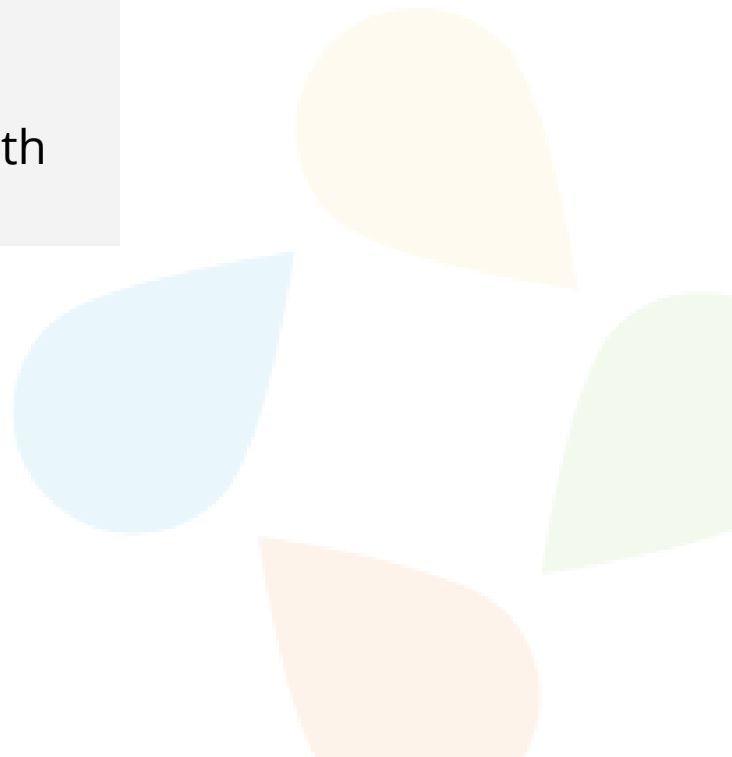




Care as Individual as You

What's Inside?

1. History of Pacific Medical Group
2. Stress Reduction Strategies
3. Ask a Provider
4. Patient Portal Guide
5. May is Stroke Awareness Month



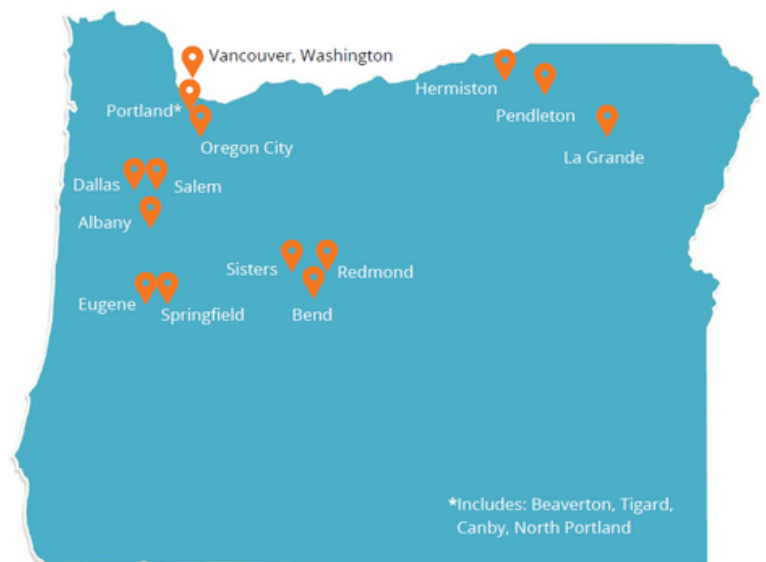
History of Pacific Medical Group

Pacific Medical Group was formed in the early 1980's when the Greeley and Tigard clinics collaborated to deliver care in a Managed Care environment. They created the satellite, Beaverton, in 1985. These 3 clinics merged together in the early 1990's with another clinic in St. John's. The clinics became part of Mullikin Medical Centers and Med Partners in the mid-1990's. In 1999, the clinics became independent and took on the name Pacific Medical Group. Then in 2018, PMG joined Praxis.

