

# THE DOCTOR IS IN

**By John Lopez**

Do you, or anyone you know, continually invest in incontinence products, experience involuntary leakage during physical activities or have back or pelvic pain from giving birth? These symptoms may be caused by pelvic floor dysfunction. The good news is, in the majority of cases, it's treatable.

The National Institute of Health states that a third of all women develop pelvic floor dysfunction in their lifetimes, including incontinence and/or pain. Additionally, according to the National Association for Continence, 26 percent of women between ages 18 to 59 have urinary incontinence (involuntary leakage of urine). Such was the case with Amy, whose name has been changed to protect her privacy.

Amy is a mother of three and in her late 40s. Five years ago, she had developed bowel and bladder incontinence associated with exercise and quick movements. She withdrew from social situations to avoid embarrassment. Though once a teacher of fitness classes, she stopped being physically active.

Amy was referred to physical therapy for pelvic rehabilitation, unsure of what to expect. Her therapist talked to her on the phone about the evaluation and treatment of her symptoms.

After a comprehensive evaluation she was found to have: poor posture, significantly underperforming core and pelvic floor muscles, signs of arthritic changes in her left hip and a lack of knowledge about proper diet and daily habits pertaining to her bowel and bladder.

Her therapist detailed the findings with her and shared a treatment plan aimed at returning to her life pursuits. Amy participated in a progressive pelvic floor muscle training program with specialized equipment, under the direct supervision of her pelvic health therapist. She learned about the anatomy and function of her pelvic floor muscles, how to use them correctly and what food and drink items to avoid in order to keep control of her bowel and bladder.

After fewer than three months of committed teamwork between herself and her therapist, she was able to participate in practical daily task simulations to test

## About the author

John Lopez is the Rehab Services Supervisor for West Valley Hospital and a licensed physical therapist.



**Lopez**

John completed his physical therapist education and training in 1998 at Loma Linda University in southern California, taking staff and leadership roles in various settings including: skilled nursing, comprehensive outpatient rehab facilities, work injury management, and outpatient orthopedics. He is a certified ergonomics evaluator and enjoys furthering his clinical education and practice, particularly in the areas of sports, the spine, and pelvis. He appreciates being a part of a dynamic rehab team that is committed to growing specialized patient care.

He spends his extracurricular time in church activities, exploring the outdoors with his family, and in the gym.

and train her bowel and bladder control. Graduation time had come as she reported no bowel or bladder leakage with exercise including fast-paced walking and quick changes in position. Most important to her was being able to go out and enjoy a movie with family — without interruption.

With proper care from a specially trained pelvic health physical therapist, Amy's outcome is not unusual. A 2008 study by the department of gynecology of a university in Brazil showed that patients with stress urinary incontinence

(involuntary leakage associated with exercise, sneezing, or coughing) who underwent pelvic health physical therapy clearly improved over a group of patients that did not receive such treatment.

If you or someone you know is experiencing pelvic floor dysfunction symptoms similar to Amy's, remember that there is specialized care available to help, for males as well. For more information, contact your primary care provider or call West Valley Hospital Rehabilitation Services at 503-623-7305.

# ANNIVERSARY

## Parker — 50 years

Dennis and Linda Parker will celebrate their 50th wedding anniversary on Sept. 1, 2017.

On Sept. 2 at 2 p.m., there will be an anniversary party in their honor at the First Christian Church in Salem.

Dennis Parker spent 30 years in the Dallas School District teaching seventh-grade science. One of the classes he taught was required for all students, so if you went to school in Dallas between 1968 and 1998, you probably had Mr. Parker as a teacher.

Dennis also is the owner of Dennis Parker Logging. Linda Parker is an accomplished musician, playing piano and various percussion instruments, and spent much of her husband's teaching career also in the Dallas School District, most notably with the DHS band. Linda has been honored with the Dallas Chamber of Commerce Good Samaritan Award. She was an active volunteer in the band program, and is still active in playing the piano for her church and with her family.



