Coach Gary Markley is as much a fixture at Taylor Field as the sound of bats cracking on a sunny afternoon.

The game has always been a part of Markley's life, first as a player, then as a coach.

After playing first base at Western Oregon University, he got involved as a youth coach when his sons were old enough to play. Twenty years later, he's still coaching at Corvallis High School and for his grandson Kane's team, Corvallis High Division 1 JBO.

All those years of throwing batting practice caught up to Markley, 65, last year when he tried to lift a bucket of baseballs into the back of a pickup truck one-handed.

“"I knew I had torn something more severe,” he recalled. “There was little doubt that for me to get back to what I wanted to do, playing golf and batting practice, it was going to take more than rehab.”

Markley saw his primary care physician, who referred him to orthopedic surgeon Richard Stanley, D.O., at The Corvallis Clinic. He had planned to get a second opinion, but was confident in Dr. Stanley’s abilities right from the start.

“I told my wife, ‘I really like this guy,’” Markley said.

In October 2010, Markley had shoulder surgery to repair his torn left rotator cuff.

“"There was a lot more damage than Dr. Stanley had anticipated,” Markley said. “But the surgery was a success and he experienced very little pain. Markley then worked with physical therapist Brian Wilson, DPT, at The Corvallis Clinic for his rehabilitation.

“The first thing we did was sit down and talk about my goals and my motivation to do these things,” Markley said. “We went ahead from there.”

At first, Markley came to physical therapy two times a week, practicing finger crawls up the wall, then progressing to band work and eventually weights. Now he’s back to throwing batting practice at 90 percent.

“The last time I saw Brian Wilson, he said just keep working at it,” Markley said. “I go to the batting cages and throw my 60 pitches every other day.”

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New Providers

Caitlin Haley, PA-C

Caitlin Haley, PA-C, joined the Sleep Medicine Department in February 2011.

Ms. Haley completed her Master of Physician Assistant Studies degree in 2010 from A.T. Still University at the Arizona School of Health Sciences in Mesa, Ariz. Her clinical rotation experience included primary and urgent care, as well as specialty care and surgery in internal medicine and oncology, urology and dermatology. She graduated with honors with a bachelor of science degree with a minor in health studies from Truman State University in Kirksville, MO., in 2008.

Ms. Haley is a member of the American Academy of Physician Assistants and the Oregon Society of Physician Assistants, and is certified by the National Commission on Certification of Physician Assistants.

She will be working alongside several of the providers in the Sleep Medicine Department and will see patients for follow-up appointments. She will also see patients for follow-up appointments at the Sleep Disorders Center at Good Samaritan Regional Medical Center in Corvallis.

Emily J. Rangel, M.D.

Women’s health specialist Emily J. Rangel, M.D., will join The Corvallis Clinic OB/GYN Department on Sept. 1, 2011.

Dr. Rangel completed her residency in June 2011 at the University of Kansas School of Medicine in Kansas City, Kan., where she was administrative resident chief in 2010-11 and outstanding teaching resident of the year in 2008-09. She received her medical degree from the University of Kansas in 2007.

She is an active candidate for the American Board of Gynecology & Obstetrics and can take the board exam after 1-2 years in practice. She is a member of the American College of Obstetricians & Gynecologists.

Dr. Rangel is accepting new patients and referrals. To schedule an appointment, please call 541-754-1267.

Stan Adkisson, M.D.

Internist Stan Adkisson, M.D., will join The Corvallis Clinic at North Albany Village on Nov. 1, 2011.

Dr. Adkisson comes from Colorado, where he has been an internal medicine physician at Delta County Memorial Hospital for 18 years. Dr. Adkisson completed his residency and internship in internal medicine in 1993 at Medical College of Wisconsin in Milwaukee. He received his medical degree in 1977 from Baylor College of Medicine in Houston, Texas.

Dr. Adkisson is board certified by the American Board of Internal Medicine.

He will be accepting new patients. To schedule an appointment, please call 541-926-3441.

Boot-wearing doc, Richard Stanley, D.O., brings country charm, no bull

There’s a new surgeon in town with a reputation for being accessible to his patients and for wearing cowboy boots in the operating room.

But his bedside manner and the boots aren’t the only things that set Richard Stanley, D.O., apart in the field of orthopedics. Patients might be surprised when he gives them his pager number to contact him in emergencies. And it’s his practice to make rounds at the hospital, sometimes twice a day, and not to send an assistant to check on his patients.

