



# Care as Individual as You

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Skip the line!  
Schedule Online.

## Thank you for your patience with our Online Shot Scheduling platform

For those of you that are having issues with our shot scheduling platform, we apologize, and appreciate your patience! We have identified the issue and are working on the resolution. We understand the frustration in not being able to schedule your shots consistently online.



### Did You Know?

You can also schedule an in-person appointment for follow-up on seasonal allergies, asthma, food allergies and Extract Refills on our self scheduling platform.

Click on one of the links below to get scheduled!

#### Allergy Shots

[Schedule an Allergy Shot with Oregon Allergy](#)

#### Extract Refills

[Schedule an Extract Refill with Oregon Allergy](#)

#### Recheck Appointment

[Schedule a Recheck Appointment with Oregon Allergy](#)



Tree pollen is in the air!

We can help you find allergy relief!



### Did You Know?

Nasal allergies affect about 50 million people in the United States with as many as 30% of adults and 40% of children

Allergic conditions are the most common health issues affecting children today. Effectively treating these allergies has proven to decrease childhood asthma cases by 47%!



## Looking for Allergy Relief? Call (541) 683-1577

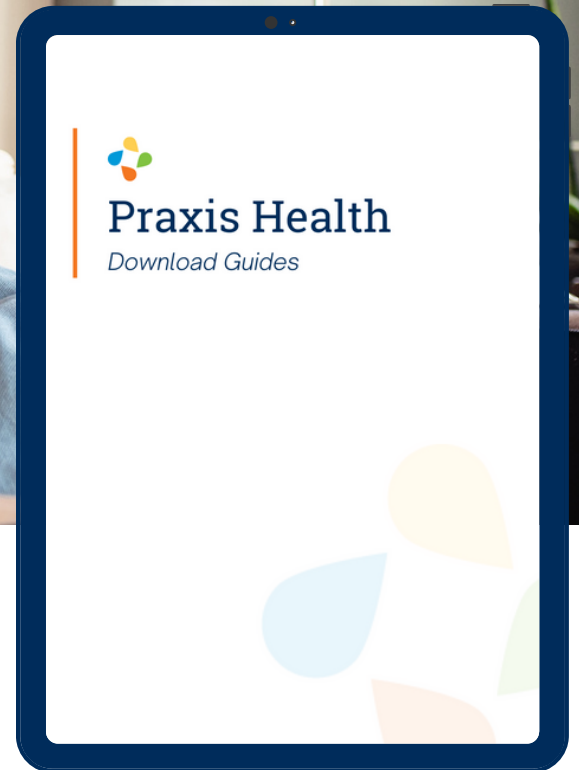
If you are having symptoms, or want to make sure you are prepared for the upcoming season, get scheduled as soon as possible. We want to make sure you have the tools in place to manage your symptoms before they get out of control.

## Allergy Testing and Immunotherapy Treatment Services Might Be Right for You!

Customized immunotherapy is the **ONLY treatment protocol proven** to alter the underlying disease process, effectively treating the disease.

Patients who have taken Immunotherapy as directed have reported as much as 85% desensitization.

## Patient Portal



Communicate with your care team directly without ever picking up the phone!

Gain access to your health information including:

- Current vitals
- Immunizations
- Lab results
- Important health information



Need Help?

**DOWNLOAD OUR  
PATIENT PORTAL GUIDE**

**DOWNLOAD GUIDE**



**PATIENT  
PORTAL**

**[Try Our Patient Portal](#)**

# 5 Ways to Keep Your Heart Healthy

With February being American Heart Month, it makes me think of ways we can improve cardiovascular health. As a family medicine doctor, my patients often ask me what changes they can make to their lives to live healthier and longer. I normally suggest the recommendations below.

*A message from*



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**Pacific Medical Group,  
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*Tigard, OR*

## 1. Quit Smoking



The biggest bang for your buck is nicotine replacement.

This suggestion may seem obvious, yet I still have patients that come into the office that are smokers. Although it is much less than it used to be, thanks to the evidence that we have of tobacco links to cancer, cardiovascular disease, and chronic lung disease, I'm still surprised that I'm still seeing it. Despite all of this, it can be extremely difficult to stop smoking once you've started (not to mention a waste of money). Luckily, there are medications that can help. The biggest bang for your buck is nicotine replacement. People who find it easier to quit smoking set a quit date, like a birthday or holiday. It takes an average of around seven (or more) times to quit smoking depending on the study, so if this is you keep at it.

## 2. Get Active



*"A journey of a thousand miles begins with a single step."*

- Lao Tzu

Patients think that I want them to run a marathon in a few weeks, but this isn't the case. The American Heart Association and the American College of cardiology recommend at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity. I usually tell patients to start anywhere. If you can only walk to the corner of the street and back, then start there and build.

### 3. Eat Healthy



## The Mediterranean diet demonstrates superiority (over other diets) in cardiovascular health.

This one seems easy as well, but I've had patients think that I wanted them to eat only salads every day, but this isn't the case. Many patients ask about what the healthiest fad diet is. There are militant fans about the Paleolithic diet, vegetarian diet, or diets for your blood pressure. For cardiovascular benefit there is no beating the Mediterranean diet. Year after year this diet demonstrates superiority in cardiovascular health.

### 4. Control Your Blood Pressure



If the above things don't seem to lower your blood pressure you may want to see a physician and consider starting medications. Blood pressure guidelines from 2017 were lowered significantly from the previous JNC eight criteria.

Normal	Elevated systolic	Stage one systolic	Stage two systolic
Less than 120/80	Between 120 through 129 and diastolic less than 80	Between 130 – 139 or diastolic between 80 – 89	At least 140 or diastolic at least 90 mmHg

Above these numbers are considered serious concerns that may need emergency care.

***\*Uncontrolled blood pressure can double your risk of cardiovascular complications compared to those with normal blood pressure.***

### 5. Manage Stress



## Set aside time for yourself each day just like you were prescribed the medication.

Do something that you enjoy every day and prioritize those activities. If you don't have anything that you can enjoy, try doing something new. Get enough sleep most people need 7 to 8 hours. Practice relaxation - there are several free apps online or websites that can help you through guided imagery, yoga, tai chi or mindfulness practices. Accept your needs and recognize things that increase your stress and try to reframe your reactions through grounding techniques. If these steps do not provide adequate control, you may need to see a mental health professional and consider other options for treatment.