

NATIONAL BREAST CANCER AWARENESS MONTH

This October, North Bend Medical Center is proud to have participated in National Breast Cancer Awareness Month. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. The good news is that most women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

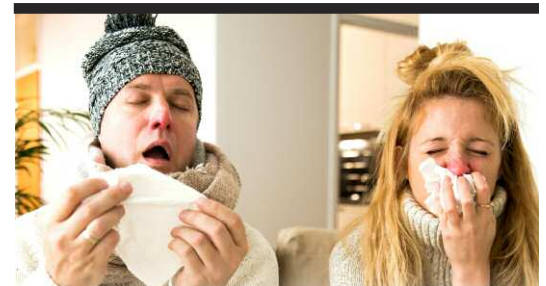
What Can I Do to Reduce My Risk of Breast Cancer?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health:

- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

Content source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention



GET THE SHOT NOT THE FLU!

**The CDC recommends
a flu shot every year for
anyone who is six months
of age and older.**

- The flu vaccine has been shown to reduce flu illnesses, risk of flu-related hospitalization and ICU admission
- The flu vaccine is an important preventative tool for people with chronic conditions such as heart disease, lung disease and diabetes
- A 2017 study showed that the flu vaccine can be lifesaving to children

GET YOUR FLU SHOT TODAY!

- Flu shots available 7 days a week
- No appointment necessary!
- Insurance billed, so no cost to you

 **IMMEDIATE
CARE CLINIC**
@NBMC

1900 Woodland Drive, Coos Bay



New Dermatology Provider at NBMC!

1900 Woodland Drive, Coos Bay | 541.267.5151 x1644 | nbmchealth.com



James Murray, DNP

James Murray, DNP, recently joined the practice of Alexey Markelov, MD, Plastic & Reconstructive Surgeon. James will focus on providing a full spectrum of dermatology services to help patients look and feel their best.

COMMON CONDITIONS TREATED:

- Skin Checks
- Mole Mapping
- Lesion Biopsy
- Acne
- Rosacea
- Tinea
- Warts/Molluscum
- Perioral Dermatitis
- Stasis Dermatitis
- Folliculitis
- Psoriasis
- Eczema
- Rashes
- Excision

Call 541.267.5151 x1644 To Schedule An Appointment Today!

NOW ACCEPTING DERMATOLOGY PATIENT REFERRALS

We Are Cancer Care

NORTH BEND MEDICAL CENTER AND BAY AREA HOSPITAL
ARE PLEASED TO ANNOUNCE THE HIRING OF A NEW PHYSICIAN:

SHARON PENG, MD

The Bay Area Cancer Center is very pleased to welcome Dr. Sharon Peng to our Medical Oncology staff. Dr. Peng joins Dr. Bret Cook and Jodi Strand, DNP in providing top quality treatment and care for cancer patients living on the South Coast. Dr. Peng attended St. George's University

School of Medicine and completed her Hematology/Oncology Fellowship at New York Medical College at St. Joseph's University Medical Center. Dr. Peng will be taking the place of our beloved Dr. Cherry as she transitions into a well-deserved retirement after many years of dedicated service.





BLOOD PRESSURE CLINIC

- Every Thursday, 1 to 4pm
- No Appointment Necessary
- NBMC Bandon
110 10th St. SE, Bandon

Join our Nurse Care Manager as she provides a free clinic to help you to manage your blood pressure. You will be able to:

- Have your blood pressure checked
- Get your home blood pressure cuff checked for an accuracy
- Get tips on how to get accurate readings
- Learn how to better manage your blood pressure

**Call 541.267.5151 x3167
if you have questions!**



EMPOWERMENT

Please join us for a free four-week workshop to help those with diabetes or pre-diabetes live healthier lives. Friends and family are welcome too! During weekly 4-hour classes, you will receive free self-management tools and resources to help you:

- Manage blood glucose & maintain a healthy diet
- Work with your healthcare team & set weekly goals
- Find ongoing support & community resources

OUR NEXT 4-WEEK PROGRAM:

