

live well now

OLYMPIC MEDICAL CENTER

2 | 5 Common Pain Points, Explained

5 | Eat to Boost Bone Strength

6 | What the Heck Is ... an Arthroscopy?

THE NEXT STEP FOR YOUR FEET?



“Dr. Seddon is very patient-oriented. He listened to me describe the problems I’d been having with my foot and explained the procedure I would need to fix them. Recovery has been easier than I expected, and Dr. Seddon’s positive attitude has helped significantly. My outcome has been excellent!”

—Sequim resident Diana Childs, who had foot surgery in January 2017

Don’t let foot or ankle pain prevent you from staying active.

FOOT PAIN AFFECTS more than 75 percent of Americans, according to the American Podiatric Medical Association. So if your feet bother you, you’re certainly not alone.

When you want to get to the root of your pain, start with a visit to your primary care provider’s office. He or she might recommend you visit a specialist.

“Primary care providers can determine if a condition is minor and needs treatment they can provide or if it is more complex and requires a higher level of expertise,” says John Seddon, MD, orthopaedic surgeon and foot and ankle specialist at Olympic Medical Center. “I see conditions ranging from fractures and soft-tissue overuse injuries in young, athletic patients to degenerative problems, such as arthritis, in seniors.”

Red flags that likely warrant a foot and ankle specialist’s attention include persistent foot or ankle swelling, activity-related pain, discomfort while standing or at rest, loss of sensation, or sudden appearance or worsening of a deformity, such as a bunion.



John Seddon, MD



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Think your feet need some TLC? Talk with your primary care provider, then call (360) 565-0999 to schedule an appointment with Dr. Seddon.

5 COMMON PAIN POINTS, EXPLAINED

Many older adults assume pain in their bones and joints is simply part of aging. It doesn't have to be. These five common problems may be preventable, and even when they aren't, treatment usually isn't very hard to find.



FRACTURES

Fractures occur when a bone is fully or partially broken, with hip fractures, often caused by falls, among the more common types experienced by older adults.

"Any fracture can cause immediate pain when weight is placed on the affected bone," says Thomas Herschmiller, MD, orthopaedic surgeon at Olympic Medical Center. "Hip fractures usually lead to an inability to bear weight."

Prevent them: Improve your balance, which you can do with exercises such as yoga and Tai Chi, or use a walking aid, such as a cane. Also, eat a diet rich in calcium and vitamin D, which strengthen bones.

Get relief: Hip fractures may require a partial or total hip replacement, Dr. Herschmiller notes. For other types of fractures, your doctor may recommend surgery to insert a plate and a rod or screws to keep the bone in place.



OSTEOARTHRITIS

"Osteoarthritis, or arthritis, is a degenerative disease that occurs when cartilage between two bones wears down over time, resulting in loss of joint mobility," says Loren Larson, MD, medical director of orthopaedics at Olympic Medical Physicians. "This results from a combination of factors, including age, genetics, injury and excess weight. In older adults, it often affects the hips and knees."

Prevent it: Maintain a healthy weight with proper diet and exercise.

"Weight is one risk factor for osteoarthritis that you can control," Dr. Larson says. "Being overweight is known to increase a person's chance of developing osteoarthritis."

Get relief: Generally, arthritis is diagnosed with X-rays that reveal cartilage loss, bone spurs or thickening of the bone, all of which indicate you might have the condition.

Lifestyle modifications, such as eating a healthy diet and low-impact exercises (for example, swimming or riding a



Our orthopaedic specialists can help with your joint pain. Call (360) 565-0999 to schedule an appointment at OMP Orthopaedics in Port Angeles or Sequim.

BACK IN ACTION

If you need surgery to alleviate joint pain, Olympic Medical Physical Therapy and Rehabilitation can help you get back to your daily routine after surgery. Our therapists in Port Angeles and Sequim are skilled in orthopaedic rehabilitation to strengthen new joints or help you overcome arthritis pain.

Visit www.olympicmedical.org and select “Services” and then “Rehabilitation Therapy” to learn more.



ROTATOR CUFF TEARS

The rotator cuff is made up of four muscles that end in tendons, which connect shoulder muscles to bone and allow you to move your arm. These tendons may wear down over time or tear due to a sudden injury. Rotator cuff tears can make it painful to reach your arms above your head.

