



Healthwatch

by Steven Bailey, N.D. and Adam Ladd, N.D.

Most people that I talk to will admit that their health costs are rising each year. When they think about the cost of Uncle Bill's hospital stay when he had his gall-bladder operation last year, or how much they paid for unexpected doctor visits, or how the cost of prescription drugs has skyrocketed in the last few years, it makes them a little irritated.

The fact is that our medical-care expenses in America have gone up more than 300 percent in 10 years. This includes hospital stay expenses, insurance premiums, doctors' fees, and prescription medicines.

The third largest industry in the U.S. now is health-care. Medical costs are roughly nine percent of the Gross National Product. That represents quite a lot of money and work hours. But the important thing to ask is, are we getting healthier as a people? Is our health-care system delivering better health to us? Let us look at the facts:

Adults in this country aren't living any longer than they were, on the average, in the 1920s (65 years). More and more people are developing cancer and heart disease than ever before. Nearly half of the American people (almost 100 million people) suffer from some form of degenerative disease. And, surprisingly, the death rate for most major cancers has NOT changed significantly in 25 years, despite new radiation techniques, and drugs, and education.

Our health-care system has changed its form significantly in the last 25 years, too. Conventional medicine loves technology, and most hospitals now seem to be highly centralized institutions. Highly sophisticated equip-

ment, impersonal doctors, high cost: this represents the common experience of medical care in this day and age. What has happened to the family doctor? Where are the neighborhood clinics that serve the everyday people? Our technical system seems very interested in taking good care of medical science, but the importance of people's health has been inadvertently kicked out the back door.

The conventional medicine that we grew up with is failing, in a grand way, to provide us with the health and well-being that we can rightfully expect.

The facts bear this out. It has been established that one out of five patients admitted to a hospital will develop a NEW problem solely as a result of his or her stay in the hospital. Such problems, called iatrogenic, occur as a result of treatment by a physician or surgeon. They require special medical attention, and are fatal in one out of 30 patients. Fifty percent of all iatrogenic diseases result from drug complications, and 10 percent of them come from diagnostic procedures alone.

Medications in hospitals kill approximately 100,000 Americans a year, and make 3 1/2 million others seriously sick. And, it is estimated, more than half the surgeries performed each year in this country are unnecessary.

Surgery may actually be a threat to the well-being of patients in hospitals. A number of years ago there was a strike in a hospital near Los Angeles, and almost all the doctors stopped coming into work for a week or more. Studies showed that, contrary to expectations, there was a steady decline

in death rates during the doctor walk-out, followed by a sudden leap upward in the number of deaths in the very first week that surgery as usual was resumed.

These examples are being presented in order to point out clearly some of the inadequacies in our conventional medical system. Modern day medicine, in all honesty, is very good at what it does well. For instance, if you were hit by a truck on your way to

work, or you broke a limb accidentally, you'd be in superb hands almost anywhere in America.

What I'm trying to say is that we don't have at the present time a good "health" care system; we have, instead, a very good disease-care system. I'm not saying that conventional medicine is good-for-nothing. I'm saying that it is not good for everything.

NEXT WEEK: The Holistic Outlook Toward Health



RELIGION UPDATE

by Dee Armstrong

North Portland Bible College — Celebration of Achievement, Friday, June 14, at 6:30 p.m. in honor of students who have earned their E.T.T.A. Certificates, as well as students who have completed planned sequences of classes. There will be testimonies from Rev. Sylvester Jackson and Missionary Elizabeth Proctor, with a message delivered by Rev. T. Lewis of Morning Star Baptist Church. Dinner: \$6.50. For reservations, call 288-7241 or 288-2919. Location, Maranatha Church, Wendell Wallace Multi-Purpose Room, 4222 N.E. 12th, Portland.

Youth Three Day revival June 23-25 at Maranatha Church, 4222 N.E. 12th, featuring The Disciples Choir. Mark Strong will be the speaker, for the three-day service, sponsored by the Maranatha Youth Department.

The 41st Annual State Convocation of the Greater Churches of God in Christ, Jurisdiction No. 1, will be held June 10 - 16 at Greater Mt. Calvary C.O.G.I.C., located at 1234 N.E. Killingsworth with Evangelist S. E. Mitchell, Bishop H. B. Daniels, host pastor. The public is welcome to join this festive occasion.