Whether he’s treating a straightforward sprain, repairing a fracture or performing joint replacement surgery, Dr. Stanley takes the time to listen to his patients and answer their questions.

“Nothing is ever routine in medicine,” Dr. Stanley said. “People aren’t just numbers to me.”

Dr. Stanley left the family farm in Nebraska and turned down an opportunity to play Division I college football so he could pursue his dream to become a doctor.

But he almost didn’t get the chance.

After graduating from the University of Nebraska-Lincoln, he applied to the college’s medical school, where the former high school valedictorian was asked why he was interested.

“I said, ‘Because I want to be a doctor.’ And they said, ‘Why aren’t you home with your family? You’re supposed to be home plowing fields.’ I thought they were joking.”

But he didn’t get in and the scenario repeated itself the following year when he interviewed with the dean of the medical school.

“It’s the German in me to be a little stubborn,” he said.

So undeterred, Dr. Stanley found a new path to become a doctor of osteopathic medicine at Kansas City University of Medicine & Biosciences, which turned out to be a better fit.

“We put the patient at the core of the treatment,” he said.

When he started his clinical rotation at a hospital in Detroit, Dr. Stanley was studying to become a heart surgeon. But his experience fixing gun shot wounds and other orthopedic traumas in the ER during his third year of medical school convinced him that orthopedic surgery was his true calling.

“I knew this is what I was going to do,” he recalled.

In his final year of residency, Dr. Stanley focused on orthopedic surgery and joint replacement and he received specialized training in shoulder arthroscopy and shoulder replacement surgery. Dr. Stanley joined The Corvallis Clinic in 2010 where he’s found his place in the most comprehensive orthopedics group serving the mid-Willamette Valley.

He welcomes the challenge that comes from complex cases, and he integrates innovation with technology to give his patients the best...
Dr. Stanley continued from page 2

possible outcome, whether that’s returning to work or being able to play with the grandkids.

Dr. Stanley’s drive and determination come from his family. As a young boy, he watched his dad work all night driving a sugar beet truck, and his grandpa, who started in the farm implement business, customize a piece of equipment so it was just right for the job.

“When things broke down, you had to figure out how to fix them,” he said. “It’s like that in orthopedics some days. You get into a procedure and have to find a unique way out of it.”

While Dr. Stanley has dedicated his life to serving others, his family ties remain strong. A father of three young girls, he travels back to the family farm to help with the harvest.

“I am truly available to my patients,” Dr. Stanley said, “unless I’m harvesting wheat in Nebraska.”

Markley continued from page 1

Markley attributes his amazing recovery to being in fairly good health to begin with, and to his surgeon and physical therapy team.

“I just think Dr. Stanley did an excellent job,” Markley said. “At physical therapy, I wanted to work hard for them and for myself.”

When he returned to coaching freshmen baseball this spring, Markley even incorporated some of the drills that Wilson had given him at physical therapy into the team’s program.

“My rehab was preventive maintenance for them. We do those exercises for 15 minutes pretty much every day.”

Markley said there isn’t any reason for someone to leave town to receive the best orthopedic care and rehabilitation.

“I put my total trust in Dr. Stanley’s hands and Brian Wilson’s hands and I’ve been pain free,” he said. “I know that’s not the case with a lot of shoulder surgeries.”

LEARN about Joint Treatment: Contact The Corvallis Clinic’s Find-a-Physician specialist at 541-757-3757.

New Providers

Gerald T. Riess, M.D.
Dr. Gerald Riess joined The Corvallis Clinic Neurology Department on November 2010. Dr. Riess comes from Ann Arbor, Mich., where he has worked as a neurologist at Greater Ann Arbor Neurology Associations since 1992. While there, he also served as stroke director at St. Joseph Mercy Livingston Hospital in Howell, Mich.

He received a masters of science degree in Human Nutrition from Michigan State University in 1983. He received his medical degree in 1987 from Wayne State University School of Medicine in Detroit. He completed his internship there in 1989, and completed his residency at Montreal Neurological Institute, McGill University in Montreal, Quebec, Canada in 1992.

He is certified by the American Board of Psychiatry and Neurology, and is a member of the American Academy of Neurology.

He sees children over age 5 and adults, and is accepting patients and referrals in Albany and Corvallis. To schedule an appointment, please call 541-754-1274.