- Saturdays, 1 to 5 pm
- January 11th to February 1st
- Location: Curry Public Library
94341 3rd St., Gold Beach

***If you are interested in
Diabetic Education,
please contact Denise at
541.267.5151 x3167***

National Physician's Assistant Week

**NBMC would
like to recognize
the BEST PA's
on the planet!**



Jenna Beh, PA
General/Bariatric Surgery



Derral Hawthorne, PA-C
Family Medicine, Gold Beach



Kaylie Parrish, PA-C
Immediate Care Clinic



Chris Riehl, PA
Immediate Care Clinic



Maggie Shaughnessy, PA-C
Immediate Care Clinic



Gregory Sopka, PA-C
Orthopaedic Surgery



Rachel Stappler, MHS, PA-C
Internal Medicine



Tamara Tuttle, PA-C
Family Medicine, Gold Beach





A BIG THANK YOU TO OUR STAFF CELEBRATING ANNIVERSARIES:

AUGUST

Alexandra Collins

Medical Records — 4 years

Angel Timm

Ana Marie Ferguson, FNP — 3 years

Angie Baarstad

Dr. Croson — 11 years

Ashely Weber, FNP

ICC — 4 years

Bethany Neuhoﬀ

Care Management- Coos Bay — 1 year

Christy Snelgrove

Patient Access — 14 years

Diane Thaxton

Day Surgery — 21 years

Dr. Charles James

General Surgery — 6 years

Dr. Jaini

Internal Medicine — 4 years

Dr. Kusuda

Urology — 12 years

Dr. Millet

Family Practice- Coquille — 6 years

Dr. Muller

Internal Medicine — 29 years

Dr. Smith

Acupuncture — 4 years

Haley Bailey

Dr. Muller — 8 years

Heather MacLean

OB/GYN — 21 years

Jeannie Mahinay

Medical Records — 11 years

Jerrie Iparraguirre

Day Surgery — 12 years

Kathy Rose

Radiology — 42 years

Kristie Erbele

Patient Services — 18 years

Lonnie Covey

BACC — 7 years

Mandy Hansen

Dr. Joshi — 6 years

Melissa Pallin

Behavioral Health -
Pediatrics — 2 years

Naomi Warnock

Day Surgery — 1 year

Nicholas Hageman

I.T. — 2 years

Pam Inman

Dr. Somera — 17 years

Pamala Motheral

Dr. C. James — 4 years

Rachael Romalelli

Lab — 2 years

Renata Rambo

Patient Services — 23 years

Sam Kumar

Engineering — 14 years

Shelly Freshman

Lab — 14 years

Stacie Kellar

Dr. Jennings — 8 years

Trillian Carter

Ana Marie Ferguson, FNP — 1 year

SEPTEMBER

Ana Marie Ferguson, FNP

Myrtle Point Family Practice — 3 years

Anne Mills

BACC — 1 year

Brittany Goll

Day Surgery — 4 years

Carlene Selander

Day Surgery — 42 years

Christina Muschetto

I.T. — 13 years

Christy Wright

Recruiter — 3 years

Ciera Leonard

ICC — 2 years

Danielle Bono, MS, LPC

Behavioral Health — 1 year

Denise Stuntzner, LCSW

Behavioral Health — 3 years

Devan Wilson

QST — 3 years

Dr. Ale

Family Practice — 5 years

Dr. Croson

Pain Management — 12 years

Dr. Cruz

Pediatrics — 10 years

Dr. Joshi

Internal Medicine — 8 years

Dr. Peddagovindu

Internal Medicine — 7 years

Dr. Sharman

Family Practice — 35 years

Erin Deere

Dr. DeLeon — 5 years

Hailey Johnson

Lab — 2 years

Hannah McNally

Dr. Bhandari — 4 years

Jeannie Zanutto

Coquille Care Management — 2 years

Jennifer Horton

Patient Services — 15 years

Jennifer Westgaard

Radiology — 12 years

Josh Beaver

I.T. — 20 years

Julie Carr

BACC — 21 years

Katherine LaPraim

Radiology — 16 years

Kelly Walters

Administration — 18 years

Laura Kent, FNP

ICC — 4 years

Linda Markham

Dr. Park — 19 years

Lindsay Green

Dr. Markelov — 3 years

