



UNIVERSITY OF OREGON  
HEALTH SCIENCES CENTER

# NEWS

*Health Sciences Center News is published by the University of Oregon Health Sciences Center to inform students, employees, faculty and friends of the institution of programs, activities and events of interest to them.*

## Schools announce June commencement speakers

*Senior classes from the Schools of Medicine and Dentistry have named outstanding educators from their respective Schools to speak at Commencement. The School of Nursing has selected an outspoken nurse-researcher-author.*

The HSC Schools of Medicine, Dentistry, and Nursing have announced speakers for their commencement exercises this June.

They are Dr. J. David Bristow, School of Medicine; Dr. Louis Terkla, School of Dentistry; and Dr. Jo Ann Ashley, School of Nursing.

Dr. Bristow, chairman of the HSC department of medicine from 1971 to 1975, has been on the Center's faculty for 16 years.

He graduated from the School of Medicine in 1953, served his internship at the UOHSC, and his residency at the VA Hospital, Portland. From 1972 to 1975, he held the Laurence Selling Chair of Medicine.

A former Markle Scholar, Dr. Bristow has served on the boards of numerous state, national, and international medical organizations, including the International Cardiology Foundation, the American Heart Association, and the American College of Physicians.

Last April, Dr. Bristow was honored by his

colleagues at the Health Sciences Center. In naming April 27 "Dave Bristow Day," the faculty commended Dr. Bristow's "enhancement of training programs to a point of high national regard" and his "exemplary leadership in setting high standards for responsible and humane patient care."

In February, Dr. Bristow left Oregon to accept the position of professor of medicine at the University of California, San Francisco, and chief of cardiology at the Veterans Administration Hospital in San Francisco.

Dave Long, president of the senior class of the School of Medicine, said that a faculty/student committee chose Dr. Bristow as commencement speaker from a list of promi-

nent Americans in the health profession.

"He not only has made a very significant contribution to this institution and the careers of many former graduates," Mr. Long commented, "but he also has a national reputation as an outstanding physician and educator."

The senior class of the School of Dentistry has selected Dr. Louis Terkla, dean of the School, to deliver their commencement address.

According to Steve Peglow, class president, "The School as a whole thinks highly of Dr. Terkla, and our class in particular would appreciate hearing more of his ideas and

*(continued on page 6)*

## Center's Outpatient Clinic undergoes major surgery

Operation Image is alive and well and making a colorful splash in the Outpatient Clinic.

According to Regina Mockmore, director of clinic admitting, not only are Clinic facilities getting a much needed face lift, but in addition, patient delays have been reduced significantly.

At the heart of the reduction in delays is the Hospital's new patient accounting system, CORE (Central Operation for REceivables), which allows for storage of a wealth of patient

information on computer.

The Clinic's central appointment desk now pre-registers 60 per cent of all new patients by telephone. Before this new procedure, all new patients had to go through the complete admissions process after arrival, including filling out of the admissions form, financial screening interview, and medical record preparation.

As a result of the new pre-registration procedure and the elimination of the pay-in-

advance practice, patients may go directly to their clinic appointment, bypassing the admitting area.

The other 40 per cent of new patients include "walk-ins" and persons without telephones. They must go through the admissions procedure, but this has been reduced from last summer's average of 37 minutes to only about 14 minutes.

Once a full-paying patient has undergone the admissions process, he will not need to

be re-interviewed unless his financial status or insurance coverage change. (Under the old system, a financial interview was required annually.)

After careful study last year of the many causes of delays, it was found that staggering appointments would reduce patient waiting, and efforts have been made to abandon the old batched appointment system. The decentralization of several clinics has also

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## Moss calls patient recall program a "moral obligation"

From the 1930s through the 1950s, many hospitals and physicians prescribed X-ray therapy for enlarged tonsils, adenoids, and thymus glands in infants and young children.

In recent years, evidence has mounted that patients who received such irradiation run a significantly increased risk of developing thyroid cancer 25 to 30 years after treatment.

Although this kind of X-ray therapy was discontinued about 15 years ago, delayed effects are now being reported with increasing frequency.

Public concern about the problem was heightened by a segment on CBS's *60 Minutes* in mid-January.

Although *60 Minutes* indicated that few physicians or hospitals have recalled X-ray

therapy patients for thyroid examinations, the Health Sciences Center's University Hospital completed such a recall program last summer.

In 1975, Dr. William T. Moss, chairman of the department of radiation therapy, recommended that all patients who received irradiation to the head and neck for non-malignant diseases, be recalled and examined. Dr.

Moss' departmental records revealed that 222 patients had received such irradiation from 1941 to 1959.

Dr. Donald Kassebaum, vice president for hospital affairs, established a committee to study the problem and named as members Dr. Moss; Dr. Monte Greer, head of the division of endocrinology; Dr. Tyra Hutchens,

*(continued on page 7)*

*This may look like an odd way to relax, but it works for HSC social worker Suzan Dahlstrom, right. Mrs. Dahlstrom's facial and bodily scrunches are part of relaxation techniques which she teaches to outpatients at University Hospital. For more see page 4.*





# Plan calls for more computer support for staff

Replacement of the HSC's one computer and expansion of Electronic Data Processing (EDP) services at the Center are part of a long range plan recently completed after six months of work.

The HSC's EDP Long Range Plan, 1977-1983, was compiled by an EDP Task Force, headed by John D'Aprix, executive assistant to the president.

The plan recommends the Center make requests for state funding to replace the computer now being used for the entire campus and utilize it just for University Hospital.

It was found by the task force that the HSC computer is being used 85 per cent for hospital administration and 15 per cent for other services.

The plan also recommends an on-campus "mini-computer," linked to the Oregon State System of Higher Education (OSSHE) network, for academic and general administrative (non hospital) work.

The alternative is use of the computing capacity at Corvallis, in the OSSHE comptroller's office. A cost benefit analysis of each alternative is currently underway.

Mr. D'Aprix said the task force found the HSC computer is now "on the ragged edge of its capacity."

A single computer for the hospital is very important for the future, he said, "since our justified investment in automated systems, such as CORE (Centralized Operation for Receivables), is enormous."

Three groups, administrative services, hospital systems, and academic computer,

reported computing needs to the task force.

Making up the task force were Mr. D'Aprix; David Beaton, manager, systems planning; Dr. Gerald Miller, director, School of Nursing Learning Resource Center; Ronald Parelius, assistant vice president for business services/business manager; Walter Petersen, director, systems and technology; and Ronald Schumacher, director, hospital systems group.

Some of the information gathered for the plan came from questionnaires to HSC faculty members and other U.S. academic health centers.

Thirty-nine per cent of the over 600 HSC faculty members responded to a faculty academic computing questionnaire sent out by the academic computing committee. Fifty-one health centers responded.

"We found most other academic health centers are far better off than we are," Mr. D'Aprix commented.

Faculty response was varied, but it was mirrored by one faculty member's comment: "Computer services to our faculty for scientific and educational purposes appear to be wholly lacking."

The task force agreed, writing in the plan, "... it is safe to assert that the UOHSC ranks last in the nation in its support of faculty and student access to computing."

