



The Portland Clinic Quarterly
A HEALTH UPDATE FOR OUR PATIENTS

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The
Portland
Clinic



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Take Control of Pain — Without Opioids

A PHARMACIST, A PHYSICAL THERAPIST AND A PSYCHOLOGIST OFFER HELP



ALEX BULOCHNIK, PHARM.D. (DOWNTOWN), LEIGH REECE, DPT (SOUTH AND TIGARD), AND MICHAEL SHRIFTER, PSY.D. (SOUTH) SHARE THEIR ADVICE.

OxyContin, Percocet, Vicodin and other opioid painkillers, when used correctly, can help people get through short-term acute pain, such as surgery. But we now know that these drugs pose serious risks when used long term for chronic pain. In addition to the very high risk of addiction and fatal overdose, they can cause or worsen depression, sleep problems, heart disease and low testosterone. On top of all that, in a cruel irony, they actually make many people *more* sensitive to pain, and less able to function well in their daily lives.

Fortunately, we have safer options. Non-opioid medicines, physical therapy and cognitive behavioral therapy are three approaches, often used in combination, that can be very effective for people with persistent pain. While they require more commitment than simply taking a pain pill, they do a better job of addressing the root of the pain and helping you regain control of your life.

Non-opioid medicines

Several medicines are available that are just as effective as opioids in reducing chronic pain, but without the addictive nature of opioids. Some examples:

- NSAIDs (nonsteroidal anti-inflammatories — e.g., aspirin, ibuprofen) reduce both pain and inflammation. They're available over the counter, in prescription strength, and in topical creams that can reduce stomach irritation.
- Tylenol reduces pain, but not inflammation. It's easier on the stomach than NSAIDs, but correct dosing is important to avoid liver damage.
- Anticonvulsants (e.g., Gabapentin) can relieve nerve pain from shingles.
- SNRIs (serotonin and norepinephrine reuptake inhibitors — e.g., Cymbalta, Effexor) are a new class of antidepressants that also relieve chronic pain — especially nerve pain and fibromyalgia.
- Tricyclic antidepressants, an older class of antidepressants, also can treat pain.

Many people find that taking a combination of these to address several different pain pathways can bring significant relief.

Physical therapy

If you have pain with movement, whether it started with an injury or developed gradually, physical therapy may be a good option for you. Physical therapists focus on helping you move better with less pain. They may use hands-on techniques to decrease tissue irritation and improve range of motion. But the most effective treatments are the stretching and strengthening exercises that they can teach you to do for yourself.

By working one-on-one with a physical therapist, you'll gain a better understanding of why you have pain, how your body is capable of moving, and how to keep it moving. You'll also increase your strength, flexibility and tolerance for movement, which can reduce or even eliminate your need for pain medication. Learn more at moveforwardpt.com and tamethebeast.org.

Cognitive behavioral therapy

People don't automatically think of psychotherapy as a treatment for pain. But pain has both physical and emotional components, and [improving your emotional well-being](#) can reduce your pain. Specifically, [cognitive behavioral therapy can help](#) you gain control over your pain in three ways:

- By validating your experience of pain and its impact on your life
- Through “behavioral activation interventions,” which teach you ways to feel safe moving your body more, without overdoing it
- Through “cognitive restructuring,” or changing your automatic thoughts from patterns of constant catastrophe, so you can tell a new story about your life

Take a positive step forward today

If you live with pain, we encourage you to take one small, positive step for yourself by attending our free, one-hour pain management class — see page 7 for details. Your health care team is here to help you explore the best approaches to gaining control over your pain. Let us help. 🍃

Q&A: Beating Back Pain

BY [TOM STARBARD, D.O.](#), MANUAL MEDICINE

Q: I OVERDID IT IN THE YARD. NOW MY BACK IS KILLING ME. WHAT CAN I DO?

As long as the pain isn't extending into your legs and you're not having problems emptying your bladder or bowel, try gentle home treatment. Ice packs can reduce inflammation and help numb the nerves. A heating pad can relieve milder pain. If you're not sure, stick with ice. Either way, gentle stretching can help, too.

Q: SHOULD I REST IN BED UNTIL MY BACK STOPS HURTING?

Prolonged bed rest is not a good idea. Your body needs movement to stimulate blood flow, which is helpful for back pain. If your pain is severe or shooting down your legs, you should get it checked out. Otherwise, try the tips above. A bath with Epsom salts could help, too.

Q: HOW CAN MY DOCTOR HELP?

Your doctor can check for more serious problems and refer you for treatment. If your pain is severe or self-care isn't helping. If your condition isn't serious, your doctor can offer reassurance and can coach you on home care. Sometimes, back issues just take time to get better.