Marcella Hatley

ICC — 1 year

Mark Van Over, FNP

ICC — 3 years

Patrick Bringardner, FNP

Internal Medicine — 3 years

Randee Kimble

Dr. Pittenger — 1 year

Sierra Spencer

Care Coordination — 4 years

Sondra Cole

Lab — 9 years

Susan Storebeck

Patient Services — 27 years

Tracy Bones

Dr. Shimotakahara — 4 years

Yulia Whidden, FNP

Neurology — 1 year

OCTOBER

Amy Ulmer

Patient Services — 10 years

Becky Youngman

Alaina Hendrix, FNP — 2 years

Betsy Ledesma

Dr. Sader — 2 years

Cherish Collins

Immediate Care Clinic — 16 years

Claire Kalista

Lab — 3 years

Dave Bell

Radiology — 1 year

Dr. Jennifer Webster

Family Practice — 2 years

Dr. Ospina

Coquille Family Practice — 1 year

Ed Troyer

Lab — 40 years

Felicia Logston

Immediate Care Clinic — 2 years

Hailey Pruitt

Urology — 1 year

Jameson Evans

Quality, Standardization
and Training — 9 years

Kat Tappen

Dr. Ospina — 1 year

Kayla Sparkman

Dr. Jennifer Webster — 1 year

Kerrie Mitchell

Safety Coordinator — 4 years

Kimmie Cooke

General Surgery — 2 years

Larry Rose

Engineering — 5 years

Liz Goll

Patient Services — 40 years

MacKenzie Findley

Care Coordination — 1 year

Mallory Walters

Dr. Jennings — 4 years

Natasha Taylor

Women's Health — 1 year

Rachel Stappler, PA

Internal Medicine — 7 years

Rayna Martin

Accounting — 7 years

Sandra Randolph

Audiology — 9 years

Tara Chard

Bay Area Cancer Center — 23 years

Tim West

Rachel Stappler — 3 years

Tobey Hatler

Dr. Patel — 5 years

Valerie Hall

Day Surgery — 11 years

Yara Ruiz-Guillen

Day Surgery — 4 years

Advanced Care Planning

Plan for the future so your loved ones don't have to...

There are many things we may not expect in our life and decisions are best made *before* you become sick or injured. This Advanced Care Planning class will help you plan for those times and what matters to you.

- Review and answer your questions
- Provide help to complete your Advance Directive
- For anyone aged 18 and older
- Hosted by: NBMC Care Management Team

• BANDON

Saturday, November 2nd, 2 to 4 pm

Location: Bandon NBMC, 110 10th Street SE, Bandon

Instructor: Denise Daigre, RN

Call Denise at 541.267.5151 x3167 to reserve your space!

• COOS BAY

Thursday, December 5th, 2 to 4 pm

Location: NBMC (3rd Floor Conference Room)

Instructor: Bethany Neuhoﬀ, RN

Call 541.267.5151 x1682 to reserve your space!

• GOLD BEACH

Thursday, December 5th, 2 to 4 pm

Location: Curry Public Library, 94341 3rd St., Gold Beach

Instructor: Denise Daigre, RN

Call Denise at 541.267.5151 x3167 to reserve your space!

*90% of people say talking
with their loved ones about
end-of-life care is important...*

*Only 27% have
actually done so**

*Source: The Conversation Project Survey 2013

CONGRATULATIONS TO OUR EMPLOYEES OF THE MONTH

AUGUST

Tammy Wagner



Tammy is dependable and always willing to go above or beyond to get any task done in addition to being a

great problem solver. With patients Tammy is a true professional who is extremely helpful and always strives to give them excellent patient care. We appreciate Tammy's continuous hard work at North Bend Medical Center and we appreciate having her in the **Women's Health Department**.

