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Household Dampness and Mold Threat To Lung Health

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Dampness and mold in the home may dramatically increase your risk of suffering respiratory ailments, according to a study just published by the American Lung Association.

The study conducted by a team of Canadian researchers found that cough, wheeze, breathlessness, and chest congestion were reported with roughly 60 percent more frequency by adults who reported dampness or mold in their homes. While reaction to mold are common enough in people with asthma or allergies, the link between mold and symptoms was equally strong in adults reporting no predisposing lung condi-

The study was reported in the March edition of the American Review of Respiratory Disease. The findings were based on some 15,000 responses to a survey distributed in 30 Canadian communities.

The results are highly significant in that mold and dampness are common household problems, especially western Oregon. The survey examined other factors that might have influenced the results, including cigarette smoke, other indoor sources of pollution, and socioeconomic status. In every case, the connection between mold and dampness and respiratory ailments remained

According to Dr. Mark O'Hollaren, Director of the Allergy Clinic at Oregon Health Sciences University, the study shows that indoor mold may be very important. In addition, indoor humidity increases house dust mite levels which can cause severe allergy problems. Indoor areas with visible mold growth should be treated with a mold removal solution or a diluted bleach solution. Dehumidifiers may be used in problem areas, but should be cleaned often so they don't become sources of mold. Carpet dust can now be tested for the presence of mites and treated to denature the mite proteins in order to lessen allergic symptoms in mite sensitive individuals. Medications and allergy immunotherapy (allergy shots) may also be beneficial in some individuals who are allergic to substances in their environment."

The American Lung Association of Oregon recommends that anyone suffering respiratory symptoms check bathrooms, kitchens, and basements for mold and moisture.

When a problem is found, a solution is usually possible. Be sure to describe any mold or moisture problems in you home environment to your doctor so that they are considered in the treatment of your respiratory symp-

Teen Weight Management Class To Be Held

Kaiser Permanente's "Health Counts for Teens" is the only current weight-management program in the Portland area for overweight-management program in the Portland area for overweight adolescents age 12 to 16 and their parents or adult support per-

The 10-week course starts July 8 and runs through Sept. 16. Meetings are Mondays from 5:30 to 7 p.m. at Kaiser Permanente's Bess Kaiser Medical Center, 5055 N. Greeley, in Portland. Cost is \$150 per family for Kaiser Permanente members, \$180 per family for the general public. To register, call Kaiser Permanente's health education department message recorder at (503) 286-6880.

Public Announcement

The Grant High School Class of 1981 will have its 10th reunion, August 16-18, 1991. Former teachers, coaches, students (who transferred after attending) and 1981 graduates are encouraged to attend. We are looking for "missing" alumni, so parents and friends who read this are encouraged to forward addresses of the Class of 1981 to class representatives Marcella Loprinzi or Maura White.

Friday, August 16 will be an alumnionly get together at the Blitz Weinhardt Tasting Room; Saturday, Aug. 17 will be an hors de 'ouevres buffet and dancing at the University of Portland Commons; and Sunday, Aug. 18 will be a picnic and softball game at a local

For more information, please contact Marcella Loprinzi, 12920 S.W. Foothill Drive, Portland, Oregon 97225 or Maura White, 6823 N.E. Hancock, Portland, Oregon 97213.

PPI Employee's Volunteer For Community **Energy Project**

On May 18th, Pacific Power and Light employees volunteered their time to help others by weatherizing the homes of senior citizens and disabled persons. The Community Energy Project provided the free weatherization materials and the training of the volunteers.

The volunteers weatherized homes serviced by PP&L in Northeast and North Portland. The volunteers installed inside storm windows, weatherstripping around doors, caulking, wall gaskets, insulated hot water heaters and pipes, and talked to the senior or disable person about energy conversion. The weatherization work that was made to the seniors' homes will help keep the seniors warm and save money on their utility bills. These savings can be used for food, clothing and medical needs. Since many of the senior and disabled persons are home bound, Meals-on-Wheels may be their only visitors. The volunteers are welcomed visitors in to these persons' homes.

One of the seniors that was helped is Mr. William Russell, in north Portland, who was unable to do the work himself. He benefited greatly from the weatherization work.

If you have any questions or would like more information about the Community Energy Project or the volunteers please do not hesitate to call 284-6827. Ask for Jill Lane, Project Coordi-

We're getting into the graduation mode. If you have someone who has "made it" let them know how proud we are of them. Education is a precious tool. Let our young men and women know that we support them in their efforts. At least say Congratulations!

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Correction!!

In last week's issue of the Portland Observer, page 5 a small announcement was ran for a child's birthday. Bre'ana Lashay Green Mack. This announcement ran with

Mr. & Mrs. A.C. Green Sr. are not the child's grandparents. The Portland Observer sincerely apologizes for this mistake.

USDA'S HOTLINE OFFERS TIPS ON SAFE BARBECUING

Home economists who staff the U.S. Department of Agriculture's Meat and Poultry Hotline are making the season safer for consumers with tips on safe barbecuing.

Helping people manage outdoor cooking to avoid illness is critical since foodborne diseases peak in the hot summer months.

Here are tips to help consumers enjoy the cookout season safely:

-Marinate foods only in the refrigerator, and in a non-metallic container. -Remove visible fat from meat to

avoid flare-ups and charring. When partially cooking meat or poultry before grilling, put the food on the grill immediately after partial cooking is completed.

-If cooking ahead, cook food thoroughly, then refrigerate it in small containers for quick cooling and later reheating before serving.

-Cook red meat and fish to 160 degrees F; poultry to 180 degrees. When done, poultry should not be pink and all juices should run clear. Fish should flake with a fork.

-Serve food from the grill on a clean platter. Never serve from a platter used to hold raw meat before cooking, unless the platter has been washed thoroughly with soap and hot water. Residue and juices from raw meat could contain potentially harmful bacteria.

-Keep cold foods cold until just before serving.

-Serve hot foods quickly and only after the food has been thoroughly

For answers to other questions about grilling and warm-weather food handling, call USDA's Meat and Poultry Hotline at 1-800-535-4555.



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