Shelly R. Svoboda, M.D.
Dr. Shelly Svoboda joined The Corvallis Clinic Neurology Department in October 2010. Dr. Svoboda comes from Minnesota, where she worked at Noran Neurological Clinics in Minneapolis since 1998. While there, she also served as the Medical Director of the American Parkinson Disease Association Information and Referral Center in Minnesota from 1999-2008. She received her medical degree in 1994 from the University of Kansas Medical Center in Kansas City, and completed her residency and internship there in 1998.

She is certified by the American Board of Psychiatry and Neurology, and is a member of the American Academy of Neurology.

She is accepting new patients and referrals in Albany and Corvallis. To schedule an appointment, please call 541-754-1274.

Kyle M. Van De Graaff, M.D.
Dermatologist Kyle Van De Graaff, joined The Corvallis Clinic in December 2010. Dr. Van De Graaff comes from Nebraska where he worked at Dermatology Specialists of Omaha. Prior to that he was Chief of Dermatology at Offutt Air Force Base in Nebraska. He received his medical degree in 1997 from the University of Texas Health Science Center at San Antonio. His post-graduate training was with the Air Force and Army combined program in San Antonio. Before specializing in dermatology, he worked for three years as an Air Force Flight Surgeon in Wyoming.

Dr. Van De Graaff is certified by the American Board of Dermatology. He treats concerns of the skin, hair and nails in patients of all ages. He is accepting new patients and referrals. To schedule an appointment, please call 541-754-1252.
The newly remodeled main laboratory at The Corvallis Clinic has reopened on the second floor of the Asbury Building. Patients will find a modernized waiting area and drawing stations to better accommodate their needs. The friendly and courteous staff at The Corvallis Clinic Laboratory are ASCP certified medical technologists and phlebotomists committed to providing compassionate care. The lab features state-of-the-art instrumentation allowing for accurate and timely results to physicians and patients through The Clinic’s integrated electronic medical record system.

Patients can also continue to use the full-service lab in the Aumann Building at 444 N.W. Elks Dr., or the labs at The Clinic’s other convenient mid-Valley locations including The Corvallis Clinic at North Albany Village, The Corvallis Clinic Philomath Family Medicine (by appointment) and The Corvallis Clinic at Waverly Drive/Albany. The main laboratory hours are Monday-Friday, 7:30 a.m. to 6 p.m.

The laboratory remodel is part of the first phase of renovation in the Asbury Building, The Clinic’s largest facility. The Asbury remodel includes renovating existing spaces to accommodate additional medical services on all three floors. Scheduled for completion in August 2011, the first phase of the remodel includes improved medical office space for the Laboratory, Orthopedics, Radiology, Surgery and Gastroenterology departments.

For regular updates on the remodel, see www.corvallisclinic.com.

Are you ready for an upgrade?
By Diane Bach
Hearing Instrument Specialist
It’s that time of year for family get-togethers, vacations, traveling and increased social gatherings. What better time than now to consider replacing old hearing aids so you can experience the benefits of new technology? I have a patient who has been wearing the same hearing aids for about seven years who was considering replacing them, but was concerned about the cost. So I sent him home with a demo pair of behind-the-ear hearing aids that I programmed to his hearing loss. He wore them to the club, out to dinner and in social gatherings. He returned the following week to tell me about his experience with what he described as the “Lexus of hearing aids.” He said it was amazing how much better he was hearing.

It’s that kind of experience that I like to see and offer my patients.

If you’re considering replacing your hearing aids, the Better Hearing Institute reports that satisfaction with hearing aids drops significantly after five years of use. That is not to say that the hearing aids quit working after five years. But your hearing loss will change over time, and the components within your hearing aid cannot always deliver the quality of sound that is needed.

Technology is also ever-changing in the hearing aid world. So your experience wearing hearing aids will be more positive if you choose to upgrade your hearing aids.

There are several features to consider when shopping for hearing aids. Directional microphones aid in reducing background noise and enhance speech intelligibility.

Controls in the hearing aid are available with or without volume control. Most models have a few programs to address group situations, TV and quiet situations. There are even hearing aids out there that will stream television right into the hearing aids wireless! That is a huge benefit to the user.

To learn about these and other features, come meet with me so we can individualize your hearing aids for what is important to you.

And to make the deal even better, we’re offering a summer discount of $200 off new mid- and top-level hearing aids.