The HSC currently has 32 systems—from examination scoring to a test tube label maker—operating on its computer.

Under the plan's recommendation, new EDP capability at the HSC could take care of at least twice the number of systems.

New capability would include computer use for faculty and students' scientific work, for the HSC library, and for fund development and alumni records.

"What it boils down to," said Mr. D'Aprix, "is that improved EDP capability would result

in more efficient operation and cost savings to the Health Sciences Center.

"It would also allow us to appropriately introduce our students to computing which will play an increasingly large role in their future professional lives."

## Saudi Arabia names consultant

William A. Zimmerman, special assistant to the president, left Portland February 2 to accept leadership of a five-member consulting team to King Faisal University College of Medicine, Saudi Arabia.

Mr. Zimmerman will be working with the consulting firm of University Associates for International Health of Boston to pattern the new medical school after the American model. Although two classes have been admitted to the new school where all courses are being taught in English, no permanent buildings have yet been constructed.

One of the tasks of the consulting group will be to develop plans for a new campus at Dammam, which will include schools of medicine, dentistry, nursing, allied health, architecture, engineering and business administration as well as a 500-bed hospital. Presently, medical students are using a 150-bed hospital.

According to Mr. Zimmerman, who visited Saudi Arabia early in January, all units of the new institution are presently housed in temporary quarters. Permanent construction will

begin in 1980 with a budget of \$2.1 billion.

The special assistant to the HSC President is to be on leave for 18 months.



**WILLIAM A. ZIMMERMAN**  
special assistant to the HSC president

## Outpatient Clinic gets a face lift, speeds up patient admissions

(continued from page 1)  
speeded up admissions.

Other time-savers which the Clinic has instituted are: a shorter admissions form; an information desk for patients with questions; time stamps which result in a first-come, first-served schedule for interviews; and a shorter registration/verification procedure for patients who forget their clinic cards.

In addition to these operational changes, there have been a number of colorful and practical changes in the Clinic's physical environment.

A system of blue and white directional signs has been initiated to help patients find their respective clinics without confusion or delay.

The registration desk has been remodeled to increase patients' access to the clerical staff. The information desk has been relocated to reduce crowding in the main entry area. Wheelchairs have been centralized neatly in a corner behind a screen. Carpet on the interview booth walls has reduced noise and afforded greater privacy.

To make sure that the registration area remains clean and orderly, the Clinic staff is working closely with housekeeping services. In addition, an increased number of volunteers is on hand to help keep the area tidy, to answer patients' questions, and help them complete forms; however, more volunteers are needed.

The brightest, most obvious alteration in the building's appearance is the elimination of drab, gray walls. Painters are moving from area to area, leaving behind them a colorful trail of bold blues, greens, yellows, oranges, and supergraphics. Hospital administrators say they wish to commend the medical

graphics division for their designs.

John Hutchins, director of outpatient services, credits the HSC faculty wives group

with the initial donation of funds (\$1,500), underwriting basic planning to upgrade the Clinic's interior appearance.



*Far right—Once drab walls in the ob-gyn clinic now have striking supergraphics applied by HSC painter David Martinez with advice from a helpful onlooker. Right—admitting clerks use new procedures to hasten admissions. Below—registration area.*



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# Family-child nursing graduate program begins

*Among the beneficiaries of the new family-child graduate nursing program at the School of Nursing are handicapped children or those with developmental deviations or chronic health problems.*

The state's first graduate program in family-child nursing is getting underway at the Health Sciences Center School of Nursing.

The care of children with handicapping conditions, developmental deviations or long-term health problems will be the focus of the new program.

The Public Health Service division of nursing has awarded the nursing school a three-year grant totalling nearly \$400,000 to establish the program.

The two-year course will prepare qualified registered nurses either to function as clinical specialists administering or supervising primary care or as instructors to teach the nursing of children in schools of nursing.

The intent, according to Dr. Carol Lindeman, dean of the School of Nursing, is to strengthen the existing resources providing services to Oregon's handicapped children.

(The school's 18-month-old pediatric nurse practitioner program already focuses on improving the nursing care of children who are well or those with minor illnesses.)

A survey conducted by the nursing school indicated around 70 prepared family-child nurses might be employed by health agencies, hospitals and schools of nursing in Oregon.

Currently, Oregon's schools of nursing must seek qualified faculty from outside the

state or use nurse educators who lack specialized preparation to teach family-child nursing.

In addition, nurses with advanced preparation in this field are needed in clinical settings. In Oregon's two largest pediatric inpatient settings, for example, only one nurse has preparation at the master's level.

At the same time states are becoming increasingly aware of the social-educational needs of children with long-term health problems, Dean Lindeman said, a greater sophistication of knowledge and emphasis on preventive aspects makes it essential to increase the skills and knowledge of the nursing professionals who work with children and their families.

It's anticipated eight students will enroll in the program's first year with these nurses beginning their course work spring term. Ten

nurses are expected to register in each of the next two years.

Nurses in the program will have clinical experience in the Crippled Children's Division, Doernbecher Memorial Hospital for Children and University Hospital's Pediatric Outpatient Clinic, all located on the UOHSC campus, as well as some community institutions and agencies.

Director for the new program is Dr. Wilma Peterson, who recently completed her doctorate in physiology at the University of Arizona. Prior to her doctoral work, Ms. Peterson was chairwoman of the maternal-child nursing department at Pacific Lutheran University for seven years. She also has had broad clinical experience in the nursing of children.

Interested nurses may contact the UOHSC School of Nursing for more information.

## Hospitalized youngsters receive dental care



A hospitalized child may have a greater need for dental care than a healthy one.

Healthy children can sometimes put off needed dental treatment with minimal problems. But the same dental problem could complicate an ill child's health status.

The staff of the Pedodontic Dental Service clinic on the 14th floor of University Hospital, south unit, treats dental needs as part of a hospitalized child's total health care.

Pedodontics is dentistry for children. The one-chair clinic serves patients of Doernbecher Memorial Hospital for Children.

Clinic director Dr. Donald Porter, hospital dental service co-director, said dental care of ill children is sometimes inadvertently overlooked. It can get lost amid care for a child's illness.

"We work with pediatricians to see that doesn't happen," he explains.

"Almost all Doernbecher children receive a dental screening from us. For some, we send parents notices recommending that their child see a dentist."

But in many cases, perhaps because a patient is in the hospital so much, treatment in the clinic is the best answer. If so, the clinic and pediatricians sometimes need to strike a balance in light of the patient's illness.

Pedodontic resident Dr. Thomas Turnbull pointed out that knowledge of a patient's medical condition is important for proper dental care.

*Six-year-old Laura Warner, an inpatient in University Hospital, is readied for mouth X rays by Lois Egan, dental assistant, in the Hospital's Pedodontic Dental Service.*

For example, the dosage of some medications should be adjusted when the patient is receiving certain dental treatment.

He also stated that changes in tissues of the mouth may be early indications of systemic problems or diseases.

The late Dr. Allan Hill, former pediatric department chairman, is credited by Dr. Porter with having a pedodontic clinic included in University Hospital, south, which was built in the 1950s.

Clinic equipment and supplies come from the hospital. Staffing is from the School of Dentistry and Hospital Dental Service.

