

# HARRISON HEALTH

Fall 2007



## Making Spirits Bright

This year's Festival of Trees promises to brighten spirits for all ages. See back cover for details.

**INSIDE:** A recipe for your home first aid kit • 2007 annual report • Exercising your brain • Teens and steroids • Harrison classes and support groups

# Best flu defense— get vaccinated

ABOUT 36,000 PEOPLE in the United States die from the flu each year, reports the U.S. Centers for Disease Control and Prevention (CDC).

The best way to avoid catching the flu is to get vaccinated annually. Immunization can prevent the flu or reduce the severity of its symptoms, says William E. Golden, MD, a spokesperson for the American College of Physicians.

The flu shot is the most common way of receiving the flu vaccine. However, healthy people ages 2 to 49—including women who aren't pregnant—may get a nasal spray vaccine. (Pregnant women can get the flu shot.)

The CDC recommends an annual flu shot if you:

- Are 50 or older.
- Have diabetes.

■ Have a chronic disease that affects your heart, lungs or kidneys.

■ Have a long-term health condition—for example, cancer or HIV/AIDS.

■ Have a severe form of anemia.

■ Will be more than three months pregnant during the flu season.

■ Live in a nursing home or other long-term care facility.

■ Are in contact with infants or children up to 5 years old.

■ Are a healthcare worker.

Children from 6 months to 5 years old also should be vaccinated against the flu.

The flu vaccine will not give you the flu, because it contains no active viruses. But if you are allergic to chicken eggs (where virus for the vaccine is grown), you should not be vaccinated.

## Healthy habits help ward off flu

Getting vaccinated is the best way to foil the flu, but you should also check out these other ways to help avoid getting sick.



**Wash up.** Mom was right: Frequent handwashing helps guard against the flu and other illnesses. Wash your hands for about 15 to 20 seconds with warm water and soap. That's about the time it takes to sing "Happy Birthday" twice.

**Hands off!** Try not to touch your eyes, nose or mouth. You could get sick if you touch your face after touching something with germs on it, such as a doorknob or telephone.

**Keep your distance.** Avoid close contact with people who are sick.

**Keep it to yourself.** When you cough or sneeze, cover your mouth or nose with a tissue or your sleeve. And if you do get sick, do others a favor by staying home from work or school and putting off errands.

Source: U.S. Centers for Disease Control and Prevention

**MORE >>** Your health is in your hands. Learn how handwashing protects you and others from more than just flu at [harrisonmedical.org](http://harrisonmedical.org). Click on "Healthy Links," then choose "Flu" from the health topics menu.

## Welcome! New physicians at Harrison

### ALLERGY AND IMMUNOLOGY

Filiz Millik, MD

### DENTISTRY

Peter Ruff, DDS

### EMERGENCY MEDICINE

Scott Davarn, MD  
Christine Perry, DO  
Gregory Tanksley, MD  
Joanne Torres, MD

### FAMILY MEDICINE

Donnaville Ortiz, MD

### ORTHOPEDIC SURGERY

Monica Alberts, MD  
Christopher Olch, MD

### PATHOLOGY

Gregory Henderson, MD

### PEDIATRICS

Melody Bronold, MD  
Emmalyn DeClaro, MD

### PEDIATRIC DENTISTRY

Jessie Banks, DDS

### RADIOLOGY

Matthew Shutske, MD

**Need a doctor?** For more information, visit [harrisonmedical.org](http://harrisonmedical.org) and click on "Find a Doctor," or call **360-692-4881** for a physician referral.



# contents

## FEATURES

- 4 Home safe home.** Making a first aid kit can be a family affair.
- 6 Report to the Community.** Harrison has come a long way in 2007 to bring you the region's best healthcare. Read more in our annual report.
- 10 Brain power.** It's never too early—or too late—to exercise your brain.
- 12 Teens on steroids.** Learn about the serious effects of these muscle-building drugs.



Before you reach for the rake, check out "Avoid Autumn Injuries" in the Healthy Links Health Library Search at [harrisonmedical.org](http://harrisonmedical.org).



## HARRISON HEALTH

*Health* magazine is published by the Marketing & Communications Department as a community service for the friends and patrons of Harrison Medical Center. Material is intended to supplement—not replace—information received from your physician or other healthcare provider.

President and CEO  
**Scott W. Bosch**

Photo Editor  
**Mary Eaton**

Managing Editor  
**Patti Hart**

Chief of Medical Staff  
**Mark Adams, MD**

## STAYING INFORMED

- 4 Fast times in the ED.** Harrison's Emergency Department wait times are below state and national averages.
- 13 Breaking the habit.** Harrison is going smoke-free, and you can too!
- 15 Community calendar.** Check out our upcoming classes, support groups, and events.

### ABOUT HARRISON MEDICAL CENTER

Harrison is a not-for-profit hospital and the region's largest medical center, with three campuses serving the Kitsap and Olympic peninsulas. With 350 physicians representing 40 specialties, we offer medical and surgical services, and 24-hour emergency care at two campuses. Harrison also serves as a regional center, providing specialized treatment in cardiovascular services, oncology, orthopedics, obstetrics and gynecology, and pediatrics. Harrison is a Level III Trauma Center.