Have a question you’d like to ask or a topic you’d like to suggest for a future Sound Reasoning column? Let us know by email at soundreasoning@corvallisclinic.com or send us a note at 444 NW Elks Dr., Corvallis, OR, 97330.

— Reminder —
If it’s been more than a year since your last hearing evaluation or you have never been tested, it’s time to schedule your hearing test.

Otolaryngology (Ear, Nose and Throat)
Department
Hearing Aid Service
444 NW Elks Dr.
Corvallis, OR 97330
541-754-1251
Measure your meals against new dietary guidelines  

By Deborah Bella, Ph.D., Registered Dietitian

Is half your plate filled with fruits and vegetables? Do you limit sodium and avoid foods with solid fats and sugars? If not, your diet may not measure up to the new dietary guidelines recently released by the U.S. Department of Agriculture.

In the last four decades, obesity in America has doubled in all age groups. Americans now get about 35 percent of their calories from solid fats and added sugars. To reverse this trend, people need to make significant changes in the way they eat and how much they exercise.

The new dietary guidelines emphasize eating fewer calories and being more physically active. People are also encouraged to eat nutrient-dense foods that provide vitamins and minerals. By eating a nutrient-dense diet, people select healthier foods and avoid sodium, solid fats, added sugars and refined grains.

Fill your plate
The new guidelines recommend that half your plate be filled with fruits and vegetables. The plate method is a simple guide to help you design meals, eat healthfully, and manage portion sizes. The other half of the plate should be split between lean protein and grains and starches. Skinless chicken or turkey, fish, lean cuts of beef and pork, tofu, eggs and low-fat cheese are examples of lean protein. The grains and starch section can be filled with bread, cereal, rice, pasta, dal, tortillas, beans and peas. Choose whole grain foods to increase fiber and nutrients.

Avoid sodium
The new guidelines call for limiting sodium, but don’t go far enough. To prevent and treat high blood pressure, the Centers for Disease Control and Prevention recommends no more than 1500 mg per day for all adults. Studies have found that reducing dietary sodium substantially lowers blood pressure levels. The less sodium consumed, the lower a person’s blood pressure.

Replace fats with oils
The new guidelines recommend replacing solid fats with oils. Solid fats are found in foods from animal sources, including meat and dairy products, and trans fats, which are created in food processing and some plant foods, such as palm oil, palm kernel oil and coconut oil.

To decrease solid fats, choose lean protein sources outlined above. Lastly, cook with vegetable oils that are rich in monounsaturated and polyunsaturated fatty acids like canola, olive, corn, soybean oils instead of solid fats, such as butter and lard.

Limit added sugars
Sugars are found naturally in fruits, milk, and milk products. Most of the sugars in the American diet are sugars added to foods during processing, preparation, or at the table. Added sugars, including high fructose corn syrup, white sugar, brown sugar, corn syrup, honey, molasses, contribute an average of 16 percent of the total calories in American diets. Reducing foods high in added sugars will lower the calorie content of your diet, without decreasing nutrients. Replace sweetened foods and beverages with those that have no or low added sugars. For example, cut back on the sugar you add to the things you eat or drink regularly like cereal, pancakes, coffee and tea.

Don’t forget to exercise
A primary goal of the guidelines is to encourage people to balance calories and maintain a healthy weight. However, physical activity conveys many health benefits independent of body weight. Regular physical activity can help you prevent and manage high blood pressure, heart disease, type 2 diabetes, and osteoporosis.

Registered dietitian Deborah Bella, Ph.D., R.D., works in the Nutrition Services Department at The Corvallis Clinic. She can be reached at 541-754-1370.

FREE Plate Planner: For a free plate planner placemat to help you design meals, eat healthfully, and manage portion sizes, contact The Corvallis Clinic Nutrition Services Department at 541-754-1370.

Play is important to children’s development, well-being and health

By Katie McQuillan, M.D., Pediatrician

Play is so important to optimal development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child.

Despite this, unstructured play has become less and less a priority in America. Instead, parents believe that their children need educational videos, computer programs, specialized books and toys, and to be enrolled in a plethora of activities and programs. While some children thrive in a highly scheduled lifestyle, others respond with anxiety and other signs of stress.

Play is essential to a child’s development because it contributes to his cognitive, physical, social and emotional well-being, according to the American Academy of Pediatrics.