Q: WHAT ARE THE BEST WAYS TO AVOID BACK TROUBLE?

These are my top three:

1. Exercise regularly. Moving your body relieves stress, keeps off extra pounds that can make back problems worse, and keeps your whole musculoskeletal system in top shape. Do a variety of activities and

movements to exercise all areas of your body and back.

2. Maintain good posture. Slouching or hunching forward puts stress on your back. If you work at a desk, mix up your sitting arrangements throughout the day, switching from a chair to a yoga ball to standing. If you have access to a sit-stand desk, that's a great way to avoid staying in the same position all day long.

3. Use proper body mechanics. Lift with your legs, not your back, and don't twist your back while lifting.

Q: WHAT STRETCHES AND EXERCISES CAN I DO TO STRENGTHEN MY BACK?

Core-strengthening exercises can be very helpful. Visit our website for an illustrated page of [Lower-Back Stretches and Strengthening Exercises](#).

Q: CAN YOGA HELP WITH STUBBORN BACK PAIN?

Yes! We Americans don't stretch enough, and tight muscles can get very painful. [Yoga](#) and other stretching exercises (tai chi, qi gong, pilates) help reduce muscle tension and improve blood flow, which is great for your whole body. 🍃

OSTEOPATHIC PHYSICIAN [TOM STARBARD, D.O.](#), HAS BEEN NAMED A "TOP DOC" BY PORTLAND MONTHLY FOR FIVE YEARS RUNNING. HE PRACTICES IN OUR NORTHEAST AND TIGARD OFFICES.

News Briefs

WHAT'S NEW AT THE PORTLAND CLINIC

INTRODUCING TWO NEW PHYSICIANS



Young Choi, M.D., gastroenterology, now sees patients in our Downtown and Tigard offices. During his early years in Austin, Texas, he was inspired by his physician father. “From him, I learned that being a physician was not an occupation, but a calling,” he says. “I always admired my father becoming an advocate for his patients.” Dr. Choi earned his medical degree from the University of Illinois College of Medicine. Prior to joining The Portland Clinic, he was the chief of gastroenterology at the Skagit Valley Regional Clinic at Mt. Vernon, Wash.



Diana Umene, M.D., internal medicine, recently joined our Downtown team. She grew up in California and moved to Portland for her medical training at Oregon Health & Science University. “I enjoy being a patient advocate, active listener and educator, as it is at the core of maintaining a long-lasting and trusting relationship,” she says. “I hope to build such a practice here at The Portland Clinic.” Dr. Umene is fluent in Japanese. 🍃

HOW DOES YOUR DOCTOR RATE?

Wondering how other patients rate your doctor? Now you can find out. Just visit theportlandclinic.com and plug in your doctor’s name in the search window at the top. When your doctor’s bio comes up, scroll down to see ratings and comments from other patients.

All comments and ratings come from our patient surveys. Not all doctors have ratings yet — based on industry standards, we require a minimum of 30 completed patient surveys before we post an average rating for a physician. Over time, as we receive more surveys, the number of rated physicians will increase. [Learn more about our doctor reviews](#). And keep your eyes open for those surveys! 🍃

CONSIDERING LASER SKIN TREATMENT? NOW'S THE TIME

Fall means it’s time to pack away our shorts and to cover up with long pants and, sigh, jackets. But before you cover up completely, take a good look at your skin. If you see signs of sun damage, brown spots or other blemishes, fall is also the perfect time to book laser skin treatments.

Our dermatologists use lasers to treat sun damage as well as age spots, rosacea, broken blood vessels, wrinkles and acne scars. Many of these treatments can’t be done in the summer, when your skin is exposed to sunlight more often. So if you think now’s the time, give our dermatologists a call. [Learn more](#). 🍃

Giving

NEWS FROM THE PORTLAND CLINIC FOUNDATION

WE GAVE \$40,000 TO 17 LOCAL NONPROFITS, AND YOU HELPED!