### Harrison Medical Center

2520 Cherry Avenue  
Bremerton, WA 98310-4270  
360-377-3911  
[harrisonmedical.org](http://harrisonmedical.org)

**ON THE COVER:** *Making Spirits Bright*, by Rebecca King, of Bainbridge Island, illustrates this year's Festival of Trees, which benefits Harrison's oncology services. For more Festival information, see the back cover.

**YOUR HOME SWEET HOME** should also be a safe home—and most of the time it is.

Even so, accidents are bound to happen, especially when children are around. And when the unexpected occurs, it's best to be prepared.

#### GET IT TOGETHER

Start your preparation by assembling a first aid kit for your home. The American College of Emergency Physicians recommends these items:

- A first aid manual. (Consider taking a first aid class as well.)
- Acetaminophen, ibuprofen and aspirin tablets for headaches, pain and fever.
- A cough suppressant.
- An antihistamine to relieve allergies and inflammation.
- Decongestant tablets to help treat nasal congestion.
- An oral medicine syringe for giving medication to children.

Make sure the medicines in your kit are suited for the ages of your family members. Medicines should be stored in their original containers marked with the dosage and instructions on how and when to take them.



# Make your own first aid kit

## Fast times in the ED: Harrison ranks high

While wait times in emergency departments (EDs) across the nation are at an all-time high, Harrison EDs' lengths of stay are below state and national averages.

Patients nationwide spent an average of 240 minutes—or four hours—in U.S. emergency departments last year, according to a new report by Press Ganey Associates, a national firm that

measures patient satisfaction for more than a third of the nation's hospitals.<sup>1</sup>

Washington ranked 40<sup>th</sup> for the shortest ED times, with an average of 263 minutes. The No. 1 state—South Dakota—averaged 158 minutes.

"It's notable that our Bremerton ED average length of stay is 200 minutes," says Louann Bean, director of Harrison's Emergency Services. "Our

Silverdale ED's average length of stay was an impressive 155 minutes. We can also count as a success that, since 2005, our lengths of stay have steadily decreased."

#### THE MAD DASH TO THE ED

Despite Harrison's success in handling the thousands of patients who enter its EDs each year, the Press

## WHAT'S MORE

Your kit should also contain bandages of assorted sizes, such as “butterfly” bandages to tape edges of minor cuts together; a triangular bandage to wrap injuries or make an arm sling; elastic wraps to wrap wrist, ankle, knee and elbow injuries; rolls of gauze; and 2-inch and 4-inch pads for dressing larger cuts and scrapes. You also need adhesive tape to keep gauze in place.

Other items to consider:

- Sharp scissors with rounded tips.
- Latex gloves to protect hands and to reduce risk of infection when treating open wounds.
- Antiseptic wipes to disinfect wounds or to clean hands.
- Hydrogen peroxide to disinfect and clean wounds.
- Antibiotic ointment.
- Hydrocortisone cream to relieve irritation from rashes.
- Calamine lotion to relieve itching and irritation from insect bites, stings and poison ivy.

Learn to tell when it's an emergency at [harrisonmedical.org](http://harrisonmedical.org).

- Disposable, instant-activating cold packs to ice injuries and burns.
- Tweezers to remove ticks, small splinters and other foreign objects.
- A thermometer.

## LISTS GALORE

Include a list of phone numbers for your family doctor and pediatrician, the American Association of Poison Control Centers (800-222-1222) and a number (or numbers) to summon

# What is a medical emergency?

Seconds can save lives in a medical emergency. That's why it's important to recognize problems that are serious enough to need immediate medical care.

The American College of Emergency Physicians says to call 911 right away if any of these symptoms are present:

- Chest pain that lasts two minutes or more.
- Uncontrolled bleeding.
- Sudden or severe pain.
- Coughing up or vomiting blood.
- Difficulty breathing or shortness of breath.
- Sudden dizziness, weakness or change in vision.
- Severe or persistent vomiting or diarrhea.
- A change in mental status, such as confusion or being difficult to arouse or waken.

The bottom line: Call for emergency help if you think someone could suffer significant harm or die without prompt care.

police, fire and ambulance service, such as 911.

Make a list of the kit's contents. Write separate lists for medicines taken by each household member. If anyone has a life-threatening allergy to food, medicines or insect stings, include a list of allergies for each person.

## HOW TO STORE

After you've gathered your supplies, place them in a container, such as a tote bag, that is clean, roomy and durable. Find a place to store your kit that is easy to get to, and make sure that all adults in the house know where it is. Be sure to store the kit where a young child cannot get to it.

Remember to check your kit regularly to replace items that are missing or have been used up. Throw out and replace medicines that have passed their expiration dates.

