Determined to Dream
Sleep Apnea: Dottie’s Story

Noise Exposure
Learn how to protect your family’s ears

Sun & Your Skin
Enjoy the sun without harming your skin

Summer Foot Safety
Five tips to keep your feet feeling good
The summer sunshine in Oregon can make outdoor activities like bicycling or gardening more enjoyable for many. But for some, pain in the hands or wrists makes hands-on activities too painful to enjoy. Understanding the different causes and symptoms of various hand ailments is the first step toward finding relief. Below is information about the most common hand ailments, as well as some of the available treatments.

### Carpal Tunnel Syndrome

**Cause:** Carpal tunnel syndrome is caused by a pinched nerve in the wrist. A number of factors can contribute, including the anatomy of the wrist, certain underlying health problems and possibly patterns of hand use.

**Symptoms:** Onset is gradual and includes tingling, numbness, weakness or aching in the fingers, and over time may progress to shooting arm pain.

**Treatments:** Medication and wrist splints can help alleviate symptoms. If these options do not alleviate the pain, the syndrome can be treated by surgical release of the median nerve.

### Arthritis

**Cause:** The causes depend on the type of arthritis, but genetics, joint injuries, and infections can contribute to developing arthritis.

**Symptoms:** The hallmark symptoms of arthritis are swelling, stiffness, and inflammation in joint areas.

**Treatments:** Most patients begin treatment with medication and physical therapy. If these fail to provide relief, surgical replacement, fusion or denervation of the joints may be suggested.

### Trigger Finger

**Cause:** People with work or hobbies involving repetitive gripping actions are at risk for developing inflammation around the flexor tendons, causing the fingers to “trigger” or “lock.”

**Symptoms:** Finger stiffness in the mornings, finger clicking or locking in a bent position which may suddenly straighten.

**Treatments:** Depending on the severity of symptoms, this condition may be treated with steroid injections or surgery.

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**Women are 3x more likely to develop arthritis than men**

If your hand is impaired in any way, you may have options to improve your condition. Hand surgery is very specialized and can treat the cause of your pain and repair the strength, function and flexibility of your wrist and fingers.
A majority of young people in the United States now use personal devices such as smartphones, laptops and tablets.

The summer brings greater leisure time and car trips where tech use is common. While there is a lot of fun to be had, this is a good time to practice safe listening as well.

The World Health Organization reports that half of young people (ages 12-35) listen to unsafe levels of sound through their personal audio devices. It is critical that parents, healthcare providers, and educators prioritize teaching and enforcing safe listening practices, particularly when children are using these devices with ear buds or headphones.

It is now known that loud noise can cause both mechanical and metabolic damage to the cells of the inner ear. Recent research concludes that even “temporary” noise-induced hearing loss actually leaves behind auditory deterioration that manifests as tinnitus, hyperacusis, and difficulty understanding in background noise.

Fortunately, noise-induced hearing loss is the one type of hearing loss that is completely preventable. However, once it occurs, it is irreversible. Hearing loss can impact a young person’s academic and social success, as well as future vocational choices. By teaching safe listening habits early, when technology is first introduced, parents can help preserve their children’s hearing for a lifetime.

4 Tips to Protect Children’s Hearing

Turn Down the Volume
- A good guide is half volume. Start with the volume low, and turn it up only as high as necessary to hear comfortably. If listening with earbuds prevents a person from hearing nearby sounds, the volume is probably too loud.
- Likewise, if a child is wearing earbuds and a parent is able to hear the sound playing while standing next to them, it is too loud.
- Technological interventions, such as volume-limiting software and on-screen warnings, can help.
- When listening in noisy environments, use of noise-cancelling or sound-isolating earphones also keeps preferred volume levels lower.

Take Listening Breaks
Give ears a rest. For example, after listening for an hour, take a long break. Risk of hearing loss is not only influenced by how loud sounds are, but also by how long sounds last.

Educate
Talk to young people about noise and hearing loss. There are a number of online educational resources designed for young people, such as Dangerous Decibels and Turn it to the Left:
- dangerousdecibals.org
- turnittotheleft.com

Model Safe-Listening Habits
Demonstrate these behaviors yourself. Children mimic and learn from their parents, so be a role model for safe listening.

