

Computer Chatter for Women



Mrs. Arnetta T. Brown, Social Worker; Mrs. Martha B. Jordan, Director of Social Services; Mrs. Winona Edwards, Social Work Aide and Parent Co-Ordinator. Planning the Adult Education classes for parents of Early Childhood Education.

Emanuel combat cancer

Cobalt is one of the big guns in the war against cancer.

Ten years ago, in 1961, Emanuel became the first hospital in Oregon to open a cobalt therapy department. During 1970, 7,694 treatments helped patients fight the disease.

A Cobalt department is an expensive one to build and the personnel who staff it must have highly-specialized, extensive education and experience.

Opening the department at Emanuel, a not-for-profit hospital, meant that this important means of combatting cancer would be available to a lot of patients at the lowest possible cost. Having the department in a hospital also offers convenience to the referring physician and assures him fast access to Emanuel's pathology, medical records and tumor registry service.

The decision to build the department also included plans for anticipated expansion. Original remodeling of the hospital basement for cobalt included additional space to meet future needs. Remodeling had to provide necessary shielding for the beams of the machines -- an important requirement, governed by rigid regulations. The entire cobalt therapy department below ground level. Primary beams on the machines can point only toward the floor or toward the earth-backed outside foundation. Elsewhere, concrete walls more than two feet thick block scattered radiation. Providing all of this special construction at Emanuel, of course, was a major economy measure.

Then in 1968, the planned expansion was completed.

Part of the original planning had also taken into consideration the half-life of Cobalt 60. This means that the 2,150-curie cobalt source in the original "work-horse" unit through which some

80 trillion gamma-ray producing atoms disintegrate each second to kill cancer cells-- must be replaced about every five years, after atomic disintegration has halved its output.

When the department was expanded, a new cobalt machine was added that permits treating patients at closer distances--useful in dealing with cancers of the head and neck. The second unit required a less powerful cobalt source because of the shorter treatment distance--and so the \$13,400 piece of cobalt from the original machine, by then only half as strong as it had been when it was new, was transferred to the new machine where it would serve patients' need for five additional years.

(The cobalt source is about the size of three dimes stacked together. It is housed in a welded steel jacket within a tungsten and lead ball which weighs more than 1 1/2 tons.)

Patients served by the unit range from the very young to the very old. Average length of treatment time is about 4 1/2 minutes. Cobalt is basically an "Outpatient" department--people can live at home and just come in for treatments.

Patients are watched constantly while under the machine. In the original therapy room built in 1961 attendants watch patients through an 8 x 12 inch rectangle of lead glass four inches thick. In the second therapy room, a closed circuit television camera focuses directly on the patient, so that attendants at the central desk in the department can watch both patients at once.

Since 1967, other hospitals in the area have followed Emanuel's lead in providing cobalt facilities. Such departments are an example of modern hospital development as a "health bank" -- a growing center for a vast range of vitally needed community services.



Dessert supper

On Wednesday, April 7, we are having a family dessert supper and Job Fair at Center 3, 2710 N.E. 14th. Every center will have its own table. Each family is asked to bring a favorite dessert.... large enough to serve the members of that family. Coffee and punch will be provided. Each family is also asked to bring enough plates, cups, napkins and silverware for each member of the family.

After supper several agencies will explain their program to all present. Some of the agencies which will be represented are: Urban League, Telephone Company, Pacific Power and Light Co., General Electric Co., 4-C, Multi-Service Center, Multnomah Co., Welfare, PMSC, IBM, Bonnerville Power and Light, Freedom Bank, Model Cities, and others that will be contacted later.

Child care and transportation will be provided. This will be another good time to get together and have fun with some of the other families from your center and also learn about other agencies in the community.

They got rhythm

by Robert S. Miller, Md.

A furry animal can cause asthma. So can a thousand other irritants. Drugs can help treat asthma. Maybe music can, too.

Some people with asthma suffer from sudden, severe attacks. They feel as if they are choking and cannot get enough air to breathe. The experience can be terrifying, especially for young children.

If a doctor can locate the irritant that is the source of the allergy, desensitizing injections can be administered. And further attacks can be alleviated or prevented.

In addition to medication, an unusual approach to help asthmatic children is underway at the National Jewish Hospital and Research Center in Denver. Some of the children there have had asthma all their lives. Because of their illness, their emotional and physical development often lags behind that of other youngsters their age. Music therapy is spurring their progress.

The children learn to make music themselves, not just listen to it. With a special instructor, children start off with patty cake and then go on to singing, drums, and recorder. Even pre-schoolers learn to set down on paper the rhythm, and melodies they hear first. Then they write their own.

Music makes good vibrations. It does more for asthmatic children. Attempts at rhythm, harmony, and coordination build endurance, develop muscle strength, and improve breath control as well as posture. And the youngsters also learn to create and accomplish.

Music is an unusual--not standard--treatment for asthma. To find out more about treatment and causes of asthma and other diseases of the lungs contact your local tuberculosis and respiratory disease association. They have the facts.

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