State Musical — In honor of the C.O.G.I.C. June Convention at Greater Mt. Calvary, 1234 N.E. Killingsworth, Saturday, June 8, 7:30 p.m. under the direction of the state minister of music, Wendy Jackson.

Prayer Rescue House Mission at 1212 N.E. Killingsworth, open four days a week, Tuesdays through Fridays, for lunch. Donations accepted.



Ferguson - Stephens

Mary Jewell Ferguson and Robert Edward Stephens Jr., were married May 25 at Williams Temple Church. Shades of blue accented her white lace gown with pearls. Wedding vows were blessed by the attendance of over 200 guests, with the reception being held at the Cosmopolitan Airtel. The couple planned a honeymoon in British Columbia, Canada.

The bride is the daughter of Betty Ferguson of Portland. The bridegroom is the son of Mr. and Mrs. Robert E. Stephens, Portland.

Patterson dies

Deborah Mason Patterson died Sunday, May 2, in Washington, D.C., while attending the Women's International State Convention. She was the daughter of the late Bishop Mason, founder and leader of Churches of God in Christ, and wife of our current Bishop Patterson.

The International Headquarters are located in Memphis, Tenn.

Health clinic has relocated

The Multnomah County Northeast Primary Health Care Clinic, which has been a service component of the Albina Human Resources Center located at 5022 North Vancouver Avenue, relocated to the Walnut Park Building, 5329 N.E. Union Avenue, this past week.

It opened for business at the new location on Wednesday, June 5. The new name for the facility is the Northeast Health Center. The telephone number remained the same: 248-5183.

The Albina Human Resources Center will continue to provide services offered by the Adult and Family Services Division, Employment and Vocational Rehabilitation Divisions, as well as emergency food and housing referrals by Center Administration staff.

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284-6023

THE MOUNT OLIVET BAPTIST CHURCH

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John H. Jackson, Minister, M. Ed., M. D.
9:30 A.M. Church School
11:00 A.M. Congregational Worship
5:00 P.M. Vesper Service
10:00 A.M. Baptism Fourth Sunday
11:00 Communion Each First Sunday

The Oregon Baptist Convention, American Baptist Churches of Oregon: Lott Carey Foreign Mission Convention: National, Oregon, Portland Ecumenical Ministries, American Bible Society, M. & M. Board.

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Nathan Barnett, Pastor
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11:00 a.m., Morning Worship
6:00 p.m., Evening Worship



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Tuesday: Bible Band 7:30 p.m.
Thursday: Choir Rehearsal 7:00 p.m.
Sunday: Sunday School 9:15 a.m.
Morning Worship 11:15 a.m.
Y.P.W.W. 6:30 p.m.
Evangelistic Worship 8:00 p.m.
Tuesday-Friday: Noon Day Prayer
Friday: "The Pastor Speaks" 7:30 p.m.
Saturday: Morning Prayer 9:00 a.m.
"Showers of Blessings," broadcast Sunday morning, 10:00 A.M. Station KAAR 1480AM Dial

Berean Baptist Church

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- FILM SHAPING THE WILL WITHOUT BREAKING THE SPIRIT
2 How to associate behavior with consequences. When to let go of your child and how. 60 min. — June 2
- FILM CHRISTIAN FATHERING
3 If America survives, it will be because fathers begin to put their families at the highest level of priority. 61 min. — June 16
- FILM PREPARING FOR ADOLESCENCE: THE ORIGIN OF SELF-DOUBT
4 The secrets of self-esteem. 50 min. — July 7
- FILM PREPARING FOR ADOLESCENCE: PEER PRESSURE AND SEXUALITY
5 Physical changes, sexual development. 48 min. — July 14
- FILM WHAT WIVES WISH THEIR HUSBANDS KNEW ABOUT WOMEN: THE LONELY HOUSEWIFE
6 Sources of depression in women. Low self-esteem. Absence of romantic love in marriage. 49 min. — Aug. 4
- FILM WHAT WIVES WISH THEIR HUSBANDS KNEW ABOUT WOMEN: MONEY, SEX AND CHILDREN
7 Materialism—a root cause. The major sexual difference. Menstrual and psychological problems. 34 min. — Aug. 11

Building Up Your Family

Community Directory and profiles

Ads On This Page Are Of Local Businesses That Are Helping Build A Better Community

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Portland, OR 97232
(503) 284-1105

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