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www.TheCenterOregon.com

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May is National Stroke Awareness Month

When a stroke occurs, every minute makes a difference. If you receive treatment *within three hours* of the first stroke symptoms, medications may lessen the damage to the brain.

Don't ignore the symptoms, even if they go away. Call 911 immediately if you are having one or more of these common stroke symptoms. Is it a stroke? Act **F.A.S.T.**:

- F = Facial weakness:** Does one side of the face droop when smiling?
- A = Arm or leg weakness:** Does one arm drop downward when both arms are raised?
- S = Speech problems:** Is speech slurred or garbled? Unable to speak at all?
- T = Time is brain:** Every second counts, so call 911 immediately if any of these symptoms are exhibited.

our mission...is to be a Center of Excellence for patient care through teamwork, knowledge and compassion.

Calendar Of Events

Enhancing Golf Performance

A free lecture presented by orthopedic surgeon and golf enthusiast, Tim Bollom, MD along with physical therapist, Chris Cooper, PT. Join us for this interactive discussion and learn about improving performance, common golf injuries, warm-up techniques and injury prevention. Questions are welcome. RSVP requested.

Bend Golf and Country Club
06/08/2010 6:00pm

Deschutes Dash Weekend Sports Festival

This annual event includes a triathlon, duathlon, 10k run, 5k run and Kid's Splash 'n Dash. First timers can enter the "Try a Tri" swimwave to experience the thrill of the triathlon.

Starts at Farewell Bend Park
7/17/10 - 07/18/10 8:00am

Youth Health Fair & Free Sports Physicals for Boys

Local businesses and organizations will be on hand to share health, wellness and fitness information for youth. Sport physicals are open to male middle and high school student athletes. Registration begins at 5:00pm. Necessary forms must be completed prior to exam.

The Center
08/10/2010 5:30pm

Youth Health Fair & Free Sports Physicals for Girls

Open to female middle and high school student athletes. Registration begins at 5:00pm. Necessary forms must be completed prior to exam. Local business and organizations will be on hand to share health, wellness and fitness info for youth. Come join in the fun!

The Center
08/12/2010 5:30pm

For more information and a complete listing of events, visit www.TheCenterOregon.com

OnCenter

VOLUME 3 • ISSUE 3

Health and Wellness News from The Center:
Orthopedic & Neurosurgical Care & Research

Spring 2010

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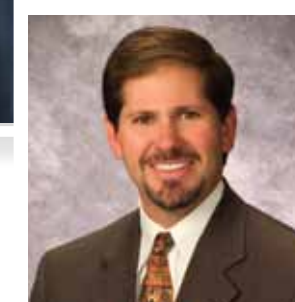
The Center Participates in Landmark Study: Preventing Blood Clots After Hip Replacement Surgery

The Center recently participated with other nationally recognized health care organizations and physicians in a study comparing post-surgery treatment methods on hip replacement patients. The results of the study are the featured article of *JBJS (The Journal of Bone and Joint Surgery)*, March issue.

The Center's physician, Dr. Knute Buehler, was part of a national head-to-head study that evaluated the safety and efficacy of an innovative sequential compression device to prevent blood clots after hip replacement surgery. More than 500 total hip replacement surgeries are performed in Central Oregon per year. The surgery can allow patients to return to some of their favorite activities, that they may have stopped due to pain. The surgery, while quite successful, is not without risk.

The most common risk is the potential formation of blood clots which can occur up to 50% of the time if no preventative measures are taken. A blood clot can form in legs and can break free traveling to lungs and causing blockage which can be potentially life-threatening. Currently, Lovenox, a prescription medication, is used most often to prevent these clots. While effective, it can cause problems with bleeding and requires twice daily injections. "Our goal is to minimize the risk of a blood clot after hip replacement surgery. The advantage of the active care device, is that we do not have to use medications to achieve this goal," said Dr. Buehler. The active care compression sleeves are applied before surgery and the patient continues to wear them for 10-12 days after surgery. The results revealed that the use of the devices showed a significant decreased risk of bleeding with similar risk of blood clot formation as Lovenox. According to Dr. Buehler, "This presents a new standard of care for hip replacement patients, by minimizing the risks without the use of medications." Following publication of the study nearly all major insurance companies now cover use of the device.