The Portland Clinic Foundation recently awarded \$40,000 in grants to 17 Portland-area nonprofit organizations. Heartfelt thanks to everyone who contributed! Please join us in celebrating our 2018 grant recipients:

- [Family Justice Center of Washington County](#) works to end the cycle of domestic violence by providing comprehensive services to survivors.
- [Pathfinders Network](#) mentors and supports justice-system-impacted children, individuals and families.
- [Villages NW](#) connects elders with volunteers who help them to live and age independently.
- [Children's Book Bank](#) gives books to low-income children to improve literacy and educational outcomes; our grant provided books for 75 children.
- [Hollywood Senior Center](#) offers programs and services to seniors and improves wellness through evidence-informed exercise and movement classes.
- [Coalition of Communities of Color](#) funds research into the inequities affecting communities of color in order to inform long-term change initiatives.
- [Trauma Intervention Program of Portland/Vancouver, Inc.](#), provides emergency support, through a volunteer network, to people in crisis.
- [Voz: Workers' Rights Education Project](#) empowers, informs and provides safe employment for vulnerable day workers.
- [ASSIST](#) helps disabled people experiencing homelessness or living in poverty to attain Social Security benefits and long-term stability.
- [Bienestar, Inc.](#), provides housing, hope, services, stability and empowerment for the well-being of working families and seniors.
- [The Jessie F. Richardson Foundation](#) works to improve conditions for vulnerable older adults and runs The Ties That Bind, a support network for grandparents raising their grandchildren through foster care/adoption.
- [Miracle Theatre Group \(Milagro\)](#) supports theater productions that build understanding, creativity and community among Latino and general audiences.
- [Paws Assisting Veterans](#) provides support dogs for veterans with PTSD.
- [William Temple House](#) supports people in need with emergency assistance (food, supplies, shelter, referrals), mental health counseling and spiritual care.
- [Ecology in Classrooms and Outdoors](#) supports hands-on ecological and outdoor learning opportunities for low-income elementary school students.
- [North by Northeast Community Health Center](#) provides culturally specific care for low-income African American communities.
- [The Living Room](#) offers a safe haven for LGBTQ youths in Clackamas County.

For more information, please visit theportlandclinic.com/foundation. 

The Portland Clinic Access Guide

FIVE LOCATIONS | 24/7 ACCESS | 503-221-0161



1 BEAVERTON
15950 SW MILLIKAN WAY
BEAVERTON, OR 97003
PHONE | 503-646-0161
HOURS | M-TH 7:30 A.M.-5 P.M.
FRI 8 A.M.-5 P.M.

2 TIGARD
9250 SW HALL BLVD
TIGARD, OR 97223
PHONE | 503-293-0161
HOURS | M-F 7 A.M.-5 P.M.
URGENT CARE | M-F 8 A.M.-8 P.M.
SAT 9 A.M.-5 P.M.

3 SOUTH
6640 SW REDWOOD LN
PORTLAND, OR 97224
PHONE | 503-620-7358
HOURS | M-F 7:30 A.M.-5 P.M.

4 DOWNTOWN
800 SW 13TH AVENUE
PORTLAND, OR 97205
PHONE | 503-221-0161
HOURS | M-F 7:30 A.M.-5:30 P.M.

5 NORTHEAST
5005 NE SANDY BLVD
PORTLAND, OR 97213
PHONE | 503-233-6940
HOURS | M-F 7:30 A.M.-5 P.M.

**SCHEDULING/
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503-223-3113

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Health Classes & News

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.

MANAGING CHRONIC PAIN - IN PARTNERSHIP WITH REGENCE

SOUTH | WEDNESDAY, OCT. 10, 2-3 P.M.

NORTHEAST | TUESDAY, NOV. 13, 2-3 P.M.

BEAVERTON | WEDNESDAY, DEC. 5, 5-6 P.M.



Wish you could rely less on medication to control chronic pain? In this free class, taught by a physical therapist and a behavioral health specialist, you'll learn proven coping techniques. To register, call 503-293-0161 ext. 4138.

DIABETES: INVITATION TO A HEALTHIER LIFE

SOUTH | WEDNESDAYS, OCT. 10-NOV. 7, 7-9 P.M.

Whether you've just been diagnosed with Type 2 diabetes, or you've lived with it for years, you'll learn more about diabetes self-management in this five-week class series. A registered nurse and a registered dietitian/certified diabetes educator teach each session to help you gain the skills, knowledge and confidence to maintain good health. Many health plans cover the cost of this series; ask your insurer about coverage. To register, call 503-223-3113 or email RSVP@TPCLLP.COM. One support person may attend with you. 🍃

CAN THE FLU SHOT GIVE YOU THE FLU?

We still hear this question a lot, and the answer is a firm “No,” says pharmacy director [Alex Bulochnik, Pharm.D.](#) “The virus in the vaccine is inactivated,” he says. “It doesn't contain any part of the flu virus that could be passed on to you.” And just to be clear, he adds, “There are no exceptions to that.”

So what might explain someone having flu-like symptoms, such as a low fever and muscle aches, after getting the vaccine? “That's a sign that your immune system is responding to the foreign vaccine and building a defense against the flu,” says Dr. Bulochnik. Those symptoms, when they happen at all, are much milder than a case of the flu, and usually last only a day or so. A full-blown case of the flu is much more severe and can last for a week or more.

