



Healthwatch

by Steven Bailey N.D.

As we seek professional care for our health concerns, we should not relinquish our rights to an informed participation and consent. Baby Fae and the recent artificial heart transplant have created a national dialogue on the ethics of certain forms of high tech medicine. More relevant to the home front is how we accept the directions and treatments suggested by our chosen physicians/practitioners for our own health care.

There is a proverb that includes the advice, "do not believe the absurd, regardless the source." If you do not understand the reasoning behind the a certain program, have your practitioner remedy this before you proceed. Do not be intimidated by the degree(s) or experience of your practitioner. You

have a right to be informed about your own condition and the reasons for the chosen treatment program.

As important as how and why a program may benefit you, are the related risks of that program.

When Christian Barnard performed the first heart transplant, he admits that he deceived the patient, speaking of survival, but meaning "immediate" survival of the operation itself. Hopefully none of our health needs will conflict with our practitioners research or egocentric goals, and the risk

versus benefit of the treatment program will be tied solely to our individual outcome. Remember that thousands suffer permanent injury each year due to errors of surgery, diagnosis and the side-effects and mis-use of prescription medicines.

Recent articles on coronary bypass surgery and the outcome of non-surgically treated patients, suggests that this, like many other treatments previously accepted as beneficial, may be of a much more limited use than early studies indicated. Chemotherapy in cancer treatment has no double blind

studies in humans showing increased survival rate due to these drugs. Many writers question whether chemotherapy is effective in cancers other than leukemia, Hodgkins, or lymphatic cancers, yet most people choose this high risk therapy when prescribed by the appropriate authority. Most current medical treatments have some degree of associated risk. What is important from a consumer point of view is that you understand the condition and the ramifications of treatment sufficiently to participate in an in-

formed discussion with your practitioner. Do not hesitate to get a second or third opinion if the risks are great, or if you question the soundness of the program.

Next week I'll discuss some of the questions to ask and the difficulties many people encounter when they do question a "doctor's" opinion. If you have any questions related to health matters, send them to *Healthwatch*, Portland Observer, P.O. Box 3137, Portland, Oregon 97208. I'll answer those I can on a regular basis in this column.

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Salvation Army opens Christmas headquarters

The Salvation Army's Christmas Headquarters, home to record-breaking food basket efforts and a clearing bureau for other helping agencies, will open in a new location next week.

The new site is 718 N.E. Irving, in the former Sears store.

A special grand opening ceremony is set for 10:45 a.m., Tuesday, Dec. 4.

The new location provides The Salvation Army with plenty of holiday work space, which agency officials predict they'll "really need."

"We'll break all records this winter, and that's bad news for thousands of local families," said Lt. Col. David P. Riley, commander of The Salvation Army's Cascade Division.

Riley said his Christmas workers will fill orders for "at least" 3,000 food vouchers, 1,500 food baskets and hundreds more miscellaneous requests.

Food baskets will be assembled and distributed at the Christmas Headquarters, he added.

The building also will house Salvation Army Clearing Bureau work, aiding other helping agencies throughout the area.

As requests for help deluge other agencies, like The Sunshine Division, St. Vincent de Paul Society and more, Salvation Army workers will "clear" them against a master list of charitable recipients.

"What we're trying to do is keep 'double dipping,' where a family tries to receive help from more than one agency, to a minimum," Riley noted.

The Salvation Army has operated the clearing bureau for more than a decade.

For more information, contact The Salvation Army's Cascade Divisional Headquarters, 234-0825.



School Lunch Menu

December 3

Taco Chalupa w/ Salsa
Shredded Lettuce and Tomatoes
Whole Kernel Corn
Fresh Pear Half
Milk

December 4

Chicken Nuggets
Green Beans
Warm Garlic Bread
Orange Smiles
Sugar Cookie
Milk

December 5

Beef-Tomato Pizza
Carrot Coins w/ Peanut Butter Dip
Apple Wedges
Nibbles
Milk

December 6

Country Style Steak
Fluffy rice w/ Gravy
Tossed Salad w/ French Dressing
Cake w/ Pineapple Sauce
Milk

December 7

Toasted Cheese Sandwich
French Fries
Celery Chunks w/ Ranch Dip
Peach Slices
Milk



SAFEWAY



FRESH ICEBERG

Head Lettuce

SUPER SAVER

Lb. **25¢**

Fresh Mushrooms Lb. **\$1.98**



SUPER SAVER

Whole Fryers

Fircrest
Fresh Fryers!
Cut-Up,
Lb. 79¢

Lb. **69¢**



SUPER SAVER

Pork Spareribs

Fresh Pork
To Oven
Roast Or
Barbecue!

\$1.49

Lb.



Pancake Mix

Krusteaz
Buttermilk Or
Wheat & Honey,
3.5-Lb.

\$1.49



Orange Juice

Bel-air, Frozen
Concentrate,
12-Oz. Can

88¢



Yuban Coffee

Asst'd
Grinds

3 Lb. Can

\$5.99



C & H Sugar

10 Lb. Bag

\$3.49



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Coupon Good 11/28 Thru 12/4/84

Mother's Choice Butter

1-Lb. Package,
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