

Mammography and early detection saves lives

After mammogram screenings became widespread in 1990, the United States saw a 37 percent decrease in breast cancer related deaths.

Yet recently, only 65 percent of women above the age of 40 reported having a mammogram within the last two years.

PeaceHealth Peace Harbor Medical Center is encouraging the community to schedule their annual mammogram today.

"Peace Harbor offers high quality digital imaging equipment, staffed by trained and accredited mammographers and radiologists," says Vickie Hunt, radiology technologist/mammographer. "A mammogram can detect cancer early — when it's most treatable and can be treated less invasively — which not only saves lives but helps preserve

quality of life."

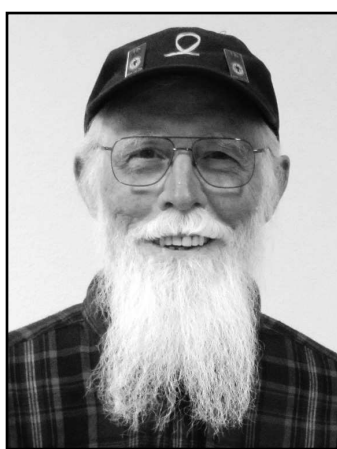
This quick medical exam uses a noninvasive X-ray targeted to each breast, producing images that a doctor can use to detect and identify any abnormal areas, possibly indicating the presence of cancer.

Current guidelines from the American College of Radiology and the Society for Breast Imaging recommend that women receive annual mammograms starting at age 40, and continue regular exams as long as they are in good health.

Peace Harbor's mammography department is open 6 days a week, providing screening and diagnostic breast imaging.

Most insurance companies, including Medicare, cover most, if not all, of the costs of screening mammography. Call 541-997-2804 to schedule an appointment in Florence.

Us TOO Florence Prostate cancer journeys



By **BOB HORNEY**
CANCER SURVIVOR
US TOO CHAPTER LEADER

It was July 28 of this year that my wife, Marianne, (with phone in hand) found me pattering around in the garage. Upon finding me, she said to the caller, "Here he is, you can speak with him about it."

Oh?
My "hello" was answered by a young lady with news from my health care plan. She wanted me to know that the prior denial of a referral for Hyperbaric Oxygen Therapy (HBOT) had been reversed and it was now approved.

She sure "made my day" and I very clearly told her so.

Ok, a little background: This is just another blip in my prostate cancer journey that began with a diagnosis in

December 2001. That was followed in January 2002 with a radical prostatectomy (surgical removal of the prostate).

Everything looked super except for one "capsular extension" listed on the pathology report. That referenced a bump on the prostate capsule where the cancer had been pushing to get out. After consultation with my surgeon, the late Dr. Peter Bergreen, we decided to proceed with what is now called Active Surveillance (no immediate radiation follow-up, but regular PSA tests) to see if any cancer cells had escaped.

When my PSA made its third consecutive rise in late 2007, my urologist, Dr. Bryan Mehlhaff, recommended I take the next step, radiation. At that point, I chose Image Guided Radiation Therapy (IGRT) at the new Oregon Urology Institute (OUI) Radiation Center.

Treatment started in December 2007 and ended on Valentine's Day 2008. With nearly six years between surgery and radiation, my intestines had moved in front of my prostate bed, making "normal" radiation through my abdomen impossible.

However, by laying on my stomach, the intestines moved enough that they could proceed with the treatment. It is now

nine years since completing my IGRT and I'm dealing with a rather insignificant, but quite steady PSA of 0.03.

So, what's up with this phone call from my health care company?

Well, the past several years I have been visiting nearby bathrooms much too frequently and, I might add, with quite an urgent need to urinate, aka urge incontinence. After working my way through half a dozen or so drugs to calm bladder muscle spasms (with no success), and the bathroom visits becoming even more frequent, Dr. Mehlhaff decided it was time to pass me on to an OUI expert with incontinence, Dr. Roger McKimmy.