With support, young people can learn how to enjoy personal audio devices safely and protect their hearing for a lifetime.

How do I know if my audio is too loud?

Be aware of signs that indicate your headphone volume is dangerously loud:
- Others nearby have to raise their voices for you to understand them.
- The sound hurts your ears.
- Ringing or buzzing in your ears occurs.
- Hearing seems muffled or reduced for several hours after the sound exposure.

If you experience any of these signs, a hearing evaluation with an audiologist is recommended.
Dottie, a 79 year-old wife and mother, had grown accustomed to feeling fatigued all the time. Tired was her normal. In late 1999, while traveling with family, her sister mentioned that she noticed Dottie had stopped breathing dozens of times during her sleep. “I knew that wasn’t normal,” Dottie said. “Could this be why I’m so tired?”

After her trip, she sought out a sleep doctor who requested she complete a sleep study. Ultimately Dottie was diagnosed with sleep apnea, a disorder characterized by pauses in breathing or very shallow breaths while asleep. This may occur 30 times or more within an hour. “Every time that happens, you move out of deep sleep and into light sleep, which results in poor sleep and daytime drowsiness,” said sleep study technician Kirk Leder with The Oregon Clinic Sleep Center. “Most people who have it don’t know since it only occurs during sleep.”

Dottie was given a Continuous Positive Airway Pressure (CPAP) machine, mask and accessories. A CPAP machine works by gently blowing air into the airway through a mask to help keep the airway open during sleep. “I was so overwhelmed and the mask was very uncomfortable.”
She followed up with her doctor multiple times, only to find no support. “The machine wasn't working properly, so finally I just called it quits. I was done,” Dottie recalled. “But if I had known how serious this was, I would have never given up on it.”

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Fast forward nine years. Dottie started having trouble with her back and had to manage the pain with prescription pain medications. “Life started getting really hazy for me at this point. I was upset and crying all the time,” Dottie recalled. She had trouble walking because of the pain and on top of that, she had no energy. Upon hearing about her health problems, a close friend suggested she see a doctor and get another sleep study, this time at The Oregon Clinic.

She first met with Dr. Michael Lefor, pulmonologist with The Oregon Clinic Pulmonary, Critical Care & Sleep Medicine – East. “When Dottie came to me, she had a lot going on in her life. She already knew she had sleep apnea, but I don’t think she knew how much it was affecting the rest of her health and energy,” Dr. Lefor said. Studies show sleep apnea is linked to heart disease, diabetes and other metabolic diseases when left untreated. Sleep apnea sufferers have five times the risk of dying from a heart problem compared to those without.

“Dr. Lefor was straight with me. He said I needed to change my meds. I needed to lose weight. I didn’t want to hear it, but I finally understood how real the situation was,” Dottie expressed. After a second sleep study, she received a new CPAP machine and properly fitting mask. “I was so scared it was going to be a repeat of what happened years ago,” Dottie said. “But I was ready to get better…I needed to get better.”

This time, her care and support didn’t end with the sleep study. Dottie joined a sleep apnea support group called Better Rest is Dependent on Getting Education & Support (BRIDGES), hosted monthly by The Oregon Clinic’s sleep technicians. “I finally saw that I wasn’t the only one struggling with this life change,” Dottie said. Her husband attended the meetings with her. “At my third meeting, someone said something that has always stuck with me: ‘It’s just mind over matter.’ It finally clicked for me that I can get used to this. I can do this.”

As she improved, she switched her care to The Oregon Clinic’s Caitlin Conrad, PA-C, for maintenance. Caitlin got her a chin strap to further improve her comfort sleeping with her machine. “The clinic staff was always just one phone call away. Any time I had questions they were available to answer them,” Dottie said. As she lost weight, Caitlin helped get her fitted with a smaller mask.

“Dottie said her breathing has improved significantly and that the mask is comfortable. “I can’t even nap now without the machine because it is so soothing,” she said, Dottie also said she is no longer living in a haze and that her health problems and pains have reduced.

When asked what made her second experience tackling sleep apnea successful, Dottie said “The education I received made all the difference. I wonder how many people stop using their CPAP machines because they don’t have support.” Even though she is better now, Dottie continues to attend BRIDGES meetings and help others get a good night’s sleep.