Active play allows kids to build communication skills, learn and follow social rules, develop friendships, and practice patience, perseverance and teamwork. Children create and explore a world they can master, conquer fears, and practice adult roles while playing.

Free play has the potential to reduce anxiety, depression, aggression and sleep problems. According to research, teachers believe that physically active kids are better able to learn and are better behaved in the classroom.

Yet schools have decreased time committed to recess in response to education reform.

Many Oregon kids are obese, and many more are overweight, according to the Centers for Disease Control. Some kids are reluctant to exercise, but most love to play, which is a great way to stay healthy. Preschool children have been shown to have the highest physical activity levels while engaged in outdoor play.

Play has the potential to reduce obesity and related health problems like diabetes and heart disease in kids.

Play is also a perfect opportunity for parents to fully engage with their children. Remember that it’s ok, and even good, to sometimes say “no” to a structured activity, turn off the TV, and get outside and play.

Summer Play Dates with Dr. Katie McQuillan

Join Katie McQuillan, M.D., this summer for weekly play dates at Wildcat Park. Tuesdays, June 21-Aug. 23, 11 a.m.-noon, Wildcat Park at Wilson Elementary School, 2701 N.W. Satinwood St., Corvallis. Information: www.corvallisclinic.com/play or 541-758-2747.

ALSO: Look for Dr. McQuillan at Safety Town at the Boys & Girls Club of Corvallis July 8, July 22 and Aug. 5
Specialists say study will change the course of breast cancer care

Results of a study recently published in The Journal of the American Medical Association have proven that removing cancerous lymph nodes in women with early stage breast cancer is unnecessary. Surgeons and oncologists at The Corvallis Clinic have already put into practice these findings that favor less treatment to avoid painful complications without increasing the risk of cancer recurring.

“Our first rule is to do no harm," said Herschel D. Wallen, M.D., oncologist at The Corvallis Clinic. “If aggressive treatment is unwarranted, I tell my patients it is not in their best interest.”

Dr. Wallen called the results a big change in the evolving landscape of cancer treatment. “If you are a practitioner who is receptive to incorporating research, this is a paradigm shift,” Dr. Wallen said.

The study of 891 patients at 115 medical centers was paid for by the National Cancer Institute. The results apply to women who meet certain criteria, including those with small tumors who do not have enlarged lymph nodes upon examination, Dr. Wallen said. The findings could apply to about 20 percent of breast cancer patients, an estimated 40,000 women each year in the United States.

According to the research, the survival of women who only had surgery to remove tumors along with radiation and chemotherapy is no different than for women who had their lymph nodes removed along with surgery, radiation and chemotherapy.

Not removing the lymph nodes also spared women from suffering lymphedema, an incurable chronic swelling in the arm that can cause numbness, shoulder pain and limited range of motion.

Treatment for each patient at The Corvallis Clinic Oncology Department is always tailored to his or her unique circumstances, Dr. Wallen explained.

“You have the data and you know your patient, and you have to figure out how to treat their cancer,” he said.

In discussing the study, surgeon Christopher A. Bombeck, M.D., of The Corvallis Clinic said that information about not having to remove additional lymph nodes has been available for years.

“For patients with early stage breast cancer, there is no survival advantage to removing additional lymph nodes,” Dr. Bombeck said.

“Breast cancer surgery is both an art and a science that must be tailored to the individual, so that not only the right thing is done, but also the right thing for each patient.”

Experts say that the findings are part of a trend moving away from radical surgery for breast cancer to focus on treatment that gains the maximum benefit. By targeting the cancerous tumors and leaving the lymph nodes, Dr. Bombeck said, the patient has the same survival and endures a less drastic procedure.

“For patients with early stage breast cancer, there is no survival advantage to removing additional lymph nodes.”

— Christopher Bombeck, M.D.
Surgeon

Oncology nurses earn national certification

Three oncology nurses at The Corvallis Clinic, Corrie Belveal, R.N., Bronwyn Roberts, R.N., and Erin Thompson, R.N., obtained national oncology certification in May 2011. They join more than 31,000 nurses certified by the Oncology Nursing Certification Corporation, a non-profit organization that develops, administers, and evaluates certification programs in oncology nursing.

Certification promotes excellence in patient care and professional practice by validating specialized knowledge in oncology nursing and related specialties. Oncology Nursing Certification Corporation is accredited by the Accreditation Board for Specialty Nursing Certification.