SEPTEMBER

Mike Yost



Mike has been with NBMC for one year. No matter what the job Mike always works hard and is very

professional. He is amazing with patients, friendly with staff and a great co-worker and teacher. Mike never leaves a job unfinished! We appreciate Mike's commitment to North Bend Medical Center and the **Engineering Department**.

OCTOBER

Allen Erskine



Allen has been with NBMC for 3 years. Allen is so amazing and helpful to everyone that walks

through the doors. When stress and frustration levels go through the roof Allen remains cool, calm and collected. Patients compliment him about his upbeat personality and great attitude that makes them feel cheery and welcome. We appreciate Allen's commitment to North Bend Medical Center and the **Patient Services Department**.



Nancy Altamirano, MD

Please join us in welcoming Dr. Nancy Altamirano to our Pediatric Department! Dr. Altamirano is an experienced Board-certified Pediatrician who cares for children of all ages. She provides a wide range of services, including:

- Newborn & Infant Care
- Well-Child Checkups
- Immunizations
- Illnesses & Injuries
- Chronic Health Problems
- Medical Exams & Physicals
- Growth & Development Assessments
- Mental, Emotional & Behavioral Health
- Nutrition, Lifestyle & Parenting Education

Call 541.267.5151 x1315 to schedule an appointment for your child!
Now Accepting New Patients ~ Same Day Appointments Available

North Bend Medical Center Proudly Celebrates Nurse Practitioner Week ~ November 10-16


 Mary Anker, ANP
Family Medicine

 Patrick Bringardner, NP
Internal Medicine

 Jesse Dorfmeisterr, FNP
Internal Medicine

 Audrey Duke, FNP
Family Medicine

 Ana Marie Ferguson, FNP
Family Medicine

 Nikkora Henderson, FNP
Internal Medicine

 Alaina Hendrix, FNP
Women's Health

 Laura Kent, FNP
Immediate Care

 Amanda Krantz, FNP
Family Medicine

 Gabriela Lombardi, FNP
Family Medicine

 Kathy Moon, FNP
Urology

 James Murray, DNP
Dermatology

 Jodi Strand, DNP
Medical Oncology

 Heather Sullivan, FNP
Family Medicine

 Mark Van Over, FNP
Immediate Care

 Ashley Weber, FNP
Immediate Care

 Yulia Whidden, FNP
Neurology

 Angela York, FNP
Immediate Care

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Unavailable

THANK YOU FOR ALL YOU DO!

Diabetes Blood Glucose Testing

What Is a Blood Glucose Meter?

A blood glucose meter is a small device that you can use at home to test your blood to find out the amount of glucose in the blood. Glucose is a type of sugar found in the foods you eat. The body removes it from the bloodstream and uses it for energy. Diabetes is a disease that prevents the body from removing the glucose as quickly as it should. This leads to a buildup that causes the sugar level in the blood to rise. With this device, you can better manage the rise and fall of blood sugar.

How to Choose Which Blood Glucose Monitor/Meter is Right for Me?

Many types of blood glucose meters are available. You may want to consider the following when in the market to purchase a blood glucose monitor that fits your needs and lifestyle:

1. **COST.** Meters vary in price. Be sure to factor in the cost of the test strips.
2. **INSURANCE COVERAGE.** If you have insurance coverage, whether private or not, remember to call your insurance provider first to see what meters and strips they cover and ask how much the co-pays are.
3. **EASE OF USE.** Some meters are easier to use than others. If the meter is too complicated, takes too long to read, or requires coding, you'll be less likely to properly use the device.
4. **INFORMATION STORAGE AND RETRIEVAL.** Consider how the meter stores and retrieves information. Some can track everything you'd normally write in a log, such as the time and date of a test, the result, and trends over time.
5. **SPECIAL FEATURES.** Look into the features to see what meets your specific needs. How large is the device? Does it give markers or flags? Other features may include larger buttons, illuminated screens, and audio, which may be useful for people with impaired vision.
6. **ACCURACY.** Your blood glucose readings will affect your insulin doses and diet choices, making accurate results from a reliable device crucial for your health.
7. **SAMPLE SIZE.** How big a drop of blood is required? Blood samples range from a sizable 3.0 microliters down to a very small 0.3 microliter.
8. **SUPPORT.** Look for a meter that includes instructions that demonstrate the correct way to use the meter and a toll-free number that you can call for help. Some have programs for low-cost test strips or coupons.