Fun Facts

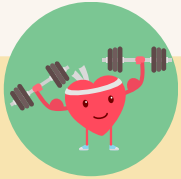
1. North Portland clinic has been serving its community for over 100 years.
2. Canby clinic was the first primary care clinic in the city of Canby. It was funded by the city selling \$5 bonds.
3. We are a family-owned and operated organization
4. We have clinics from Vancouver down to Eugene and east of the Valley

The Pacific Northwest's Leading Independent Healthcare Network



Favorite Stress Reduction Strategies

by Kitty Liu (Behavioral Health Navigator)



Do something active!

Go on a 15-30 minute solo walk in nature. During this time you can think in silence or listen to your favorite music or podcast. Going on walks helps lower cortisol levels and can help boost your mood. If you have a busy schedule, try going on a walk during your lunch break.

Be intentional with your self-care.

Find a hobby or join a club. Do something that makes you happy and can keep your mind at ease. For some, this may be socializing with friends and family and for others this may be volunteering in the community.



Try journaling or planning.

Journal/planning. Writing out your thoughts on paper can free up space in your mind- it can make you feel better. If you are not into journaling, you can also use some time in the morning to plan out your day/week ahead. Having things written down on paper can help you stay on top of your priorities and help you worry less about forgetting. You can also block off time throughout each day to do a stress-reducing activity.

“ I love serving the Portland region and getting to build relationships with neighboring community organizations and establishing a strong referral network. I connect our patients to behavioral health resources but I also work to address social determinants of health. I work closely with patients that come from different experiences, backgrounds, and different needs, and each day looks different. The first thing that I do when I reach out to patients is asking them about their preferences through phone call or the patient portal. With the information that they provide me, I do research, send referrals, and create a customized list for them. Afterwards I will check in with them to make sure that they are getting connected. To expand the services that I can offer to our patients, I am currently working towards my community health worker (CHW) certification.

A message from



Kitty Liu

*Behavioral Health Navigator
Pacific Medical Group - Praxis Health
Portland, OR*



PRAXIS HEALTH
ASK PRAXIS

Why are annual physicals important?

We recently asked Dr. Robert Fu to learn why he encourages patients to be seen for an annual physical exam.



Annual physical exams and wellness checks are a vital part of your care plan. This is the best time for you and your provider to bring your care up to date, manage disease risk factors, evaluate your medications, discuss any needed referrals for cancer screenings (e.g. mammograms and colonoscopies), and assess your overall health. This is also the perfect time to discuss your health goals with your provider. Preventive exams are just as important as a cure, so please call or schedule online today!

A Message from



Dr. Robert Fu
Pacific Medical Group
Family Practice
Beaverton

What is included in a Complete Physical Exam?

- Review of Vital Signs
- Hands-on Exam
- Personal Health Concerns
- Medical Care Preferences
- Comprehensive Lab Work
- Risk Assessment
- Care Planning
- Vaccinations
- Health Lifestyle Counseling

Schedule Today

[Pacific Medical Group](#)

[Northwest Medical Assoc.](#)



Did You Know?

According to the CDC more than 795,000 people in the United States have a stroke every year, with 25% of these cases occurring in a person who has had a previous stroke.



We sat down with one of our Neurologists, Dr. Jeremy Lanford of Pacific Crest Neurology in Bend, to learn more about strokes.



Dr. Jeremy Lanford

Pacific Crest Neurology - Praxis Health
Bend, OR

What is a stroke?

The most common form of a stroke is due to a blocked blood vessel in the brain due to a blood clot. Other rarer forms of stroke are due to a ruptured blood vessel in the brain.

What are the signs of a stroke?

Rather than reinventing the wheel, Dr. Lanford encourages his patients to use the acronym **FAST**.

- F** Is there **F**acial droop?
- A** Does the **A**rm fall when held up?
- S** Is the **S**peech **S**lurred or are there difficulties getting the words out?
- T** If any of the above occur, do not waste **T**ime, call 911 immediately! Stroke is a **medical emergency** requiring immediate evaluation for possible brain saving treatments.

What causes a stroke?

Did you know that over 80% of all strokes can be prevented?

Ways in which we can reduce our risk of stroke is to treat the following:

- High blood pressure
- High cholesterol and diabetes
- Stop smoking
- Lose weight and increase physical activity
- Atrial fibrillation

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 with Patient Portal?

[Download the Guide](#)