It is possible to get the flu after getting the flu shot, but it's not the shot that causes it. You could still get the flu if:

- You were exposed to the flu before you got the shot, or before your body had a chance to build full immunity to the flu (it takes about two weeks).
- You were exposed to a strain of the flu that wasn't covered by the shot. Each year's vaccine is formulated to protect against the flu strains most likely to hit, but no vaccine can protect against every possible flu virus.

What's the upshot? “Get the shot,” says Dr. Bulochnik. “It's safe. It reduces your risk of getting the flu, and it's not just about you — it also lowers your risk of spreading the flu to your family and the people around you.” 🍃

Food for Thought

TIPS FROM THE PORTLAND CLINIC PEDIATRICS TEAM

BUILDING A BETTER BROWN-BAG LUNCH



Now that school is back in full swing, we asked two of our resident experts for their advice on how to pack a lunch that's fast and easy, but still healthy and appealing to kids. Here is what our Beaverton pediatricians [Mary Ellen Ulmer, M.D.](#) (left), and [Kathleen Palm, M.D.](#), had to say.

Try for five

Try to include these five kinds of foods in your child's lunch: protein, vegetables, fruit, grains and dairy. A well-balanced lunch (and breakfast!) helps kids do their best in school.

Pack real food

Steer clear of processed foods like Lunchables, chips, cookies, candies and crackers with no fiber in them. Encourage your kids to eat real food.

Think outside the sandwich

Sick of sandwiches? Here are some ideas to keep lunchtime interesting:

- Proteins: meat slices or rolls; string cheese; edamame; tuna; smoked salmon or trout; hummus or black bean dip; peanut or other nut butters
- Grains: whole-grain crackers or bagels; low-sugar cereals (Cheerios, Life, Shredded Wheat); leftover rice, noodles or whole-grain waffles
- Vegetables: cherry tomatoes; pea pods; carrots; celery; broccoli or cauliflower trees; jicama; roasted seaweed
- Fruits: Anything fresh and in season is best, but applesauce, dried fruit and fruit leathers are OK as long as they don't have added sugar.

Leverage your leftovers

Make extra dinner to pack for lunch (see our recipe on page 9). If chicken, meat or tofu is on the dinner menu, make enough to use in sandwiches.

Got milk?

Don't pack sugary drinks and juices. Water and low-fat milk are the best drinks for kids. Chocolate milk should be limited to a once-a-week treat. If you do pack fruit juice, make sure it has no added sugar, and keep in mind that the Academy of Pediatrics recommends no more than 4-6 ounces a day for 4-6 year olds and 8 ounces max for kids 7 and older.

Rethink your bag

Insulated lunch boxes and bags help keep hot food hot and cold food cold. Consider a Thermos for soup or spaghetti, or slip in an ice pack to keep meats and mayo cold.

Keep it fun

Get the kids involved. Give them choices between healthy options. Pack dips for the veggies. Cut sandwiches in funny shapes. Slip a joke or an encouraging note into their bag. Don't forget the love. 🍌

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Portland, Oregon 97205



The Grocery Bag

Make it for dinner, pack leftovers for lunch

Peanut butter noodles are the ultimate easy, kid-friendly dinner — and kids love packing the leftovers for lunch.

This recipe is super flexible:

- Swap in any vegetables that your kids like.
- Nut allergies? Use sunflower seed butter instead.
- Boost fiber by using whole-grain or soba noodles.
- Increase protein by adding shredded chicken or tofu.

PEANUT SESAME NOODLES & VEGGIES

- 1/4 cup low-sodium soy sauce
- 2 Tbsp. rice vinegar
- 1 Tbsp. sesame oil
- 3 Tbsp. peanut butter (or sunflower seed butter for those with peanut allergies)
- 1 Tbsp. honey
- 1 tsp. fresh ginger root, peeled and grated
- 2 cloves garlic, peeled and grated
- 1 tsp. Sriracha sauce or chili paste
- 16 oz. dry rice noodles (or other noodles)
- 2-3 cups chopped veggies (e.g., 1 red bell pepper, 1-1/2 carrots and 1 green onion)
- 1/4 cup peanuts (or sunflower seeds)

Whisk together first 8 ingredients. Cook noodles according to package, leaving slightly firm. Drain but don't rinse. Pour sauce over noodles and mix to coat. Stir in veggies. Top with nuts. Enjoy at room temp or chilled.

From The Portland Clinic
Nutrition Team

Recipe: superhealthykids.com

8 servings: 304 cal, 7g fat, 53g carbs, 5g protein,
2g fiber, 4g sugar