Dr. Porter is on hand part-time in the clinic, and a School of Dentistry pedodontic resident rotates into the clinic on a three-month basis.

Full-time clinic employees are dental assistants Jackie Thoreson and Lois Egan.

## Sarah Rich heads service

Sarah Rich, R.N., Ed.M. has been appointed director of nursing services, Outpatient Clinic. Miss Rich had been acting director of the service since September, 1976.

She will work closely with the School of Nursing faculty in the role of assistant clinical professor of ambulatory care nursing.

Since joining the Clinic nursing services administration, Miss Rich has planned and implemented many new programs within the department. Working with fellow health team members, she has begun researching clinical needs with a focus on effective ambulatory care.

Miss Rich recently earned a master's degree in adult education from Oregon State University.

From 1970 to 1975, she served the Oregon Regional Medical Program's Circuit Course Program as the first full-time coordinator for nursing and allied health continuing education.

## Library announces two changes in staff

The HSC Library has announced two staff changes and a new service.

Mary Ann Stewart has joined the Library as serials librarian. She was formerly acquisition and serial librarian at Georgetown University Health Sciences Library, Washington, D.C.

Leonora Swets Ingraham, former HSC acquisitions librarian, has accepted expanded responsibilities as coordinator of collection development.

She will assess collection priorities by conducting systematic surveys of the collection and discussing needs with faculty and other library users.

She will also be available to conduct collection surveys for academic departments requesting new programs or accreditation. She can be contacted at extension 8937.

## Gut Club will foster good patient care

The Oregon Gut Club, an organization for all gastroenterologists in the state, has been established with impetus from the HSC division of gastroenterology, headed by Dr. Clifford Melnyk, professor of medicine.

The Club, which held the first of its annual meetings on the Health Sciences Center campus in October, has set its goal as the fostering of excellence in the care and management of patients and in gastroenterological research.

The group's October meeting was attended by about 50 gastroenterologists—

nearly every GI specialist in the state.

According to Dr. Melnyk, the Club will meet at least once a year at the HSC to hear guest lectures, exchange new ideas and research, present and discuss difficult cases, and meet new gastroenterologists who have come to Oregon or joined the School of Medicine faculty.

Dr. Melnyk believes that by inviting spouses to the Club's annual banquet and allowing them to become acquainted with each other, the Club is more assured of maintaining a tightly knit membership.

"We are restructuring the hospital housekeeping department to give more efficient service and a more coordinated approach in providing a clean and attractive environment for both staff and patients."

Ms. Sanders commended the present custodial crews for their cooperation during the consolidation.

"We're already getting positive feedback as a result of our work in the Clinic," she said. "And we hope that anyone who wants to give us suggestions, criticism, or even praise will call us at extension 8707."

## Housekeeping staffs consolidate

Hospital housekeeping services has added the Outpatient Clinic to its areas of responsibility. The 16-member Physical Plant crew which has been in charge of cleaning the OPC and Clinical Laboratory joined the hospital housekeeping staff January 1.

According to Rosemary Sanders, executive housekeeper, the change-over makes sense. "The Outpatient Clinic is essentially a hospital environment, and that's the business we're in. It's our department's specialty," she said.



# Physicians tackle "the great imitator of diseases"

Dr. Bernard Pirofsky describes the once-fatal disease SLE and research efforts to combat it.

The Health Sciences Center has one of the largest treatment programs in the U.S. for a disease with the jaw-breaking name, systemic lupus erythematosus.

Abbreviated by physicians to "SLE," the disease holds a particular fascination for scientists interested in breakdowns of the body's immune system. Such breakdowns may result in cancer, multiple sclerosis, arthritis, SLE, and many other diseases.

According to Dr. Bernard Pirofsky, professor of medicine and head of the division of immunology, allergy, and rheumatology, SLE is a cornerstone in research on the immune response.

Dr. Pirofsky explained that SLE was first described in the 1800s as characterized by a

bright red rash across the cheeks and nose. Patients were said to have a wolf-like face, hence the name lupus, from the Latin word for wolf.

Throughout the first half of this century, SLE was considered rare and always fatal. It was thought to involve only females of childbearing age.

However, in the 1950s, new techniques of disease study revealed that SLE, although found predominately among young women, commonly strikes people of all ages. At that time, physicians began using cortisone derivatives with some success in treating SLE.

Scientists discovered that not all victims of the disease developed a rash. In fact, they found that patients exhibited such a broad range of symptoms and complications that they described SLE as "the great imitator of diseases."

SLE is a collagen-vascular disease, Dr. Pirofsky explained. It can affect the support-

ing tissues and blood vessels anywhere in the body.

For example, if membranes around the joints are involved, the disease manifests itself as arthritis. If the kidneys are involved, nephritis develops. If blood vessels in the brain are affected, cerebritis ensues.

SLE develops when there is a failure in the immune response.

"The immune apparatus allows the body to recognize itself and to discriminate between what is foreign and what is self," said Dr. Pirofsky. "In the case of cancer, the body fails—for reasons unknown—to recognize cancer cells as foreign."

"In the case of lupus, the body tries to reject itself. The body, in a sense, decides that its own DNA does not belong to it. We call this an auto-immune disease; the body rejects parts of itself as though they were transplanted foreign matter."

Since 1968, researchers have developed

a whole new series of drugs which suppress the immune response. Scientists in Dr. Pirofsky's division have been in the forefront of these research developments. Now, thanks to new drugs, SLE patients are able to make remarkable recoveries.

In addition to treating and monitoring a caseload of several hundred lupus patients from throughout the Northwest, HSC physicians are continuing to do research.

They are developing newer serological tests to reveal the disease and newer therapies to treat it. They are also studying how and why certain drugs—such as those used by epilepsy and cardiac patients—seem to bring on SLE.

Dr. Pirofsky believes that research on SLE will be a cornerstone of efforts by medical science to control the immune response and will have repercussions for scientists studying organ transplant, cancer, and other questions related to the immune system.

## Employees may not be aware of some job benefits

In addition to what is perhaps the most tangible benefit of employment—a monthly paycheck—HSC employees are eligible for a number of other benefits, some of which they may not know about.

A few of the lesser known benefits are described below:

**Vacation accrual**—As an employee's years of service to the institution increase, so does his or her vacation allotment. Following is a table of vacation accrual:

Years of Service	Paid Vacation
6 mos. to 5 years	12 working days
5-10 yrs.	15 working days
10-15 yrs.	18 working days
15-20 yrs.	21 working days
20 or more	24 working days

Employees need not use their vacation days within the year they are earned. In fact, a maximum of 250 hours of vacation time may be accumulated.

**Sick leave**—Sick leave, which is earned at the rate of one day per month, may be used not only in the case of illness suffered by the employee, but also in the case of illness, or death, in an employee's family.

When an employee retires, his unused sick leave will be figured beneficially into his retirement benefits.

**Tuition discounts**—Employees who work half-time or more may enroll for up to ten credit hours with a tuition discount at any institution in the State System of Higher Education. Discounts average about 80 per cent off regular tuition.

**Credit union**—Membership in the savings and loan programs of the Portland Teachers' Credit Union is open to HSC employees. Low interest loans are available to members.