The study involved seven other clinics besides The Center throughout the United States, including Scripps Clinic, Hospital for Special Surgery, Cleveland Clinic and the Mayo Clinic. The study, titled, "Thrombosis Prevention in Total Hip Arthroplasty: A Prospective Randomized Trial Comparing a Mobile Compression Device with Low-Molecular-Weight-Heparin," is featured as the lead article in the March issue of *The Journal of Bone & Joint Surgery*.



Dr. Knute Buehler

PHYSICIANS

ORTHOPEDICS

Timothy Bollom, MD
Knute Buehler, MD
Michael Coe, MD
James Hall, MD
Anthony Hinz, MD
Jeffrey Holmboe, MD
Scott Jacobson, MD
Soma Lilly, MD
Joel Moore, MD
Blake Nonweiler, MD
James Verheyden, MD

NEUROSURGERY

Mark Belza, MD
Ray Tien, MD, PhD
Brad Ward, MD

PHYSIATRY

Tim Hill, MD
James Nelson, MD
Larry Paulson, MD
David Stewart, MD
Jon Swift Jr., DO
Viviane Ugalde, MD
Marc Wagner, MD

Welcome!

We are pleased to introduce **Dan Montoya, PA-C** as the newest member of our Physical Medicine and Rehabilitation team. Dan has been practicing in Central Oregon for over 10 years and brings a great deal of patient care experience focused on work related injuries, sports medicine, injuries of daily living and orthopedic care. His knowledge and patient care philosophy is a great addition to The Center. Dan is currently seeing patients; please call The Center for appointments.



Improving Health Care for Central Oregon

These days there is a lot of talk about health care. But health care means different things to different people.

In Central Oregon, a group of physicians – including the physicians of The Center – have come together with the region’s hospitals to adopt a shared vision for improving health care – **The Physician Hospital Alignment (PHA)**. The PHA has nothing to do with the national health care reform debate, which really is about health care finance reform. The goal is to rethink how we approach health care locally and make the focus on the patient – not the system – to control costs, improve the health of citizens and enhance the patient’s experience.

To date over 400 health care providers – including physicians, physician assistants, dentists and chiropractors – have signed the PHA mission statement and code of conduct. “It’s not hard to recognize that our health care system is in crisis,” said Dr. Ray Tien, PHA Steering Committee member. “By coming together under a common mission, we believe that we can develop a sustainable, equitable, integrated health care delivery system that benefits all Central Oregonians.”

The PHA is not reinventing the wheel. They are turning to successful examples of integrated health care systems in other parts of the country like the Mayo Clinic, The Cleveland Clinic and others. The end goal is to structure and recommend a patient-centered model in Central Oregon that redefines the delivery of wellness. For more information about the Physician Hospital Alignment visit www.goodmedicineco.org



PHA’s Focus on Patients

The PHA is specifically focusing on three key areas:

IT Connectivity – uses Electronic Health Records so that all providers in the community can quickly and easily share patient records and data.

Quality Care – where success is not based on the number of patients a physician sees, but how effectively patients are treated.

Accessibility – to provide easy affordable access to primary care for all patients.



Cross Training to Prevent Injury

With the snow melting and temperatures rising, more runners will be hitting the pavement in the next few months to either prepare for a race event or simply to get healthier. Unfortunately, sometimes the training that is intended to help achieve goals may actually end up causing injury.

Many runners suffer from overuse injuries when they increase their mileage to prepare for a race. Cross training – the inclusion of a variety of exercises in your routine – can help prevent injury and actually provide a more balanced approach to fitness.