Treating Sleep Apnea

The CPAP device is the treatment of choice for sleep apnea. The CPAP mask fits over the nose and/or mouth, and gently blows air into the airway to help keep it open during sleep.

The CPAP is highly effective for treating sleep apnea when used as recommended.

Lifestyle changes are also an effective way to mitigate the symptoms. In coordination with a CPAP machine, your doctor may suggest:

Losing weight if you are overweight

Avoiding alcohol, which causes frequent nighttime awakenings and makes the upper airway breathing muscles relax

Quitting smoking, since it worsens swelling in the upper airway and makes snoring worse

Sleeping on your side instead of your back to help keep the airway open

BRIDGES

This support group was started by The Oregon Clinic to teach you about sleep, sleep apnea, PAP therapy and healthy living.

Led by registered Sleep Technologists, join us and have your questions answered by specialists in small, informal meetings.

Meetings are FREE and open to the public.

When: 4th Thursdays at 1:30 PM
Where: 1st Floor Conference Room
1111 NE 99th Ave.
Portland, OR 97220
Information: (503) 963-3030
Although many people make efforts to protect their skin from the sun, they may still experience sunburn and wonder what they did wrong. Understanding how the sun and sunscreen work can help you more effectively protect your skin from the sun.

The sun has two types of damaging radiation: **UVA** and **UVB**. UVA is responsible for tanning, wrinkling and photoaging, and also increases your risk of skin cancer and melanoma. UVB is a key player for development of sunburns, skin cancer, and to a lesser degree, wrinkling. Sunscreens work to chemically absorb or physically reflect the sun’s harmful rays.

SPF, or Sun Protection Factor, is a number that can be used to roughly calculate how long you can stay in the sun and not sunburn. So if after 10 minutes your skin turns red, SPF 15 would let you stay out about 150 minutes before turning red.

But it is not that simple. SPF only refers to UVB rays and there is no clear rating for UVA. So you have to look carefully at the ingredients listed. In addition, a more expensive sunscreen is not necessarily better.

### What sunscreen should I buy?

Consumer Reports came out with their top picks, all of which are relatively affordable and work well even after water immersion.

#### Spray Options
- Trader Joe’s Spray SPF 50
- Banana Boat SunComfort Continuous Spray SPF 50
- Neutrogena Beach Defense Water + Sun SPF 70
- Caribbean Breeze Continuous Tropical Mist SPF 70
- Equate Sport Continuous Spray SPF 30

#### Non-Spray Options
- La Roche-Posay Anthelios 60 Melt-In Sunscreen Milk SPF 60
- Pure Sun Defense SPF 50
- Coppertone Water Babies SPF 50
- No-Ad Sport SPF 50

#### Natural Options
- Note: Natural sunscreens are not the best options because they do not perform as well as a chemical-based sunscreen.
- Cotz Plus SPF 58
- California Baby Supersensitive SPF 30+
- Ocean Potion Protect & Nourish SPF 30

### How can I reverse my skin damage?

While prevention is the most effective way of dealing with the issues related to sun damage, sometimes it cannot be avoided. What can be done to reverse the process? We like to use an IPL laser to help eliminate some of that sun damage. This laser has virtually no down-time between treatments and over a course of 3-6 treatments, the pigmentation improves and skin looks healthier.

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**Roya Mansouri** is an Ear, Nose & Throat Physician and Facial Plastic Surgeon

📞 (503) 488-2600

🔗 oregonclinic.com/medspa
Prevent Dry, Cracked Heels
Open backed shoes can spread the fat pad of the heel, which can cause the skin to crack. Opt for shoes that have a back on them, providing more support. For mildly dry heels, use an exfoliating moisturizer every day in conjunction with a pumice stone once or twice a week in the shower. Make sure you rub in only one direction, as scrubbing back and forth can make it worse. Deep cracks where you can see dried blood should be treated with antibiotic oil and covered with a band aid.