Savings up to \$1,000 are doubled in case of a member's death, and loans are insured against death or permanent disability without additional charge.

**Tax-deferred annuity program**—This program is made possible by the U.S. Internal Revenue Code and permits colleges and universities to transfer a portion of an employee's salary to an annuity company.

The principal advantage of this tax-deferred annuity is that federal and state income taxes are not assessed on this money until payments from the annuity are received at the time of retirement when a person normally has less income.

**Military leave**—Employees in the armed services are entitled to leave with pay (maximum, 15 days a year) when ordered to active duty.

**Jury duty**—Employees called for jury duty or a court appearance are entitled to time off with pay in addition to witness fees or jury duty pay.

**Notary service**—Free notary service is available from a number of notary publics on

campus. They are listed in the campus phone directory.

**Campus bookstore**—Although it is not a benefit in the usual sense, the Mackenzie Hall bookstore does offer employees distinct advantages. Because it is operated on a non-profit basis, the bookstore can offer employees and students a wide range of books at a substantial discount.

Employees desiring more information on these and other employee benefits should contact the HSC personnel department.

## Weaver in Nigeria

Dr. Morris Weaver, professor of anatomy, School of Dentistry, is on temporary assignment to Nigeria's University of Ibadan, assisting with examinations for the first dental class.

## Learning to relax takes practice, could save your life

"Take a deep breath. Stretch your shoulders back. Pretend that you're an angel and that your wing tips are going to touch. Then let out your air," intones Suzan Dahlstrom, social worker, during relaxation classes at the Health Sciences Center.

"Now, stick out your stomach just as far as you can, and hold it there for three seconds. Now, relax it, noticing the contrast between the tightness and the relaxation. Notice how your lungs are automatically giving you a nice, gentle massage. You get a feeling of well being when your stomach is relaxed and you're breathing calmly."

For patients in Mrs. Dahlstrom's classes in relaxation, these muscle-relaxing techniques can open the door to relief of bodily tensions and related mental anxieties.

She has been giving classes for about four years to HSC staff and patients and to adults at Portland Community College (PCC) at night.

Participants take the class for a variety of reasons. Some exhibit "Type A" behavior. These persons are highly competitive, al-

ways busy, and obsessively time-oriented, and physicians say that, as a result, they are most susceptible to heart attacks.

For Type A persons, relaxation techniques offer a safe, readily available alternative to long-term use of tranquilizers.

Others in Mrs. Dahlstrom's classes have such problems as tension and migraine headaches, difficulty falling asleep, muscle cramping, gastrointestinal upset, or grinding of the teeth at night (a syndrome known as bruxism).

All patients in the HSC class are referred by their physicians. The class is usually part of a total therapy program. On difficult cases, Mrs. Dahlstrom consults with psychiatry and psychology professionals.

Although some of her PCC students attend on doctors' advice, many are businessmen who take the class on their own.

The techniques of relaxation and meditation should not be confused with one another, warns Mrs. Dahlstrom, who is herself a Buddhist and does meditate. Relaxation techniques were first developed in the

1930s by Physiologist Dr. Edmund Jacobson.

"In the method of relaxation that I teach, we don't use a mantra because we focus on how the body feels here and now. We don't want anyone to float off," she explained. "We want them to be in touch with their bodies, to allow themselves to be comfortable and to develop a perspective on what makes them uptight."

"We want them to be in touch with their bodies, to allow themselves to be comfortable and to develop a perspective on what makes them uptight."

Relaxation procedures range from scrunching up one's face to contracting and then relaxing muscles in the arms, legs, feet and other parts of the body. This should be practiced at least every 48 hours for half an hour to maintain proficiency.

After doing the relaxation sequence, patients may either return to their usual activities or allow themselves to fall asleep.

Mrs. Dahlstrom stresses the importance of the patient's own imagination. One exercise, which she believes can help a dry, sore throat, involves physical movements (stopping a swallow halfway down) and self-suggestion, i.e., saying to one's self three times, "My mouth is warm and moist."

She tells patients to "imagine only pleasant things," to feel tension draining away "as sand from a sandbag," and to say to themselves, "I'm more relaxed than I was before, and it's going to get easier and easier to relax as I practice."

Patients who have, for years, suffered silently with tension-related problems can see a positive difference in their outlook on life if they are able to master fully the techniques of relaxation, Mrs. Dahlstrom believes.

In the middle of one class several weeks ago, an anxious, new patient interrupted, "Ma'am, you're putting me to sleep."

"I'm going to teach you how to put yourself to sleep," Mrs. Dahlstrom said.

The reply was swift and hopeful: "Oh, Ma'am, do you think you could?"







## Maintenance crew keeps HSC ticking

*Hidden away in boiler rooms, furnace rooms, elevator shafts, and places you may never go is the hardworking HSC maintenance crew.*

The 47 men making up the maintenance section of the HSC's building services department may not always be visible on their jobs. But whether they are seen or not, their work is indispensable.

According to Larry Muffenbier, supervisor

of building services, "The maintenance staff is dedicated to keeping Health Sciences Center machinery and equipment running smoothly."

The job done by maintenance staff is "a big one. Most people don't realize how big. We have employees working around the clock," he said.

One reason maintenance employees are not often seen is that some work late at night or early in the morning.

Mr. Muffenbier estimates there is an aver-

age of 300 telephone calls a day for maintenance work, which takes in mechanical, electrical, refrigeration, heating, and other utility problems. Maintenance employees receive their instruction via radio dispatch.

He advised, "If a department isn't sure we can repair an item, they should call us and let us make the decision, rather than calling an outside repair firm and finding out later that we could have taken care of the problem quicker and less expensively. We can repair most everything."

## Newsmakers

Dr. Jane M. Siegel, assistant professor of medicine, has been elected to the Executive Council of the Reticuloendothelial Society for a four-year term. Dr. Siegel is the first woman elected to this high office in the Society.

*Butterflies Afield in the Pacific Northwest*, a four-color booklet by Douglas Hepburn, research associate, CDRC, and Dr. William Neill, former School of Medicine faculty member now at Tufts, has been published by Pacific Search.

Rudie Wilhelm, Jr., vice president and secretary of Rudie Wilhelm Co., Inc., has been elected vice president of the UOHSC Advisory Council. Mr. Wilhelm is a former legislator and a past president of the Portland City Club.

Dr. Donald Kassebaum, vice president for hospital affairs, is one of 15 persons serving on the executive committee of the board of directors of the Northwest Oregon Health Systems.

Elizabeth Washington, head nurse in the HSC psychiatric crisis unit, has been appointed to the Oregon State Board of Nursing by Governor Robert Straub.

Dermatology resident Dr. Robert Matheson received the seventh Stelwagon Prize during the 35th meeting of the American Academy of Dermatology held in Chicago in December.

The prize, presented by the Academy in association with the College of Physicians of Philadelphia, was for a research paper which was judged best of 15 presented at a special session of the meeting.

HSC Social Worker Susan Kiley has been selected by the National Association of Social Workers (NASW) to co-lead a statewide workshop on child abuse and neglect at Portland State University in June.

