

HEALTH

The Portland Observer

Kaiser Permanente Names Physicians To Top Posts At North Portland Hospital



Tom Syltebo, MD, has been named Area Medical Director of Bess Kaiser Medical Center in North Portland by Kaiser Permanente's physician group.

A family practice physician in Kaiser Permanente's Vancouver Medical Office, Dr. Syltebo graduated in 1977 from the University of Washing-

ton School of Medicine, then completed his residency training at Providence Medical Center in Seattle. He spent three years with the National Health Service Corps as Medical Director of the Salud de la Familia Clinic in Woodburn.

In 1983, Dr. Syltebo joined Kaiser Permanente, and a year later was appointed Bess Kaiser Chief of Family Practice. He served in that post for almost five years. Since 1988, Dr. Syltebo has been Assistant Area Medical Director at Bess Kaiser. He will be succeeded in that position by James Loch, MD. Dr. Loch is an Orthopedist at Kaiser Permanente's Mt. Talbert Medical Office. He served as Chief of Orthopedics for the entire Northwest Region of Kaiser Permanente from 1987 to 1991.

Bess Kaiser is a 220-bed, non-profit medical center providing hospital care to Kaiser Permanente members in Northwest Oregon and Southwest Washington.

Port Of Portland To Open Terminal 2 For Big Public Event July 5

As a means of enhancing community awareness of the Port of Portland's role in facilitating international trade and transportation in the region, the Port will open its Terminal 2 marine facility to the public on Monday, July 5, to host "Seaport Monday: Your Day At The Docks."

Gates open for Seaport Monday at 10 a.m., and the activities will go nonstop until 5 p.m. The event itinerary includes river demonstrations, music and other entertainment, sternwheeler tours on the Willamette River, food and beverage concessions, a wide spectrum of displays and inter-

active exhibits, and a peppering of staged cultural shows throughout the day that carry the theme of the Port's international connections and relationships.

The Seaport Monday concept is an expansion of the Port's community relations summer bus program. In past years, the Port has provided buses for guided public tours of its marine, shipyard and airport facilities. This year, as a means of reaching a much larger audience, the Seaport Monday special event will replace the Port's every-Saturday summer bus tours program.

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May Is Better hearing And Speech Month: Practical Tips To Prevent Or Treat Speech, Language And Hearing Disorders

One in six Americans has a speech, language, or hearing disorder that affects their ability to communicate. In fact, recent studies indicate that more people suffer from speech, language, or hearing disorders than from heart disease, paralysis, epilepsy, blindness, cerebral palsy, muscular dystrophy, and multiple sclerosis combined!

communication disorder can happen to anyone at any time, limiting the potential for academic, social and career achievement. But many communication disorders can be prevented, say professionals observing Better Hearing and Speech Month this May.

Loud noise can permanently damage hearing. Your lawnmower, the headphones on your personal stereo, and the appliances in your home can take a toll on your hearing. To protect your hearing from noise damage, turn down the volume.

Injuries resulting from accidents can damage your abilities to speak and

understand. Faithfully buckle seatbelts; always use child car safety seats properly; and wear approved bicycle safety helmets to protect yourself and your family from brain injury. If you have any questions about hearing or speech, observe Better Hearing and Speech Month by calling on the professionals who diagnose and treat communication disorders. Audiologists assess hearing loss and treat people with hearing impairments. speech-language pathologists evaluate conditions that limit the ability to speak or to understand the spoke or written word -- conditions such as stuttering and aphasia.

The good news for those suffering from a communication disorder is that recent advances in technology and treatment have enabled speech-language pathologists and audiologists the ability to offer several rehabilitative options.

The options include more sophisticated hearing aids, computer tech-

nology for stuttering treatment, and augmentative communication systems for individuals who are unable to speak verbally.

Better Hearing and Speech Month is observed by speech-language pathologists and audiologists across the country with free speech, language and hearing screening, open houses at clinics and other facilities, and a variety of other events to inform the public about communication disorders and treatments.

ASHA is the national, professional, scientific and credentialing organization for more than 74,000 audiologists and speech-language pathologists in the United States.

More than 42 million Americans have some form of speech, language or hearing disorder which could include hearing loss, stuttering, loss of speech and language abilities due to stroke or head injury, language delay in children, articulation and voice disorders.

