

## Kaiser Permanente Offers Health Education Classes In North Portland

Several classes open to the public are being offered in North Portland this summer and fall through Kaiser Permanente. To register for any class, call Kaiser Permanente's Health Education message phone at (503) 286-6815.

"Parenting Skills (for ages 5 to 12)" is for people wishing to improve their parenting abilities. The eight, two-hour sessions are on Thursday nights from 6:30 to 8:30 p.m. starting July 18 through Sept. 5. Classes will be held at Kaiser Permanente's Education and Conference Center (Town Hall), 3704 North Interstate Avenue in Portland. Cost is \$72 for individuals or couples who are Kaiser Permanente members, \$140 for the general public (fee includes text).

"Freedom from Fat" is Kaiser Permanente's 20-week weight management program for adults tired of diets and ready for a serious, scientifically based program. The course is co-led by professional nutritionists and behavior specialists who teach better eating and exercise habits. "Winning over Weight" is a 24-week weight management program for adults who are at least 50-100 lbs. overweight. A free, one-hour explanatory session about both courses will be held in Room 249A of Kaiser Permanente's North Interstate Building, 7201 N. Interstate Avenue, on Friday, August 23, at 3:30

p.m. No registration is required.

Learn the latest and most effective techniques for kicking the smoking habit for good through Kaiser Permanente's "Freedom From Cigarettes" program. Attend at no charge a one-hour, no-obligation explanatory session at 7 p.m. on Wednesday, August 7, in Conference Room 249B of Kaiser Permanente's North Interstate Building, 7201 North Interstate Avenue, Portland. Classes consist of four two-hour sessions and four one-and-one-half hour sessions. Cost is \$25 for Kaiser Permanente members and \$110 for the general public. Both groups also pay a \$50 deposit, which is refunded upon completion of all classes.

Communication and decision-making skills for many couples are easy to learn but difficult to implement. Kaiser Permanente's "Couples Communication" class helps couples learn and practice basic skills of communication. The eight, two-hour sessions will be on Mondays, July 29 through Sept. 23, from 6:30 to 8:30 p.m., at Kaiser Permanente's Education and Conference Center (Town Hall), 3704 N. Interstate Avenue, Portland.

Everybody can experience times of mild depression and lowered self-esteem. Kaiser Permanente's "Overcoming Mild Depression and Low Self-Esteem" program, consisting of eight

two-hour sessions, teaches skills to reduce mild depression and improve self-image. Meetings are on Tuesdays, August 13 through Oct 1, 6:30 to 8:30 p.m., at Bess Kaiser Medical Center, 5055 North Greeley Avenue, Portland. Cost is \$65 for Kaiser Permanente members, \$115 for the general public (fee includes textbook).

Kaiser Permanente's "Managing Stress and Anxiety" program can help manage stress which accompanies the pressures of life. Six two-hour sessions will be held July 31 through Sept. 4 at Kaiser Permanente's Education and Conference Center (Town Hall), 3704 N. Interstate Avenue, Portland. Cost is \$45 for Kaiser Permanente members, \$90 for the general public.

Ending a love relationship can be difficult. Kaiser Permanente's "Divorce Adjustment" program focuses on adjustments to make divorce more comfortable. Eight two-hour sessions are 6:30 to 8:30 p.m. on Thursdays, July 18 through Sept. 5, at Kaiser Permanente's North Interstate Building, 7201 N. Interstate Avenue, Portland. Cost is \$70 for Kaiser Permanente members, \$120 for the general public.

To register, call Kaiser Permanente's Health Education Department message recorder at (503) 286-6880.

## Depression Called America's #1 Health Problem; Conferece Goal is to Double Treatment Seekers

Depressive illness was characterized as America's #1 mental health problem during "The National Conference on Depressive Illness: A Call to Action" that was attended by representatives of more than 100 organizations.

During the conference, the Acting Director of the National Institute of Mental Health, Dr. Alan Leshner, said "Its human costs are enormous--in lost lives, reduced worker productivity, alcohol and drug abuse, and spiraling health care expenditure. In 1989 alone depressive illness cost the American economy \$27 billion--\$17 billion in worker absenteeism alone."

"We think as few as 30% of those who have depression might be getting treatment and our goal is to double that in five years," said U.S. Sen. Pete Domenici (R-N.M.). Setting the tone for the landmark conference, Domenici informed participants that as many as 1 in 5 Americans will have a major episode of depression during their lifetimes. The real problem, he said, is that most people with depression will not take care of it.

Conferees also learned that a U.S.

Senate committee is poised to conduct a hearing on de-stigmatization of the nation's "silent epidemic."

U.S. Sen. Orrin Hatch (R-Utah) said de-stigmatization is "one of the most important things we can do" and disclosed that the Committee on Labor and Human Resources--of which he is ranking minority member--is expected to focus on that aspect of treatment in the near future. He said the panel's chairman has assured him that--in Hatch's words--"we will have a hearing in the next few weeks..."

