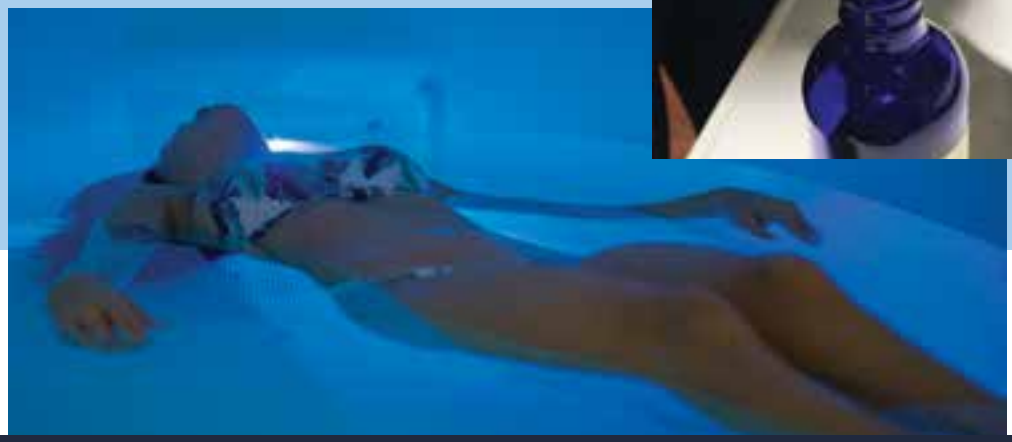
A PUBLICATION OF THE MARION-POLK COUNTY MEDICAL SOCIETY WINTER 2018

CHART NOTES

Integrative Medicine



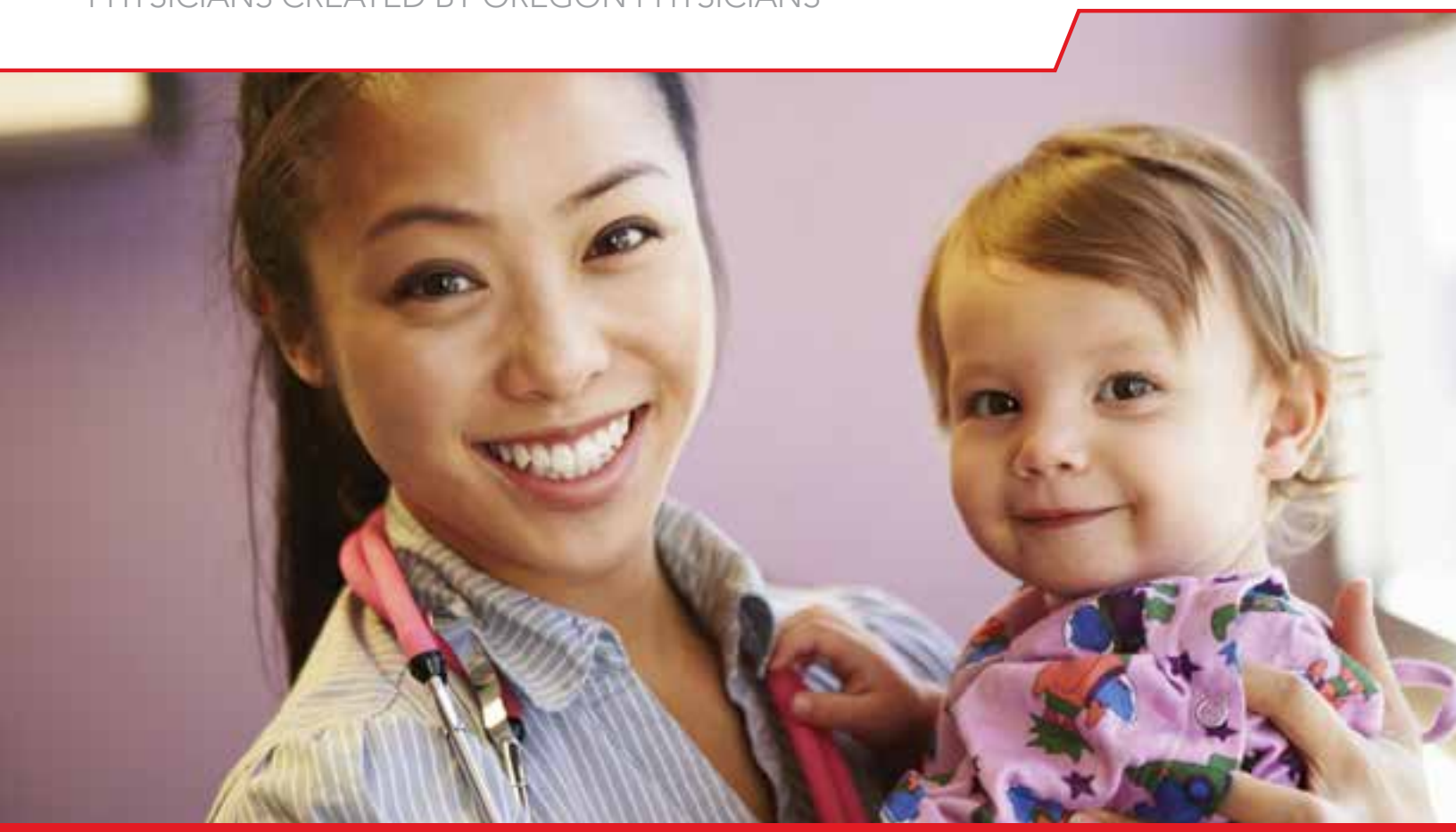
TAKING HEALTH CARE OUT OF THE BOX

Local doctors and businesses find unique ways to complement and improve the practice of conventional medicine

pg 14

45 YEARS OF SERVING OREGON PHYSICIANS

CUSTOMIZED COVERAGE FOR OREGON PHYSICIANS CREATED BY OREGON PHYSICIANS



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President's Message

Erin Hurley, MD, FAAP

Goals Worthy of a New Year

For me, this year has been one of learning, about myself, my health and my relationships. I have found a few recurring themes in the collective words of wisdom I've received. The first is that your mindset will determine your outcome. This may explain how the placebo effect works as discussed in one of this issue's articles. If we focus on what is going right in our lives, we can cultivate happiness and joy. If we focus on only the negative, we can just as easily sow seeds of misery. Our mindset will filter what we experience. The great news is, we have the power to change our mindset.

The second recurring theme is that success comes not from inborn talents, but from consistently following the right habits. If we want to achieve greatness, we have to show up every day and practice those habits, even if we are tired or stressed. Many of these good habits are discussed in the articles that follow and include eating healthy, getting adequate sleep, exercising and participating in activities that decrease our stress such as hobbies, yoga and meditation. You can read about a few more including floating therapy and cryotherapy in this edition. All of these activities have a cumulative and powerful impact on wellness and health and can decrease our need for medication and surgical interventions.

The third lesson is about the power of your goals and dreams. Don't let the naysayers stop you, just dream big!

I diligently worked on all of these areas during the past year. I began creating a more positive mindset with the help of my life coach. Before coaching, I felt like a victim of my own life, overwhelmed, overworked and underappreciated. I work the same job and have the same family, but I am the one who changed, and the positive ripple effect has been powerful in all aspects of my life. I now feel confident, courageous and in control.

I also have added healthy habits including clean eating, weekly meditations, exercise and more hours of sleep. I track these efforts on a calendar to help me celebrate my successes or realize when I fall short. And I started "belly breathing," as I learned that breathing with the chest increases stress, while belly breathing lowers it. I can sense when my cortisol is ready to dump and will do everything in my power to stop it in its tracks before letting it wreak havoc on my body and mind.

As for my dreams, last month I had the opportunity to share my story of personal transformation at Growth Summit, a conference with more than 1,000 attendees put together by a hero of mine, personal development expert Brendon Burchard and his business partners Dean Graziosi and Ethan Willis. It helped me realize just how far I had come.