## We're here around the clock!

### 24-HOUR EMERGENCY CARE

- Harrison Bremerton  
2520 Cherry Avenue, Bremerton
- Harrison Silverdale  
1800 N.W. Myrhe Road, Silverdale

### URGENT AND PRIMARY CARE

- Harrison Clinic & Urgent Care  
7:30 am to 7:30 pm, every day  
450 S. Kitsap Boulevard, Port Orchard  
Walk-in or by appointment.

**MORE >> Be prepared for an emergency with a Personal Health Record. To learn more about this freebie from Harrison, see page 14.**

Ganey report raises the question: Why are EDs so busy?

Various national and local factors are driving people to look to their EDs for healthcare, including:

- An ever-growing number of working, uninsured people seeking care.
- A lack of after-hours and weekend care available at private practices.
- A growing elderly population with complex medical problems.
- A Washington physician shortage, leaving people without personal physicians.

Bean says that Harrison's achievements in lowering wait times are the result of systemwide processes and quality-improvement techniques, including the Bremerton ED's four-bed fast track for less critical patients.

## A FOCUS ON YOUR SATISFACTION

The Press Ganey report also revealed that patients were more willing to accept long wait times when they were kept informed of their status, affirming the importance of Harrison's ED patient

liaison program, in which patients receive updates every 15 to 20 minutes.

"The ED environment is unpredictable, fast-paced, and demanding, with large numbers of people coming to us who are hurting and desiring quick relief," Bean says. "Our goal is to provide exceptional care, and our patient-satisfaction scores tell us our efforts are working. Still, we'll always seek ways to exceed our patients' expectations."

<sup>1</sup>Press Ganey's 2007 Emergency Department Pulse Report used data from 2005, the most recent year for which information is available.

# Building on a promise



*Our promise to you is steadfast: exceptional medical care, with a personal touch, every step of the way.*



Harrison had the pleasure of hosting more than 100,000 valued “guests” last year. But unlike a one-size-fits-all hotel, where guests may require little more than a comfortable bed and room service, ours have more complex needs.

Each of our guests is unique. No one is ever just a number at Harrison. They come to us with broken bones, cancer, diseased hearts, and babies ready to greet the world. Almost all require an intricate combination of services to diagnose, treat, sustain, and comfort them during their stays. Our promise to each is steadfast: exceptional medical care, with a personal touch, every step of the way.

To build on and fulfill that promise, we’ve developed Service Rescue, a new component of our Service Excellence program. Service Rescue provides a practical framework to help each staff member quickly and carefully address any problems that our guests or their family members may encounter. If we’ve failed to meet your expectations, we want to know so that we can do the right thing to re-establish your trust in us.

We’re here to serve you, your family, and our wider communities. We exist to make a difference in your lives through exceptional medical care. That’s our promise. And promises are meant to be kept.

On the next pages, you’ll find highlights of other improvements, milestones, and news about what has been accomplished at Harrison during the past year on behalf of you, your family and our community. It’s a journey that begins and ends with people. We continue to build teams of people who believe in and work hard to fulfill our mission—people who know that their own lives gain meaning by performing meaningful work on behalf of others.

Our promise is steadfast.



Scott W. Bosch  
President and CEO



*Our vision remains clear: to be our region's*

*center of medical excellence, chosen for consistently superior care and service.*

*People, growth, and infrastructure remain areas of focus, with heightened concentration on quality.*

*With this long-term initiative, we'll strive for excellence in customer service and in the clinical and operational arenas.*

# Highlights of the year

## Quality

**HealthGrades.** Our most noteworthy accomplishment was achieving HealthGrades' ranking as the No. 1 cardiac surgery program in the state, based on patient outcomes. The nation's leading independent healthcare ratings organization also ranked our cardiovascular program No. 1 in western Washington.

**Cancer Accreditation.** For the 20<sup>th</sup> year, our comprehensive cancer program received approval from the American College of Surgeons Commission on Cancer—a distinction achieved by only one in four U.S. hospitals. This year we earned the commission's newest and still rarer honor: Commendation for Excellence.

**Nuclear Medicine Accreditation.** We have the first laboratory in the state to achieve national accreditation from the American College of Radiology for nuclear medicine.

**Emergency Services.** Although the total number of patient visits increased by nearly 6,000 last year, the average length of stay was at an all-time low: a 20 percent shorter time than those from the previous year. At the same time, patient satisfaction scores consistently remain in the top 25 percent among our hospital peers.

**Pediatric Rehabilitation.** The mission-driven decision to expand our pediatric rehabilitation program filled a sudden community need for 185 families left without necessary services when a local provider unexpectedly closed its doors.

**Emergency Preparedness.** Our creation of an organizationwide plan for an influx of infectious patients is the first in the state. This plan, to be implemented in the event of a widespread illness, or pandemic, is being used as a model for developing other such plans throughout the region.

*(Continued on page 8)*

“I can honestly say the staff was the best I ever had. I would return and suggest your hospital to everyone I know. Thank you.”

—S. H., Gig Harbor



(Continued from page 7)

**Immunization Tracking.** Harrison is one of the first hospitals in Washington to partner with its local public health districts to enroll in the state's web-based health promotion and immunization registry system. The new system enables healthcare providers to track immunizations of their patients.