At my appointment on June 20 with Dr. McKimmy, we took a short Cystoscopy trip — up my urethra, through the urinary sphincter and into my bladder — to have a look around. Entering the bladder and looking forward, we saw nothing on the monitor but nice, normal bladder tissue.

However, when he turned the cystoscope around and looked back, we saw a dramatic change in the landscape: reddish, angry looking tissue which is are clear signs of blood vessel damage from the radiation.

Seeing that damage, Dr.

McKimmy wanted a 48-hour voiding diary completed. That was done and the results faxed to his office. Those results convinced him to promptly send a referral to the McKenzie Wound Center in Springfield.

Immediately, upon receiving the referral, I was contacted and set up with a July 6 consultation at their facility on West 11th Ave. in Eugene.

That consultation was extraordinary. Then on July 12 came a huge letdown. My health care plan denied the treatment, stating that the treatment wasn't covered as stated. Well, before I could catch my breath, the McKenzie Wound Center appealed that decision. Finally came my phone call on July 28 that the denial had been reversed and I could proceed with scheduling my HBOT treatment, which Dr. McKimmy recommended.

Why is HBOT critical to healing my bladder and, consequently, my urge incontinence? The damaged area of my bladder is lacking blood vessels capable of supplying the oxygen necessary for healing. Only HBOT's pressurized chamber of 100 percent oxygen can get oxygen to that area.

More to come on this exciting adventure which began Monday, Aug. 7.

Senior Center announces new weekly cribbage group

The Florence Senior Center has announced the start of a new cribbage group that meets each Wednesday at the center.

All ages are welcome to the group, which held its first meeting Aug. 2.

Cribbage is a card game for two to four players, in which the objective is to play so that the value of a player's cards reaches exactly 15 or 31.

"Cribbage is very competi-

tive and it brings people together," said Sandra White, an administrative assistant at the Senior Center.

Meetings are held from 9:30 a.m. to noon., and beginners are welcome.

The Florence Senior Center is at 1570 Kingwood.

For more information about this program or others, or to volunteer, call 541-997-8844.

New donor milk program provides nutrition, relief

Peace Harbor Medical Center is launching a Donor Breast Milk program for its Labor and Delivery patients.

Provided and tested by Medolac, the new donor breast milk will be available to any families — in the hospital or returning home — who may need it.

This includes new mothers unable to produce milk the first few days after birth, working mothers and surrogate-born and adopted babies.

"Providing this service to our Florence community ensures families don't have to make the journey to Eugene or Springfield to get the right care for their newborns," says

Renee Reiser, Registered Nurse, Certified, Certified Lactation Counselor (CLC) and Maternal Newborn Nurse. "New mothers can receive the whole spectrum of care and services, from delivery onward, right here at Peace Harbor."

Peace Harbor has been providing lactation services to the community for more than three years.

Every delivery performed in the hospital is automatically referred to lactation services.

Although families may choose to use cow's milk formula to feed their babies, The American Academy of Pediatrics recommends feeding

babies human milk to help them resist allergies and infections.

"Breast milk helps newborns grow strong in ways that formula simply can't," says Reiser. "Using donor milk doesn't mean you're a bad parent. It's completely normal to have a hard time producing milk after birth, or not being able to produce enough milk when you're working 40 hours a week."

"That's why we provide the service."

MEDOLAC extensively tests its donors and treats its milk.

Donors are screened and tested for HIV 1 and 2, HTLV

II and II, HBV, HCV, Syphilis, West Nile Virus and Chagas Disease, and their blood is tested at American Red Cross National Testing Lab.

The donor milk is then sterilized in Medolac's facilities, killing any potential bacteria, viruses and spores.

"As a CLC, there is one hard and fast rule: Feed the baby," Reiser says. "It doesn't matter how. But being able to provide donor milk is a valuable tool that we now have available for parents and babies."