Ms. Kiley attended an NASW planning meeting in Baltimore in January in preparation for the June workshop.

Those attending the workshop will include a variety of professionals working with child abuse in Oregon. The workshop curriculum emphasizes a family approach to the problems of child abuse and neglect and encourages multi-disciplinary community cooperation.

HSC staff and students who watched the ABC Television movie *Roots* in January may have noticed a familiar looking name among the show's credits.

Executive in charge of production for *Roots* was Conrad Holzgang, brother of Dr. Curtis Holzgang, HSC associate professor of medicine and head of the division of general medicine.

Dr. Holzgang's brother is vice president for production for Wolper Corporation, an independent company which produces mainly documentaries, but also produces such films as *Chico and the Man* and *Welcome Back, Kotter*.

The Holzgang brothers are originally from Medford, Oregon.

A book by Joan Ash, UOHSC associate

director of libraries, and co-authored by Michael Stevenson, was published in late September by the R. R. Bowker Company. It is entitled *Health: A Multimedia Source Guide*.

Dr. Stephen A. Morse, associate professor of microbiology and immunology, has been elected vice chairman of the General Medical Microbiology Division of the American Society for Microbiology. Next year, he will be chairman of that division, assuming responsibility for all of the Society's general medical microbiology meetings.

Dr. Morse will be a convenor and will present a major paper at the "Immunobiology of *Neisseria gonorrhoeae*" meeting in San Francisco in June.

Dr. Gary Goby, Albany family practitioner and clinical instructor in family practice, is the 1977 president of the Linn County Medical Society.

Hazel Hays, member of the HSC Advisory Council, has been appointed to a two-year term on the Oregon State Advisory Council on Libraries. She is the manager of the Oregon Department of Human Resources Multi-Service Center.

Alumni and faculty of the HSC School of Medicine comprise the entire list of 1977 officers of the Portland Academy of Medicine. They are:

Dr. Russel L. Baker, president, Class of 1934 and clinical professor of neurology; Dr. Albert A. Oyama, president elect, Class of 1953, affiliate in pathology, and clinical professor of clinical pathology; Dr. David B. Miller, secretary, clinical instructor in surgery;

The Health Sciences Center's maintenance crew includes:

Small photos, far left—Henry Ferguson, Sam Sunseri, Ted Geck, Bill Runte, Dale Meyers, and Bob Royal.

Large photo, center—James Brixey repairs a leaky valve deep in the bowels of University Hospital, north.

Photos in far right column—

Top, John Lauro

tightens a joint in Mackenzie Hall furnace room. Center, Foreman Ron Ward, prepares an order.

Bottom, juggling schedules, jobs, and emergency calls, Dispatcher Dan Rivett delegates a work order for the crew.

Dr. Theodore Lehman, treasurer, clinical associate professor of urology; Dr. William McAllister, first vice president, clinical instructor in surgery; and Dr. John O'Hollaren, second vice president, Class of 1947 and clinical associate professor of medicine.

Paul Flynn, who has been on the Physical Plant staff for 15 years, retired in January. Before joining the maintenance crew 10 years ago, Mr. Flynn was a "fireman," tending campus boilers.

Mr. Flynn plans to do "as little as possible" during his retirement. "It's too late to do much chasing around, so I'll just relax," he said, adding that he does plan to fish, hunt, and travel a little.

His co-workers held a party for him in January.



# News from the alumni

(Please address submissions to this column to Editor, Health Sciences Center News, University Relations Office, University of Oregon Health Sciences Center, 3181 S.W. Sam Jackson Pk. Rd., Portland, Oregon 97201.)

## School of Medicine

Dr. Robert H. Shiomi, Class of 1930, rheumatic disease specialist in Portland, was awarded a medal by Emperor Hirohito of Japan in November.

The award, which was presented by Japan's consul general in Portland, was for better understanding which Dr. Shiomi promoted between his adopted country and his native Japan.

The medal is the Fifth Class Order of the Sacred Treasure.

Dr. Ernest Livingstone, Class of 1951, has been named chairman of the School of Medicine's Sommer Memorial Lecture Committee. Dr. Livingstone, a Portland internist, is a former president of the School's Alumni Association.

Dr. George J. Vennes, Class of 1958, clinical pathologist at Tuality Community Hospital, has been elected president of the hospital medical staff.

Dr. Otto L. Loehden, Class of 1958, who resides in Hillsboro, Oregon, has been elected president of the Washington County Medical Society. Dr. Loehden took post-graduate surgery training in the U.S. Public Health Service.

He served at Norfolk, New Orleans, Viet Nam and San Francisco before returning to Hillsboro in 1967 to begin his surgery practice.

Dr. Paul Roberts, Class of 1968, has

joined the Umatilla and Morrow counties Mental Health Clinic in Pendleton, Oregon.

Dr. Roberts, a psychiatrist, will spend 80 per cent of his time at the clinic and the remainder on the staff of the Eastern Oregon Hospital and Training Center.

Dr. Thomas Wilson, Class of 1969, has begun a practice in diagnostic radiology in Eugene. He has served in the army since graduation, and attained the rank of major.

Dr. Dennis L. Ellison, Class of 1969, has opened a practice in urology in Springfield, Oregon.

Dr. Ellison recently completed seven years of service in the army, attaining the rank of major. He was chief of urology at the army hospital at Fort Meade, Maryland, from 1974 to 1976.

He completed an internship and residency in urology at Madigan Army Medical Center at Fort Lewis, Washington.

Dr. Ellison and his wife have three children.

Dr. Ed Cadman, Class of 1971, after completing a two-year fellowship in oncology, was appointed in July, 1976, an assistant professor of medicine in the section of medical oncology at Yale University School of Medicine, New Haven, Connecticut.

Dr. Thomas L. Bristol, Class of 1972, was the subject of a lengthy feature article in the Bend, Oregon, *Bulletin* in January.

In the article, entitled "Doc Bristol wears cowboy boots, drives a pick up truck," Dr. Bristol discussed the growing field of family practice.

The Bend family practitioner added that despite his busy schedule, he is not opposed to making house calls.

## School of Dentistry

Dr. John Burkhart, Class of 1970, became Creswell, Oregon's second dentist in February.

Dr. Burkhart most recently practiced in Newberg, Oregon, and prior to that was associated with a dental clinic for urban Indians in Seattle.

Dr. Bill Schuyler, Class of 1971 and HSC pedodontic resident from 1974 to 1976, has opened a pedodontic practice in Roseburg, Oregon.

After graduating from the School of Dentistry, Dr. Schuyler served with the U.S. Army as a captain in the dental corps in general practice.

Dr. Schuyler is on the consulting staff of Douglas Community Hospital and is staff consultant with the Crippled Children's Education Team in Roseburg.

Dr. John H. Kilian, Class of 1975, has opened a practice in general dentistry in Gresham, Oregon. Dr. Kilian was previously in private practice as an associate with another dentist and also directed a community dental clinic.

Dr. Robert Dunham, Class of 1976, has opened a dental practice in Eugene, Oregon.

Dr. Robert L. Friess, Class of 1976, has opened a dental practice in Salem, Oregon. Dr. Friess, who graduated from the School of Dentistry with highest honors, resides in Salem with his wife and three children.