Commenting on barriers to treatment, Dr. Frederick K. Goodwin, Administrator of the U.S. Department of Health and Human Services' Alcohol, Drug Abuse and Mental Health Administration, remarked that conferees cannot allow the treatment of depressive illness to be driven back "into the era of black magic, cultism and superstition that we came out of a century ago. If we allow that to happen," said Goodwin, it "could un-do most of the work all of us have strived so hard to achieve."

"Depression is eminently treatable," keynote speaker William Sty-

ron told the gathering. The Pulitzer-prize winning author went on to say, "It is a horrible disease, a sometimes mortal disease, but one from which people recover--and fully recover. I'm a living example of that...because I have been free of depression for a long time."

Hosted by eight mental health organizations, the conference was held to mobilize groups ranging from the American Association of Retired Persons to the National Urban League in the fight against depressive illness.

Conference conveners were the American Association of Pastoral Counselors; the American Psychiatric Association; the American Psychiatric Nurses' Association; the American Psychology Association; the National Alliance for the Mentally Ill; the National Depressive and Manic-Depressive Association; the National Federation of Societies for Clinical Social Work; and the National Mental Health Association.

For a free booklet on depressive illness, contact:

National Depressive and Manic-Depressive Association  
P.O. Box 1939  
Chicago, IL 60690

## Today's Children Have Little Fear of Dental Care

Fewer children experience anxiety towards dental care due to early dental visits and advances in dental treatment, according to the Multnomah Dental Society.

Parents are now more aware of the importance of early, regular dental visits. In 1983, 28 percent of children between 2 and 4 years of age, and 67 percent of children between 5 and 17 years of age, had visited a dentist the previous year, but by 1986 these percentages increased to 33 and 71 percent, respectively.

General dentists and pediatric dentists, who specialize in the care of children, can provide many tips to parents about preparing their children for dental visits and about preventing dental diseases.

Both dental professionals and parents are becoming skilled in making dental care a positive experience. The Multnomah Dental Society recommends that care should begin immediately after

birth. Cleaning infant's gums with a soft, damp washcloth or clean gauze pad after each feeding establishes hygiene as a pleasant, daily routine.

A child's first dental visit should be between 2-3 years, unless an unusual problem or condition is present. As teeth come in, parents should use a soft toothbrush and a dab of toothpaste to clean their child's teeth. These daily hygiene activities help accustom the child to future dental procedures.

Parents are instructed in the care and development of their child's teeth and in prevention of baby bottle tooth decay. In this condition liquids containing sugars, such as milk or juices, are left in the infant's mouth for long periods of time, damaging the infant's teeth.

Some children initially experience dental anxiety. In particular, they fear injections, drilling and the possibility of choking, but by using a number of behavioral modification techniques,

dentists can relax their young patients.

One of the most common techniques is role playing. Unlike adults, who can be told what to expect of a procedure, children have difficulty understanding abstractions, so they are shown--or role play--what will happen. Before treatment, for example, children are introduced to the sounds of the vacuum, the spray and the handpiece. When it comes time for treatment, they have already experienced many of the sensations of the dental environment.

Distraction, using stereo headphones or electronic games placed in the waiting rooms, is another anxiety reducing technique. Playing tapes of children's favorite stories during treatments has been found to be especially relaxing. When 45 children aged 4 to 9 listened to audiotaped stories during dental visits, their level of uncooperative behavior dropped by 80 percent, according to a study published in The Journal of the American Dental Association.

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## Cochlear Implants For Children

Recently GOOD MORNING AMERICA broadcast a segment featuring a five year-old deaf child who is on the road to hearing with a 22-channel Cochlear implant, a device which enables even children born deaf to recognize environmental sounds and speech. He was one of the first children to receive a Cochlear implant following the Food and Drug Administration's approval of the device in children, ages 2-17, last summer.

The child's parents discovered cochlear implant technology as a result of a television segment that aired last year. This underscores the media's vital role as a prime source of information about cochlear implants. Most profoundly deaf children are not under the care of audiologists or otologist, and parents first learn through television and newspaper reports that there is a technology that can help their child.

This summer marks the one year anniversary of the FDA approval. One in 1,000 children in the United States is born deaf each year and thousands or more lose their hearing during childhood due to accidents and illnesses. It is particularly important to educate parents about cochlear implants, as surgeons and audiologists tell us that children derive the most benefit from the device when it is implanted as soon as possible after they become deaf and/or during the years they normally would acquire speech and language skills.

### Medicare Supplement Insurance Guide Released

Oregon Insurance Consumer Advocacy has just released its 1991 Consumer Guide to Medicare Supplement Insurance In Oregon.

The Guide summarizes the benefits and premiums of the 49 most popular Medicare supplement insurance plans available in Oregon. It also describes the benefits of the federal Medicare program and defines words commonly found in insurance contracts. Readers of the Guide can also learn how to make a complaint against an insurance company or agent.

Medicare supplement insurance has historically filled all or part of the "gaps" between charges covered by the federal Medicare program and the actual charges. The Consumer Guide to Medicare Supplement Insurance in Oregon is a useful tool for consumers who are trying to find the best policy to fill those gaps.

To get a free copy of the Guide write "Consumer Guide to Medicare Supplement Insurance," Oregon Insurance Consumer Advocacy, 440 Labor & Industries Building, Salem OR 97310.