Prevent them: Regular exercise can strengthen and tone rotator cuff muscles and optimize their function over time.

Get relief: If a rotator cuff tear is suspected, a doctor will take an X-ray and then confirm the diagnosis through magnetic resonance imaging (MRI).

Minor tears can often be treated through physical therapy, modified activity or steroid injections. If those treatments don't work, doctors can perform a minimally invasive surgery called an arthroscopy to repair the damaged tendons. *Learn more about arthroscopies on page 6.*



MENISCUS TEARS

“The meniscus is a shock absorber in your knee that sits between the two bones (the femur and tibia) that form the joint,” Dr. Larson says. “When you're young, the meniscus is very pliable, but it can weaken with age and become prone to tearing.”

These tears can happen suddenly or over time.

Prevent them: Meniscus tears aren't always preventable, but regular exercise can strengthen leg muscles that stabilize your joint.

Get relief: Rest, ice, compression and elevation may help a small tear, but major meniscus tears often need surgery.

“If there is not too much arthritis in the knee, we may be able to perform an arthroscopic procedure to address the tear,” Dr. Larson says. “If the arthritis is advanced, joint replacement may be necessary.”



CARPAL TUNNEL SYNDROME

Though often thought of as an office worker's complaint, carpal tunnel syndrome risk is more closely associated with age and gender, affecting women and adults in their 50s most. Caused by nerve compression, the condition leads to numbness, pain in the hands and an inability to hold small objects. It can be genetic, or even caused by overuse and arthritis.

Prevent it: Carpal tunnel syndrome can be hard to prevent, but taking frequent breaks during work that involves your hands and maintaining correct posture can both help.

Get relief: Your doctor might use electrophysiological testing, which measures electrical activity in the body, to locate any areas where the nerve is compressed.

Bracing and steroid injections may provide relief. If not, your doctor may recommend a minor surgery called carpal tunnel release, in which a surgeon cuts the ligament compressing the nerve.

stationary bike), are usually the first line of treatment.

“Other options include physical therapy to restore range of motion and/or steroid injections to reduce pain and inflammation,” Dr. Herschmiller says. “If those therapies fail to provide relief, we consider joint replacement surgery. However, people with arthritis who stay active can delay or even eliminate the need for surgery.”

OLYMPIC MEDICAL CENTER'S ORTHOPAEDIC PROVIDERS

ORTHOPAEDIC SURGEONS

Dirk Gouge, DO

Thomas Herschmiller, MD

Loren Larson, MD

John Seddon, MD

Henry Yee, MD

CERTIFIED PHYSICIAN ASSISTANTS

Meredith Karns, PA-C

Matthew Kiddle, PA-C

Dean Short, PA-C

Christopher Yujico, PA-C

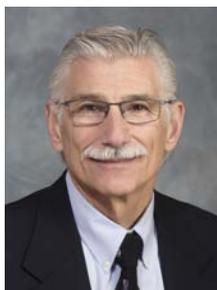
WALK-IN CLINIC BRINGS NEW PROVIDERS TO PORT ANGELES

IN PREPARATION FOR opening the new clinic in Port Angeles, the Olympic Medical Physicians Walk-In Clinic welcomed a number of new providers in the past few months.

Edward Berretta, MD, and Jeanne Berretta, MD, are both seasoned providers with more than 30 years of experience and are board-certified in family medicine.

Family Nurse Practitioners Caren Ellington, Stefanie Walker-Leu and Marcella Wildeman joined the Walk-In Clinic team in 2017. Advanced Registered Nurse Practitioner Kenneth Huang joined in late 2016.

The OMP Walk-In Clinic in Port Angeles is located in the new medical office building at 907 Georgiana Street and open seven days a week, from 9 a.m. to 6 p.m. The Sequim Walk-In Clinic, located in the medical services building at 840 N. 5th Ave., Ste. 1400, is open 8 a.m. to 5 p.m. on weekdays, and 10 a.m. to 4 p.m. on Saturdays and Sundays.



