

ASK A HEALTH PROFESSIONAL

PAIN MEDICINE



Payson Flattery,
N.D., D.C., P.C.

QUESTION: I have osteoarthritis. Are there any treatments other than anti-inflammatory medications and joint replacement?

ANSWER: Osteoarthritis (OA) is the most common cause of pain and inactivity in people over the age of 65. OA is a condition in which the joint surfaces become worn and begin to exhibit structural changes resulting in pain and dysfunction. The conventional approach to OA has been to use medications designed to decrease inflammation such as NSAIDs and COX 2 inhibitors. These medications carry many untoward side effects, including a decreased ability to repair joint constituents and therefore acceleration of destructive changes within the joint. Prolotherapy which has been practiced for over 70 years is beginning to gain new momentum. The previous Surgeon General, C. Everett Koop, was helped tremendously by this therapy and has been a driving force in its recent popularity. Practiced at the Mayo clinic, prolotherapy, also known as regenerative injection therapy, has the ability to decrease pain and restore joint function by stimulating the body to repair arthritic joints. By injecting natural substances, such as dextrose, growth factors are induced. The body is ultimately tricked into believing it has been injured and new healthy tissue begins to replace old arthritic tissue. A new form of prolotherapy, known as Autologous Platelet Concentrate (APC) Therapy, involves injecting platelets which contain growth factors into and around arthritic joints. APC therapy is being used today by many professional sports organizations and offers new promise beyond pharmaceutical intervention and joint replacement.

For more information or to schedule a consultation please contact our offices.

CENTER FOR INTEGRATED MEDICINE
916 SW 17th St • Suite 102 • Redmond • 504-09250
www.centerforintegratedmed.com

ADVANCED SPECIALTY CARE



Marinus H. Koning,
M.D., FACS

QUESTION: Is weight loss surgery right for you?

ANSWER: What is Obesity?
Obesity results from the excessive accumulation of fat that exceeds the body's skeletal and physical standards. According to the National Institute of Health (NIH), an increase in 20 percent or more above your ideal body weight is the point at which excess weight becomes a health risk. Today more than two-thirds of the adult population are overweight and one-third are obese. An estimated 5 to 10 million of those are considered morbidly obese.

What is Morbid Obesity?

Obesity becomes "morbid" when it reaches the point of significantly increasing the risk of one or more obesity-related health conditions or serious diseases (also known as co-morbidities) that result either in significant physical disability or even death. As you read about morbid obesity you may also see the term "clinically severe obesity" used. Both are descriptions of the same condition and can be used interchangeably. Morbid obesity is typically defined as being 100 lbs. or more over ideal body weight or having a Body Mass Index of 40 or higher. According to the National Institute of Health Consensus Report, morbid obesity is a serious disease and must be treated as such. It is a chronic disease, meaning that its symptoms build slowly over an extended period of time.

Free Monthly seminars about weight-loss surgery?

Stephen B. Archer MD, FACS and Marinus H. Koning MD, FACS at Advanced Specialty Care hold monthly weight loss seminars and support group training at St. Charles Medical Center in Bend and Redmond. Their goal is to inform and educate as many people as possible about morbid obesity. They are currently the only providers in Central Oregon offering both the LapBand and Roux-en-y bariatric surgeries.

For more information, call Kathryn Wilson, Bariatric Coordinator at (541) 322-1765. Go to our website, www.advancedspecialtycare.com for seminar schedules.

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EDUCATIONAL CONSULTANT



Dore E. Frances,
Educational
Consultant

QUESTION: I discipline our children one way, my husband another. How will this difference impact them?

ANSWER: The way we discipline our children has a direct impact on the way they function in society. Research shows children will demonstrate better social skills, higher grade point averages, higher motivation, and stay on task longer through attention to detail, when their parents are consistently both fair and firm when directing their children. This type of parent sets clear and fair rules, and gives clear reasons for their rules they consistently enforce. The key point here is consistency, no more, no less. Do not be afraid to parent with direction!

Keep in mind the basic guideline that parenting in an effective manner means doing what is in your child's best interest at all times. This means setting up clear, consistent and fair rules that you have given clear reasons for enacting. Most importantly, this means setting up rules that you as a parent will consistently enforce on a day to day basis. Everyone needs consistency and you, as a parent, must provide this safe and consistent environment for your child on a day to day basis. We are all products of our environment, especially if the environment is positive and rewarding.

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DORE E. FRANCES, M.A.

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CHIROPRACTIC/SPINE



Lyle Zurflu,
D.C.

QUESTION: Do chiropractors treat general health conditions such as asthma, allergies, and digestive disorders?

ANSWER: A: Past surveys in the U.S., Canada, Australia, and Europe show that 95% of chiropractic patients present with neuromusculoskeletal (NMS) pain. And most chiropractors primarily see themselves as diagnosing and treating joint & soft tissue dysfunction. Nonetheless, chiropractic spinal manipulation may have reflex effects in the nervous system that may influence various conditions and general health. For example some chiropractors report clinical success in treating children with otitis media (chronic ear infections). Apparently some children have joint and muscle restrictions in the cervical spine, that when corrected have a positive effect on the function of the eustachian tubes (probably their diameter and inclination) that improves drainage and prevents further infection. The child's mother may see this as treating otitis media. The chiropractor probably describes this as treating cervical joint and soft tissue dysfunction.

For questions on this or any condition please call our office at 389-7660 or email lzurflu@hotmail.com.

Lyle Zurflu, DC

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CHIROPRACTIC/SPINE CLINIC
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www.spineclinic.net • 389-7660

THORACIC, VASCULAR & VEIN SURGERY



Andrew Jones,
M.D.