Oregon Health Sciences University, Portland, proposes to acquire a third CAT scanner. On June 27, 1991, this project was ruled subject to full review under certificate of need law. The estimated capital expenditure for this project is \$1,300,000.

Douglas Community Hospital, Roseburg, proposes to develop an 11-bed long-term care facility at the hospital. The OHP has not yet ruled on this letter of intent.

## Tick Season Brings Threat of Lyme Disease

Warm weather signals the start of tick season in many areas of the country, including the Pacific Northwest. According to the Arthritis Foundation, the bite of a certain type of tick can also pass along Lyme Disease. The foundation has a free brochure with information on the disease, its symptoms, and ways to avoid tick bites. It is available by writing the Oregon Chapter at 4412 S.W. Barbur Blvd., Portland, OR 97201, or by calling 222-7246 - Portland area or 1-800-283-3004 toll free.

Lyme disease is carried by a deer tick which is infected with a spiral-shaped bacterium called Borrelia burgdorferi. It is spread to humans through the tick's bite. Since the tick is only the size of a pinhead, its presence is difficult to detect. Often, it is only through onset of a reddish or purplish bull's-eye target rash, radiating around the bite, that a person becomes aware of the disease. However, about one-third of those with Lyme disease never

get this rash, which usually develops from three days to one month after the bite. Other early-stage symptoms can include a stiff neck, chills, fever, sore throat, headaches, fatigue and joint pain. In the early stages, the disease is curable with antibiotics.

In later stages, Lyme disease may be confused with other medical problems which can develop weeks to years after the first tick bite. It can cause problems with the nervous system that look like other diseases and can cause serious heart problems. Lyme disease can result in disabling, chronic type of arthritis that most often affects the knees.

It was through research funded in part by the Arthritis Foundation that this disease was first discovered in Lyme, Connecticut. The Arthritis Foundation is the only national voluntary health association seeking the causes, cures, preventions and treatment for the more than 100 forms of arthritis.

## Study of Gay and Bisexual Men Indicates Possible Changes in safer Sex Practices

Portland State University and Cascade AIDS Project (CAP) will hold a joint press conference on Thursday, July 18 at 10:00 a.m. at Portland State University in Room 327 Smith Memorial Center. The two organizations will announce findings of the pilot phase of the Portland Men's Study, a collaborative research effort. The study indicates that many gay and bisexual men have difficulty maintaining safer sexual behavior. CAP will announce new educational programs designed to prevent the problem of gay and bisexual men relapsing to unsafe behavior.

The Portland Men's Study aims to understand how the social relationships of gay and bisexual men influence their safer sex practices. As the AIDS epidemic enters its second decade, the study will provide invaluable information about the adoption of safer sex practices over time. The study is recruiting participants through the end of July, 1991. Pilot findings from August, 1990 already indicate the importance of peer support in helping gay and bisexual men be safe.

CAP recognizes that, as with any long-lasting health behavior change, initial adoption is easier than ongoing

maintenance of new health habits. CAP has anticipated this need in the design of new programs that support gay and bisexual men's commitment to safer sex.

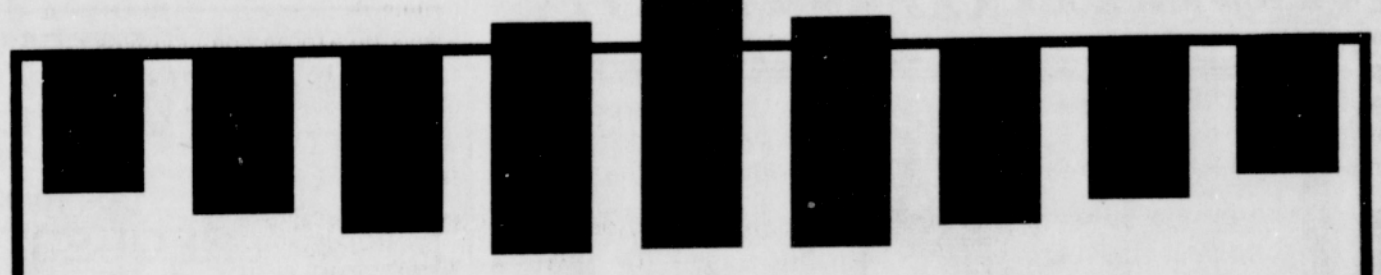
These persons will be available at the press conference for secondary interviews:

David Lane, HIV Educator, Oregon Health Division (503) 229-5792, will be available to discuss services provided by the State of Oregon for people with HIV infection.

Jeanne Gould, HIV Program Manager, Multnomah County Health Division (503) 248-3674, will be available to discuss services provided by Multnomah County for people with HIV infection.

Paul Starr, Executive Director, Cascade AIDS Project (503) 223-5907, will be available to discuss other services and programs of the Cascade AIDS Project.

For reporters who want additional photo opportunities, persons completing research questionnaires and volunteers taking calls on the Oregon AIDS Hotline will be available at the Cascade AIDS Project after the conference, from 11:00 a.m. until 4:00 p.m.



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