This past year has been one of my most challenging. After my breast cancer diagnosis, I added surgery, radiation and 50 medical appointments to my already busy schedule, all while working fulltime and trying to keep life as normal as possible for my three children. With the support of my amazing husband, Mike, I chose to make this year a success. I have learned to work hard during my workday, yet leave the office hours earlier than I ever thought possible. I have invested in finding my best self and finally figured out how to be fully present for my family. Through our greatest struggles come our greatest successes. I would not change a thing.

What story is running through your mind that can be altered, what new health habit can you consider adding and what lofty goals can you make for yourself to finish this year strong and get your 2019 off to a great start? I would love to hear about them. Email me at courtatbay2@hotmail.com.

Dr. Julie Gilbert, who opened WVP Medical Weight Management Clinic in 2016, shows off a teaching station at her office where she can show patients about healthy eating and journaling their food intake.

Photo: Heather Rayhorn

THE POWER OF LIFESTYLE

BY HEATHER RAYHORN

Local group wants to help area doctors better implement lifestyle medicine

Debbie Goodwin came to Dr. Julie Gilbert last April with chronic pain, rheumatoid arthritis, hypertension, depression, sleep problems and vesicles on her legs preventing her from moving much. She was on a list of meds including gabapentin, prednisone, NSAIDs and SSRI. She needed to lose more than 70 pounds before she could get knee surgery.

Gilbert, who uses lifestyle medicine at her WVP Medical Weight Management Clinic, helped Goodwin change her diet. Through such changes as cutting out processed foods and grain, the 63-year-old woman has been able to do more than lose pounds, however. She found that eating healthier first and foremost reduced her pain and blood pressure, which allowed her to get off gabapentin, switch blood pressure medication and cut her use of prednisone in half. Reducing or getting off those medications, all of which have a side effect of weight gain, meant additional help with weight loss. The decreased swelling in her legs resulting from eating better and the decreased weight meant she could add chair exercises and balance therapy to her health plan. Her overall improvement in health and how she feels is starting to help with sleep, stress and depression.

"Everything just seemed to work together," she says. "I wanted to know what I could do to get better, not just pills that I could take that have side effects and, you know, you need to get another (pill). I needed to break that cycle."

Even though Goodwin is close to the weight required by doctors for the knee surgery, her goal is to lose even more before surgery. Her outlook, she says, is forever changed.

The domino effect Goodwin experienced started with her eating habits, a main tenant of lifestyle medicine, but also hit on other aspects of the theory, including movement, stress management and sleep.

Gilbert is among numerous area doctors pushing the importance of changing lifestyle in these areas. But as part of a Lifestyle Medicine Workgroup, she's now not only encouraging patients but also other doctors to include more lifestyle medicine into their practice.

The Forming of a Lifestyle Medicine Group

The idea for the workgroup started when Jeanine Stice, a dietician, worked for WVP Health Authority. It was her job to visit different medical clinics to tell doctors about WVP's wellness classes.

Some places, Stice says, just seemed to do things differently. It was obvious as soon as you walked in.

One of those offices was Dr. Gilbert's. Her thoughtful, detail-oriented approach was seen in everything from the size of her chairs to educational displays that feature a healthy food with recipes and help on label reading.

The office of Dr. Marc Braman, who practices lifestyle medicine out of the South Salem Courthouse, also grabbed Stice's attention with its location in a gym and its different layout: small, no waiting room and standing desk; you come in and meet the doctor versus support staff.

The way these doctors were doing their offices differently stuck with Stice. She knew their approaches went beyond chair choice and being greeted at the door by the doctor. She recognized their interest in lifestyle medicine, something she too had been passionate about.

In 2017, Stice approached Braman and Gilbert along with Dr. Satya Chandragiri, an area psychiatrist. Could they form a group focused on lifestyle medicine to support each other? They liked the idea, and dietitian Renee Faville of Legacy Keizer Health Center and neurologic physical therapist Mike Studer from NW Rehab Associates also joined the group.

Last spring, the group decided they wanted to share their approach with other doctors. In October, the group held its first outreach, an hour-long talk for Salem Health's continuing education program.

"Each practice can be moving lifestyle medicine into their practice in some capacity," Stice says, adding that they are willing to come to different offices to share what they've learned.

The Argument for Lifestyle Medicine

Lifestyle medicine is an "evidence-based therapeutic approach to prevent, treat and reverse lifestyle-related chronic diseases," according to American College of Lifestyle Medicine, of which Braman was a founding member and the first executive director. The international group describes lifestyle medicine as entailing nutrition, movement, stress management, sleep and social support, "decreasing illness burden and improving clinical outcomes within value-based medicine."

Braman notes that 60 percent to 90 percent of modern disease, such as heart disease, cancer and diabetes, is due to lifestyle. Diet, exercise and tobacco all play a large role. Addressing lifestyle addresses the root cause, Braman says. He works from a model that reflects that lifestyle produces the majority (roughly 75 percent) of our health outcomes and is therefore the primary component of care, with physiology, prescriptions and surgery making up the other 25 percent.

Braman points back to Hippocrates who preached more than 2000 years ago food and exercise as medicine and that it's more important to know what sort of person has a disease than to know what sort of disease a person has. He says all these ideas are very relevant today.

"As we've gone on and gotten more evidence, yes genetics are important, but it's more about environment," he says. "My DNA is not my destiny."

Dr. Dean Ornish, a professor at University of California, San Francisco (UCSF), pioneered modern-day lifestyle medicine with his research into heart disease, showing that chronic disease could be reversed. A 1998 study of his that was published in JAMA showed heart disease could be reversed through lifestyle choices (nutrition, exercise, stress management and group support). Ornish continued with lifestyle medicine research into everything from diabetes to depression, including a study in 2005 that ran in the Journal of Urology that showed mild prostate cancer could also be reversed with lifestyle choices. It showed cancer-fighting activity in blood was 800 percent higher in those in the lifestyle treatment group versus the control group.

Today, Ornish, Dr. Walter Willett, Chair of Nutrition at Harvard, along with Dr. Richard H. Carmona, the former U.S. Surgeon General, serve on the American College of Lifestyle Medicine's advisory board.

"If we're going to practice evidence-based medicine, we need to look at how we are spending our time, energy and money," says Braman, who has a Masters of Public Health in Epidemiology. "The evidence is pretty overwhelming. These days, lifestyle medicine is the big kahuna."

...continued on next page

Dr. Marc Braman runs his practice, Northwest Lifestyle Medicine, out of the Courthouse Club Fitness center off of Commercial St. SE.

Photo: Heather Rayhorn

THE POWER OF LIFESTYLE

...continued from previous page

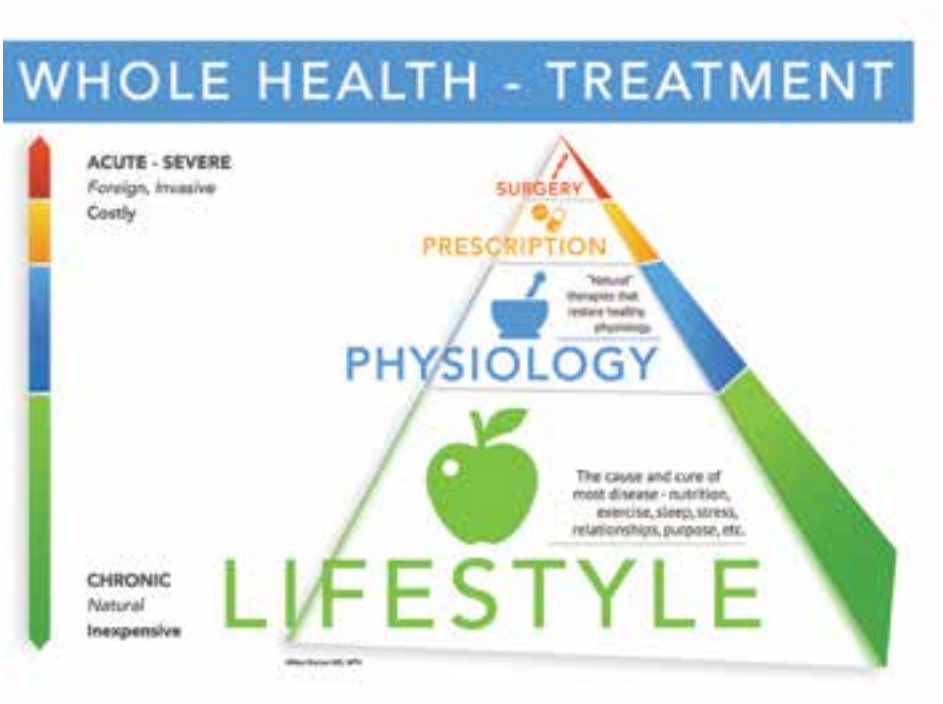
Stice says she believes lifestyle medicine is important to achieving the Triple Aim, which is guiding health care reform (taking care of more people at a higher quality of care and a lower cost).

