



# Health

## Program draws surgeons worldwide

### Cardiac Fellowship at Providence St. Vincent educates doctors from around the globe

Where do promising young surgeons go to gain experience in cardiac care? If you ask Hannan Chaugle, MBBS,MS,MCh, FRCs, and Chen Haiquan, M.D Ph.D., it's Providence St. Vincent Medical Center.

"Providence St. Vincent is a good place," says Chaugle, 33, a fully-qualified cardiac surgeon from India, who joined the hospital in May as a two-year cardiac fellow. "I'm learning new and different techniques that I will incorporate into my work when I go back to my county." Teaching young cardiac surgeons advanced surgical techniques is the major goal of the 35-year-old International Cardiac Surgery Fellowship program at the Providence Heart Institute. Cardiac fellows daily observe and assist six senior surgeons at Providence St. Vincent with lifesaving heart procedures, as well as develop a philosophy and understanding of quality postoperative patient care. They attend regular teaching at conferences, lectures, and grand rounds held at Providence, and conduct clinical research. Since 1964, about 250 cardiac fellows from 25 countries have trained at Providence St. Vincent. Currently, there are 14 cardiac fellows at the hospital. Cardiac fellows are carefully screened and selected by an administrative team of Anthony Furnary, M.D., Pam Lowe, and Lisa Nyberg. Fellows receive a limited license from the State of Oregon and assistance with visa and passport issues. Upon arrival at Providence St. Vincent, they are trained and given their assignments. One of the reasons fellows say they want to work at Providence St. Vincent is the opportunity to work under world-renowned cardiothoracic surgeon, Albert Starr, M.D. "Dr. Starr is the most most popular cardiac surgeon internationally," says Chaugle. "We read about him and we use the artificial valve he co-invented." Haiquan concurs. "He is like the Michael Jordan



Providence Heart Institute cardiac fellow Dr. Hannan Chaugle, from India, harvests an artery in preparation for a patient's coronary artery bypass surgery at Providence St. Vincent Medical Center. Observing his technique is Dr. Typhoon Gurbuz, from Turkey

of heart surgery in our country," says Haiquan, 36 who will soon return to China where he has a position reserved at Changzheng Hospital in Shanghai. In 1960, Starr and engineer Lowell Edwards collaborated to invent and successfully implant surgically the world's first artificial mitral valve. Starr also is acclaimed for his expertise in pediatric heart surgery, minimally-invasive heart surgery, and bloodless surgery. Last May, he was the only U.S. surgeon to help perform in Paris the first successful computer-assisted open heart surgery with a robot. Thanks to their training under Starr and Providence's other world-class senior surgeons with large practices at United States hospital known for its cardiac care, both Chaugle and Haiquan expert to enjoy strong reputation in their home countries. Gaining intensive, hands-on experience in coronary artery bypass grafting (CABG) has been especially useful, they say, because in India and China the focus remains primarily on heart valve replacement. In 1998 alone, more than 1,000 CABG's were performed at Providence St. Vincent. In India, despite an estimated 20 million people with heart disease, cardiac surgery remained in its infancy, says Chaugle. Advanced

cardiac surgical training isn't available from the government sector, he says, and the private sector isn't willing to step in because well-established surgeons don't want added competition. Haiquan notes that while heart disease in highly-populated China remains low, more Chinese have adopted American diets and the incidence of coronary disease is expected to rise. In addition to their cardiac surgery training, both men have learned how American medicine is organized and will return to their home countries with some vital private sector business concepts. "I think working at Providence St. Vincent is really going to give me an edge when I go back to India," says Chaugle, who is living in Cedar Hills while in the United States. "I'm very grateful for the experience." For more information or apply to the program, international cardiac surgeons should check out [www.starrwood.com](http://www.starrwood.com). The site is available in English and Chinese. In 1999, Providence St. Vincent was named one of the nation's 100 top hospitals for cardiac bypass surgery by HCIA Inc. Providence St. Vincent was the only hospital in Oregon to receive the honor.

## Bottled water not always the safest for contact lens care

CONTRIBUTED STORY

FOR THE PORTLAND OBSERVER

A new study shows bottled water is not a safe alternative for rinsing and storing contact lenses.