Edward Berretta, MD



Caren Ellington, FNP



Marcella Wildeman, FNP



Jeanne Berretta, MD



Stefanie Walker-Leu, FNP



Kenneth Huang, ARNP

OMP PENINSULA CHILDREN'S CLINIC ADDS NEW DOCTOR



Erika McClure, MD

BOARD-CERTIFIED PEDIATRICIAN

Erika McClure, MD, joined the OMP Peninsula Children's Clinic family in early 2017.

Dr. McClure

completed her residency at Loma Linda University Medical Center in California and continued on faculty for another five years before going into general practice. Dr. McClure is familiar with Washington state, having earned her bachelor's in health science from Walla Walla University.

The Peninsula Children's Clinic is located at 303 W. 8th Street (8th & Cherry) in Port Angeles. Please call (360) 565-0999 to schedule an appointment with Dr. McClure or learn more about the clinic.

HEART CENTER BRINGS IN FOURTH CARDIOLOGIST



Robert Henson II, MD

CARDIOLOGIST ROBERT HENSON II, MD,

joined Olympic Medical Heart Center at the end of 2016, primarily working out of the medical office building in Port Angeles.

Prior to coming to Olympic Medical, Dr. Henson practiced cardiology in Colorado. He performed his fellowship at Barnes-Jewish Hospital at Washington University Medical Center in St. Louis and his residency at PSL Health Sciences Center in Denver.

Dr. Henson is a fellow of the American College of Cardiology and is board-certified by the American Board of Internal Medicine.

PHYSICIAN ASSISTANT AND ATHLETIC TRAINER JOINS OMP ORTHOPAEDIC CLINIC



Chris Yujuico, PA-C

A CERTIFIED ATHLETIC TRAINER,

Certified Physician Assistant Chris Yujuico's primary clinical experience is in sports medicine,

ranging from youth sports to professional athletes. However, he is skilled in general orthopaedics, as well, and strives to identify ways to help alleviate pain and improve quality of life through nonsurgical approaches when possible.

For a complete list of providers at the OMP Orthopaedic Clinic and the types of services they provide, visit www.olympicmedical.org and select "Services" then "Orthopaedics."



Eat to Boost Bone Strength



Building stronger bones goes beyond simply drinking more milk.

EITHER OSTEOPOROSIS OR low bone mass affects 55 percent of U.S. adults over age 50, according to the International Osteoporosis Foundation. One of the best ways to stay out of that group is to eat foods that strengthen bones and reduce bone loss.

THE NUTRIENTS YOU NEED

Calcium, vitamin D and **lean protein** can help slow or halt the loss of bone density that occurs as we age, particularly in post-menopausal women. Calcium can be found not only in low- or nonfat dairy products but also in leafy greens, such as spinach and kale.

Omega-3 fatty acids, found in nuts and fatty fish, such as salmon and sardines, are thought to help your body absorb calcium, which is beneficial for bone health. Look for canned fish that contains bones for an added calcium boost.

Some research suggests that getting lots of **vitamin K**, found in green vegetables, may prevent bone density loss and protect against osteoporosis.

Many of these healthy foods have the added bonus of being rich in antioxidants, which curb inflammation that causes joint pain and arthritis.



Concerned about your bone density? Visit www.olympicmedical.org and select “Services,” “Imaging” and then “Imaging Capabilities” to learn about our bone densitometry scans.

Avocado Melon Breakfast Smoothie

This bone-building breakfast includes calcium and protein from nonfat dairy, as well as vitamin K and even more lean protein from avocado.



INGREDIENTS

- 1 large, ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- 1 ½ teaspoons lime juice
- 1 cup nonfat milk
- 1 cup plain, nonfat yogurt
- ½ cup 100% apple juice or white grape juice
- 1 tablespoon honey

DIRECTIONS

- Cut avocado in half and remove pit. Scoop out flesh and place in blender. Add remaining ingredients and blend well.
- Serve cold. This smoothie keeps well in the refrigerator for up to 24 hours. If made ahead, stir gently before drinking.

NUTRITION INFORMATION (MAKES 2 SERVINGS)

Calories: 320
Total fat: 11g

Saturated fat: 2g
Sodium: 170mg

Carbohydrates: 46g
Dietary fiber: 5g

Protein: 13g
Cholesterol: 5mg