"We are not going to get there without lifestyle medicine," Stice says. "We have to get our culture moving in a healthy way to move the needle on that."

It's All in What You Say

The trick – and the problem many doctors face – is getting patients to buy in like Gilbert's patient Goodwin did.

"They will be polite, but that doesn't mean anything has changed," Chandragiri says about patients. "I act more like a coach than a directive person. Let it be their idea to change. Close-ended questions don't get you anything. 'Eat better, move more' doesn't get you anything. 'I have to be alive because my granddaughter is graduating.' Grab onto that."



A key to lifestyle medicine, therefore, becomes collaboration, a partnership or caring relationship between a doctor and patient.

"It's not just 'Here's what you are going to do,' the doctor dictating, but 'What is best for you? What do you like? What are you willing to do?' " Stice says.

Such a tactic is referred to as motivational interviewing. Stice gives the example of trying to get patients to move more. She's heard the complaint that "Patients just don't listen; I can't make them exercise." But medical professionals, she says, can use motivational interviewing to find the right fit and set realistic goals. Instead of saying, "You need to move more," shrink the action into a specific behavior that the person believes they can do. Try asking, "What do you like to do? Oh, walk the dog? Great, can you do that five times a week for 30 minutes?" Stice suggests. "That's where you start seeing empowerment; when people perform little behaviors and have success, they are more likely to try something new."

Stice also gave an example of a patient who isn't taking their glaucoma drops. Instead of saying, "You have to take the drops," try asking why they aren't. Fix the problem. Stice says it could be as simple as they are forgetting and you can help them put an alarm on their phone right there in the office.

"If you get them to do the new behavior in the office, you've flipped the switch," Stice says.

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Cardiologist Benjamin Lee, DO attended University of California at Berkeley where he studied molecular biology. He completed his Doctor of Osteopathic Medicine degree at Western University of Health Sciences in Pomona, CA and his Cardiology Fellowship at Samaritan Health Services in Corvallis, where he was elected Chief Fellow.

Dr. Lee and his wife and daughter are excited to be a part our community. They enjoy traveling and experiencing new cultures.

BY HOWARD BAUMANN, MD

HYDROTHERAPY AND MENTAL HEALTH IN OREGON

Chief Bromden rips out the hydrotherapy console in "One Flew Over the Cuckoo's Nest."
(Courtesy of the OSH Museum of Mental Health)

Possibly the most famous hydrotherapy console in the world sits on display at the Oregon State Hospital Museum of Mental Health, along with other artifacts from the 1975 Oscar-winning movie "One Flew Over the Cuckoo's Nest." This large fountain is actually a lightweight movie prop made to replicate the marble fountains then in use at the Oregon State Hospital. Chief Bromden lifts and throws it through a window at the end of the movie to escape to freedom.

These consoles had two main functions, one being to control the individual water-bath temperatures close to body temperature. The other was to spray cold water through hydro jets at a patient, usually while standing in a shower, as a sort of shock therapy.

While searching into the early days of hydrotherapy in our country, I discovered the incredible research performed by Dr. Benjamin Rush in Philadelphia in the early 1800s on water therapy and the

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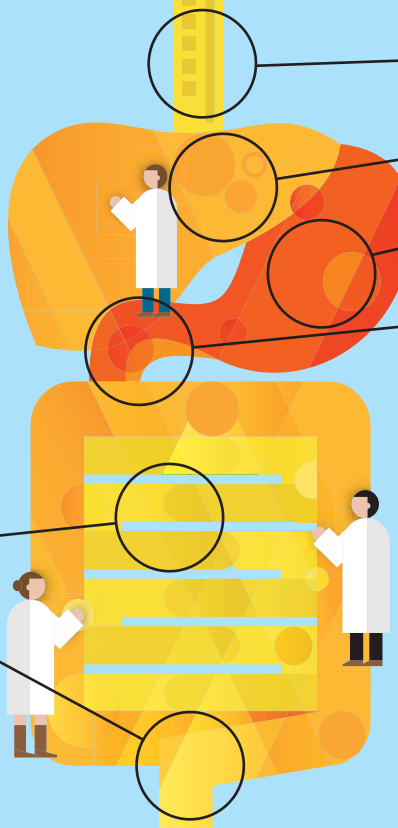

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development of his Tranquilizer Chair. Dr. Rush, a signer of the Declaration of Independence and the Father of American Psychiatry, believed that mental illness was secondary to inflammation of cerebral blood vessels and could be treated by cooling down and/or reducing blood flow to the brain.

Dr. Rush writes: "I have contrived a chair … (that) binds and confines every part of the body. By keeping the trunk erect, it lessens the impetus of blood toward the brain. By preventing the muscles from acting, it reduces the force and frequency of the pulse, and by the position of the head and feet favors the easy application of cold water or ice to the former and warm water to the later. Its effects have been truly delightful to me. It acts as a sedative to the tongue and temper as well as to the blood vessels. In 24, 12, six, and in some cases in four hours, the most refractory patients have been composed."[1]

There is no evidence that I could find that this contraption ever made it to Oregon. We do know, however, that when the Dome Building was added to the State Hospital campus in 1912, it was updated with all of the most modern hydrotherapy equipment, including tubs and water jets.[2] The Superintendent's Biennial Report of 1934-36 mentions 2,760 hydro treatments, and by the 1946-48 biennium, the count was up to 15,008. One report noted that it was not uncommon to see a dozen patients at a time lined up in the tubs for extended hours.[3] By 1958, the use of hydrotherapy had all but disappeared from the hospital due to the advent of antipsychotic drugs, such as Thorazine and Stelazine.[4]

Dr. Rush's Tranquilizer Chair, c1810. Notice the bucket under the chair.
(Courtesy of the National Library of Medicine)

1 Matthew Smith, The Healing Waters. Psychology Today, October 9, 2015.
2 Diane Goeres-Gardner, Inside the Oregon State Hospital (Charleston, S.C.: The History Press, 2013), 110.
3 Oregonian Mar. 20, 1952.
4 Oregonian Oct. 19, 1958.

IN MY OPINION

BY RICK D. PITTMAN, MD, MBA

NOTHING WORKS: THE POWER OF PLACEBO

In this issue of Chart Notes, we look at different approaches to healing that may be considered unconventional, alternative, etc. In my opinion, these treatments are complementary and necessary additions to mainstream medicine. It is important to recognize that most of these treatments we are talking about deal with pain, discomfort and other subjective complaints, and, until proven otherwise, perceived treatment gains are most likely the result of the placebo effect. After reviewing the current literature, it is apparent to me that the science behind therapies such as acupuncture, cryotherapy, cupping and floating is weak. We need better studies to convince the naysayers, insurance companies and the like.

