropathy
- Arthritis Care of foot & ankle
- Custom orthotics
- Application of wound grafts

**Shane Matsui**, LCSW, is a licensed clinical social worker working in the Southern Coos Health Clinic. He is most recently from Gold Beach, Oregon, and has his license in California and Oregon. Mr. Matsui earned a BA in Economics from San Diego State University, and his Masters in Social Work from Long Beach State University. Shane provides a range of services, including individual psycho-therapy; group therapy; and case management.

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**KRISTYNA WENTZ-GRAFF**, OREGON HEALTH & SCIENCE UNIVERSITY

Drs. Tianyi Mao (left) and Haining Zhong, scientists at OHSU Vollum Institute, received a \$5 million grant to study the amygdala, the part of the brain that controls the "fight or flight" instinct. Mao and Zhong are also husband and wife.

## Unlocking the brain's amygdala

OHSU scientists awarded  
BRAIN initiative grant

### ERIK ROBINSON

Oregon Health & Science University

A new \$5 million grant will enable neuroscientists at the OHSU Vollum Institute to map specific circuits within the amygdala, the small almond-shaped structure deep within the brain that contains circuitry critical for emotion.

The research will involve advanced imaging techniques applied to rodents because previous work has shown the amygdala's functions to be conserved across species. Tianyi Mao, Ph.D., said the work could provide important insights that will ultimately be useful in treating conditions including anxiety, depression and post-traumatic stress disorder.

The amygdala is well-known as the center for reactive emotions – for example, the so-called fight or flight reflex – however scientists say it is also involved in higher-level functions such as memory, attention and emotional learning.

"It's a small structure, but it does these magic things – and we want to understand how," Mao said.

Tianyi Mao, Ph.D. Haining Zhong, Ph.D. Mao and Haining Zhong, Ph.D., both scientists with OHSU's Vollum Institute who also happen to be married, earned the five-year grant through the National Institutes of Health's BRAIN initiative. They are collaborating with fellow investigator Bo Li, Ph.D., a neuroscientist at the Cold Spring Harbor Laboratory in New York.

"We think amygdalar circuits are modified in different ways in different learning

tasks," Li said.

The researchers will use the latest imaging technology to map out specific regions within the amygdala and ascertain their functions. They will do so using a newly developed specialized lens that can be inserted safely into the amygdala. They will then be able to identify active regions of the brain in mice while they're awake, gradually forming a picture of neural circuits associated with specific behaviors. Understanding these pathways could lead to treatments, such as electrodes implanted in the brain, that stimulate or inhibit portions of the amygdala in disorders such as anxiety or PTSD.

"If you know the specific pathway involved in certain behaviors, you can target those areas with much greater specificity while minimizing any negative side effects," Zhong said.

This marks the second BRAIN Initiative grant earned by Zhong and Mao. In 2015, they received a \$1.1 million three-year grant to extend their research in neuromodulation, a key mode of chemical communication between neurons in the brain. It was the first grant awarded in the state of Oregon under the BRAIN Initiative, a collaborative public-private research initiative started by the Obama administration in 2013.

This research is supported by the National Institute of Neurological Disorders and Stroke of the National Institutes of Health under Award Number R01NS104944. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

# In a milestone year, **GENE** **THERAPY** finds a place in medicine

**MARILYNN MARCHIONE**

The Associated Press Chief Medical Writer

After decades of hope and high promise, this was the year scientists really showed they could doctor DNA to successfully treat diseases. Gene therapies to treat cancer and even pull off the biblical-sounding feat of helping the blind to see were approved by U.S. regulators, establishing gene manipulation as a new mode of medicine.

Almost 20 years ago, a teen's death in a gene experiment put a chill on what had been a field full of outsized expectations. Now, a series of jaw-dropping successes have renewed hopes that some one-time fixes of DNA, the chemical code that governs life, might turn out to be cures.

"I am totally willing to use the 'C' word," said the National Institutes of Health's director, Dr. Francis Collins.

Gene therapy aims to treat the root cause of a problem by deleting, adding or altering DNA, rather than just treating symptoms that result from the genetic flaw.

The advent of gene editing — a more precise and long-lasting way to do gene therapy — may expand the number and types of diseases that can be treated. In November, California scientists tried editing a gene inside someone's body for the first time, using a tool called zinc finger nucleases for a man with a metabolic disease. It's like a cut-and-paste operation to place a new gene in a

specific spot. Tests of another editing tool called CRISPR, to genetically alter human cells in the lab, may start next year.

"There are a few times in our lives when science astonishes us. This is one of those times," Dr. Matthew Porteus, a Stanford University gene editing expert, told a Senate panel discussing this technology last month.

It's a common path for trailblazing science — success initially seems within reach, setbacks send researchers back to the lab, new understandings emerge over years, and studies ultimately reveal what is safe and effective.

Here is a look at what's been achieved and what lies ahead.