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# MI TOWN

Although the calendar says that the official beginning of fall isn't until late September, for many of us, Labor Day signifies the transition as children begin another school year, and we pack away our swimsuits and rafts and beachwear. If history repeats, we'll continue to have several weeks of wonderful weather with cool evenings and fresh, crisp mornings. In our house, the unanimous vote would be for endless summer — but the reality of a change of seasons is also something to look forward to.

Autumn is a very special time of year for me with the beginning of school, football season, a time to make applesauce and pies from the tree in our backyard,



**PATTY TAYLOR DUTCHER**  
Columnist

and to watch the grapevines over the back deck as the fruit changes in color from green to deep purple.

This evening is the last concert in the summer Music in the Park Series in Monmouth. What could be better than a summer evening listening to Celtic music with your family and friends, while enjoying a picnic from home, or purchasing food and drink from our local vendors. The concerts have been well attended all summer long,

and we'll enjoy another great evening close to home. Tonight's group is Coming Up Threes. Thanks to the generosity of several local businesses, merchants and other organizations, these concerts are free to everyone who attends. Even though this is our last concert in the Main Street Park for the season, let's thank our friends and neighbors by supporting their restaurants and other businesses during the year.

My all-time favorite summer event of the year is here. What fun to eat corn dogs, ice cream bars and enjoy the best milkshake of the year at the Oregon Dairy Women booth. The Oregon State Fair is in full swing in Salem, where there is truly something fun for

people of all ages. A day at the fair is quite unlike any other — with so many opportunities to have a wonderful time. I remember my very first state fair when I was a 4-H kid — excited to spend some of my berry-and-bean picking, and chitum bark money (Anybody remember what hard work that was?) on corn dogs and curly fries and elephant ears. It's good to know that some traditions are just as enjoyable no matter how many years have passed. There have been some changes — admission fees are reduced, but there is a \$5 (cash) fee for parking. Senior citizens — admission is \$1 all day, every day. That's really good news for those of us of a certain age who are watching our expenses. See you at the fair.

# PEDEE NEWS

We in Pedee are so sorry to hear of Peter Padilla's death. He and his wife Joyce were such an inspiration to many people in the area. He had died of cancer on August 7th at the age of 60. His memorial service will be on September 8th in Dallas.

Most people in Pedee stayed in the community to view the "Great American Eclipse" last Monday, watching with friends and family; where better to be since we were in the path of totality? Mike Heggen invited friends Jason Pargeter from Seattle and Tom and Jake from Eugene to watch with him, plus his help, Draven Morehead and James Johnson from Salem joined the group for the spectacle. A number of Chris and Jennifer Vandenberg's friends camped for the long weekend on



**ARLENE KOVASH**  
Columnist

their place on Pedee Creek Road and so had a great view of the eclipse. The Russells and Brothertons were getting together at the church to watch and were greeted by couples from Seattle, the coast, and California who had stopped by. Same thing happened at the women's club. June Clark had a small group over, but pointed out that as soon as totality hit, their night light turned on — she's planning to stay away from it the next time!

And we possibly had the

best view of all, right in our driveway, as the eclipse was framed by our beautiful hills and trees. Judy Guida, Joe Guida, and Suzanne Burbank came over and we ate cinnamon rolls and "Eclipse" cookies while watching this amazing sight. My only regret was that two minutes was not long enough.

Paul and Diane Telfer returned home two weeks ago from a week-long vacation at Seaside with their three children and five grandchildren. They enjoyed their time in the pool and on the beach, and making s'mores. Paul and Diane ended their vacation by hiking 10 miles from Cannon Beach to Seaside over Tillamook Head. At the top is an old bunker from World War II. They then had family over for the eclipse, which they watched

from the back of their place, which had a good view.

It has been a busy summer for the Telfers, including an overnight trip to Sisters for Diane to assist the Red Cross with wildfire relief. She and I both have quilts at the State Fair, plus we will be helping with the "quilt walk" on one of the days.

Pedee Church will be sponsoring a 4-H club this year for interested kids between the ages of 10 and 18. An organizational meeting will be at noon on Sunday, September 10th, but if you can't make that, your kids are still welcome to join. They will try to have leaders for any projects the kids would like to have. Call Heather Traglia at 503-623-9188 for details.

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