> "I didn't get the real thing what I had was fake but my effects were genuine and that was no mistake..."[1]

In the late '50s, the treatment for angina pectoris was ligation of both internal mammary arteries. Surgeons at the University of Washington were skeptical about this form of treatment so they performed a double-blind controlled trial. One group of the patients received bilateral internal mammary artery ligation, and the other group only received the incision but no ligation of the arteries. The surgeons told all patients that the operation was effective; all patients were expecting the "real" operation. Nine patients had the sham surgery, and eight patients received the "real" surgery. All patients were evaluated before and after surgery with objective measures. Significant subjective improvement was reported in five out of the eight "real" patients and five out of nine sham patients. Only two patients had measurable improvement, and both were from the sham arm, the placebo effect at work.[2]

Sometimes doing nothing does work. In the context of our stories, the placebo effect produces an expectation of what the brain believes is going to happen in the near future, and this has a measurable effect on the brain chemistry and neuro connections. Levine, et. al, showed that the mere suggestion of receiving a narcotic (or other treatment)

induces the production of endorphins.[3] In their study, whether the patient received a placebo or the real thing, all patients noticed significant relief of pain. Patients in the placebo arm experienced an immediate return of pain when Naloxone, an anti-opioid, was given. The placebo patients did not receive any narcotics but responded to Naloxone as if they

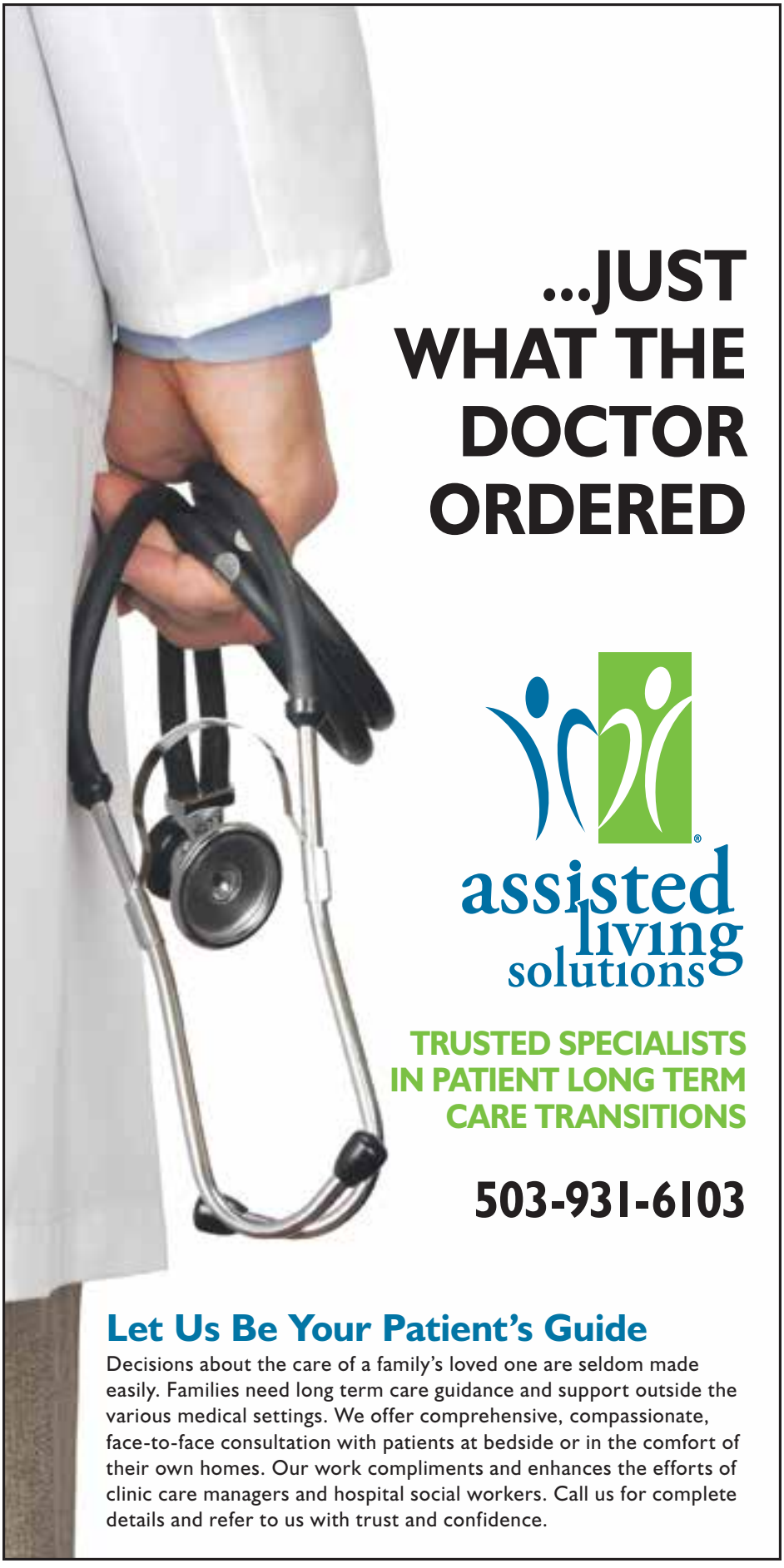
> "I believed them at the time just words made out of sugar pills but they made me feel so fine"[1]

did. Hence the assumption that the patients in the placebo group produced their own opioid. This was the first study showing evidence of the neurochemistry behind the placebo effect. Patients with Alzheimer's do not respond to placebos for pain relief; they are unable to consider the future.

If we want to believe that we can get better, it may not really matter what "alternative therapy" we pursue. As Robert Trivers says in his book *The Folly Of Fools: The Logic of Deceit and Self-Deception in Human Life,* "Believing that we're smarter, sexier and more righteous than we really are — or than others consider us to be — can help us seduce and persuade others and even improve our health, via the placebo effect."

It is my belief that the most important element is the Healer-Patient relationship and just about any therapy is successful if the patient believes and the healer listens and gives the patient just what they need.

1. Parant, Charlie. Placebo Effect [a poem]. 2011.
2. An evaluation of internal-mammary artery ligation by a double-blind technic. Cobb, LA, et. al. 22, 1959, The New England Journal of Medicine, Vol. 260, p. 1115*1118
3. Role of pain in placebo analgesia. Levine, JD, et. al. 7, July 1979, Proc. Natl. Acad. Sci. USA, Vol. 76, pp. 3528-3531.



The practice of medicine is a highly stressful occupation,

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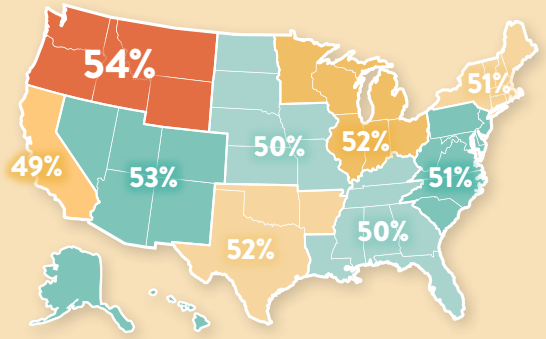
PHYSICIANS UNWILLING TO RECOMMEND HEALTHCARE AS A PROFESSION

Burnout by Region



TAKING HEALTH CARE OUT OF THE BOX

SIX STORIES OF COMPLEMENTARY HEALTH PRACTICES IN SALEM






BY HEATHER RAYHORN

We started out this issue of ChartNotes wanting to look at alternative healthcare in our area. But the question we had was what exactly is alternative medicine contrasted to conventional medicine?

Are they differentiated by FDA approval, well-designed clinical trials or approval of insurances, we wondered. Is alternative medicine simply a natural method or an unusual approach? Is it all about where it originates from (East or West)? None of these stereotypes seem to quite qualify, or disqualify, something as alternative. Many "alternative" approaches, for example, have strong and convincing evidence, and some like acupuncture are covered under some insurances. Turns out defining why something would be considered non-mainstream is harder than you'd think.

So what about the name alternative? Do integrative, complementary and functional medicine mean the same thing as alternative medicine? The National Institutes of Health describes the former three as a mix of conventional and non-mainstream approaches, whereas alternative is "a non-mainstream practice used in place of conventional medicine."

Dr. Chris Kleronomos of VIDA Integrative Medicine & Behavioral Health worries that the term alternative medicine has an unintentional bias, that it pits traditional doctors against those trying natural or ancient techniques. For him, Eastern, Western, alternative, it's all medicine and complements each other. He leans toward the idea of integrative medicine.

Dr. Xun Li, a Salem acupuncturist, agrees:

"I tend to dislike the term alternative medicine. Alternative medicine by definition is to replace or be used instead of conventional medicine. My treatment model is to complement other therapies, therefore, I like the term complementary medicine. I believe medicine works best as an integrative model."

