



Care as Individual as You

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WELCOME 2023

x x
x x

Greetings from all of us at Praxis Health!

With 2023 well underway, we are finding that adjusting to the "new normal" post pandemic is a continually evolving process. We are committed to providing the highest level of care that is timely and responsive to your needs. We are ready to meet you where you are in your health and wellness journey.

We are privileged to provide you and your family with individualized care to improve the health and well-being of everyone we serve and to provide that care with compassion and understanding. We aim to empower you with tools to take charge of and improve your health.

We look forward to partnering with you
to achieve your health and wellness
goals in 2023.



A message from



Wendy Hawthorne, ANP

Clinic Director
Pacific Medical Group,
Praxis Health
Beaverton, OR

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



Paul Goebel, MD

**Pacific Medical Group,
Praxis Health**
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

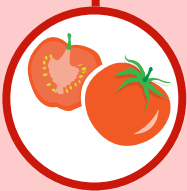


"A journey of a thousand miles begins with a single step."

- 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.

Why is preventative care important?

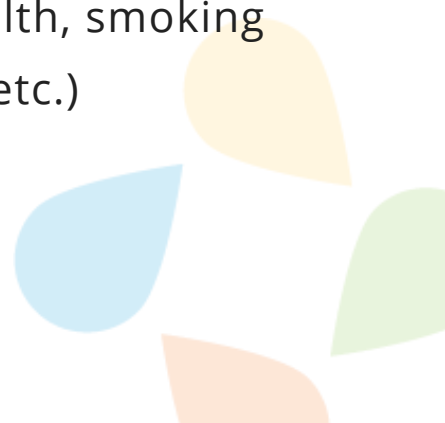
Seven out of ten U.S. deaths are caused by chronic diseases.*

While half of the country's population has been diagnosed with a chronic illness classified by the medical community as preventable.

*According to the CDC

Preventative services that we offer include:

- ☑ Blood pressure screening
- ☑ Comprehensive blood work
- ☑ Preventative cancer screening
- ☑ Vaccinations
- ☑ Counseling and advocating healthy lifestyle (Weight loss, mental health, smoking cessation, etc.)





Skip the line!
Schedule Online.

Looking for an easy way to schedule appointments with your Praxis Health provider?

Learn more about our self-scheduling platform below and take a look at the informative video showing how you can conveniently schedule your appointment, whenever, and wherever.



ONLINE
SCHEDULING

Schedule a telehealth or in-person appointment for preventative care or just about any issue.

Clearwave is our online self-scheduling platform that allows you to see open appointments on your provider's schedule and schedule the one that works best for you or your family!



Need Help?

[View our
tutorial video](#)

If you don't see an appointment on your Primary Care Providers' Schedule, you can select an appointment on a member of their care team's schedule, ensuring you are seen when you want, by who you want!

[Schedule an Appointment with
Pacific Medical Group](#)

[Schedule an Appointment with
Northwest Medical Assoc.](#)

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



PATIENT
PORTAL

[Try Our Patient Portal](#)



Need Help?

**DOWNLOAD OUR
PATIENT PORTAL GUIDE**

[DOWNLOAD GUIDE](#)



Know Where to Get Care

Our mission is to improve the health and well-being of our community, and providing outstanding and compassionate care. View the information below to determine the best place to seek care based on what you are experiencing.



Primary Care

For non-emergency and preventative services, visit your primary care physician.

- Routine Checkups
- Immunizations
- Minor Illnesses
- Minor Injuries
- Mental Health services



Urgent Care

For urgent but not life threatening conditions, or when your PCP is unavailable, visit your nearest urgent care.

- Sprains
- Minor broken bones
- Minor burns
- Minor Infections
- Strep Throat
- Earache
- Diarrhea and vomiting





Emergency Room

For emergency and life threatening conditions, visit the emergency room.



- Heavy bleeding
- Chest Pain
- Major burns
- Difficulty breathing
- Seizures
- Head injuries
- Major broken bones

Find a Location Near You!



Pacific Medical Group - Beaverton

 4510 SW Hall Blvd
Beaverton, OR 97005
 (503) 644-1171



Pacific Medical Group - Canby

 1185 S Elm St.
Canby, OR 97013
 (503) 598-2000



Pacific Medical Group - N. Portland

 6445 N Greeley Ave.
Portland, OR 97217
 (503) 285-6607

Pacific Medical Group - Oregon City

 1001 Molalla Ave, Suite 100
Oregon City, OR 97045
 (503) 656-5273

Pacific Medical Group - Tigard

 13200 SW Pacific Hwy
Tigard, OR 97223
 (503) 598-2000

Tips on where to seek care based on the symptoms you are experiencing.



When to stay home

When experiencing mild to moderate symptoms, such as the following...

- Nasal congestion
- Fatigue
- Headaches
- Cough/Sore throat
- Mild body aches

We recommend staying home, drinking plenty of fluids, and getting plenty of rest.



Schedule a visit with your Primary Care provider

When experiencing common flu symptoms accompanied by any of the following, schedule a visit with your primary care provider.

- Shortness of breath
- Difficulty swallowing
- Persistent, new, or worsening symptoms after day 4 of illness
- Frequent diarrhea

- Mild wheezing
- If recently hospitalized for respiratory infection
- Difficulty eating or drinking due to vomiting



Visit the Emergency Room

Visit the emergency room and seek medical care right away when experiencing any of the following:

- Severe shortness of breath
- Chest pain
- Severe muscle pain
- Fever above 104
- Worsening of chronic medical conditions
- Severe weakness or unsteadiness
- Persistent dizziness and confusion
- Not urinating
- Inability to speak or swallow



New Provider Faces

We are proud to serve Portland and Vancouver, and to bring in top providers to our team. We welcome the following incoming providers.



Robert Fu, DO

Pacific Medical Group
Beaverton, OR
Internal Medicine



Loveleen Brar, FNP

Pacific Medical Group
Canby, OR
Family Medicine



Morgan Powell ARNP, FNP

Northwest Medical Associates
Vancouver, WA
Family Medicine



Stephanie Richards, MD

Northwest Medical Associates
Vancouver, WA
Family Medicine