For more information on Peace Harbor's new Donor Breast Milk program, call 541-997-8412.

Fundraiser for Boy's and Girl's Club.

FREE LUNCH

50's Party Car Show, Elvis & BBQ
Thursday, August 17th • 11am-1pm
1451 Spruce Street, Florence

Raffle to benefit our local Boy's and Girl's Club.

Menu: Octoberfest Brats, Beef Burgers, BBQ Chicken Drums, pasta salad, Corn on the cobb, Watermelon and Chips. Eat FREE, listen to Elvis, talk to the car owners, have your picture taken.

JOIN US AT SHOREWOOD SENIOR LIVING FOR A 50'S FEELING!

Shorewood SENIOR LIVING

EMAC TO HOST 'BLACK AND WHITE' RECYCLING EVENT

The Environmental Management Advisory Committee (EMAC) is hosting its Seventh Annual Black and White Recycling Event, Saturday, Aug. 12, from 10

a.m. to 2 p.m. at the Siuslaw High School Parking Lot at 2975 Oak St.

Acceptable items include: all household appliances large or small, empty propane tanks that are five gallon size or less and car and truck automobile tires 22" or less.

There is a 10-tire limit per household; no commercial

vehicle tires can be accepted.

This City of Florence sponsored event is provided in collaboration with County Transfer & Recycling, Central Coast Disposal, Les Schwab and Shervin's Tire & Automotive.

The disposal costs are funded by Lane County's System Benefit Fees paid by area resi-

dents and businesses through their garbage bills. The public is encouraged to use this free recycling opportunity that has paid for through fees.

For more information regarding the Black and White Recycling Event, contact the City of Florence at 541-997-8237.



FRAA ART CENTER

120 Maple Street
Phone: 541-997-4435
Hours Open: Wed-Fri noon-5pm,
Sat 10am-5pm, Sun. noon-5pm

Classes, Workshops & Events

DATE CORRECTION: Basic Crochet Workshop & Crochet-A-Long

Learn the basics of crocheting & have fun. Sunday, September 10, 1-4 pm
Materials needed to complete one project will be provided; students may bring own \$15 FRAA members, \$20 non-FRAA members.
Pre-registration required at FRAA. Stop in or call 541-997-4435

Next Art Swap Day at FRAA

Monday, August 28th, 9-11 am

Whimsical Hand Building Ceramics w/ Alissa Clark

Wednesdays, 3-5 pm and Thursdays, 6-8 pm

Open Lab Ceramics on Saturdays

Drop in, work at own pace. Sat 12-5 pm
All ceramics classes held at Alissa's Studio, 180 Laurel Street. Call Alissa with questions: 503-857-5222

NEW! Writers on the River Literary Salon w/ Catherine Rourke

Saturday, September 9, 6-8 pm
Featured Author: Ned Hickson
Writers Open Mic and Door Prizes
Free public event, \$5 suggested donation
Questions: contact 541-708-2120 or CJReditor@gmail.com

Open Studio @ FRAA, Thursdays

No registration required. Drop-in, bring your materials, and create. All artistic mediums welcome.
Every Thursday, 1-4 pm

Painting with John Leasure

Saturdays 9 am - 12 pm
August 5, 12, 19, 26, Sept 2, 9, 16, 23, 30
Contact: jleasure@hotmail.com or 541-991-2754 for details and fees.

Oil Painting with Michael Wood

Wednesdays 1:30 pm - 4:30 pm
Contact: mwood@msn.com for fees and more information.

Senior Services

It's easy to relax, knowing these community businesses are here to help with all of your service needs.

Call the Siuslaw News to Join Our Senior Directory
541-997-3441

BRADLEY BERG
ATTORNEY
Wills - Trusts
Probate

1932 Pine St.
Suite B-3
Florence, OR
997-8114

SPRUCE POINT ASSISTED LIVING
375 9th Street • Florence
541-997-6111

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**148 Maple St.
Florence
541-997-3441**