## A string of firsts

The year started with no gene therapies sold in the U.S. and only a couple elsewhere. Then the Food and Drug Administration approved the first CAR-T cell therapies, which alter a patient's own blood cells to turn them into specialized cancer killers. They're only for certain types of leukemia and lymphoma now, but more are in the works for other blood cancers.

Last week, the FDA approved Luxturna, the first gene therapy for an inherited disease, a form of blindness. People with it can't make a protein needed by the retina, tissue at the back of the eye that converts light into signals to the brain, enabling sight. The therapy injects a modified virus



**ERIC RISBERG, THE ASSOCIATED PRESS**

FILE—In this Monday, Nov. 6, 2017 file photo, Brian Madeux sits with his girlfriend Marcie Humphrey while waiting to receive the first human gene editing therapy at the UCSF Benioff Children's Hospital in Oakland, Calif. Madeux, who has Hunter syndrome, received the treatment on Monday, Nov. 13. Gene therapy aims to treat the root cause of a problem by deleting, adding or altering DNA, rather than just treating symptoms that result from the genetic flaw.

containing a corrective gene into the retina so the cells can make the protein.

Children who received the treatment told what it was like to gain vision.

"Oh yikes, colors. Colors are super fun," said 13-year-old Caroline Carper of Little Rock, Arkansas. "And the sunshine is blinding."

Gene therapies also showed some promise against a variety of diseases including hemophilia, a blood clotting problem; "bubble boy" disease, where a flawed immune system leaves patients vulnerable to fatal infections, and sickle cell disease, a serious and painful blood disorder common among black people.

It's not all good news, though. The therapies don't work for everyone. They're shockingly expensive. And no one knows how long some results will last, though scientists say the aim is a one-time repair that gets at the root cause.

"The whole promise ... is to cure diseases. It's based on the rationale of fixing the problem,"

not just improving treatment, said Dr. Carl June, a University of Pennsylvania scientist who pioneered CAR-T therapy.

## A new frontier: Gene editing

In mid-November, Brian Madeux, a 44-year-old Phoenix man with a metabolic disease called Hunter syndrome, had just become the first person to try an experimental gene editing treatment.

"I believe in science," he texted The Associated Press after doctors sent viruses containing a corrective gene and an editing tool through an IV into his body. The hope is that the gene and the editing tool would enter some of his liver cells and insert the instructions needed to start making an enzyme he lacks.

It's not known yet if it worked. Sangamo Therapeutics is testing its therapy in several studies, and independent monitors will help decide when results are released.

"It's a pretty exciting milestone," Collins said, because it

shows a way to treat more diseases than ones that can be addressed now by altering blood cells in the lab or injecting genes into the eye.

"You can imagine having a scalable approach to thousands of genetic diseases," he said.

## What's next

Top of Collins' list: muscular dystrophy and sickle cell.

There's been so much progress that the NIH has modified an oversight panel that just a few years ago reviewed every gene therapy experiment in the U.S. Most are considered safe enough to go ahead without the Recombinant DNA Advisory Committee's review. The panel hasn't even met for a year.

When the panel was formed decades ago, "there was a lot of concern that a graduate student could take some of this home and create a monster in his basement," said one panel member, Boston scientist Dr. Howard Kaufman.

Those fears have eased, he said. "There's no monsters that have materialized from this."

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## US health officials to target high-risk alternative remedies

**MATTHEW PERRONE**  
The Associated Press Health Writer

WASHINGTON — U.S. health officials plan to crack down on a growing number of unproven alternative remedies, focusing on products containing dangerous ingredients that have occasionally been linked to serious injury and death.

The Food and Drug Administration on Monday issued a new proposal for regulating homeopathic medicines that have long been on the fringe of mainstream medicine. The agency plans to target products that pose the biggest safety risks, including those marketed for children or for serious diseases.

But under the government's framework, the vast majority of low-risk products would remain on the market. Popular homeopathic brands include Zicam Allergy Relief and Cold-Eeze.

Long regarded by scientists as a form of modern-day snake oil, homeopathic products are treated as drugs under law, but not supported by modern science. Most remedies contain heavily diluted drugs, vitamins and minerals.

"People may be putting their trust and money in therapies that bring little or no benefit in combating their ailments, or worse — in products that may cause serious and even irreparable harm," FDA Commissioner Dr. Scott Gottlieb said Monday on a call with reporters.

Once a niche market, homeopathy products have grown into a \$3 billion industry, according to FDA figures.

Homeopathic products are similar to dietary supplements, in that the FDA does not review their safety or effectiveness before they are sold. But unlike supplements, homeopathic medicines can state that they are intended for specific medical symptoms and conditions, similar to drugs.

A handful of products in recent years have been subject to major safety problems, usually involving potentially toxic ingredients.

Last year, the FDA warned consumers about the risks of teething tablets marketed by Hyland's Homeopathic after they were tied to seizures and deaths in infants and children. FDA testing later confirmed the products contained high levels of belladonna, also called nightshade, a poisonous herb that has long been used at low dosages in homeopathic medicine. The products were recalled in April.