With this complementary approach in mind, we talked to six different people in Salem — some doctors, some lay people — who have found their way to integrative medicine because of how they have seen it change the lives of their clients, as well as their own. Certainly there are many practicing complementary health in town, including homeopathic doctors, naturopaths, chiropractors, masseuses, nutritionists and those who teach things such as meditation, yoga and Tai Chi, but we took a small sampling to share different approaches so that maybe relationships can begin, ideas can be shared and collaboration and complementary medicine can take place on a larger scale in our community.

1 SALEM CENTER HAS HIGH HOPES FOR FLOATING

Floaters at Soak can choose between cabins or pods (shown).

Photos: Zac stone photography

Family Nurse Practitioner Dani Dupuis not only floats twice a month for her health, but she often prescribes it to her patients. Floating – lying in 11 inches of water and 1,200 pounds of Epsom salts that keep you buoyant inside a dark pod for a whopping 90 minutes — is gaining in popularity, with fans claiming it helps with stress and pain and aids healing.

Epsom salt has long been used for inflammation and sore muscles, but floating is also noted for its benefit to mental health.

The temperature of the water and air is kept at the body's temperature so that everything blends together. Some compare it to floating in space. The body can be at absolute rest because no muscles are needed. The body, after all, is being held up by saltwater. This zero-gravity effect on the body allows the nervous system to rest and enter the theta stage that happens before REM sleep.

"People who have been practicing meditation for years say, 'It took me decades to get this far. This is cheating,'" Dupuis says, noting that floating helps the average person quickly get into a meditative state.

Dupuis uses floating to help with her chronic neck pain, chronic headaches, stress and "toning down intensity of thoughts."

"It's part of my TLC," she says. "When do I ever get a chance to decompress and do nothing but be alone with my thoughts?"

But she also has seen it help patients at her clinic, Phoenix Rising, with chronic and acute pain, anxiety and depression, weaning off narcotics, muscular dystrophy and those who have experienced whiplash or concussions.

"I have patients that this is now a part of their health plan," she says. "We are always going to have aches and pains. This is a way to go beyond narcotics."

Joe Thomas opened Soak Float Center, where Dupuis floats, with his family in August of 2016 after he turned to the therapy following a motorcycle accident in 2015.

Thomas, who raced motorcycles competitively, was thrown from his bike into a fence pole during a race and was in an induced coma for a week with a broken back and shoulder, and eight broken ribs. Half of one of his lungs had to be removed.

He was living with a pain he described as a Mack Truck on his chest.

"I had no idea what floating was at this point," he says.

He was on a lot of pain medications, wasn't sleeping and was struggling with depression. Then living in Portland, he decided to give floating a chance after a friend suggested it. Once he realized how to completely relax his muscles and lay back his head, he says, "I could feel this tire of weight roll off me slowly. I was blown away by how much tension released off me."

After his first float, he didn't feel the pain and the pressure on his chest. He slept through the night for the first time in months.

"It lasted for a day, and I started thinking 'Maybe that wasn't real.' I gave it another shot and felt the pressure release off my body. I felt like there was hope for me."

His doctors were surprised at his progress, and he had a business idea: to return to his hometown and open Soak Float Center. It's now one of two floating centers in Salem.

Dupuis and Thomas are working with Mid Valley Pain Clinic to put together a proposal to get a grant for beginning local research on floating. Dupuis would like to see insurances recognize it as physical therapy. She has noticed insurances are more and more interested in finding alternatives to narcotics, and more research will get floating one step closer to being recognized by insurances. She has had luck with some health care savings accounts paying for floating with a written letter from her.

Dupuis and Thomas both say doctors should try it for themselves and give it three tries.

"We can feel helpless as providers," Dupuis says. "It's nice to be able to offer something that is safe, with no side effects."

Soak Float Center

Where: 1274 Liberty St. NE, Salem
Contact: 971-599-5241

Cost: $65 a float, with deals on packages

CRYOTHERAPY CENTER
COMES TO SALEM

Owner Joy Dawson

Heather Rayhorn tries out the cryotherapy chamber at Capitol Cryo in downtown Salem.

Photo: Joy Dawson

Stepping into a barrel-like topless chamber for three minutes as nitrogen drops the temperature around your nearly naked body to below -200 degrees in seconds can be a bit intimidating at first. But this treatment called cryotherapy, made popular especially by professional athletes, is surprisingly bearable.

It's cold, for sure, bringing on chattering teeth and numbing and tingling in the skin, but it's that extreme cold, according to Salem's only cryotherapy clinic Capitol Cryo, that causes the blood to move away from the outside tissues toward the core where toxins and inflammatory components are removed. After the treatment, the filtered blood is said to move back through the body filled with oxygen, nutrients and enzymes. The idea is similar, albeit much colder, to using ice packs to increase blood circulation on injured and painful muscles.

Joy Dawson, who opened Capitol Cryo in downtown Salem last January with her husband, Vince Dawson, says their passion for cryotherapy started when her husband, a Salem Police sergeant, was suffering from a frozen shoulder, also known as adhesive capsulitis. After trying several things without success, Vince Dawson tried cryotherapy in Portland. After three treatments, Joy Dawson says his issue went away. She was so impressed, she gave it a try herself. After her first treatment, she says she felt great and energized.

"It feels like a cup of coffee, better than a cup of coffee," she says.

She started going once a week, saying it helped with a hip problem and improved her sleep and anxiety.

Though cryotherapy, which is not FDA approved, is often talked about as being used by sports teams and professional or serious athletes, Joy Dawson says clients range from runners to stylists and waiters who are on their feet all day to "those who want to walk to the mailbox pain free."

Doctors have for a long time used cryotherapy when using very cold temperatures to freeze off warts or cancerous cells. But whole-body benefits are not yet proven, and studies differ in results.

Medical News Today pointed in 2017 to studies including a 2000 study "that cryotherapy offered temporary relief from the pain of rheumatoid arthritis" and a 2017 study that supports the benefits of cryotherapy for relieving muscle pain and quicker healing, though it also noted cold-water immersion was more effective. In 2008, researchers found in a small study that "in a third of people with depression or anxiety, cryotherapy reduced symptoms by at least 50 percent."

Not all studies are positive however, according to the web-based medical news outlet. Cochrane Review looked at four studies of cryotherapy for the relief of muscle pain and found no significant benefits in 2015.

That leaves the final decision up to those who give it a try.

Chad Robinson who uses cryotherapy after workouts and to treat his tennis elbow comes in several times a week.

"I come in tight and sore, and it really helps me," he says.

Besides pain management, muscle soreness, better sleep and energy, Joy Dawson says her clients find success with cryotherapy for problems with inflammation, quicker recovery after surgery and for beauty purposes, such as improved skin tone.

For those who don't want to step into a full-body chamber, Capitol Cryo also offers localized treatments that use temperatures of 55 degrees on specific areas. Dawson calls it an "ice pack on steroids."

"A lot of people use it as recovery from surgery," she says, mentioning one client who had improved recovery time after knee surgery using the localized treatments.

Dawson does warn that cryotherapy is not a miracle cure.

"It's not one and done," she says. "One session won't undo pain you've been harboring."

She recommends people do four or five in a week at first to get the cumulative effect. While she says cryotherapy is safe, she says it isn't for pregnant women, children younger than 14 or people with severe high blood pressure and heart conditions.

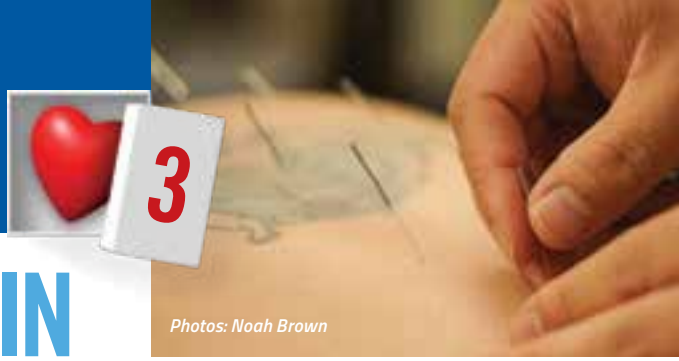
Capitol Cryo

Where: 365 Ferry St. SE, Salem

Phone: 971-301-2796

Cost: $25 first time, then $50; package deals available

SALEM ACUPUNCTURIST AIMS TO HELP WITH PAIN



Photos: Noah Brown

As an undergrad at Willamette University, Xun Li was majoring in both exercise science and Chinese studies. He dreaded having to write two thesis papers and thought, "Hey, why not write one thesis for both majors?" That's where his passion for acupuncture grew.