## School of Nursing

Marthella Glover Andrews McLarnan, Class of 1944, resides in Mt. Vernon, Ohio, where she serves as vice president of the Health Systems Agency for central Ohio and chairman of the county's health planning council.

She also accepts lecture invitations and

serves as consultant to a nursing diploma program which will affiliate with a nearby liberal arts college.

Mary Esther Payne Smith, Class of 1944, works full-time in the critical care unit at Columbia Memorial Hospital in Astoria, Oregon. Last summer she took time off to take her three grandchildren on a trip to Alaska. She plans a trip this winter to El Salvador.

Coral Doble Snyder, R.N., Class of 1947, has returned to Portland with her husband and children after service as a missionary in Zaire. The Snyders plan to return to Zaire eventually.

Sally Lewis Jones, Class of 1966, who has postponed her nursing career to raise a family, recently described her experiences during two years as an Army Corps Nurse. In a letter to Dean Carol Lindeman, she wrote, "The responsibilities were many and you were expected to perform to your utmost. Many of the duties . . . could not possibly be included in any kind of depth in any nursing program, and yet, . . . I felt prepared to take on any and all duties 'thrown' my way. . . . I only felt the challenge of it all, and I feel the UOSN gave me the background, confidence and drive necessary to perform."

Margaret Louise MacDowell, Class of 1972, is on the teaching staff of the Republic of Yemen Hospital in Hodeidah, Yemen Arab Republic. Ms. MacDowell, who is serving with the Peace Corps, plans to continue her education in Scotland later this year.

Patty Hicks, Class of 1974, has been appointed public health nurse with the Union County (Oregon) Public Health Department.

Ms. Hicks, who has been with the Department since April, was previously on the nursing staff of Medical Center Hospital, in Portland.

# Terkla, Bristow, Ashley slated for graduation addresses

(continued from page 1)  
philosophy before we depart.

"The dean is an excellent speaker and is well known among dental educators for his positions, especially in regard to capitation grants."

Dr. Terkla received his dental degree from the HSC School of Dentistry in 1952, at which time he joined the faculty as an instructor.

In 1961, he assumed the rank of professor, and six years later, was named dean.

Dr. Terkla has served as president of two of the nation's most prestigious dental or-

ganizations, the American College of Dentists (1973-74) and the American Association of Dental Schools (1975-76).

Last year, he served as president of the Western Conference of Dental Examiners and Dental School Deans.

In addition, he has chaired many regional and national dental organizations and committees.

In spite of his many administrative duties, Dr. Terkla saw patients regularly at the School until only two years ago. He also co-directed a research study of national significance on the breakdown of silver amalgam fillings. However, these efforts were precluded by his increased workload following consolidation of the Health Sciences Center.

Dr. Jo Ann Ashley, R.N., Ed.D., commencement speaker for the School of Nursing, is an associate professor in the School of Nursing of Northern Illinois University in DeKalb.

An outspoken proponent of nursing power, Dr. Ashley has written numerous articles on

this subject. Her book entitled "Hospitals, Paternalism, and the Role of the Nurse" was published in 1976.

Dr. Ashley earned her nursing diploma from Kentucky Baptist Hospital in 1961; her bachelor's degree from Catherine Spaulding College, 1964; and master's and doctoral degrees from Columbia University Teacher's College in 1969 and 1972.

## Students' charity ball benefits needy children

A charity ball organized by students from the Health Sciences Center School of Dentistry was held February 25 to benefit children from low-income families who need dental care.

Those attending the ball, which was held at the Sheraton Hotel, included students and faculty from the School of Dentistry and members of the Oregon Dental Association (ODA). The ODA helped with the event.

Proceeds from the dinner and dance will go to the newly established Children's Aid Fund of the School of Dentistry and will be administered, in part, by the Oregon Foundation for Dental Research and Development.

With advice from the faculty, a six-member student committee will select needy children whose families could not otherwise afford to pay for dental care.

At the time *HSC News* went to press, Keith Collins, junior dental student who headed the organization committee for the ball, said his committee hoped that several hundred persons would attend the event. If it is a success, the dance may be held each year, with benefits going to the Children's Aid Fund.

The students also viewed the charity ball as an opportunity to improve social contacts with private practitioners in the Oregon Dental Association with the aim of exchanging ideas and information.

Serving on the student committee with Mr. Collins (who played bass guitar with the George Reinmiller band, which provided music for the dance) were Gary Wilson, Holly Morton, Jeannie Thompson, Jim Bickler, and Dan Santee.

She has served on the nursing staffs of hospitals in Kentucky, Ohio, and New York and has been on the faculties of the City College School of New York of the City University of New York and the Pennsylvania State University School of Nursing, as well as Northern Illinois University.

Dr. Ashley, who has given speeches and conducted seminars throughout the U.S., has been the subject of many newspaper and television interviews.

She is active in the Nurses' Coalition for Action in Politics and, as a representative of the Illinois State Nurses' Association, she served on the Illinois State Committee on the Equal Rights Amendment.

This year's commencement schedule is as follows: School of Dentistry, 7 p.m., Friday, June 10; School of Nursing, 1 p.m., Saturday, June 11; School of Medicine, 4 p.m., June 11.

## Stephen Yih joins Council

Stephen W.H. Yih, president of Western Zirconium, of Salem, has been named to serve on the Health Sciences Center Advisory Council.

Mr. Yih, former president of the Wah Chang Corporation and Teledyne Wah Chang Albany, was confirmed as a Council member in January by the State Board of Higher Education.

Born in Shanghai, China, in 1919, Mr. Yih earned master's degrees in electrical engineering and mechanical engineering from Brooklyn Polytechnic Institute and New York University, respectively.

Mr. Yih held various executive posts with Wah Chang from 1960 to 1975, when he resigned to form his own firm, Western Zirconium.

He is past chairman of the Linn County Democratic Party and was finance chairman for Congressman Al Ullman's Election Committee.

He is currently on the Board of directors of the Oregon Graduate Center.

## Brown Bag Seminars set

Coordinators of the Program for Humanistic Medicine have released a schedule of upcoming Brown Bag Seminars to be held in room 4340 of the Basic Science Building from noon to 1:00.

Thursday, March 24—"The Health Care Team and the Case of Patient X." Division of Surgical Oncology, UOHSC: Dr. William S. Fletcher; Dr. Dane Moseson; Dr. James Scarborough; Charlene Davenport, R.N.; Chris Richards, R.N.; Helen Peterson, R.N.; Sandra Smiley, R.N.; Sally Kookan, social worker.

A team presentation of a cancer patient's case emphasizing the roles and interactions of all the health team members in providing humanistic medical care.

Thursday, March 31—"MD's View of MD's Role in 'Terminal' Care." Dr. Robert Goldman, hematology/oncology; Dr. Walt McDonald, nephrologist; Dr. James Scarborough, surgical oncology; Dr. Paul Hull, internist/cardiologist. A panel discussion of the physician's role.

Friday, April 1—"Patient's View of MD's Role in 'Terminal' Care." Patient panel including and arranged by Marilyn Friendenbach, M.Ed., oncology counselor, Kaiser Hospital.