Researchers at Baylor College of Medicine in Houston found low levels of bacteria and other germs

In several samples of bacteria at Houston-area grocery stores results of the study were published in a recent issue of "Ophthalmology," the Journal of the American Academy of ophthalmology.

Under criteria proposed by the Food and Drug Administration (FDA) and the Environmental Protection Agency, the Baylor study found that 20 percent of bottled-water samples exceeded acceptable sanitation limits. Another 17 percent of the samples consisted of lower levels of microbes. Using contaminated bottled water to rinse contact lenses passes the bacteria to the surface of the lens.

"This study shows that bottled water is not always sterile," said Dr. Kirk Wilhelmus, a professor of

ophthalmology at Baylor's Cullen Eye Institute and director of the study. "Bottled water should not be used as a substitute for sterile solutions used in contact-lens care.

Contact-lens wearers must follow a strict disinfection regimen to avoid serious eye infection."

According to the international Bottled Water Association, sales of bottled water exceed \$3 billion a year.

Since it is perceived to be of better quality than tap water, bottled water is sometime used as a substitute for rinsing and storing contact lenses.

"Incidents of infections due to bottled water have not been widely reported, although some groups are calling for widely reported, although some groups are calling for stricter criteria for regulating the product," Wilhelmus said. mold, amoebas and algae. Many of these have the potential to infect the eye."

The Baylor study, which tested 23 brands of bottled water, was funded by the national eye Institute, Sid Richardson Foundation, and Research to prevent Blindness.



Jennifer Hays, Ph.D. Baylor College of Medicine Houston, Texas

## Healthy sleep habits require planning and practice

### WOMEN'S HEALTH FOCUS

If you doze off during a meeting or church service, it's easy to write the speaker off as boring or dull. But chances are, your spontaneous siesta has more to do with you.

Falling asleep during the day is a sign that you're sleep-deprived, regardless of how boring someone or something might be to you. Just as you would change your eating habits if a deficient diet were causing health problems, you should change your sleep habits if your body is telling you that it lacks sufficient rest.

Most people need at least seven to nine hours of sleep every night, but most of us get far less. Women with children are especially prone to a

sleep shortage because we seldom get a chance to have time alone for ourselves during the day. Consequently, once the kids are asleep, we stay up later than we should, doing things we couldn't squeeze into the day's schedule. In addition to the personal things that are vital to our sanity, such as reading a book or talking to a friend on the phone, this might be the only time we have to pay bills or straighten up the house.

The sleep dilemma is often a time-management issue. You need to develop a list of priorities to ensure that you get enough sleep and enough time for yourself. Figure out how many hours of sleep your body needs by monitoring the time you wake up without an alarm. Then set a goal to go to bed around the same time each night that will allow you to sleep the required number of hours. This might warrant shifting some responsibilities around the house and reorganizing the day's activities so you can accommodate your needs and those of your family.

Try these strategies to help you sleep better:

- Gradually cut down on caffeine until you've "decaffeinated" yourself.
  - Avoid eating a heavy meal or drinking alcohol right before bedtime. A full stomach can give you heartburn, which can disrupt sleep, and alcohol can affect deep sleep, allowing you to be awakened throughout the night more easily.
  - Avoid intense exercise right before bedtime.
  - Keep a pad of paper by your bed to jot down ideas that come to you when you're lying in bed worrying about work or other responsibilities; you can relax after you've written them down because you don't have to worry about forgetting them.
- If you're starting to nod off as you read this, please don't automatically blame the content or the author. Consider the possibility that your body is trying to tell you something. Sweet dreams!

## Breast milk proves best for preemies

CONTRIBUTED STORY

FOR THE PORTLAND OBSERVER

Premature infants fed breast milk fortified with extra nutrients fare better than those receiving special preterm formulas, according to results of a large-scale study from the USDA/ARS Children's Nutrition Research Center. "Of all the feeding strategies tested, the factor that influenced premature infant health the most was fortified human milk," said Dr. Ricard Schanler, a professor of pediatrics at Baylor College of Medicine in Houston. In study, 108 infants born between 11 and 13 weeks premature, and weighing less than two and one-half pounds each, were fed either a special preterm formula or fortified breast milk, depending on parental wishes. Within each group, milk feedings were initiated at different times and the tube-feeding method was varied to determine an optimal feeding regimen.