Now, as a state-licensed acupuncturist who blends in exercise science, Li is celebrating one year at his own practice just south of downtown Salem next to LifeSource. His business, Lilac Wellness, incorporates several areas of integrative health. Along with Li, there's a counselor, his wife, Jenna Li, who also works for Kaiser Permanente; a naturopath, Aubrey Harding, whom he went to South Salem High School and grad school with; and a massage therapist, Mackinzey Landry.

"The idea is to have a wholesome place and to really provide care and treat people well in every way possible," he says.

Li says he believes the mind has a huge impact on the body and the body on the mind.

"I can release tension, but if they go back to the same attitude of stress, the pain will come back. They have to change how they look at things," he says.

This is where his wife's counseling comes in handy, but he also tries to treat the mind himself by creating a calm setting through music, ambient light and bodywork.

After getting his master of acupuncture at the National University of Natural Medicine and working as an acupuncturist in Portland, Li returned to Salem to be near his family and to raise his own. His 3-year-old daughter can be found hanging out in the front office where his staff pitch in keeping an eye on her, and his wife is in the office twice a week.

The primary focus of Li's practice is pain management, including sports injuries and chronic pain. He sees a lot of office workers dealing with stress that leads to chronic pain. He also sees people suffering from auto or sports accidents and chronic pain patients looking for an alternative to opioids. Insurances, he says, are more and more often covering acupuncture, especially Medicaid.

"The opioid crisis helped acupuncture grow," Li says. "We can help that population."

But even if insurance doesn't cover Li's services, treatment is affordable. He says he has a set fee of $85 an hour but works on a sliding scale.

"I don't turn down patients," he says.

Li's goal is to bring healing in one to three treatments: "My theory is I don't want to see my patients too often. I want to be effective."

But some find benefits to ongoing acupuncture.

Hilary Morris, a mental health therapist and supervisor for Yamhill County Health and Human Services, suffers from pain and tingling in her mouth, hands and feet that would keep her in bed many mornings. She had tried gabapentin but couldn't deal with how drowsy it made her. With acupuncture, she finds the pain is blunted in her hands and feet from regular visits.

"Along the way," she says, "he has shared information whenever it might be helpful, including research on prescriptions that could be beneficial in combination with acupuncture, analgesic foods, and he is open to my questions."

Acupuncture works by stimulating muscles that have been shut down by compensation and releasing the muscles that have become overactive. In his acupuncture treatments, Li also often incorporates moxibustion, cupping and bodywork. Moxibustion is a traditional Chinese therapy where dried mugwort is burned over pain areas. Cupping, also a traditional Chinese therapy, uses heated glass cups that create a suction on the skin and draw up and stretch tissues, helping with pain, inflammation, blood flow and relaxation. Li says it also feels great on the back, like a deep-tissue massage.

"Sometimes they don't even need needles," he says. "It's whatever the patient needs. Sometimes I can use my hands (bodywork)."

He does warn that acupuncture can't heal everything. "I can't take away cancer, but I can be a part of your cancer treatment. It's not magic, despite what the internet says."

But its results do surprise many.

"Often people come to acupuncture for the first time as a last resort," he says. "Nothing helps, and they find relief with me."

Lilac Wellness and Counseling

Where: 2651 Commercial St. SE, Suite 1 Salem

Phone: 503-587-9937

VIDA DOCTOR DOESN'T SHY AWAY FROM NONCONVENTIONAL THERAPIES

It's not every day that you come across a doctor who may suggest what's basically, and sometimes literally, a bee sting as part of your health plan. But Dr. Chris Kleronomos, who is a pain management specialist at VIDA Integrative Medicine, considers everything when looking for what will work best for his patients.

Kleronomos is a leading expert in bee venom, which he says helps everything from chronic pain and arthritic-type conditions to Lyme disease and shingles. It's even being used in research for cancer and HIV. The therapy, which can be given via injections or a live bee, is documented in many cultures including Chinese, Indian, Japanese, Middle Eastern, Greek and Roman. It's used around the world in hospitals such as the orthopedic wing in Seoul, Korea, Kleronomos says, adding that bee venom is part of a bigger branch of medicine that uses honey bee products, including honey, pollen, propolis and royal jelly.

But Kleronomos, who completed a doctoral program focusing on oncology, chronic disease and pain management at Bastyr University, is much more than a bee doctor. The pain doctor specializes in fibromyalgia and is board certified in family practice (AANP) and acupuncture, a board diplomat in pain management (AAPM) and anti-aging medicine (A4M) and also a professionally registered herbalist (AHG).

"I consider everything I do just medicine," he says. "I pick things based on what the patient needs or what has or hasn't worked, whether that's western prescriptions, western injections or interventions or complementary or nonconventional therapies."

He says he often mixes Western medicine with natural substances. That may look like acupuncture and physical therapy or cupping or scraping and spinal injections.

Many of Kleronomos' alternative therapies such as the bee venom and herbs are often a last resort since they aren't covered by insurances. But he uses bee venom on his own chronic pain on a weekly basis and can show patients how to do it themselves at home.

He calls his practice integrated medicine, using what's available. He takes a holistic approach, looking how to get to the root of a patient's issue.

"You can block pain, but it doesn't fix pain," he says. "The ultimate goal is to use a multi-disciplinary approach and somehow get synergy out of your treatment plan."

Synergy, he says, means getting a better result with a bunch of things than he could with any one individual thing. To achieve synergy, he pulls from diet, supplements, medicine, herbs, acupuncture, nutritional therapy, physical therapy and peptide therapy.

He says it's important for doctors to collaborate and trust each other.

"I get it," he says. "Doctors are limited on time. They don't know what they haven't been trained in. We're asking them to have a degree of trust in something they don't know about."

But working together is helpful to achieve that synergy.

He often sees himself as a "fancy health coach." His practice allows him the time to do that. And he needs that time to help patients be willing to make changes.

"I can't out supplement a Burger King diet or out herbal your smoking," he says.

But he can work with doctors and their chronic pain patients and help them find a comprehensive plan. They may even learn something new, like the healing power of bees.

Vida Integrative Medicine & Behavioral Health

Where: 374 Owens St. SE, Salem

Phone: 503-399-1400

AROMATHERAPY TO REIKI

SALEM HEALTH ADDS INTEGRATIVE APPROACHES

Integrative health is becoming more mainstream at Salem Health. But it wasn't always that way. When the Integrative Therapy Committee was formed by a small group in 2011, Paul Howard, the health system librarian at the hospital, was worried people would think they were nuts going outside the mainstream. Now the committee's ideas and programs have spread throughout the hospital.

"Patients are responding," Howard says. "We're not just giving a pill. People are excited the hospital is doing this. 10 to 15 years ago, it would have seemed a little fringy, but holistic care has changed. People are more open."

The group of mainly nurses interested in integrative therapies began by asking if it made sense to introduce complementary therapies, what that would look like at Salem Health and if there was good evidence to support these therapies? Howard helped ensure that last part as the hospital librarian and has served as chair and co-chair of the group.

The group started with promoting acupressure wristbands. The bands are commonly used for sea and car sickness, but the hospital found they provided an alternative to nausea drugs for laboring moms and those in chemotherapy at a low cost with no safety problems.

Then the group got a whiff of the power of essential oils.

In 2013, the group started a pilot program using a small number of high-quality oils, including lavender, ginger, peppermint, bergamot, mandarin and Roman chamomile, to treat symptom relief of such things as stress, nausea, anxiety, insomnia and urinary retention in four nursing units at the hospital. They brought in Dr. Linda Halcon of the Center for Spirituality & Healing at the University of Minnesota who trained 35 staff members on the science behind aromatherapy and how to use it in the hospital setting.