Minimize Blisters
Blisters happen when a shoe rubs against the skin, causing the skin to balloon up and fill with liquid. The liquid cushion helps protect the deeper layers of skin underneath. The best way to prevent blisters is to buy shoes that are made from soft fabrics or leathers. After buying a pair of shoes, it’s always a good idea to wear them around the house for an hour or two to make sure you will stay pain free. You can use moleskin to line areas of friction inside the shoe. If you do get a blister, clean it with regular hand soap and try to leave it intact. If you’re still having pain, dip a needle into rubbing alcohol and poke a small hole in the side of the blister to let the liquid drain out. Follow up by applying some antibiotic cream and cover with a band-aid.

Get a Safe Pedicure
Bring your own tools when you get a pedicure to minimize the risk of getting an infection. If using your own tools is not an option, watch how they sanitize their tools. Look for tools soaking in a blue disinfectant called Barbicide. Ask the pedicurist to cut your nails across, and never down into the corners, which encourages the nail to grow into the skin, possibly becoming ingrown nails. Additionally, there is no “right” way to cut cuticles—your best bet is to soften them up and push them down with a small wood stick instead of cutting.

Use Caution when Going Barefoot
Walking barefoot is one of the best parts of enjoying the warm summer weather. However, it also increases your risk of contracting warts, athlete’s foot, ringworm or a skin infection. These tend to thrive in warm, moist environments like public pools. Going barefoot also increases your risk of injury and exposes your feet to sunburn.

Our Podiatry Specialty
Foot pain can be detrimental to continuing an active, healthy lifestyle. At The Oregon Clinic - Podiatry, we focus on the diagnosis and treatment of conditions that affect the foot and ankle, promoting long-term health.

Locations:
5050 NE Hoyt St., Suite 223
Portland, OR 97213
351 SE Stone Mill Dr., Suite 220
Vancouver, WA 98684
(503) 963-2964
oregonclinic.com/podiatry
The Oregon Clinic Launches Patient Satisfaction Survey

In April, we launched an enhanced patient satisfaction survey to ensure we meet the healthcare needs of our patients in a timely and respectful manner. The response from patients has been incredible — in three months, we have received over 15,000 survey responses.

We know the best doctors are good listeners. Our new survey allows us to listen to our patients so we can provide the best possible care and experience.

Thank you to everyone for your feedback.

Request an appointment at oregonclinic.com/patientsatisfaction2016

Say Hello to Our New Ear, Nose & Throat Group!

We welcomed the Portland Otolaryngology Consultants to The Oregon Clinic on June 1. The group changed their name to The Oregon Clinic Ear, Nose & Throat - Northwest.

The group brings four board-certified physicians and one physician assistant to The Oregon Clinic team— Larry R. Thomas, MD; Duane A. Lundeberg, MD; Samuel G. Shiley, MD; Christopher A. Hargunani, MD; and Megan Heinecke, PA-C. Their two on-site audiologists, Nicole Frazier, AuD and Vanessa Rentschler, AuD, will continue their practice, Lovejoy Audiology.

The Oregon Clinic Ear, Nose & Throat - Northwest’s practice includes experts in advanced medical and surgical care for adults and children in the entire field of otolaryngology, including sinus, tonsil and adenoid disease, nasal breathing problems, head and neck surgery, hearing loss, thyroid surgery, and pediatric otolaryngology.

They will continue to practice at their three office locations — Legacy Good Samaritan Medical Center, Legacy Emanuel Medical Center, and at Legacy Medical Group–St. Helens.

Request an appointment at oregonclinic.com/ent-nw

Urologists Support 5K Run/Walk

This year, The Oregon Clinic’s urologists joined efforts to sponsor ZERO – The End of Prostate Cancer’s annual run and walk, which supports the organization’s mission of ending prostate cancer. Thirty-two employees and their family members participated in the event.

Portland joined over 35 communities across the US to host the walk at Elizabeth Caruthers Park on June 12. The goal of the event was to raise awareness and help the more than 2,000 men in Oregon who will be diagnosed with prostate cancer this year.

This year was the first time the event was held in Portland. The over $65,000 raised from this year’s event will be used in Oregon to assist prostate cancer support groups, research at local universities, and national efforts to provide research for new treatments, patient support resources, and to educate men and families about prostate cancer.

You can find more information at zero-cancer.org

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