The Corvallis Clinic’s Oncology Department serves patients in Benton, Linn, and Lincoln counties. Here patients receive treatment for all types of cancers and blood disorders including: leukemia, lymphoma, lung cancer, breast cancer, gynecological oncology, prostate health, urological health, skin cancer, Hodgkin’s Disease, blood disorders, bone cancers and oral cancers.

The department operates its own Chemotherapy Center, offers a Breast Health Nurse and support program, called Project H.E.R., and works closely with the Samaritan Regional Cancer Center for many other treatments.

Need a new doctor?
Call our Find-a-Physician
541-757-3757
www.corvallisclinik.com

The Corvallis Clinic
PHYSICIANS & SURGEONS

Oncology News
Maximize your potential with Physical Therapy

Whether you are recovering from surgery, rehabilitating from an injury or experiencing medical complications, The Corvallis Clinic Physical Therapy Department has you covered with specialists ready to help you get back to your best.

Here a team of physical therapists and exercise physiologists provide personalized rehabilitation treatment for patients recovering from injury or surgery, and those seeking relief from chronic and disabling conditions.

“Physical therapists are trained to treat any patient, no matter the diagnosis,” said Brian Wilson, DPT.

However, several providers in the Physical Therapy Department do have specialized training in orthopedic, neurological, and geriatric therapies, hand therapy, athletic training and therapeutic solutions for confinement troubles, to name a few.

“We really do treat everything from head to toe,” Wilson said.

Among the patients Wilson’s recently helped are people with extreme dizziness caused by inner ear issues, a patient with toe problems referred from podiatrist John Murphy, D.P.M., and a baseball coach rehabilitating from shoulder surgery, now back pitching to his grandkids.

Helping people maximize their potential and get back to the fun of living is why Wilson became a physical therapist.

“For people with orthopedic injuries, the sky is the limit,” he said.

Despite the amazing results, physical therapists tend to be under-utilized, Wilson said.

But you don’t have to wait for a doctor’s referral to make an appointment. Physical therapists work with individual patients and their doctors to develop a program to reduce pain, restore function and maintain mobility.

The Physical Therapy Department continues to expand in a wide range of specialties to meet the needs of our community. In 2010, Physical Therapy moved to a new modern facility at The Corvallis Clinic at Walnut Boulevard, 2350 N.W. Century Dr., near the intersection of Kings and Walnut. The new facility has an updated motif, with more windows and natural light and is equipped with new strengthening and aerobic equipment in a medically oriented gym.

Physical therapists at The Corvallis Clinic are licensed and trained in many areas of expertise, including:

Matthew Corn, PT
Treats older adults with neurological and orthopedic conditions, such as stroke, Parkinson’s Disease, arthritis of the hip, knee and ankle, and post-operative joint replacement.

Robyn Criner, DPT, CSCS
Treats athletes, post surgical and geriatric patients with balance needs.

Michael Gray, DPT, COMT
Treats orthopedic conditions with an emphasis on neck and back pain, headaches and work-related injuries.

Rachelle Hartman, MSPT
Specializes in pelvic floor muscle rehabilitation for incontinence and pelvic pain, as well as biofeedback.

Pamela Hough, OT, CHT
Focuses on hand and upper extremity therapy.

Lindsey Folds, MPT
Has experience working with rehabilitation patients, evaluating and treating orthopedic, neurologic and geriatric patients.

Brian Wilson, DPT
Treats neurological and orthopedic conditions, such as stroke, Parkinson’s Disease, arthritis of the hip, knee and ankle, and post-operative joint replacement.

SCHEDULE an appointment:
Call The Corvallis Clinic Physical Therapy Department at 541-754-1265.
A referral is not needed.
Clinic earns radiology accreditation

The Corvallis Clinic has received a three-year term of accreditation in computed tomography (CT), magnetic resonance imaging (MRI) and nuclear medicine as the result of a recent review by the American College of Radiology. The gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting practice guidelines and technical standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed. The findings are reported to the American College of Radiology Committee on Accreditation, which subsequently provides the practice with a comprehensive report they can use for continuous practice improvement. CT scanning — sometimes called CAT scanning — is a noninvasive medical test that helps physicians diagnose and tailor treatments for various medical conditions. MRI is a medical imaging technique used in radiology to visualize detailed internal structures. Nuclear Medicine is used to diagnose and treat disease. The American College of Radiology is a national professional organization serving more than 34,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

