



## **NEW CRITICAL STROKE DESIGNATION**

*Demonstrating excellence in care*

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Salem Hospital received the critical designation as a **Primary Stroke Center** this past May. Why does this matter to our community? According to the recently published 2021 Marion-Polk Community Health Assessment, strokes were the fourth leading cause of death, and the third leading cause

of chronic disease hospitalization in our community. Salem Hospital typically cares for more than 100 patients each month who had a stroke.

This certification from the Joint Commission indicates that Salem Hospital demonstrates excellence in caring for stroke patients and affirms the hospital's expertise in a range of treatment for stroke-related medical issues.

Salem Hospital is committed to a higher standard of clinical service, leading to improved patient outcomes from strokes.

An interdisciplinary team throughout Salem Hospital worked together to achieve the designation. This included providers from the emergency department, nursing, radiology, neurology, rehab services, switchboard, pharmacy, hospitalists, intensivists, and external EMS colleagues.

With a stroke, time is critical. Community members can increase their awareness by recognizing the signs and symptoms of a stroke. Getting help as soon as possible at a hospital with expert understanding of stroke care is essential to preventing death and disability from stroke. Additionally, patients can do their part and reduce their risk of stroke by controlling blood pressure and cholesterol levels, taking medication and not smoking.

If you would like to learn more about how you can reduce your risk of having a stroke, please visit the [American Stroke Association](#).



*To further assist in patients' recovery, the outdoor therapy courtyard includes slopes, stairs, outdoor furniture (including a built-in bench), pea gravel, lawn, and planting tables.*

*The courtyard is a safe, private place for patients to learn to adjust to different surfaces, improve large and small motor skills and work with new equipment such as wheelchairs, walkers or canes.*



*The outdoor therapy courtyard was created in 2012. This foundation-funded project has helped hundreds of patients recovering from the effects of a stroke.*

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# FOUNDATION FUNDED RESEARCH SEEKS ANSWERS TO OREGON'S DRUG CRISIS



*How bad is Oregon's drug problem?*

That is the question Dr. Paul Coelho, MD, a pain management specialist with the Salem Health Pain Clinic, seeks to answer. Dr. Coelho is working to

research and visualize the human cost of drug abuse.

According to the 2023 Drug Threat Assessment report released by the Oregon-Idaho High Intensity Drug Trafficking Area (HIDTA) project, “fentanyl and methamphetamine were the most significant threats to Oregon and Idaho during 2021.” Law enforcement data found that fentanyl seizures in the Oregon-Idaho region (in dosage units) doubled between 2020 and 2021. Meth seizures (in kilograms) increased by around 20% during the same period ([source](#)).

The meth coming into Oregon is also more dangerous. Due to its ease of manufacturing, Phenyl-2-propanone (P2P) meth dominates the market. P2P meth's chemical composition can cause paranoia, delusions and hallucinations. Research from the Lund Report found that Oregon hospitals are now “overtaxed with the influx of shorter-term emergency room visits related to meth.” The Lund Report's article titled “Meth Has Changed, And It's

Sabotaging Oregon’s Mental Health System” provides a concerning data point from the Oregon Association of Hospitals and Health System. “Meth-related emergency department visits in Oregon climbed about 20% in both urban and rural areas between 2018 and 2021.”

In addition, urban hospitals saw “more than 16,000 meth-related emergency department visits” just last year. This increased demand makes it difficult to deliver high quality care ([source](#)).

To support Dr. Coelho’s new research, the foundation secured grants from HIDTA and the State of Oregon. Working with researchers from Willamette University, Dr. Coelho is creating an online dashboard to compare the number of non-fatal overdoses in Oregon to changes in seized drug quantities. Dr. Coelho believes that visualizing the correlation between drug seizures and nonfatal overdoses will inspire policymakers to act.

“I am very excited by the focus and thrust of this particular project,” said Dr. Coelho in the foundation’s annual report. “This foundation work bridges health care and academe in our region in important ways.... all to benefit the Mid-Willamette Valley.”

Please see our annual report for our full interview with Dr. Coelho [here](#).

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# CARDIOLOGY CLINIC'S ONE-YEAR ANNIVERSARY

Cardiovascular health continues to be one of the region's top health concerns. According to the Center for Disease Control and Prevention (CDC), heart disease is the second leading cause of death in the State of Oregon. Since opening in September

2021, the Salem Health Cardiology clinic has seen over 3,000 patients. Clinic providers also provided acute care to thousands of hospitalized patients and performed hundreds of life-saving cardiac procedures, such as coronary percutaneous interventions for acute heart attacks and placement of permanent pacemakers.

The clinic is actively working with Salem Health on several initiatives including preventive care, advanced cardiac imaging, heart failure and cardiac rehabilitation to better serve our patients. "A lot of great work has been done this past year," says Dr. Ivan Arenas, MD, PhD. "We are happy we can contribute to provide comprehensive cardiac care for our community. From cardiac risk evaluation and prevention to cardiac surgery and cardiac rehabilitation; our team is guided by a simple mission, provide an exceptional experience — every time." With the COVID-19 pandemic having



delayed important preventive care, this clinic fulfills a critical community need at just the right time.

"We are also expanding our services to Salem Health primary care locations to facilitate cardiac care for those patients who have difficulty seeing us in our office. People are thankful to have this service right here in their community" says Tasha Kiger, manager of the cardiology practice.

The Salem Health Foundation congratulates Salem Health cardiology clinic on celebrating its first year anniversary. We look forward to seeing more of their incredible work throughout the next year.



## **SUPER HEROES WEAR PINK!**

On August 9th, The Creekside Women's Golf Association presented a check to Salem Health Foundation for \$15,600 from the proceeds of their annual Golf Fore the Cure Tournament. This year's fundraising event, which is in its



21st year, was attended by over 100 women. Everyone enjoyed an afternoon full of golf, fun and lots of pink for a great cause.

Since 2001, the Creekside WGA has raised nearly \$100,000 in support of breast cancer patients.

Front row pictured from left to right: Eva Corbin, Ellen Vaterlaus, committee chair Carla Bolme, and Jill Munger from the SHF.

Back row pictured from left to right: Judy Quenzel, Renee Sessler and co-chair, Maureen Smith.

## ~ *IRA Rollover Gifts* ~



### *Charitable IRA Giving*

If you are over age 70½, the Federal government now permits you to rollover up to \$100,000 from your IRA to charity without tax.

To learn more about IRA Rollover Gifts please visit our website: [www.shflegacy.org](http://www.shflegacy.org) or feel free to give us a call 503-814-1957.

*“There is no exercise better for the heart than reaching down and lifting people up.”*

*— John Andrew Holmes*



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