

PRESCRIPTION MEDICINES

October is "Talk About Prescriptions Month," and the message is "before you take it, ask about it."

Why talk about prescriptions? Because studies have shown that up to half of all medicines prescribed are used incorrectly, contributing to prolonged illness, avoidable side effects, unnecessary hospitalizations and even death.

Prescription medicines should improve your condition or make you feel better. But to work, any prescription must be used properly. The National Council on Patient Information and Education, suggests the following questions be asked whenever a medicine is prescribed:

- The name of the drug and what it's supposed to do
- How and when to take it, and for how long
- What foods, drinks and other medicines or activities to avoid when taking the drug
- If there are any side effects,

and what to do if they occur

- If there is any written information available about the drug

The physicians' job is to make sure he/she prescribes the right medicine. But every patient has a responsibility too. You should tell your doctor:

- The names of the medicines you are now taking, including any non prescription drugs
- If you are allergic to any medicines
- If you have any problems with any medicines
- If you are or could be pregnant

Parents have a responsibility to ask questions about the medicines prescribed to their children, and older adults need to be aware that their bodies may react to medicines differently with age. The only way to ensure better health is to communicate with your physician and make sure he/she has all the information necessary to prescribe the medication that best suits your needs.

GARLINGTON CENTER SELECTED FOR CHILD TREATMENT PROGRAM



The State of Oregon has selected the Garlington Center in Northeast Portland to administer a new program for emotionally disturbed children. The nearly \$300,000 program begins November 1st at the center which provides community mental health services to North and Northeast Portland.

The new services will be part of the Center's Child and Family Program which was formed in part to help children from the Ecclesia Athletic Organization, and also to treat Children in crisis according to Dr. Liam Callen (Ph.D.), the center's executive director.

"This decision by the state bolsters our efforts at providing preventative mental health care to the entire community," he said. "It also re-affirms our ability to meet the culturally sensitive needs of troubled children."

Children ages three to six will be

served in the first year of the program which is administered through the state Children's Services Division as a psychiatric day treatment program. The Garlington Center is currently treating 32 pre-school children, according to Dr. Mary DuPain (Ph.D.), director of the center's child and family program.

Children will be involved in therapeutic pre-school activities as well as therapy, depending on their needs, said DuPain. The program will work closely with families and will receive referrals from other agencies, she said.

The Garlington Center, 4950 N.E. MLK Jr. Blvd., is a non-profit community mental health center serving North and Northeast Portland through several facilities. With an annual budget of \$2.9 million, it provides services to more than 1,700 people a year.

CORPORATE LEADERSHIP/BLACK COLLEGE PARTNERSHIP MONTH INVESTS FOR SUCCESS

September 15 to October 15 has been designated "Corporate Leadership/Black College Partnership Month" by the National Urban League and the Executive Leadership Council. During the month, students from historically black colleges are meeting with Council members to learn about current topics and strategies in business, industry, and government.

Commenting on the initial success of this new joint program, John E. Jacob, President and Chief Executive Officer of the National Urban League, stated: "The members of the Council have made a outstanding effort to commit to the future of African-American students preparing to enter the world of business and government."

The joint project is operated out of the League's Black Executive Exchange Program (BEEP) which, during its 21-

year history, has involved more than 5,000 corporate volunteers in helping prepare students at historically black colleges universities for the realities of corporate America. The Council, an association of high level African-American corporate executives from the nation's larger companies, will offer students perspectives from a wide range of industries including, aerospace, retail marketing, insurance, oil refining, automobile manufacturing and investment banking.

"Senior black executives want to share their special insights and expertise with our young people and make a difference in their lives and in our future," stated Council President, James G. Kaiser, Senior Vice President and General Manager of the Technical Products Division at Corning Inc. Kaiser called the new partnership "an important linkage of resources."

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A PUBLIC SERVICE ANNOUNCEMENT

Female Health Check-ups Offered

A health check-up for women will be given from 9 a.m. to 1 p.m., on Saturday, October 20, 1990 at Western States Chiropractic College's Outpatient Clinic, 2900 N.E. 132nd Avenue in Portland.

The \$15 examination fee will cover the cost of a pap smear, breast exam, spinal examination, and urinary lab test. The check-ups are administered by fourth-year interns under the supervision of chiropractic physicians. Appointments are necessary and may be made by calling 255-6771.

INSOMNIA PROGRAM OFFERED

Those who are unable to fall asleep or stay asleep through the night are encouraged to attend the free seminar "Insomnia", Tuesday, Oct. 23, 7-8:30 p.m. at Good Samaritan Hospital & Medical Center, Administration/Education Building, 2255 N.W. Northrup.

The seminar will be led by Robert L. Sack, M.D., director of sleep research at the Pacific Northwest Sleep/Wake Disorders Center at Good Samaritan and professor of Psychiatry at Oregon Health Sciences University.

Some of the topics covered during the program will be: an overview of the biological clock; how normal sleep patterns can be disrupted by anxiety, aging, medications and other causes; and what behaviors and treatments can help overcome insomnia.

For more information, please contact Good Samaritan's Neurological Sciences Center at 229-7348. Free parking is available in Parking Structure 3 at N.W. 22nd and Northrup.

DIABETES AND YOUR EYES

People with diabetes can learn how to prevent eye diseases, a frequent complication of the disease, by attending a free seminar offered in honor of National Diabetes Month at Good Samaritan Hospital & Medical Center.

"Diabetes & Your Eyes: Hope for the Future", will be held on Saturday, Nov. 3, from 9:30-11:30 a.m. in the Administration/Education building, 2255 N.W. Northrup.

Ophthalmologists Merritt Linn, M.D., Andrew Romanowski, M.D., Richard Dreyer, M.D., and diabetes specialist Richard Hohl, M.D., will discuss eye diseases common to diabetes, laser treatment, surgery, research, diabetes control and lifestyle issues.

Preregistration is required by calling Good Samaritan's Community Education department at 229-7561.

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