Having heard the MD's viewpoint, the audience will hear patients tell what they need and expect of physicians and health professionals.

## Nursing alumni plan meeting

All alumni of the UOHSC School of Nursing are invited to attend the annual meeting Thursday, April 7, in the Health Sciences Center Library Auditorium at 7:30 p.m.

The meeting will afford participants with their first opportunity to meet as an alumni body since the School's Alumni Association was reactivated last year.

Dr. Carol Lindeman, dean, principal speaker at the meeting, will outline the School of Nursing's long-range master plan, marking the first unveiling of the plan before any major group.

At this time, alumni will have an opportunity to share their perceptions of and concerns about the School of Nursing.

Jean Bates, Alumni Association president, will speak on the future of the Association.

Following the program, alumni and Dean Lindeman will exchange ideas and news at an informal reception with refreshments.



# Thyroid screening clinic completed recall last year

(continued from page 1)

chairman of the department of clinical pathology; Dr. William Krippaehne, chairman of the department of surgery; and Dr. Michael Baird, medical services director, who coordinated the recall and re-examination program.

The committee recommended that letters be sent to the 222 former patients and that they be examined at a special thyroid study clinic under Dr. Greer's supervision.

Dr. Baird directed the contacting of patients (a difficult task because as much as 30 years had elapsed since treatment) and establishing examining procedures.

With assistance from the Motor Vehicles Division, Dr. Baird and his staff located possible addresses for 134 of the 222 patients who had received X-ray therapy.

In his letter to the 134, Dr. Baird attempted

to impress upon patients the seriousness of the matter without causing undue apprehension.

Although most of the letters were returned as undeliverable, there were 28 responses.

In the spring and summer of 1976, 27 of these 28 were examined by means of blood tests and thyroid palpation by two endocrinologists from Dr. Greer's division.

All patients were found to have normal thyroid glands, but were informed that annual examination of their thyroid by a physician is essential.

The cost of follow-up examinations for those patients who were irradiated in University Hospital was borne by the Hospital. The total cost of the recall program to the Hospital was more than \$2,000.

According to Dr. Moss, "We felt an ethical and moral obligation to seek out and inform

these patients of the hazards of this kind of treatment."

Dr. Moss, former professor of radiology at the Northwestern University School of Medicine in Chicago, was in charge of Northwestern's X-ray therapy patient recall program before coming to the Health Sciences Center in 1974.

*The cost of follow-up examinations for those patients who were irradiated in University Hospital was borne by the Hospital. The total cost of the recall program to the Hospital was more than \$2,000.*

The State of Illinois has led the nation in thyroid screening of such patients, following the example set by Chicago's Michael Reese Medical Center, which irradiated some 5,000

patients beginning several decades ago.

Follow-up studies at Michael Reese and elsewhere revealed a five to ten per cent increase in the risk of thyroid cancer in persons who had received irradiation in the head and neck.

University Hospital administrators report that public alarm over the correlation between irradiation and thyroid cancer has resulted in numerous telephone calls to the Health Sciences Center.

Particularly since the 60 Minutes segment in January, inquiries have greatly increased from persons who believe that they or their children were once irradiated in the head or neck.

These patients (who did not receive X-ray treatment at the HSC) have been referred, upon their request, to the University clinics for appropriate follow-up.

## "Tooth or Consequences" holds children spellbound

*Portland school children are among those benefitting from a campaign begun by the Oregon Dental Association to teach the public the techniques of preventive dentistry. The ODA's collaborative efforts with the Oregon Museum of Science and Industry are proving effective.*

Dentists keep trying to put themselves out of business. Their efforts to teach their patients preventive dentistry—regular oral hygiene habits that can prevent cavities from ever forming—are on the rise.

One of the newest city-wide programs to teach preventive dentistry to children was organized by the Oregon Museum of Science and Industry with assistance from the

Health Sciences Center School of Dentistry faculty.

The program, dubbed "Tooth or Consequences," is part of OMSI's "suitcase" school tour series.

Each week, OMSI volunteers take the large, wooden Tooth or Consequences suitcase full of dental paraphernalia and exhibits to Portland classrooms.

In addition to telling children about tooth decay and why it's important to brush teeth well, floss, and eat right, the OMSI volunteer lets children get a feel for dentistry.

She passes around dental tools and bigger-than-life models of teeth. The children practice dentistry, digging out Play-Doh "decay" from within fissures in the teeth.

Using a foot-long tooth brush, they try out the latest tooth brushing methods on a big,

plastic set of teeth.

They also examine skeletal remains of jaws and teeth of carnivorous and herbivorous mammals, which helps them learn the functions of human teeth.

Although youngsters begin the program sitting on the floor in a neat semi-circle, by the end of the demonstration, they have excitedly inched their way forward until they completely surround the volunteer—evidence that Tooth or Consequences's message of preventive dentistry is getting through to them.

Planning for the Tooth or Consequences program began in 1975. On the advice of faculty from the Health Sciences Center School of Dentistry, OMSI staff decided that the program should stress structure and function of teeth; dental diseases; role of the

dentist and auxiliaries; and the role of nutrition.

Some of the materials needed in the suitcase were donated by the School of Dentistry and by Oregon dentists, including Dr. Richard Park, private practitioner and clinical associate in biochemistry.

Such items included large models of teeth, actual size models of sets of teeth with different problems (such as a plaster cast of the teeth of a thumb sucker), and models of teeth which had been cut as a dentist would prior to applying fillings.

Electron micrographs showing the enamel of healthy teeth and teeth with different degrees of plaque formation and tooth decay were provided by Dr. Richard Parker, chairman of the department of microbiology at the School of Dentistry.



*Photos, clockwise, beginning left, 1. OMSI volunteer Lorna Roehm shows children at Lad's and Lassies Kindergarten, Beaverton, a cast of the teeth of a thumbsucker. 2. Excited youngster tells her classmates about the animal skeletal teeth and jaws she just saw. 3. Cleaning mock decay out of a big tooth fascinates one would-be dentist. 4. Getting up nerve to raise his hand, this class member thinks he knows what is meant by "the right foods." 5. Trio learns oral care.*





# Physicians remain ill-at-ease with problem of incest

An article entitled *Incest: Children at Risk* by Dr. Diane Browning and Bonny Boatman, MSW, was published in the January, 1977, American Journal of Psychiatry. The following report on their studies is reprinted—with permission—from the Family Medicine Reporter of November, 1976.

Though awareness of sexual ills has grown dramatically in recent years, Dr. Diane H. Browning says physicians remain so ill-at-ease with one common problem that they often fail to recognize and treat effectively: incest.

It is an important omission, according to

Dr. Browning, chief of the child psychiatry clinic at the University of Oregon Health Sciences Center. Children involved in incest make up about 4 per cent of the clinic's new patients, she stresses.

Dr. Browning and Bonny E. Boatman, M.S.W., recently reviewed 14 cases of incest seen at the Portland facility and found "a strikingly consistent profile of the family at risk of incest"—a profile they feel could help clinicians prevent some cases of incest and minimize the damage done by others.