Bright Smiles, Bright Futures

What Every Parent Should Know About Children's Teeth

By Marsha E. Butler, D.D.S.

It is important for every parent to understand basic facts about the growth and health of children's teeth. This chart gives the general time when teeth will first appear:

TOOTH	TIME TO EXPECT
Lower front tooth	6 months
Other front tooth	8-9 months
First back tooth	12-14 months
Eye tooth	16-18 months
Second back tooth	2 years

Girls teeth usually come in sooner than boys teeth do. Differences of up to six months earlier or later than the times noted above are normal. Knowing this general schedule can help you anticipate when your child may be teething.

Prior to any teeth appearing, keep the gums clean by wiping with gauze or a washcloth. This will help reduce teething pain.

Once teeth have appeared, avoid putting the child to bed with anything other than water in the bottle. Juice, sugared water, soda or any kind of milk or formula resting in your child's mouth can cause your child to have severe tooth decay and can actually ruin an entire tooth in a very short period of time. Studies show that this can also happen if the child is breast-fed for a prolonged period of time.

Even though it may be difficult to do,

try to prevent your baby from sucking his or her fingers or using a pacifier. These habits can cause problems in the way the teeth grow into the mouth. Crooked or badly formed teeth can cause health problems for the child and can be costly to correct.

Start dental visits early. The best time to begin is six months of age, but definitely no later than the age of three. Regular early dental care from an oral health professional means problems can be avoided before they occur.

If your child falls or gets hurt in a way that affects his or her mouth, go to a dentist immediately. You should try to be at the dentist's office within half an hour of the accident. In this way, your dentist may be able to take care of a problem at its onset and possibly save a tooth that might otherwise be lost.

The secondary or permanent teeth will begin to come in when the child is around six or seven years old. The lower front teeth and the first back teeth come in first. As with infants' teeth, the secondary teeth may come in sooner or later than the ages noted. This is generally not a cause for concern.

If a baby tooth has not fallen out, but a permanent tooth is trying to appear in the same place, see your dentist. It is important that the baby tooth be taken out so that the next tooth can come in and be healthy.

Sweet foods, including sugared cereals, candy, fruit roll-ups and fun fruits are very bad for your child's teeth. Sugar sticks to the teeth and allows germs to feed on it. These germs cause a harmful film called plaque to form in the mouth which causes tooth decay. If you wish to give your child a treat, try fresh fruit. If he or she must have sugared foods, be sure they are eaten at the same time as a regular meal rather than between meals. After meals, the body prepares the saliva to fight off acids caused by eating. When sugary snacks are eaten between meals, the saliva is not as prepared to help fight decay as it is immediately after a meal.

The use of fluoride can help strengthen your child's teeth against decay. Be sure your child brushes his or her teeth at least twice a day using a fluoride toothpaste. Find out if there is fluoride in the water in your neighborhood. If not, ask your dentist about fluoride tablets or rinses which your child can use.

Remember to see your dentist regularly, and feel free to ask any questions you may have about your child's teeth. By following these simple rules, you can help make sure that your child has a bright smile now and in the future. Your child's smile is meant to last a lifetime.

The Smile File series has been reviewed and endorsed by the National Dental Association and is provided as a community service by the COLGATE-PALMOLIVE COMPANY.

Gum Disease Can Afflict Children, Too

By Marsha E. Butler, D.D.S.

Usually gum diseases are adult problems. But some children and teens, particularly teenage Black and Hispanic girls, are prone to gum diseases.

Gum diseases are caused by bacteria which live in plaque, a sticky film that adheres to teeth. These bacteria produce toxic substances which irritate the gum tissue. If the plaque is not removed by regular, thorough brushing and flossing, it can change into a hard mineral substance which attaches firmly to the tooth. This hard substance is called calculus, or tartar. Once tartar forms, only your dentist or dental hygienist can remove it.

When plaque and tartar are present on teeth for several weeks, gum disease begins. At first, the gums may swell and

bleed — a disease called gingivitis. Gingivitis is fairly common in children and adolescents, but it can be cured by professional cleaning as well as regular brushing and flossing. Flossing is necessary to clean areas between the teeth, which can't be reached with a toothbrush. Begin flossing your child's teeth when the teeth have grown close enough to each other that you can't see between them. In some teenagers and in most adults, if gingivitis is not treated, more severe problems will result. The



gums and the fibers that hold the teeth in the mouth become irritated, and then infected.