In 2009, the maker of Zicam recalled three products that contained zinc gluconate after the FDA issued a warning letter to the company citing reports of users losing their sense of smell. Other dangerous



**ERIC SHELTON**, FILE, THE ASSOCIATED PRESS  
The Food and Drug Administration on Dec. 18, 2017, issued a new proposal for regulating homeopathic medicines that have long been on the fringe of mainstream medicine.

ingredients used in homeopathy products include nux vomica, which contains strychnine. Regulators have issued five warning letters this year to companies selling products with nightshade or nux vomica.

The FDA said its proposal also targets products that claim to treat serious diseases like cancer, or are administered via unconventional routes such as injection or eye drops. Regulators can issue warning letters, seize products or pursue criminal action against companies that disregard federal guidelines.

The agency will take comments on its proposal for 90 days before beginning to finalize the plan.

Consumer advocates said the FDA plan makes sense for products that are mostly harmless, but can be dangerous if manufacturers stray from traditional ingredients, dosing and manufacturing.

"I think the rules do a good job of going after the things that are most problematic," said Dr. Adriane Fugh-Berman, an associate professor at Georgetown University Medical Center.

The FDA hasn't updated its regulations for homeopathic medicine since 1988, when it essentially exempted the industry from basic production standards that are mandatory for traditional drugs, like listing ingredients on product labels.

Hundreds of homeopathic remedies today are sold alongside over-the-counter drugs like Tylenol and aspirin at pharmacies across the U.S. The National Institutes of Health has said there's little evidence that homeopathic medicine is effective for treating any specific condition.

# Man who aided hospital patient discharged in gown ‘shocked’

BALTIMORE (AP) — The man who said he came to the aid of a woman discharged from a Baltimore hospital wearing only a gown and socks on a cold winter's night, says he was left outraged and stunned at how she was treated.

Imamu Baraka, identified in local reports as the person who sought to help the woman, told The Associated Press he was so angry he decided to record Tuesday night's events on cellphone video, fearing no one would believe him if he reported a woman being left at a bus stop like that.

"I saw the unthinkable: another human in a wheelchair being wheeled out in the dead of cold," he said in the phone interview Thursday evening.

He described frigid temperatures in the 30s and a cold wind blowing at the woman's hospital gown, exposing her to the elements.

Baraka, who said he has a psychotherapy practice in a building across the street from the Maryland Medical Center Midtown Campus, said he rushed back to his office, retrieved his cellphone, returned and hit "record" while growing increasingly angry.

As a medical professional, the psychotherapist said he sought to keep his emotions in check even as he repeatedly challenged those who had wheeled the woman out to the street in the dark.

"At first I was shocked. I couldn't believe what I was seeing. And I move beyond that to the next level from being shocked. I became ... irritated and fearful for the young lady. And then I became angry," he recalled.

He added he failed to get satisfactory answers as he tried to help the woman.

Of those who brought her outdoors, he said: "I asked them three times, I asked them specifically, 'Are you going to leave this lady out here like this?' They kept walking. They then went inside

of the building." He said he went and asked a security guard outside the hospital for a supervisor and was told "I am the supervisor."

Rebuffed, he said, he then went and tried to help the woman shelter in the bus stop while calling 911 for an ambulance. He said he asked the arriving ambulance crew where they would take her, and they replied "back to the hospital."

Recalled Baraka, "I said, 'Are you kidding me, they just dumped her on the curb.'"

It wasn't immediately clear what happened to the woman after she was driven back toward the hospital. But the hospital confirmed in a statement that the woman was discharged that Tuesday night.

Dr. Mohan Suntha, president and CEO of University of Maryland Medical Center Midtown Campus, told a news conference on Thursday afternoon that the hospital had "failed" after the video posted on Facebook showed the unidentified woman mumbling and appearing disoriented in frigid weather outside. Suntha also said there were no excuses for what happened to the woman.

"We believe firmly that we provided appropriate medical care to a patient who came to us in need, but where we absolutely failed, and where we own that failure, is in the demonstration of basic humanity and compassion as a patient was being discharged from our organization after having received that care," he said.

He added that the woman wasn't mistreated while in the hospital's care and that the incident was isolated and that hospital officials were conducting an extensive internal review.

Said Suntha, "We do not believe that what occurred Tuesday night in any way defines who we are as an organization. There has been a lot of conversation since this incident came to light."



IMAMU BARAKA, THE ASSOCIATED PRESS

This Tuesday, Jan. 9, 2018, still image taken from video provided by Imamu Baraka shows a woman discharged from a Baltimore hospital wearing only a gown and socks on a cold winter's night. Baraka, identified in local reports as the person who sought to help the woman, told The Associated Press he was so angry he decided to record Tuesday night's events on cellphone video, fearing no one would believe him if he reported a woman being left at a bus stop like that.

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