"The mother is chronically depressed and has experienced repeated marital failures," she reports. "The father is most often an

alcoholic and prone to emotional outbursts and physical violence. The relationship between them is distant, with sexual problems and physical fighting."

The child, Dr. Browning continues, "is likely to be the eldest daughter or stepdaughter and may be special or defective in some way. One was a deaf mute, for example; another had a seizure disorder and minimal brain dysfunction.

"She is forced to assume many of the mother's responsibilities, and there may be an overly close, mutually dependent, relationship between them, with ensuing role confusion.

"The opportunity for incest arises when the mother is away from home or incapacitated. In two cases, the girl lived alone with her father."

*"Ideally, they should assume a more preventive role, warding off incest where possible and dealing with the immediate trauma of incest rather than its sequelae."*

The sequelae to incest "were overwhelming in all cases," the Portland psychiatrist continues. "The child tended to respond with depression, depressive equivalents, school problems, symptom formation, or acting out behavior. There was inevitable guilt over the father's removal from the home where this occurred. Often there was ambivalence toward the mother.

"Divorce, loss of financial support, gossip, moves, and changes of school were common. In some instances, the mothers were forced to go to work. It is not surprising that these women were unable to attend to their daughters' emotional needs."

The families invariably delayed seeking help. When they sought help, it was for behavior problems, rather than for the incest. But "we were impressed by their receptiveness to help and by their ability to utilize it. The basic dependence of these women may account for their willingness to accept treatment.

"It seems clear that these families could profit from more supportive help at the time the incest is discovered," Dr. Browning concludes. "Physicians need to overcome their own denial and become alert to the possibility of incest in the high-risk family.

"Ideally, they should assume a more preventive role, warding off incest where possible and dealing with the immediate trauma of incest rather than its sequelae. Once the issue is confronted, these mothers and daughters are able to utilize psychiatric help."

In February, Dr. Browning began a therapy group at the HSC for girls aged 10 to 13 who have been involved in incest. A group for their parents is meeting simultaneously.

Dr. Browning's aim is to help families return to "a semblance of normal functioning, if the husband and wife have decided they want to salvage the marriage."

## Senior serves stint in rural Alaska

School of Medicine senior Michael Garnett is one of 32 senior medical students from throughout the U.S. who were recently awarded MAP-Reader's Digest International Fellowships.

The fellowship program provides three-month assignments to medically underserved parts of the U.S. and in remote parts of the third world.

Mr. Garnett and his wife left Oregon in February for three months in Glennallen, Alaska, a rural community between Anchorage and Fairbanks.

The School of Medicine senior will work at Faith Hospital, one of the state's finest small town emergency hospitals. Faith Hospital's

entire professional staff are full-time missionaries.

According to Raymond Knighton, president of MAP International, "Carefully planned and supervised programs are offered by local hospital and clinic staffs. The students thus are provided with firsthand knowledge of health problems in that segment of the population which has the least access to adequate medical care."

Since the program began five years ago, 285 students, including several from the HSC, have served in 34 countries. To receive a fellowship, students apply to Dr. Harold Osterud, chairman, public health and preventive medicine.

## If you don't address it right, it may not get there

Wonder where your campus letter, large envelope, or package went? Wonder why it didn't get there or why it took so long?

Charlotte Funk, HSC mailroom supervisor, wants to help.

"It's a simple request," she said. "When a person mails through the U.S. Postal Service, putting a return address on envelopes and packages is pretty much standard procedure.

"But we receive campus and shuttle bus mail which doesn't have return addresses. We have to have them."

It's necessary to have a return address in case mail can't be delivered. The return address request goes hand-in-hand with another request involving the address itself.

"In order to ensure delivery," Mrs. Funk said, "mail must be properly addressed with first and last names, department, and building."

Don't rely on room numbers or names, alone, she said. "We'd like to avoid this. It slows down getting mail in and out. We have to stop and look things up."

Always list addresses like this:

from: Joe Doe, Mailroom, MacH

to: Ruth Jones,

University Relations, BH

"We depend on this 'from' and 'to' order when we are sorting mail. If the 'to' part comes first and the 'from' second we may accidentally end up returning mail to you," she pointed out.

Other information she feels will help mailroom users includes:

—It does not sell stamps. But a stamp machine is in the mailroom lobby. (Booklets of 23 thirteen-cent stamps for \$3 each are available 11 a.m. to 1 p.m. Monday through Friday in the first floor Baird Hall cashier's office).

—The mailroom is open 8:30 a.m. to 5:15 p.m. Monday through Friday and 9 a.m. to 12 noon on Saturdays. Its hours for weighing personal mail are 12 noon until 4 p.m. Monday through Friday.

—It does not certify, register, insure or send out COD personal mail. "This would require the HSC to take mail to a downtown post office, and that would cost the state additional salaries," she said. However such services are available for business mail.

—Available in the mailroom are schedules showing departure and arrival times of shuttle bus mail delivery to Salem, Albany, Corvallis, Eugene, Monmouth, and the State Office Building in Portland.

"Shuttle mail service is free, and generally mail arrives ahead of the U.S. postal delivery," Mrs. Funk commented.

—U.S. mail is delivered to the mailroom at 6:45 a.m., 9:30 a.m., and 1:15 p.m. By 11 a.m. and approximately 2 p.m., the respective afternoon and morning mails are sorted and distributed throughout the campus.

—Campus mail must be delivered to the mailroom by 9 a.m. and 1 p.m., in order to be delivered to all HSC locations on the same day.

—Outgoing metered mail must include account numbers and be delivered to the mailroom, located in Mackenzie Hall 1140, by 11:30 a.m., for the 12 noon pick-up, and no later than 2:30 p.m., for the 2:55 p.m., and 5 p.m., for the 5:30 p.m. pick-ups.

—Only first class letters and packages can be registered. U.S. postal regulations specify that all registered mail, even envelopes, must be sealed with brown gum tape. Cellophane and nylon tape will not do.

—Mail going to foreign destinations cannot be certified. Mail can't go COD to foreign countries.

—The maximum value that can be put on insured mail is \$200. Return receipt cards can be requested if the insurance is for \$15.01 or more.

—Credit can be given for spoiled stamped envelopes, metered envelopes, and post cards if they are returned to the mailroom with a note as to the account number to be credited.

—When addressing mail to medical interns, the address should include name and the word "intern."

Mail to medical residents should have their names and their departments of residency.

Mail to all students should include name and the program they are in, such as "medical technology."

—The mailroom has a campus dead letter file for letters and parcels which can't be identified for distribution.

Mrs. Funk especially emphasizes that departments should call the mailroom to advise of all new staff coming and any changes in personnel.

## Terry Dischinger—a dentist on the ball

Dr. Terry Dischinger, HSC School of Dentistry graduate student in orthodontics, is a former National Basketball Association "Rookie of the Year."

Although he doesn't play with the Trail Blazers any more, he keeps close to the sport in another way.

On a 15-station radio network, Dr. Dischinger provides game analysis, along with announcer Bill Schonley's play-by-play, for some Portland Trail Blazer home games.

**DR. TERRY DISCHINGER**  
resident in orthodontics



Photo by Tim Marsh

## HEALTH SCIENCES CENTER NEWS

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