## Growth

**Interventional Cardiology.** Taking our cardiovascular services to the next level of less- and noninvasive treatments, we brought new specialists onto our medical staff. The addition of electrophysiology and endovascular suites further enhanced our ability to more efficiently diagnose cardiac conditions and provide lifesaving interventions and advanced care.

**Oncology Services.** Construction began to house a second linear accelerator to better serve our patients with intensity-modulated radiation therapy (IMRT) and the more advanced intervention—new to Kitsap County—image-guided radiation therapy (IGRT).

## People

**Employee Engagement.** This marks our third year with the Gallup Organization to measure employee engagement, which is critical to a safer, more productive workplace and also impacts our financial well-being. We've increased our number of employees who are engaged in their work, and we remain well above the national average for the ratio of engaged to disengaged employees (2-to-1 compared with our own 3.5-to-1).

**Physician Recruiting.** The addition in 2005 of a full-time physician recruiter continues to bear fruit: Forty-two physicians joined practices, providing much-needed services in our communities, which are facing record physician shortages.

**Nursing Education.** Creation of a nursing scholarship program by longtime supporters Joan and Louis Soriano enabled four Harrison registered nurses to enroll in Olympic College's first RN-to-BSN program, which began in September.

## Technology

**Electronic Medical Record (EMR).** After an 18-month process that included more than 600 employee and physician participants and numerous site visits, we finalized a contract with Eclipsys to implement a \$30.5 million EMR over the next three years to improve accuracy, patient safety, and privacy.

“100 percent satisfaction! Fabulously friendly—just like a five-star hotel. Could not have had a better experience.”

—P. M., Lake Tapps

## Our Mission

We make a positive difference in people's lives through exceptional medical care.

## 2007 Board of Directors

Since its incorporation 65 years ago, Harrison's path has been guided by a volunteer board of directors.

Board members bring an impressive array of professional skills and come from points across the region: They are truly the voice of the community within the walls of our nonprofit organization.

Serving Harrison in 2007 are:

Carl Cramer, chair  
James Smalley, vice chair  
Mark Adams, MD, chief of medical staff  
Griffith Blackmon, MD  
James Civilla  
Mary Garguile  
Elizabeth Hyde  
Ralph Lintz  
Michael Miller  
Ronald Muhleman  
Richard Nelson, MD  
Joan Soriano  
David Tinker, MD  
David Veterane  
John Wallen

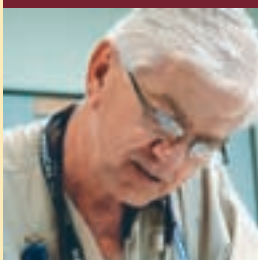
## Annual Statistics

### ED VISITS

2007	70,352
2002	51,542
1997	39,810
1992	37,006
1987	25,753

### BIRTHS

2007	2,081
2002	1,769
1997	1,785
1992	2,207
1987	1,707

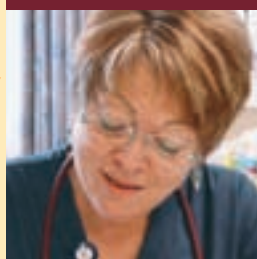


### AVERAGE STAY (in days)

2007	3.7
2002	3.8
1997	3.8
1992	4.7
1987	4.6

### ADMISSIONS

2007	17,048
2002	13,435
1997	12,168
1992	13,444
1987	12,659



### SURGERIES

2007	12,368
2002	11,727
1997	9,451
1992	8,347
1987	6,074



## 2007 Statement of Revenues and Expenses

As a nonprofit hospital, Harrison receives no direct tax subsidies. Our revenues are returned to the region in the form of services, technology, facilities, and programs.

### REVENUES

Patient revenues—Net <sup>1</sup>	\$250,838,000
Other operating revenues	3,755,000
Non-operating revenues	4,603,000
<b>Total</b>	<b><u>\$259,196,000</u></b>

<sup>1</sup>Revenues of charity care, totaling \$7,652,000, and discounts of \$212,142,000

### EXPENSES AND OTHER

Wages and employee benefits	\$130,817,000
Supplies and other	78,687,000
Depreciation and interest expense	13,600,000
Patients failing to pay	13,182,000
Insurance	4,627,000
<b>Total</b>	<b><u>\$240,913,000</u></b>
Excess funds for reinvestment <sup>2</sup>	<u>\$18,283,000</u>

<sup>2</sup>Reinvestment in future health programs, services, equipment, and facilities

“I have been telling everyone who asks about my accident that we are very fortunate to have such a wonderful facility in our area.”

—G. F., Poulsbo



# HOW TO HAVE A healthy brain

Your brain benefits most when you try a variety of activities that differ in frequency, intensity and social setting.

WHAT'S ON YOUR schedule today?

Planning to read a book or take a walk? How about spending time with friends over dinner? Or taking up a new hobby, such as gardening?

If you do any of those things, you could be doing your brain a favor.