In addition to running, adding other exercises such as core work, yoga, pilates, and weight training work muscles in different movement patterns, engage different muscles in different ways, increase core strength and balance and prevent injury. Adding swimming and biking to your routine can eliminate some of the pounding your muscles and joints suffer and strength training that focuses on a single leg at a time can help you eliminate overuse injuries.

It is also important to incorporate recovery methods such as allowing time between workouts to rest and recover, and incorporating massage and stretching into your routine to achieve the ideal combination of strength and flexibility.

Where Are They Now?

Every spring, The Center Foundation hosts the Scholarship Awards Dinner, “A Salute to Heroes” which – in partnership with local businesses and community – celebrates what’s right with Central Oregon kids. At the dinner, nine High Desert Heroes are recognized, outstanding high school juniors receive \$1500 scholarships and the prestigious \$5,000 William K. Worrell Scholarship is awarded to a high school senior.

Over the years, The Center Foundation has awarded over 70 scholarships to local students. These young men and women have gone on to excel in college and as leaders in their communities. Receiving The Center Foundation’s scholarship is usually just the beginning of greatness for our high school heroes. Here’s an update on where two of them are now.



Kimber Mattox

Currently in her junior year at Willamette University in Salem, Kimber is competing in soccer, cross country, and track. She recently earned All-American honors in the 3000 meter steeple chase, was selected the West Conference Track Athlete of the Year, made the All-Region Team in cross country and was selected Honorable Mention in the Northwest Conference for soccer. She is an active member of Alpha Chi Omega sorority, assuming several leadership roles in the house. In preparation for a career in a medical/health care field, she is currently studying exercise science and working as a research assistant for Oregon Research Institute in a study of the effects of different exercise training programs on individuals suffering from Parkinson’s Disease. This past summer she worked as an intern for Healthy Beginnings in Bend, assisting with health screenings for children.



Bethany Laubacher

Currently a junior at the University of Notre Dame, Bethany is majoring in Theology and also completing pre-med requirements. She has made the Dean’s List for all of her semesters at Notre Dame and is active in many activities at school including campus ministry, volunteering, and intramural athletics. This past summer she completed a service program in Idaho at a community health clinic and preschool for migrant families. For the fall semester, she studied abroad in Puebla, Mexico, attending classes at a local university and participating in a pre-med internship with rotations at four public hospitals in the area. This coming semester she is preparing for the MCAT and starting the process of applying to medical school.

The Center Foundation is pleased to partner with community sponsors in supporting these amazing kids each year. For more information about The Center Foundation’s scholarship program, visit www.centerfoundation.org

Splash ‘n Dash

On July 17th, the Deschutes Dash Sports Festival will kick off a weekend of activities for all ages including Sprint and Olympic Distances for triathlons and duathlons, a youth triathlon and a Kid’s Splash ‘n Dash.

The Splash ‘n Dash for ages 3-10 takes place on July 17th at noon and features inflatable stairs, a big slide, water pools, an obstacle course, a “messy” area and a sprint to the finish line. 100% of the proceeds from the Splash ‘N Dash will benefit The Center Foundation.

For more information and to register, go to: www.freshairsports.com



NOWCare Celebrates One Year

Just over a year ago, NOWCare opened its doors at The Center. A walk-in clinic for immediate treatment of muscular and skeletal injuries. NOWCare provides access to The Center’s orthopedic and neurosurgical experts on a walk-in basis – no appointments necessary.

Within the first month of opening, NOWCare physicians were busy seeing patients suffering from sports injuries, car accidents, on-the-job incidents and injuries of daily living. A year later, it is clear that patients see the benefits of being able to access specialty care when they need it most. With convenient hours during the week and even extended hours on Saturday, NOWCare is a great option for people who don’t need the services of the Emergency Room, but do need immediate expert care for their injuries.



Monday-Friday 9-5pm
Saturdays 12-5pm

No appointment necessary.

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