QUESTION: I'm a 52-year-old male with small red veins on my nose, cheeks, and chin. Can these be treated?

ANSWER: Dilated facial veins are common problems affecting millions of Americans. There are many causes of these facial veins, including heredity and various medical conditions, one of which is rosacea. Facial veins can become inflamed for a variety of reasons, including spicy foods, alcohol, exercising, or extreme temperature changes. Although there are multiple treatments for these types of veins, we have had excellent results with the use of Intense Pulsed Light (IPL). This is a non-invasive procedure performed in the office with no down time. IPL transmits thermal energy to the broken blood vessels, eradicating the surface vessels that cause redness. Once treated, these vessels fade or may completely disappear. Please feel free to call Inovia at 382-8346 for a free consultation.

INOVIA

Specialty Care in Thoracic, Vascular & Vein Surgery
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COSMETIC DENTISTRY



Kelley Mingus,
D.M.D.

QUESTION: Why Should I Choose an Inlay or Onlay?

ANSWER: Inlays and onlays are safer, stronger, more attractive alternatives to metal amalgam fillings. Made of natural-looking porcelain or composite resin, inlays and onlays are tooth-colored and are virtually invisible in the smile. They are both conservative restorations, requiring far less drilling than metal. In fact, inlays and

onlays actually increase tooth strength by up to 75 percent, and last from 10 to 30 years. Metal fillings can reduce tooth strength up to 50 percent. Inlays are used to repair small cavities; onlays are used to repair large cavities, broken teeth or root canal therapy. They're much safer, too. Unlike their metal counterparts, inlays and onlays do not react to temperature changes. When exposed to heat and cold, such as hot coffee or ice cream, a metal filling expands and contracts. As it moves, it can weaken the tooth wall, causing a crack or break. It can also leave an opening for harmful bacteria to enter and cause more decay. For more information, please visit Dr. Mingus' website at www.BendCosmeticDentist.com or call (541) 382-6565.

DISTINCTIVE DENTISTRY AT BROKEN TOP
1475 SW Chandler Ave., Suite 201, Bend
www.bendcosmeticdentist.com
382-6565

PERMANENT MAKEUP



Susan Gruber,
Certified Permanent
Cosmetic Professional

QUESTION: This new year I really want to stick to my resolution to be more fit, but of course, I can NEVER leave the house without makeup. Would permanent makeup get me to the gym or bootcamp any faster?

ANSWER: Waking up with makeup would certainly reduce your time at home and give you a fresh look as you workout. What an incentive... With permanent makeup you can give 100% to your workout without worrying about your makeup. Personal trainers and athletes have used permanent makeup for years to simplify their lives.

Is your New Year's resolution to always look your best? Call today to schedule a free consultation or visit me online at www.permanentmakeupbysusan.com You can start out this new year on the right foot!



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PLASTIC SURGERY



Adam Angeles,
M.D.

QUESTION: I'm considering breast augmentation and want to be much bigger but my surgeon says I can't. Why?

ANSWER: The size of your augmentation depends upon several anatomic parameters. It is important that the implant you and your doctor choose fits you correctly. If not, your implants may be palpable and may look unnatural if they are too large. Conversely, they will not give you the desired fullness if the implant size is too small. Your plastic surgeon will examine and measure you to help come to a mutual decision as to the correct implant size.

ADAM ANGELES, M.D.

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FACIAL PLASTIC SURGERY



Michael E. Villano,
M.D.

QUESTION: What is a non-surgical Rhinoplasty?

ANSWER: A non-surgical Rhinoplasty utilizes new generation injectable dermal fillers, such as Juvederm, Restylane, and Radiesse, to carefully reduce the look of a nasal hump and/or augment the nasal tip. The benefit of a non-surgical Rhinoplasty is that patients get to "test drive" their new look without undergoing surgery. The results last from 10 to 20 months depending on the filler used. Also, a non-surgical Rhinoplasty leaves the nasal cartilages and bone completely untouched. You can see pictures of patients who have had non-surgical Rhinoplasty on our website, www.CascadeFaces.com.

Have a question?

E-mail us at mackenzie@cascadeent.com or call us at 541-312-3223.

MICHAEL E. VILLANO, M.D.

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OPTOMETRIC PHYSICIAN



Ron Guiley,
O.D., M.P.H.

QUESTION: Last year my eye examination was fine, but this year my eye doctor told me I have cataracts. Can they come on that fast? Don't they cause blurry vision?

ANSWER: A cataract occurs when the normally clear lens inside the eye turns cloudy, like looking through wax paper. The process is usually fairly slow, with the lens showing a mild haze that gradually intensifies as time passes, though there are some cataracts that grow quickly. Most eye doctors don't bother to discuss very mild cataracts because they don't cause significant visual problems. Eventually, however, your doctor will look in your eye and comment that you have a cataract.

The real issue with a cataract is whether or not it degrades your vision. The most common symptoms are increasing glare from lights, like headlights, that can effectively blind you when oncoming cars shine their light on you. There is also a constant haze or cloudiness that reduces your vision. At this point your doctor will discuss the options of cataract surgery or driving restricted to daytime hours. It's amazing how many patients, the first day after cataract surgery, remark that they didn't realize how bad their vision had been until it was corrected.

Dr. Guiley provides a FREE e-mail newsletter on topics of public health and eye care. To receive this free newsletter call our office at 317-9747.

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Ask a Health Professional

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Send or fax your question to:
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My question is:
