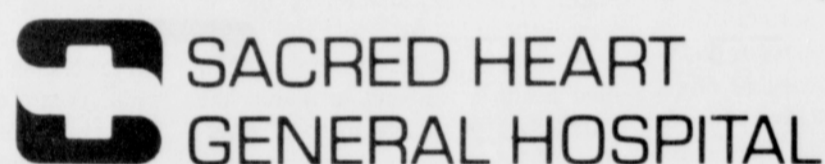


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At Sacred Heart General Hospital in Eugene, you'll find a 470-bed regional medical center with all the technological advantages you'd expect to find in a much larger metropolitan hospital. We've created an environment that is not only medically advanced, but is designed to facilitate healing as quickly as possible.

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If you're looking for the perfect blend of professional challenge and quality of life, few places offer everything Sacred Heart can. We also offer highly competitive salaries, generous benefits and an unparalleled working environment. For prompt and confidential consideration, please send your resume to Sacred Heart General Hospital, Personnel Dept. POB, PO Box 10905, Eugene, OR 97440.



National Heart Attack Alert Program

The National Heart, Lung and Blood Institute announced a national educational program aimed at reducing sudden death and disabling illness from heart attacks through faster identification and treatment of heart attack victims.

Called the National Heart Attack Alert Program, the new effort aims to reduce the time lag between when a heart attack starts and when the patient receives medical treatment. This will be done by educating health care professionals, patients, and their families to identify signs of a heart attack and take immediate action to secure medi-

cal attention.

"We now have the medical technology and skilled medical personnel to save many lives and improve the quality of life of heart attack survivors," said HHS Assistant Secretary for Health James O. Mason, M.D., in his address to the coordinating committee. "What is needed is an efficient, coordinated system for getting these life-saving strategies to heart attack victims fast enough to make a difference," said Dr. Mason, who heads the Public Health Service.

The heart attack alert program will reach several different audiences to raise

awareness of how to improve heart attack response. These audiences include physicians, nurses, paramedics and rescue workers, high-risk patients and those around them (family, friends and coworkers). As in NHLBI's other national education programs, a combination of communication approaches will be used that may include educational materials, conferences and mailings to health care professionals.

For more information on the National Heart Attack Alert Program, contact the National Heart, Lung, and Blood Institute, Rm. 4A21, Bldg. 31, 9000 Rockville Pike, Bethesda, Md. 20892.

Mental Health And The Northeast Community

Not just in this community but across the land, the mounting pressures of American life are proving all but intolerable for many of us. From child abuse to divorce, and from poverty to family violence, the stress is proving too much for some. Here in our own community dedicated people are seeking to address the problem.

There are three principal programs that directly serve northeast residents with a history of serious emotional difficulty. (This does not include the mentally retarded) The Center for Community Mental Health, located at 7036 N.E. Martin Luther King Jr. Blvd., states among its goals, "to provide an environment in which the client population can examine its needs and establish goals that allow for personal and emotional growth, and to assist the client population in continuing to live in the community using available resources and support systems."

The center was incorporated in 1974 and began as an out-patient program with one therapist and a receptionist, and has expanded to an agency which operates two facilities; a community treatment program providing treatment to adults, children and families, and Conquest Center, a community support program serving the severely emotionally disabled adult population.

Conquest Center began in June of 1974 with a staff of four, and has grown to a staff of eleven multi-disciplined trained professionals with a part-time psychiatrist.

A second program, The Project For Community Recovery is located at 3924 North Williams Avenue and is

administered by The Center for Community Mental Health. It was established in 1984 to "bring quality multicultural chemical dependency treatment services with emphasis placed on black chemically dependent persons in Portland's North/Northeast community."

The organization's "program philosophy" defines its mission: Project for Community Recovery knows chemical dependency as a disease process that affects individuals, their families, communities and society as a whole. Problems can be best diagnosed, treated and prevented when the cultural context of the individual is taken into consideration.

By appreciating, legitimizing, and celebrating multicultural differences, Project for Community Recovery maximizes treatment approach, chemically dependent individuals can be stabilized and integrated into a chemical-free lifestyle.

A third institution is North/Northeast Community Mental Health, Inc. Familiarly known as the Garlington Center, it is located at 4950 N.E. Martin Luther King Jr. Blvd. A broad program statement cites the following components:

- 24 hour crisis services through the Metro Crisis Hotline. The Center is open Monday through Friday during the day.

- A broad range of services including community support services, medical services, crisis intervention services to adults, children and families, residential services and rehabilitation services.

- Multi-disciplinary and multi-cultural

staff with professional credentials in psychiatry, psychology, counseling, nursing, social work and occupational therapy.

- A convenient location well served by public transit TriMet lines and handicapped access is available.

The Rehabilitation Unit offers a broad range of services. Its focus is to enhance the functional level of the clients served through the use of a psychoeducational rehabilitation model.

"N.E. Horizons" is a semi-structured, clinic-based, day program emphasizing social and community integration. Within a supportive and nurturing and milieu; clients are encouraged to participate in meaningful activities and improve their sense of well-being.

"N.E. Connection" is a community based socialization and prevocational program operated on a club house model. The day-to-day running of the "Club" is a joint member and staff responsibility. Meaningful work activities are utilized to encourage a greater sense of value and purpose.

"Semi-Independent Living Program" uses a community based training apartment, the client's own homes, and multiple community resources. It is offered to those who need to master the skills necessary for independent living.

When we consider the high level of stress and the economic pressures upon the lives of most of the residents in the Northeast community, we are assured at the number of structured programs designed to anticipate and to treat those of us who have not been "quite able to handle it."

Where do you go when your child needs care and your doctor's office is closed?

Emanuel's Pediatric After Hours Clinic




Pediatrician Always on Staff
Children's urgent medical needs don't stop when your doctor's office is closed. That's why our Pediatric After Hours Clinic is here. We encourage you to call your doctor first, but you may bring your child directly in to see one of our pediatricians.

Medical Care with Peace of Mind

- Your child will be seen by a pediatrician and medical staff specially trained in children's medicine.
- Our services are less expensive than an emergency department's.
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- We can bill your insurance, or we accept cash or credit cards.

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Selecting A Family Dentist

Everyone should have a family dentist. In fact, it makes sense to select and become acquainted with a dentist before a dental emergency arises.

Before selecting a family dentist, you may want to consider several. Following are some ways you can locate qualified dentists in your area:

- Call or write your local dental society;
- Speak to your family physician or local pharmacist;
- Ask friends, neighbors, or coworkers to recommend a dentist;
- Ask your former dentist;
- Call or write a nearby hospital that has an accredited dental service;
- Check the ADA Directory which can be found in many public libraries and in all dental school libraries.

After considering these recommendations, call a dentist for an appointment. At your first visit, you should be able to learn about whether he or she is the right dentist for you or members of your family. Consider the following questions.

How available is the dentist? Is the appointment schedule convenient for you? Is the office easy to get to from your home or workplace? Is the dentist

prevention-oriented? Does he or she provide oral health instruction and education? What arrangements does the dentist have for handling emergencies? How thorough was the examination? Did the dentist thoroughly explain the findings?

Also, don't be embarrassed to ask about the fees. Most families are concerned about the costs of dental care. Dentists share this concern and want to provide the highest quality care they can for each dollar you spend. Your dentist should be willing to discuss fees and payment plans in advance of treatment.

By spending the small amount of time necessary to make an intelligent choice of a dentist, you will help create a doctor-patient relationship founded on mutual trust and respect.

You can have a good experience with dentistry by making the right choice of a family dentist and practicing good oral health care at home between dental visits.

You have much greater control over your own oral health and the costs of your dental care than you may realize.

National Health Care System Sought

Creation of a national system of health care for all U.S. citizens is being pushed by a broad-based group of representatives from religious and public-interest bodies.

Although "we have been doing a lot of Band-Aiding to keep health care from going under, ... it is going under anyway," said Jane Hull Harvey, a program director on the United Methodist Board of Church and Society staff. "We're working for systemic change," she added.

Harvey was one of several Methodists among about 100 persons from 25 states attending a meeting in Williams Bay, Wis., earlier this year. A statement adopted unanimously at the meeting called for universal access to comprehensive benefits, equitably financed and structured for controls through regional planning. The United Methodist Church's top legislative body has made a number of statements on health care, including one in 1984 that said, "We reject as contrary to our understanding of the gospel the notion of differing standards of health care for various segments of the population."

New Approaches To Glaucoma Treatment

Surgery is no longer the last resort for people suffering from glaucoma. It may be one of the first and best options.

New approaches to glaucoma treatment, advances in research, modern medical therapy and cost containment were the topics covered at Thorny Issues in Glaucoma & Neuro-Ophthalmology conference. Physicians and surgeons from across the nation and around the world met at Devers Eye Institute for three days to share ideas and findings.

Among the special guests for the conference were Richard F. Brubaker, M.D. and Roger A. Hitchings, FRCS. Dr. Brubaker is the professor of ophthalmology Mayo Graduate School of

Medicine and Chairman, Department of Ophthalmology Mayo Clinic in Rochester, Minnesota. He is the 1991 winner of the Friedenwald Award--one of the most prestigious awards given for research in the basic or clinical sciences applied to ophthalmology. He is also a member of the National Eye Research Advisory Council for the National Institutes of Health. Dr. Hitchings is Consultant Ophthalmic Surgeon and Head of Glaucoma Unit Moorfields Eye Hospital in London England where he has been a pioneer in the development of surgery in the initial treatment of glaucoma. Dr. Hitchings shared ways in which England dealt with cost containment and health delivery problems now

faced by United States.

In addition to these and other guest speakers, the conference highlighted the expertise of some of Dever's own subspecialists including Oregon's only Neuro-ophthalmologist, William T. Shults, M.D. and E. Michael VanBuskirk, M.D., an internationally recognized authority in glaucoma.

The conference is an annual event sponsored by Devers Eye Institute and the Department of Ophthalmology Good Samaritan Hospital & Medical Center.



The Cockroach: More Than A Nuisance!

Not only a nuisance, the cockroach can be a hazard to your family's health. Consider this: Roaches are disease carriers—lugging along bacteria and viruses of diseases ranging from polio to food poisoning. Some scientists think roaches may be spreading salmonella poisoning to a greater extent than previously believed.

The roach's greater danger to humans is infection and contamination. With warm weather, roaches are particularly prevalent. That's because they thrive on humidity. A roach infestation can mean between 13,000 and 26,000 are living behind your walls. One way many homeowners are solving that problem is by using a bait station, such as Black Flag Roach Ender. This new product's active ingredient is avermectin, a chemical produced by a soil microorganism. The roaches eat the poison contained in the bait and return to their homes to die. Other roaches who feed on the carcasses are poisoned as well.

The new product is colored beige because that hue blends well with most kitchen and bathroom decors. In addition, most roaches are attracted to that shade. The unique construction allows large and small roaches to enter, eliminating the need for more than one roach control system. The product also has another benefit: no known strain of roaches is immune to it.

Protecting your home against roach infestation is a good way to protect your family's health.

Chronic Hepatitis C Recognized As Public Health Threat

The American Liver Foundation (ALF) launched the first National Hepatitis Awareness Campaign (NHAC) to alert the public of the widespread threat to chronic hepatitis C, a potentially fatal liver disease. Free blood screenings and information will be offered to the millions of Americans who are at high risk for the disease, including patients who have received blood transfusions or hemodialysis, health care professionals, and intravenous drug users.

"Chronic hepatitis C is a serious public health threat," said ALF Advisory Board Chairman John Gollan, M.D., Ph.D. "Through this national campaign, the American Liver Foundation hopes to educate Americans about hepatitis C, because it is critical that the disease be detected in its early stages, so that physicians can counsel their patients on treatment programs."

According to the Centers for Disease Control, hepatitis C is the most underreported of all types of viral hepatitis. Each year approximately 85,000 patients become chronically infected with the disease. Symptoms range from fatigue, nausea, and loss of appetite, to nothing at all.

"Because many patients are without symptoms, we're urging all Americans who have been exposed to blood or blood products to contact us for information about the disease," said

Dr. Gollan.

A national toll-free hotline is now being answered during business hours: 8:30 a.m. to 5:00 p.m. (EST), to field inquiries related to the disease, local educational efforts, and physician referrals.

A free consumer booklet, entitled "Hepatitis C: A common but little known disease," is available to all who call 800/223-0179 and through local chapters of the ALF.

Free, walk-in blood screening is being offered at hospitals in the 20 largest U.S. cities.

"By educating those at risk about hepatitis C, the National Hepatitis Awareness Campaign has the potential to benefit many thousands of people," said Raymond S. Koff, M.D., Chairman, Department of Medicine, Framingham Union Hospital. "Not only will the program help prevent the spread of hepatitis C throughout the population, but it also will enable those infected to learn of their condition and get the medical care they need."

The National Hepatitis Awareness Campaign is supported by a grant from Schering Corporation. The laboratory tests have been provided by ORTHO Diagnostic Systems Inc. and Chiron Corporation. All clinical laboratory testing will be conducted by MetPath Inc.