That's because certain kinds of activities appear to help maintain brain health throughout life. And it's never too early—or too late—to give your brain a boost, according to Paul D. Nussbaum, PhD, a neuropsychologist at the University of Pittsburgh.

“Brain health is a lifelong pursuit,” Dr. Nussbaum says. And it should have the same priority as cardiac health, he adds.

Research suggests that's true, according to William H. Thies, PhD, vice president for medical and scientific relations at the Alzheimer's Association.

“The things you do to keep your heart healthy may also be good for your brain,” Dr. Thies says.

## **BASIC MAINTENANCE**

Based on the best available evidence for preserving brain health, the Alzheimer's

Association and other experts offer these suggestions.

**Control risk factors.** Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

All of these are risk factors for heart disease, stroke and diabetes—diseases that may increase the chances for Alzheimer’s and other dementias. Eating a healthy diet and exercising regularly can help prevent or control these risk factors.

Choose a brain-healthy diet. Good choices include:

■ **Foods low in fat and cholesterol.** Eat less meat and fewer whole-milk dairy products and egg yolks. Replace saturated fats (such as those in hard margarines and shortening) with monounsaturated and polyunsaturated fats (such as olive and corn oils). Avoid trans fats (foods containing partially hydrogenated oils) altogether.

■ **Cold-water fish.** Choose halibut, mackerel, salmon, tuna and trout. They are rich in omega-3 fatty acids.

■ **Foods rich in antioxidants.** Good choices include dark-skinned fruits; green, leafy vegetables; vegetables in the cabbage family (such as broccoli); and some nuts (almonds, pecans and walnuts).

**Pump it up.** Because exercise stimulates blood flow, it may encourage new brain cells. Exercise is most effective when done regularly and for about 30 minutes a day. But whatever you can do—even walking a few blocks daily—is better than doing nothing, Dr. Thies says.

If you exercise with a buddy, you also have an opportunity for socializing, another brain-healthy activity.

**Avoid brain-damaging habits.** Don’t smoke or use illegal drugs.

**Put your mind to work.** Your brain benefits most when you try a variety of activities that differ in frequency, intensity and social setting. For example, read, write, or work crossword or other puzzles. Play games or plant a garden. Attend lectures, classes and plays.

**Maintain social connections.** Studies have found that participation in sports and cultural activities and close personal relationships that provide emotional support tend to protect against dementia.

Sharing a meal, shopping or just talking on the phone with family and friends are ways to stay connected. So, too, are keeping active in your workplace or volunteering for community groups.

**Learn as much as you can.** People who have academic accomplishments and intellectually challenging jobs may be less likely to develop Alzheimer’s, Dr. Thies says. And if they do develop dementia, it may occur later in life.

Lack of formal education doesn’t necessarily lead to mental decline, says Susan Molchan, MD, program director for the Alzheimer’s Disease Neuroimaging Initiative of the National Institute on Aging.

“There are many opportunities to learn, if you’re curious—even if you only have a grade-school education,” Dr. Molchan says. “You get out of your brain what you put into it.”

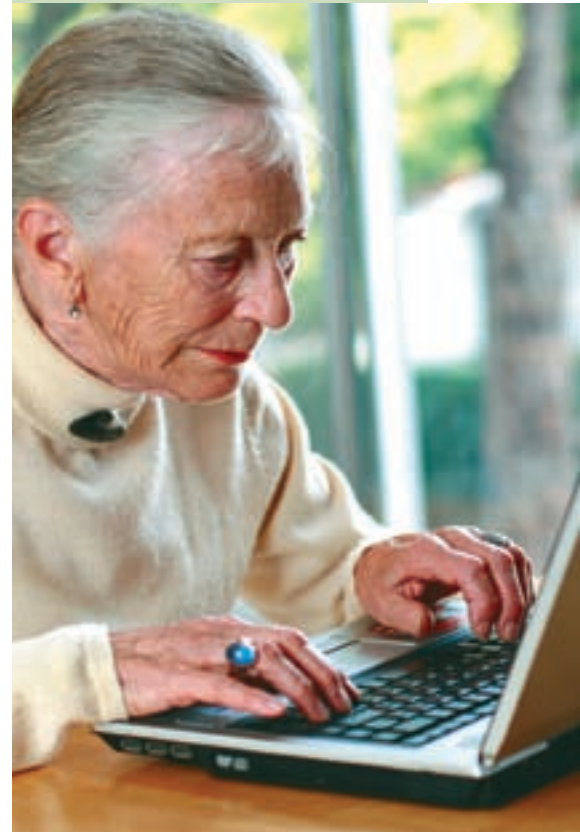
**MORE >>** Get the memory basics at [harrisonmedical.org](http://harrisonmedical.org). Click “Healthy Links,” then pick the “Brain” health topic.



## Everyone loses a little

Almost everyone will have some mental decline with aging. The amount varies from person to person, says Molly V. Wagster, PhD, chief of the Neuropsychology of Aging branch of the National Institute on Aging.