Because the hospital has a no-fragrance policy, nurses add an oil to a cotton ball and drop it into a zipper baggie where patients can open and smell it when needed. There is no charge, as it's relatively cheap and not something insurances cover anyways.

Howard says it was so successful in the initial four units, which included labor and delivery and adult medical surgical oncology, that other units started asking about it and more training took place.

"Last year, we got the administrative support to take it hospital wide," Howard says. Today, aromatherapy is in about a dozen areas at the hospital, each of which has a unit champion, or go-to person.

Beside the acupressure bands and aromatherapy, the Integrative Therapy Committee also has helped create and runs respite rooms that promote self-care for hospital staff. Four rooms around the hospital include massage chairs and sound generators for stressed staff to take a break in.

The committee also brought a volunteer-led Reiki program to the oncology unit. A group of community Reiki practitioners volunteer their time two to three days a week for a couple hours. The Japanese energy therapy uses light touch or hands that hover over the body to move energy around. The committee had planned on doing pre- and post-surveys about their experience, but so many patients were falling asleep during the 15- to 30-minute sessions.

"Nurses will tell you that just the fact that these patients are asleep is a win," Howard says. "Volunteers are extremely caring and focus on the patient's soul. … It helps the patient feel like more than cells in their body or their medical condition is being addressed."

It made such a difference on anxiety that the program is now offered once a week in surgery prep and recovery where people are often quite stressed.

Marcus Gabriel, Jr., a pediatric nurse at Salem Hospital, drops an oil on a cotton ball.

Photo: Salem Health

Howard admits that integrative health is a relatively recent thing in our community but the move toward it shows our community is changing.

"People have higher expectations of having options and not just a mainstream approach," he says. "In the past, Western medicine, hospitals in general, have tended to be very shy to go into something that's not part of the mainstream medical system for fear of being labeled quackery. … I think our integrative committee has said, 'You need to push back on that as responsibly as we can in the interest of our patients who need more or who can benefit from certain practices that are low cost, completely safe and easy to administer.'"

Essential oil treatments

Salem Health chose Wyndmere as their source for essential oils. Here are some of the oils the hospital uses and what they use them for:

Pain: Bergamot, sweet marjoram

Anxiety and stress: Lavender, bergamot, clary sage

Nausea: Ginger, mandarin, spearmint

Insomnia: Lavender, Roman chamomile

Urinary retention: Peppermint

A LIVESTRONG at the YMCA group poses at the Salem Family YMCA.

Photo courtesy of the Salem Family YMCA

YMCA PROGRAM HELPS CANCER PATIENTS GET LIFE, STRENGTH BACK

At the age of 40, Erica Frey-Hoyer was surprised to learn what she thought was gallstones was actually stage four colon cancer. It was March of 2017. She got her first chemo treatment right after learning of her diagnosis and continued it for six months, followed by a series of three surgeries and another six months of chemo. It was during that second round in June of 2018 that she saw a flyer for a program for cancer patients at the YMCA.

"I was at a point where I had recovered from surgery, but I still didn't quite feel like myself," Frey-Hoyer says. "I felt physically like I couldn't do the things I wanted to do in my life."

Not only did the program help her gain her strength and stamina, but it connected her with others who could relate to her.

"Working out side by side with other cancer patients was really encouraging. They get the journey that you are on," she says.

The program Frey-Hoyer found is called LIVESTRONG at the YMCA, a collaboration between the Livestrong Foundation and the YMCA of the USA. It aims to help cancer patients and survivors with the physical and emotional side effects of treatment, which can linger years after treatment ends. LIVESTRONG at the YMCA started nationally in 2008. In 2016, Salem and Independence YMCAs got a $50,000 grant from the OHSU Knight Cancer Foundation's Community Partnership Program to bring LIVESTRONG into the local YMCAs.

Since it began, 38 people have participated in the Salem and Independence classes.

The free, 12-week program that meets twice a week for 90 minutes each time follows the "rule of three": 30 minutes of cardio, 30 minutes of strength training and 30 minutes of connecting.

A 2015 article in the Clinical Journal of Oncology Nursing that looked at the LIVESTRONG program showed studies that not only say exercise is safe during and after cancer treatment but that exercise "has been shown to improve cardiovascular fitness, muscle strength, body composition, fatigue, anxiety, depression, self-esteem, happiness and several components of quality of life (i.e., physical, functional, and emotional) in survivors."

While exercise is important, the connecting piece is key, too.

"We're not group therapy, but really that's what this program does more than anything," Salem Family YMCA CEO Sam Carroll says. "For cancer survivors, it can feel like you're the only person in the world who has cancer."

That can be socially isolating, Carroll says, adding that research tells us isolation has as great an impact on our health as smoking or obesity.

In addition to exercise and a place to create friendships, LIVESTRONG at the YMCA participants hear from guest speakers presenting on such things as nutrition and meditation.

Assessments at the beginning of the 12 weeks, half way through and at the end of the course help students see progress in everything from cardio to balance and flexibility.

"People feel weak after cancer treatment, they feel left out and hopeless," says LIVESTRONG facilitator and YMCA Community Health Director Nekole Baurer. "(LIVESTRONG is) not just for strength, it improves confidence."

Many facilitators are personal trainers, but they go through several training sessions, including strength and conditioning, group facilitating, LIVESTRONG training, Listen First training, which includes motivational interviewing, and training to understand cancer and lymphedema.

"The idea of LIVESTRONG at the YMCA is you are in and out of a hospital so much as a cancer patient. When you are recovering, you want to look forward,"

Baurer says. "It's hard when the program is at the hospital. We offer a chance to connect to the community outside the medical setting."

But Baurer sees doctors as part of the process. As soon as someone expresses interest in joining the program, she contacts their doctor to get clearance. Baurer also sends progress reports to doctors so that they can see how their patient progressed through the program.

Baurer and Carroll say the old theory that rest is best isn't proven by the research. "The healthier an individual is, the quicker they recover from any cancer treatments out there and the more effective they are," Carroll says.

Though the class only lasts 12 weeks, the program has a national rate of 50 percent of participants becoming YMCA members after the class. Baurer says "the goal is to get them here and get them connected," offering financial help when needed. For those who move on, the class teaches exercises with bands and balls, things that people can continue on their own.

Frey-Hoyer is one of the participants who has kept her YMCA membership after the program. Her cancer has returned, and she's back on chemo for six months. But she says the class changed her. She continues working out even with her chemo-infusion pump attached to her.

"I'm way stronger than I was when diagnosed," she says. "My endurance is better."

Also at the YMCA

In addition to LIVESTRONG at the YMCA, the YMCA provides several evidence-based health programs to the community, including:

EnhanceFitness: An ongoing class geared toward those with arthritis that meets three times a week for 60 minutes each; free for members.

Pedaling for Parkinson's: An ongoing class featuring three 60-minute group sessions a week; membership required. Research by the Cleveland Clinic showed a 35 percent reduction in Parkinson's symptoms by pedaling a bicycle at a rapid pace.

Move for Better Balance: A 12-week course free to members that uses the principles of Tai Chi in adults 65 and older to improve their balance to decrease falls.

Healthy Weight And Your Child: The YMCA has just been granted permission to start this 15-week parent-child program in the spring of 2019. It's designed for children 7 to 13 who have a BMI in the 95 percentile. Membership not required, but there will be a fee.

For more information, contact Nekole Baurer, 503-399-2770

CHART NOTES - WRITER BIOS

HEATHER RAYHORN, EDITOR

After covering the Salem area for 18 years as a journalist, Heather Rayhorn is now attending Corban University's graduate program in education to become a high school English teacher.

RICK D. PITTMAN, MD, MBA

In private vascular surgery practice for 28 years before obtaining a MBA from OHSU/PSU, Dr. Pittman works full-time as a vein and wound care specialist in the Silver Falls Dermatology Clinics and spends his spare time in the garden, behind a camera or in the workshop restoring cars.

HOWARD BAUMANN, MD

Howard Baumann retired in 2010 after 34 years practicing gastroenterology at Salem Clinic. He is a member of the American Association of the History of Medicine, the Society for the History of Navy Medicine, and is a Board Member of the Oregon State Hospital of Mental Health. He contributes regularly to Chart Notes and Historical Tidbits.