This is called periodontitis, and can proceed to loosening of teeth, abscesses and eventual tooth loss. However, if periodontitis is treated early, the teeth can be saved and the infection resolved.

If you notice that your child's teeth seem to be loosening before it's time for the baby teeth to fall out, have your dentist perform an examination. Also, be suspicious of bleeding. Prompt attention to red, puffy, or bleeding gums can save your child's smile. Remember, a smile is meant to last a lifetime.

The Smile File series has been reviewed and endorsed by the National Dental Association and is provided as a community service by the COLGATE-PALMOLIVE COMPANY.

Bright Smiles, Bright Futures

Volunteers

Waverly Childrens Home Child Abuse Prevention Department needs volunteers to answer calls on their Parent Helpline. No experience necessary. We require only an ability to be an active listener and a desire to help build healthier families. The job includes providing information, referrals, problem-solving and crisis intervention. Complete training is provided. If interested call Carole at 234-7532.

Health Officials Give Reminder About Swimming Safety

The Health Officers of the four Portland metropolitan area counties and the Oregon Health Division have issued advice to local residents on safe and healthful use of the area's natural swimming beaches. The Memorial Day weekend usually marks the beginning of the swimming season. Local parks see a significant increase in beach usage at that time, with further increases at the end of the school year and with the onset of hot weather.

The Health Officers expressed concerns about two types of serious swimming related health problems.

The first is drowning and injuries. According to Dr. Harold Osterud, Health Officer of Clackamas County, drowning deaths are the most serious impact of swimming at natural beaches. Each year there are about a dozen swimming-related drownings in the Portland metropolitan area. Dr. Osterud offered the following advice: "There are simple things we can do to protect ourselves and our children. First, children 12 years old and under should always have adult supervision when swimming. Second, everyone should always swim with a buddy. When a swimmer gets in trouble, having someone there to help out can be a matter of life or death." Dr. Karen Steingart, Health Officer of the Southwest Washington Health District, warned about the danger of spinal cord damage and paralysis from diving injuries. These inju-

ries typically happen when someone dives into water that they are not familiar with, or dives into shallow water where they can't see the bottom. "When jumping into unfamiliar or murky water, swimmers should always jump in feet first. The rule is: feet first, first time" according to Dr. Steingart.

A second danger from swimming is getting sick from germs that are in the water. Natural swimming waters are often contaminated with human fecal wastes. This happens when adults and children defecate in the water, but probably occurs more often when young children with dirty diapers play in the water. The studies of swimming associated illness find that mild viral diarrhea and vomiting (gastroenteritis) is the most common form of illness suffered by swimmers. However, much more serious intestinal illnesses can also be spread by swimming water. Also, a variety of eye, skin, and minor respiratory infections can result from swimming in contaminated water.

Prevention of swimming associated disease depends on proper hygiene and good stewardship on the part of swimmers. "Swimmers have a responsibility to themselves, their families and to other swimmers to protect the beach environment" states Dr. Gary Oxman, Multnomah County Health Officer.

"Protecting the swimming beach environment is simple. The most im-

portant thing for swimmers to remember is that it's NOT O.K. to have a bowel movement in the water--if you do, it means that you and everyone else at the beach is swimming in a sewer." To keep the water safe, adults and toilet-trained children must use the bathroom, just like they would at home. It is also very important for parents to make sure that young children who use diapers do not contaminate the water. Washington County Health Officer, Dr. Meinick states: "It's best if children in diapers can have water play that doesn't involve sitting in water. But if they play in the water, young children should wear a snug fitting swimsuit over a clean diaper. If you think your child needs to have a bowel movement, take him or her out of the water and to the bathroom. If your child has already had a bowel movement, they should be removed from the water immediately. Change the diaper away from the water, and take the dirty diaper home or throw it in a garbage can for disposal. Never wash your child's dirty bottom or rinse a dirty diaper in swimming beach water."

In addition it's important that both children and adults not swim if they have diarrhea or other wise feel sick.

If swimmers follow this simple advice, the risk of drowning, serious injury, and illness should be reduced to a minimum.