The inability to produce a name quickly or recall the name of a movie you saw last week is within the normal range of memory problems that come with aging—it’s not a sign of Alzheimer’s, she says.



## Brain health: A lifelong process

Neither genes nor aging is necessarily a path to mental decline. Our resilient brains continue to make new cells and millions of new connections even as we get older.

“We aren’t determined by our genes,” says D. Stephen Snyder, PhD, a specialist in the causes of

Alzheimer’s disease at the National Institute on Aging (NIA). “Genes may set us on a path, but things we do throughout life affect what we will do in old age.”

Maintaining your brain is a lifelong process, says Molly V. Wagster, PhD, chief of the NIA’s Neuropsychology of Aging branch.

It’s likely that the earlier you begin activities to stimulate your brain, the better off you will be in the long run, she says. But it’s also important to continue brain-stimulating activities throughout your adult life.



## The high stakes of

# steroids

PUMPERS. JUICE. GYM CANDY.

Street terms for steroids might seem rather innocent. In reality, steroids aren't something to take lightly—especially

if your teenager might be using them. Without a doctor's order, steroids are unhealthy and illegal.

### MENACING MUSCLE

Steroids, or more accurately androgenic anabolic steroids, are easy-to-get drugs that help build muscle. Surveys suggest

that about 3.5 percent of high school seniors have tried steroids at least once.

Actual numbers may be even higher, says Suraj Achar, MD, assistant clinical professor of family medicine and associate education director for sports medicine at the University of California, San Diego.

Why teens use steroids isn't always clear, says Dr. Achar. Many may be looking for ways to improve athletic performance. But some kids may see the drugs as a way to get stronger to avoid being bullied. And others may turn to steroids to improve their physique.

## Where teens can go for help

When teens aren't comfortable talking to their parents about sensitive health issues, it may help young people to know that they have somewhere else to turn.

According to the American Academy of Pediatrics, doctors can counsel teens on many issues, such as substance abuse, sexuality and violence.

The doctor may meet with your teen and you separately, then bring everyone together to talk about any concerns. Or your teen's doctor might encourage your child to discuss issues directly with you.

What is clear: Steroids can be extremely dangerous. Heart problems and depression that may lead to suicide are among the most serious effects, Dr. Achar notes. Other potential side effects include severe mood swings, hallucinations, liver cancer and stunted growth.

### KNOW THE SIGNS

If you notice that your child has had unusual changes in body size, it could signal steroid use, says Dr. Achar. Other signs include severe acne, combative behavior, delusions and feelings of invincibility.

If you suspect steroid use, Dr. Achar advises approaching your teen with open-ended questions.

Asking, "Do you have friends who use steroids?" and probing to find out what your child knows about steroids may be better than asking directly if he or she is using the drugs, Dr. Achar says. You can also talk to coaches, teachers, school counselors and your teen's friends.

If your child admits to using the drugs or if you suspect their use, talk to a doctor and request that the child be tested specifically for steroids. Tests commonly used to detect other drugs will not find anabolic steroids, Dr. Achar explains.

If steroid use is confirmed, medical help will be needed. Your teen shouldn't stop the drugs abruptly.

# Smokeless tobacco is dangerous too

SPIT, CHEW, SNUFF—call it any name you like. But if you call smokeless tobacco a safe alternative to cigarettes, you're kidding yourself.

All told, smokeless tobacco contains 28 cancer-causing chemicals, the National Cancer Institute (NCI) reports. As a result, anyone who uses smokeless tobacco is vulnerable to oral cancer, which invades the mouth, parts of the throat, and voice box.

Of all cancers, oral cancer is one of the most difficult to treat, reports the NCI. What's more, surgery to treat oral cancer is often disfiguring.

Along with oral cancer, smokeless tobacco can trigger:

- Red or white patches inside your mouth that can become cancerous.

- High blood pressure.

- Heart disease. Smokeless tobacco raises cholesterol levels and your risk of a heart attack.

- Receding gums, raising your risk of tooth decay.

- Ulcers from swallowing the juice from smokeless tobacco.

Smokeless tobacco puts even more nicotine into your bloodstream than cigarettes do, making it highly addictive, says the American Academy of Family Physicians. Thus, your best protection against smokeless tobacco is to never try it. If you're already hooked, ask your doctor if nicotine gum—or a similar product—might help you quit.



How much is your tobacco habit costing you? Find out in the "Smoking" Healthy Link at [harrisonmedical.org](http://harrisonmedical.org).

## Do you want to quit smoking?

Washington state's Tobacco Quit Line offers free one-on-one support from tobacco cessation specialists who provide the help you need to give up tobacco.

You'll get private counseling, advice on designing your own quit plan, and help choosing products

and medications.

Quit coaches are available by phone seven days a week, from 9 am to 5 pm. To learn more, or to request a copy of the booklet featured here, visit [quitline.com](http://quitline.com) or call toll-free **877-270-7867**.



**MORE >>** Make November 15 the date of your personal smokeout! To accept the challenge, go to [cancer.org](http://cancer.org).