CALENDAR - SAVE THE DATE

Thursday, January 24, 2019 6-8:30pm
General Membership Meeting & Dinner
Location: Spinning Room, Willamette Heritage Center
Free to all Members + a guest

Thursday, May 23, 2019 6-8:30pm
General Membership Meeting & Dinner
Location: Spinning Room, Willamette Heritage Center
Free to all Members + a guest

Friday, October 25, 2019 6-8:30pm
New Provider Celebration
Location: Dye House, Willamette Heritage Center
Free to All Providers in Marion & Polk Counties + a guest
Come Celebrate Your Newest Colleagues!

Sunday, December 1, 2019 6-8pm
19th Annual Family Holiday at the Carousel
Location: Salem Riverfront Carousel
Free to Members and their families
*Children Welcome!

THE POWER OF LIFESTYLE

...continued from page 6

Gilbert says motivational interviewing and empathy changed the way she talks to patients, not to mention her children and husband.

"It's respectful, accepting people as they are," she says. "When people feel like they are in a safe place, they can make a change."

Since Gilbert deals with weight management, she knows that people are embarrassed and ashamed. She emphasizes the importance of asking permission, such as, "Hey, can we talk about your weight today?" She asks her patients what a meal looks like for them, what they've tried to do to help their weight or health and actively listens and affirms successes, no matter how small. Like Chandragiri, she asks what the patient thinks will help them. For example, it was Goodwin's idea to remove grains from her diet based on what she had read about autoimmune disease.

"Whenever anyone is told what to do, there is resistance," Gilbert says. "Roll with the resistance. We don't want to be shoving people to change. ... People want to be listened to."

Learn more:

The Lifestyle Medicine Workgroup meetings are open to health care providers. The group meets 7 to 8 a.m. the second Wednesday of the month at Northwest Rehab Associates. For more information, contact Stice at nutritionetcetera@gmail.com.

Online:

Dr. Marc Braman is building the website lifestylefacts.org through his nonprofit Lifestyle Medicine Foundation. The site shares how to use lifestyle as a medicine. It has content organized by disease or by lifestyle modality. The idea is that doctors who don't have much time or training could prescribe a topic or video as part of care.

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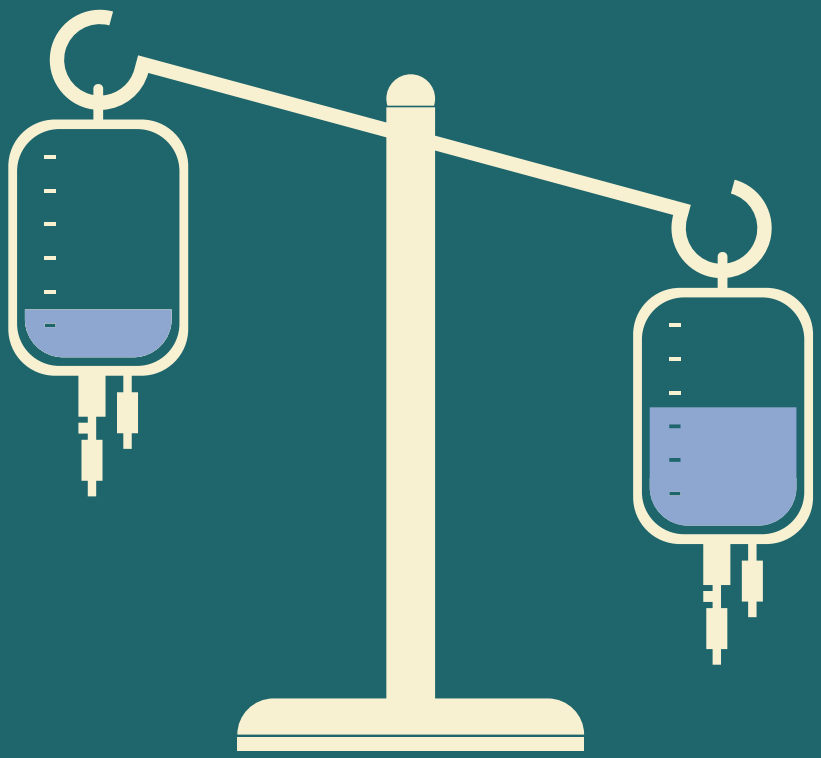

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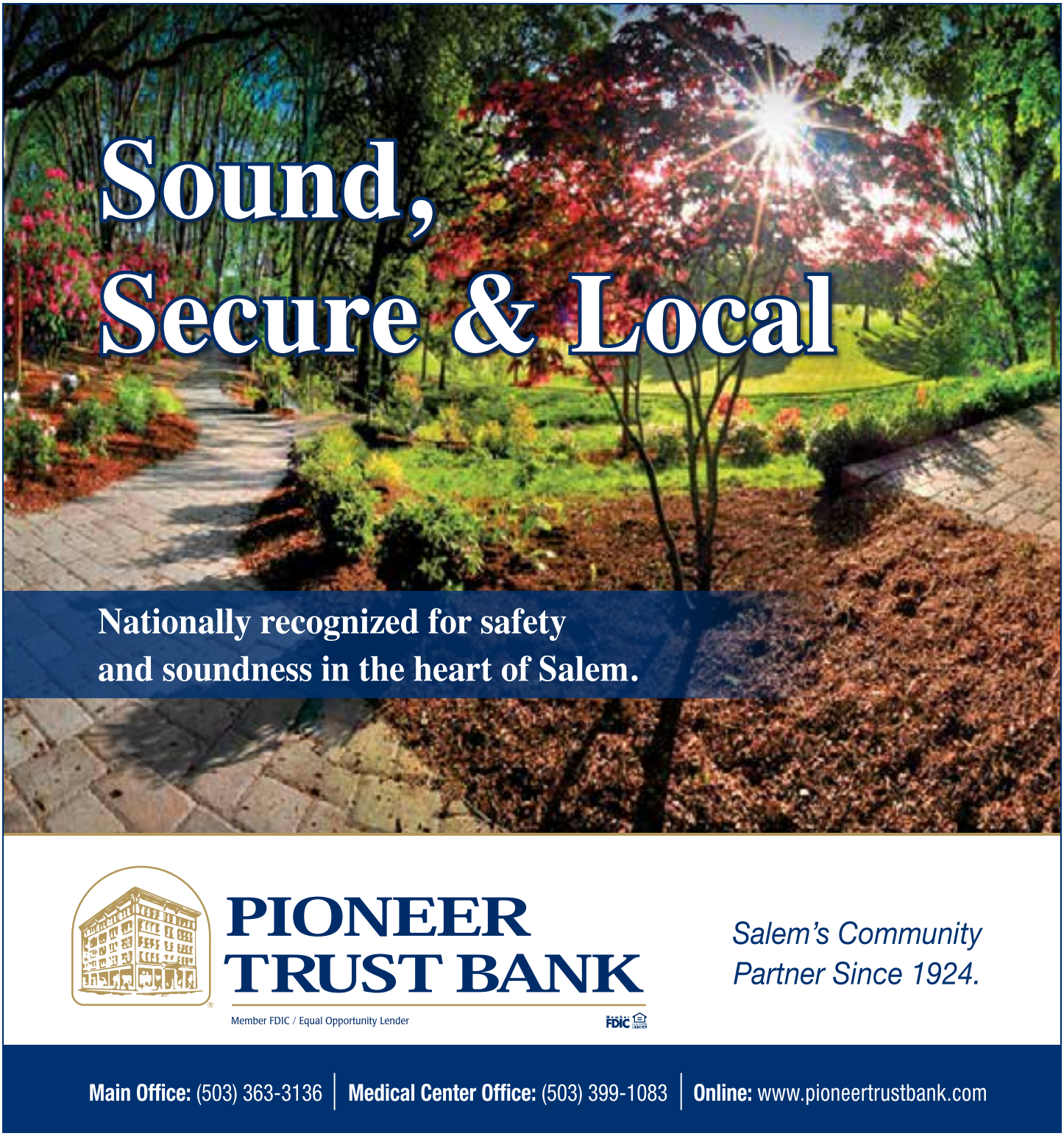

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