

# METROPOLITAN

## Early detection vital for cancer victims

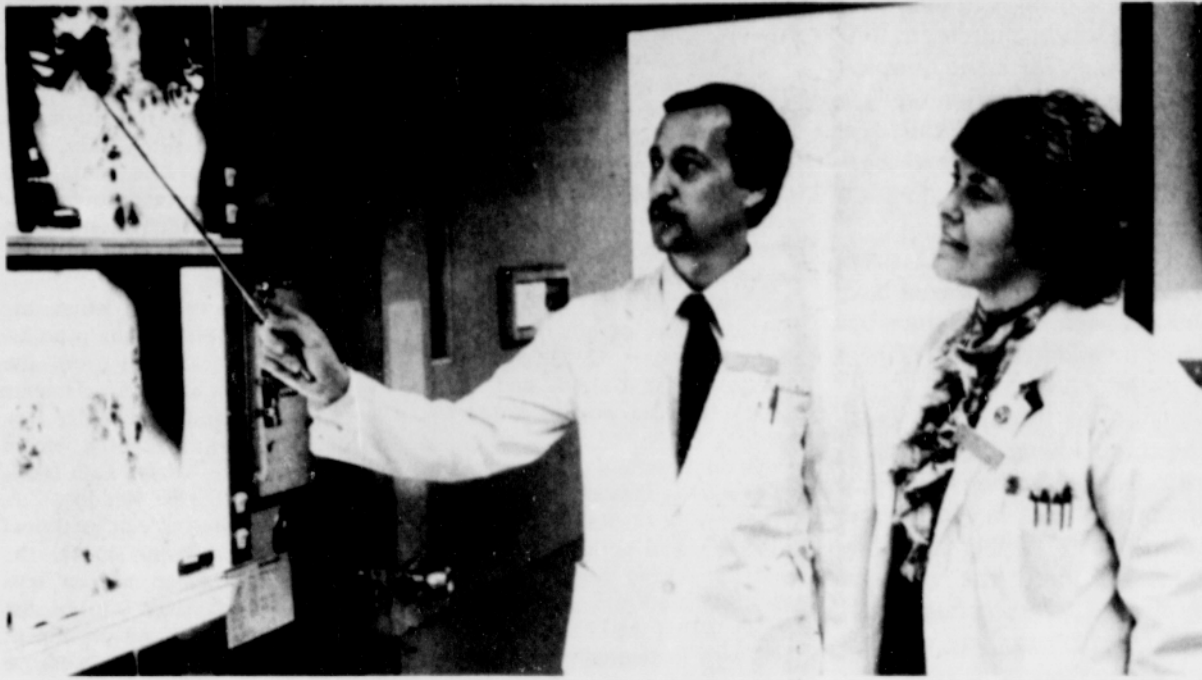
by Lanita Duke

Grassroot News, N.W.—The early detection of cancer is the difference between life and death. The University of Oregon Health Science Center is currently offering free life-saving screening for colon cancer to Portlanders 45 years of age and older.

The risk of colon (large intestine) cancer begins at age 40 and increases with each birthday. Dr. Ronald Katon explains the two simple procedures which detect colon cancer. "One is a simple test they can do in their home to detect blood in the stool. The second test is a painless look in the bowel. This method is brought to us by the miracle of fiberoptic."

Katon said that in 1975 his department urged the Olympus Company to produce a flexible fiberoptic pansigmoidoscope—an instrument that allows doctors to examine the colon without the discomfort of the rigid instrument.

The screening looks for "polyps" or growths in the colon. These polyps can either be benign (not cancerous) or malignant (cancerous). The new flexible instrument allows greater detection because it travels further with excellent clarity



Ronald Katon, M.D., and Monica Arntson, Gastroenterology Assistant, examine X-ray for cancer. (Photo: Richard J. Brown)

of detail.

One may turn his nose up at all this colon cancer talk but colon cancer remains the most common form of internal cancer in America with 100,000 new cases diagnosed yearly. It is imperative that physicians are

able to discover cancer in its early, curable stage.

Dr. Katon and his staff aggressively urge those 45 years or older to take part in this free screening. He said it is painless and takes about five minutes to perform.

The free screening is only offered until the end of this month. Interested parties should call 225-8577.

Those hours putting off the screening may be taking years from your life and adding years of headache to your loved ones.

## Pittman heads NNMHC board

Edna Mae Pittman was elected for a second term as President of the Board of Directors for the North/Northeast Community Mental Health Center.

Ms. Pittman was part of the initial community planning effort that was instrumental in getting the proposal funded. She is one of the original founders and corporate officers.

The North/Northeast Community Mental Health Center is the Umbrella Agency for the other three agencies in the North/Northeast area, which consist of the Center for Community Mental Health, DeLaunay Mental Health Center, and Northeast Clinic.

New Board Members elected are: Miguel A. Southwell, Regional Administration Manager, Branch Administration, Willamette Savings; Bobbie Nunn, retired School Administrator, Portland Public Schools; Tim J. Haage, Senior Therapist, Providence Medical Center; Ernest E. Hartzog; Assistant Superintendent of District-Wide Programs, Portland Public Schools; Donald Keith Eckton, Executive Director of Multnomah County Community Action Agency; Mrs. Addie Hean Haynes, Portland Public Schools teacher/coordinator.

## READ! holds awards brunch

In celebration of the first anniversary of READ!, the North/Northeast Reading Council of Oregon Literacy, Inc., students and tutors have been invited to a special holiday brunch and awards ceremony, Saturday, December 3, 1983, from noon to 4:00 PM, at the Northeast YWCA, 126 Northeast Alberta, in Portland.

The event which will culminate activities for READ! for 1983, will honor Delvon Barrett, Executive Director of the Northeast YWCA for its overall sponsorship (the site has been headquarters for READ! since its inception and tutors and students meet in its facilities for one on one tutoring during the week). Businesswoman, Terri Wickliffe, owner of Accuracy Plus Answering, who provided READ! with its 24-hour Hot Line, will receive the council's business award and Marian Jacobs, READ! tireless student/tutor coordinator, will receive an award for outstanding service in her area. An award is also being planned for the most improved student of 1983, as well as awards for the *Portland Observer* and *The Skanner*.

READ!, with a total of 65 tutors that provide training to non-reading adults, recently acquired 7 new tutors that have been certified to teach English as a second language to foreign speaking students.

## School presents peace panel

The Portland Red Rose School will present a panel discussion of the subject "Strategies for the Peace Movement," on Friday, December 9th, 7:30 p.m., at Portland State University's Smith Center, Room 338.

Among the subjects to be considered are direct action and civil disobedience in relation to pursuit of electoral politics, anti-intervention

by the United States and how this relates to the disarmament movement, and bi-lateral (U.S. and Soviets together) versus unilateral (U.S. first) disarmament.

The panelists are Elizabeth Furse, co-campaign manager of the successful state-wide 1982 Freeze Campaign ballot measure, and editor of *Freeze News*; Diane Hess, state-wide organizer for Portland Central

America Solidarity Committee (PCASC), the local branch of Citizens In Support of the People of El Salvador (CISPES); Dr. David Pollack, active member of Physicians for Social Responsibility; and Norman Solomon, long-time anti-nuclear activist, co-author of the book *Killing Our Own*, and leader of People's National Clearing House, an anti-nuclear organization.

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