## Clearing the air

### Harrison goes smoke-free November 15

ON NOVEMBER 15—the day of the American Cancer Society's Great American Smokeout—Harrison will go smoke- and tobacco-free inside and out. But unlike smokers across the nation who vow to quit the habit for one day, Harrison's promise is a lasting one.

The new policy will apply to employees, medical staff, volunteers, patients, and visitors on all campuses, including inside and outside the buildings, on the grounds, inside vehicles, and in work areas.

As a part of its employee wellness program, Harrison's Quit for Life tobacco cessation program supports employees, volunteers, and medical staff—as well as their immediate family members living in the home—in their efforts to quit. The program offers smoking cessation counselors, Internet- and telephone-based support, and nicotine replacement products.

Resources also will be available for patients and visitors who smoke, including information about the Washington State Department of Health's personalized program, the Tobacco Quit Line (**877-270-STOP**, or **877-270-7867**). Upon request, Harrison staff will also facilitate obtaining a prescription from a patient's physician for nicotine replacement products upon admission to the hospital.

"This is a long-overdue change at Harrison that will improve and sustain life for our patients, visitors, and ourselves," says Scott Bosch, Harrison's president and chief executive officer. "We hope all who are impacted by this change will understand that this is about tobacco and smoke, not the smoker. It's about doing the right thing in the name of good health."



# vital signs

HAPPENINGS  
AT HARRISON

## Chief of staff elected to AHA board of trustees

Harrison Chief of Medical Staff Mark Adams, MD, has been elected to the board of trustees of the American Hospital Association (AHA). He begins a three-year term January 1, 2008.

A vascular and thoracic surgeon, Dr. Adams is also a clinical assistant professor in the department of surgery at the University of Washington. A former president of the Washington State Medical Association's board of trustees, he today serves on the boards of Regence Blue Shield, the Western Conference of Prepaid Medical Care Plans, and the Olympic Peninsula Kidney Center.



Mark Adams, MD

## CEO Bosch elected to WSHA board

Harrison President and Chief Executive Officer Scott Bosch was elected to the Washington State Hospital Association's (WSHA) board of trustees at their annual meeting in October. He has served as a member-at-large since his December 2006 appointment by WSHA's Executive Committee to complete a vacated term.



Scott Bosch

WSHA is a membership organization representing 97 community hospitals and several health-related organizations, providing advocacy, issues management and analysis, information, and other services.

Most recently, the membership developed the Health Work Force Institute to expand the labor work force for health institutions. And in 2005 it launched its Patient Safety Program to help hospitals improve patient safety by supporting the adoption of evidence-based protocols proven to save lives.

## Freebies for you!

Call 360-792-6869 for any of the following free offerings:

» **Consent-to-Treat Form.** Parents, in case of an emergency, you'll want to give this important card to anyone—including grandparents—who cares for your child.

» **Community Resources.** We've combined our popular resources for families and adults into one comprehensive guide that features more than 250 listings. Large quantities are available for your organization.

» **Self-Exam Shower Card.** This two-sided card hangs in the shower to benefit both men and women. One side demonstrates a breast self-exam; the other details testicular self-exam steps.

» **Personal Health Record.** Use this wallet-sized card to record valuable health information—allergies, immunizations, medications, and more—that can help improve the quality of care you receive in an emergency.



## CT program earns national accreditation

Harrison's Medical Imaging Department has earned a three-year term of accreditation for computed tomography (CT) by the American College of Radiology (ACR).

CT produces cross-sectional images of the inside of the body that are more detailed than those produced by conventional X-rays.

ACR-certified organizations demonstrate commitment to quality care, assuring that technicians and equipment have passed rigorous evaluations. Harrison is one of only 12 Washington facilities to earn this accreditation and one of two in the state to earn it for nuclear medicine.

# MARK YOUR calendar

HARRISON MEDICAL CENTER

Here's a glimpse at Harrison's events, support groups, and classes. Find a complete listing at [harrisonmedical.org](http://harrisonmedical.org). Classes are free unless otherwise noted.



## EVENTS

### Blood Drive

• Friday, Dec. 21, 11 am to 1 pm and 1:45 to 5 pm  
Harrison Bremerton Auditorium  
**360-792-6869**

## SUPPORT GROUPS

### Alzheimer's Caregivers

• First Monday of each month, 1 pm  
Harrison Annex, 750 Lebo Blvd., Bremerton  
**360-792-9363** or **360-792-6769**

*For those caring for someone with memory loss.*

### AWAKE

• Thursday, Dec. 20, 7 to 9 pm  
Harrison Annex, 750 Lebo Blvd., Bremerton  
**360-792-6882**

*Bring your CPAP machine for a free pressure check.*

### Better Breathers

• Meets quarterly; call for dates.  
Rose Room, Harrison Silverdale  
**360-792-6686**  
*For those with chronic respiratory disease.*

### Brain Injury

• Second Thursday of each month, 3 to 4:30 pm  
Harrison Silverdale Garden Room  
• Fourth Wednesday of each month, 4:30 to 6 pm  
Harrison Green Mountain Rehabilitation, 2625 Wheaton Way, Suite A, Bremerton  
**360-475-6480**