Although differences were expected, researchers were impressed that feeding fortified human milk was the hands-down winner—regarding of feeding method. According to Schanler, the infants who received fortified human milk "graduated" from intravenous to milk feeding faster than had fewer of the complications common in premature infants. They experienced less sepsis, or infections in the blood, and had fewer cases of necrotizing enterocolitis, an intestinal inflammation that often requires surgery. They also needed less medication to control spitting up and were discharged from the hospital an average of two weeks sooner than their formula-fed counterparts. "Breast milk contains antibodies and other important substances that encourage the growth of 'good' bacteria in an infant's intestinal tract and also inhibit the growth of harmful ones that can invade an infant's system and cause problems," Schanler said.

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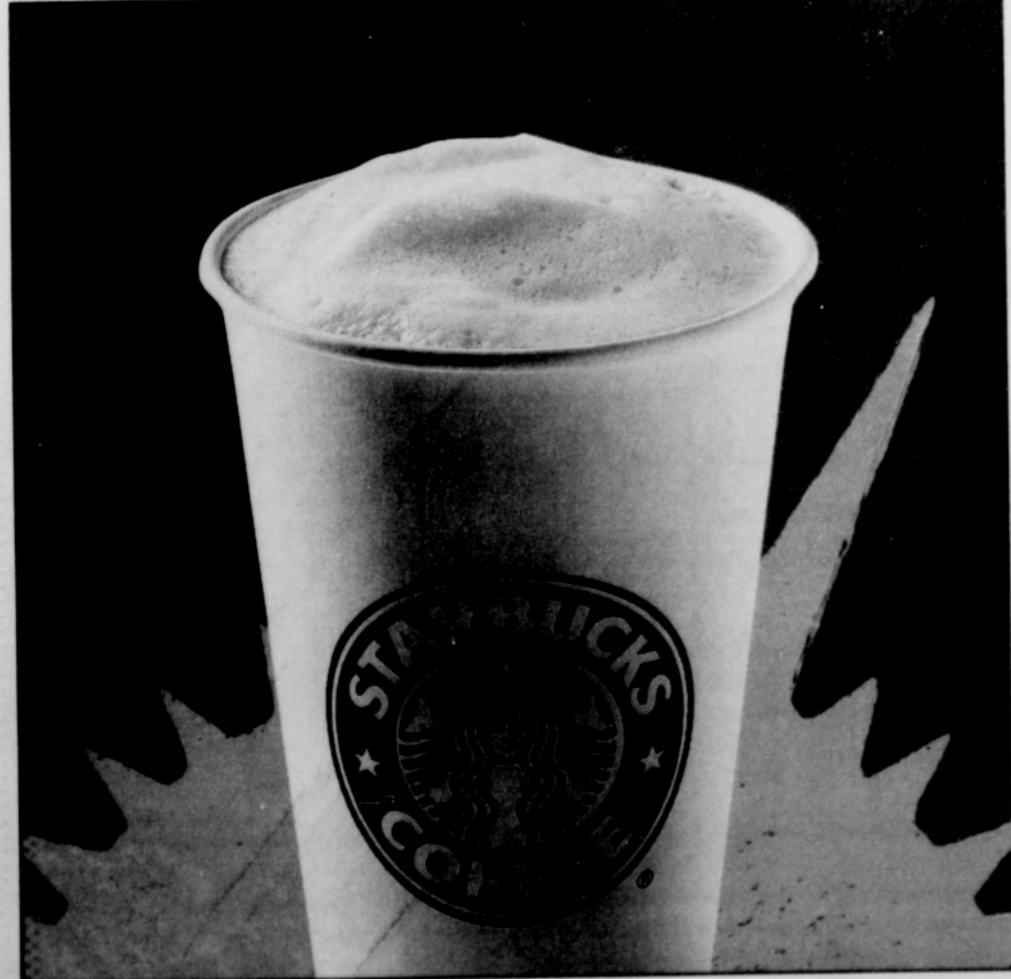
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