Clinic receives professional awards for publications

The Corvallis Clinic’s Marketing Department has earned Silver certificates in the 2011 Aster Awards program for healthcare marketing. The silver winning entries were for a series of specialty service brochures, including Women’s Health, Nutrition Services and Neurology, and the new LCD digital patient information displays that are being introduced around The Clinic. The Aster Awards are sponsored by Marketing Healthcare Today and recognize excellence in healthcare marketing and advertising. Judging criteria included creativity, layout and design, typography, production, quality and overall effectiveness. Silver awards scored between 90-94 and were in the top 10 percent of entries in the nation. The Clinic competed in the Medical Practice/Physician Group category. The Marketing Department previously has won Aster Awards for its primary care practice brochures, its driving guide brochure, VIP materials, Puttin’ on the Pink, Project H.E.R. promotional materials, its Web site content and the Nurse Plus 24/7 program. To request copies of any of these or other publications about services and physicians at The Corvallis Clinic, please contact the Marketing Department at 541-758-2747.

Upcoming Classes & Events

Summer play dates with Pediatrician Katie McQuillan, M.D.

Children of all ages and their parents are invited to join Pediatrician Katie McQuillan, M.D., on Tuesdays this summer for a play date at Wildcat Park. Bring sunscreen and your child’s favorite sandbox or park toy. This is an opportunity to ask questions, meet The Clinic’s newest pediatrician and have fun.

Tuesdays, 11 a.m. - noon through Aug. 23
Wildcat Park, Wilson Elementary School, 2701 NW Satinwood St., Corvallis.
Information, 541-758-2747 or www.corvallisclinic.com/play.

Healthy Baby

Each Healthy Baby session features one of our expert pediatricians and lactation consultant. Pediatric topics include normal newborn appearance, crying, sleeping and bathing, development, medical care and problems, nutrition and breastfeeding.

Wednesdays, 7 p.m., Asbury Dining Room
Aug. 3 – Dr. Patrick Allender
Oct. 5 – Dr. James Nusrala
Dec. 7 – Dr. Eunjoo Metzler
Register by calling 541-738-2075 or online at www.corvallisclinic.com/classes.

Baby Bundle

Each Baby Bundle session features Clinic obstetricians discussing childbirth, including signs of labor, birthing options, pain relief, when to call your doctor, partner help during labor and choosing your baby’s doctor.

Wednesday, 7 p.m., Asbury Dining Room
Aug. 10 & Nov. 9
Register by calling 541-738-2075 or online at www.corvallisclinic.com/classes.

Walk with the Doc

The doctor’s office is outdoors this summer, as women’s health specialists at The Corvallis Clinic lead this summer series of weekly walks. The 45-minute walks are designed to help women be active and provide an opportunity to talk with our OB/GYN specialists. Women who are pregnant are encouraged to join. Children, spouses and pets on leashes are welcome.

Wednesdays, 7:30 a.m. through Aug. 31
Bald Hill Path, meet at the Oak Creek Drive entrance.
Information: 541-758-2747

da Vinci Days Chalk Art event

The Corvallis Clinic is again sponsoring this popular summer event. Be part of the spectacle and the fun of da Vinci Days by creating urban art on the sidewalks along Madison Avenue. All who enter will be eligible for a prize drawing for gift certificates. Entries will not be judged.

9 a.m. – noon, Saturday, July 16, 2011
11th Street and Madison Avenue at Festival main gate
Pre-registration is recommended by July 8 at www.davincidays.org. Walk-up registration near 11th Street and Madison Avenue will be available while supplies last. Registration is $5, payable by cash or check, and includes chalk. Information: 541-757-6363.

Free sports physicals for high school athletes

Dr. Dan Barrett and Dr. Bryce Cleary, family physicians at The Corvallis Clinic, provide a free walk-in sports physical clinic for area high school athletes. Dr. Cleary, a graduate of Crescent Valley who played and coached football and baseball there, and Dr. Barrett offer sports physicals at CV as a community service each year. No appointment needed. Forms will be provided. Donations for the Crescent Valley High School football program are welcome.

Saturday, Aug. 20, 9 a.m. to 2 p.m.
Crescent Valley High School training room, 4444 NW Highland Dr., Corvallis.
For more information, please call The Corvallis Clinic Family Medicine Department at 541-754-1987.