### Breast Cancer

• Third Wednesday of each month, 7 pm  
Oncology Conference Room, Harrison Bremerton  
**360-792-6885**

### Cancer Support

• First Thursday of each month, 7 pm  
Aspen Room, Harrison Bremerton  
**360-792-6555**  
*For those with cancer and for their caregivers.*

### ICD

• Meets quarterly at Harrison Silverdale  
Call **360-373-2547** for dates.  
*For those with an implantable cardiac defibrillator.*

### Look Good... Feel Better

• First Monday of each month, 1 to 3 pm

Oncology Conference Room, Harrison Bremerton  
**800-227-2345**  
Free.

*Helps women overcome appearance-related effects of cancer and treatment. Registration required.*

### Lupus

• First Saturday of each month, 1 to 3 pm  
Harrison Bremerton Auditorium  
**360-698-0186** or **360-598-1570**

### Ovarian Cancer

• Third Tuesday of each month, 1 pm  
Rose Room, Harrison Silverdale  
**360-871-0407**

### Parkinson's Disease

• First Tuesday of each month, 1:30 pm  
Canterbury Manor, 703 Callahan Drive, Bremerton  
**360-475-6480**

### Shhh...Hearing Support

• Meets third Saturday of each month, 1 to 4 pm  
Iris Room, Harrison Silverdale  
**360-871-0997**  
*Led by the Hearing Loss Association of Kitsap County.*

## CLASSES

### Becoming Grandparents

Wednesday, Feb. 6, 6:30 to 8:30 pm  
Orchid Room, Harrison Silverdale  
Call **360-792-6765**. \$30 for two  
*Grandparents-to-be learn the latest newborn care and how to build special relationships.*

### Cardiac Health and You

• Twice monthly, 2:30 to 4 pm  
Call **360-415-6910** for dates and fees.  
*Learn to prevent heart disease and stroke.*

### Diabetes Self-Management Program

• Second and fourth Monday of each month, 8:30 am to 3:30 pm  
Call **360-415-6910** for information and fees.

### Gestational Diabetes

• Fridays, 10 am to noon  
Call **360-415-6910** for dates and fees.  
*For expecting moms with gestational diabetes.*

### Orthopedic Surgery

#### Total joint surgery

• Thursdays, noon to 2 pm  
3 West, Harrison Bremerton  
**360-792-6695**  
*For those considering hip or knee replacement surgery. Registration is necessary.*

#### Spine Surgery

• Wednesdays, 11 am to noon  
3 West, Harrison Bremerton  
**360-792-6695**  
*For those considering spine surgery. Registration is necessary.*

### Preparing for Baby

*An array of classes, whether you're first-time parents or seasoned pros. For a listing of classes, call **360-792-6765** or visit [harrisonmedical.org](http://harrisonmedical.org).*

### Safe Sitter

• Saturdays, Dec. 1 or Feb. 2 and 9,\* 9 am to 4:30 pm  
Iris Room, Harrison Silverdale  
**360-792-6765** or [cbirthreg@harrisonmedical.org](mailto:cbirthreg@harrisonmedical.org). \$50, includes a backpack and safety kit  
*\*Two-day class includes CPR. Registration is necessary.*

# Making Spirits Bright



## Festival of Trees

to benefit

### Cancer Care at Harrison Medical Center

Thanksgiving Weekend • Nov. 23 to 25 • Kitsap Sun Pavilion, Bremerton

#### GENERAL ADMISSION

Saturday, November 24 • 10 am to 5:30 pm

Sunday, November 25 • 10 am to 4 pm

\$5 (at the door)

Children 12 and under and seniors over 60 are free

#### ~ Special Ticketed Events ~

##### *Gala Tree Party & Auction*

Friday, November 23  
5:30 pm  
\$150 per person

##### *Santa Breakfast*

Saturday, November 24  
8:30 am  
\$12.50 (includes general  
admission to the Festival)

##### *Harrison Employee Night*

Saturday, November 24  
6 to 8 pm  
Free to employees

### *Join the Festival team!*

It takes hundreds of individuals to stage the Festival of Trees and its various events. If you have three hours or more to give and would like to be part of this spectacular weekend that benefits the community, call us.

**Harrison Medical  
Center Foundation**  
360-792-6760

This beloved community tradition ushers in the holiday season with spectacular Christmas trees and décor, holiday shopping, entertainment, and children's activities. Now in its 21st year, the Harrison Medical Center Foundation event is the premier fundraiser for the hospital. To date the Festival has garnered more than \$2.4 million to support programs, services, and medical equipment at Harrison for the benefit our community.

For more information, visit [harrisonfoundation.org](http://harrisonfoundation.org)

*harrisonmedical.org*



HARRISON MEDICAL CENTER  
2520 Cherry Avenue  
Bremerton, WA 98310

Nonprofit Org.  
U.S. Postage  
**PAID**  
Tacoma, WA  
Permit No. 948