How Often Should I Change Lancets?

Always change your lancets every use just like you change your needles after every use to prevent infection.

How Often Should I Change or Replace My Glucose Meter?

If you're diligent about properly maintaining your device, you will want to replace your blood glucose meter for diabetes every one to two years.

If you need help using your glucometer or are looking for Diabetic education, contact Care Management:

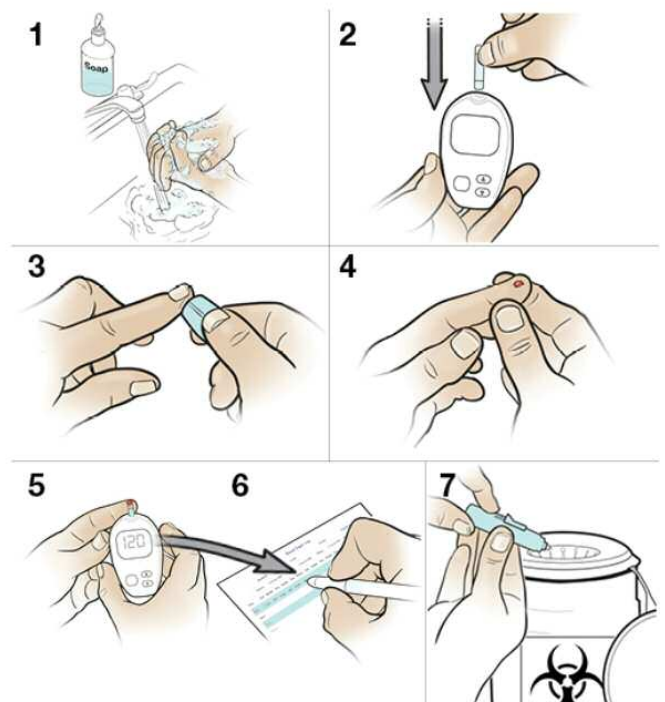
Bandon: 541.347.5191 x3167

Coos Bay, Myrtle Point or Gold Beach:
541.267.5151 x 1682

Coquille: 541.396.7295 x3069

Also if you are having trouble with costs or getting needed supplies we may be able to find resources that may help you, please give us a call.

Step-by-step Instructions:



Information Series for Adults

What You Need to Know About Diabetes and Adult Vaccines

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases.

Getting vaccinated is an important step in staying healthy.



Why Vaccines Are Important for You

Diabetes, even if well managed, can make it harder for your immune system to fight infections. If you have diabetes, you may be at risk for more serious complications from an illness compared to people without diabetes.

- Some illnesses, like influenza, can raise your blood glucose to dangerously high levels. When you are sick, you need to monitor your blood sugar more often.
- People with diabetes have higher rates of hepatitis B than the rest of the population. Outbreaks of hepatitis B associated with blood glucose monitoring procedures (blood sugar meters, finger stick devices, and other equipment such as insulin pens) have happened among people with diabetes.
- People with diabetes are at increased risk for death from pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the lining of the brain and spinal cord).

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest ways for you to protect your health, even if you are taking prescription medications to control your diabetes.

Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Getting Vaccinated

You regularly see your provider for diabetes care, and that is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a place near you to get a vaccine, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit www.healthcare.gov to learn more about health insurance options.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit www.cdc.gov/vaccines/adults.

What vaccines do you need?

Flu vaccine every year to protect against seasonal flu

Pneumococcal vaccines to protect against serious pneumococcal diseases

Hepatitis B vaccine series to protect against hepatitis B

Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough)

Zoster vaccine to protect against shingles if you are 50 years or older

There may be other vaccines recommended for you so be sure to talk with your healthcare professional about what is right for you.

DON'T WAIT. VACCINATE!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention