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The Portland Observer

New Study Provides Link

Why Arthritis Stops In Pregnant Women

A study published in the August 12 New England Journal of Medicine and funded by the Arthritis Foundation suggests new answers to why women with rheumatoid arthritis (RA) often have the symptoms of their disease go away while pregnant and then return after pregnancy. The explanation could lead to new treatments to block the reactions that cause RA in all people with the disease, according to the Arthritis Foundation.

The study, conducted by J. Lee Nelson, M.D., and colleagues at the Fred Hutchinson Cancer Research Center in Seattle, was funded by national grants from the Arthritis Foundation, grants from the Washington State Chapter of the Arthritis Foundation, and the National Institutes of Health.

Researchers analyzed 46 pregnancies in 38 women with rheumatoid arthritis. They compared women

whose arthritis improved during pregnancy with women whose arthritis remained active. The study found that the majority of women (76%) whose arthritis went away or improved showed greater differences between their own genetic make-up and that of the fetus, which is made up of genetic material from both mother and father.

The genetic areas studied included three specific HLA antigens known to be associated with rheumatoid arthritis. HLA antigens are proteins on the surface of cells that are highly individual from person to person. It is thought that some element of the mother's immune response is affected by the presence of the different HLA protein from the fetus, which causes a reduction in the mother's arthritis symptoms.

The exact nature of the process that takes place is not yet known. One possibility is that the reduction in RA

symptoms is caused by a modified antibody response by the mother's immune system to different HLA material of the fetus, which the mother's body views as partially for-

develop RA.

"This study may help us find what goes wrong with someone's immune system to cause rheumatoid arthritis and will possibly help de-

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Another possibility is that certain molecules from the fetus, which are unlike the mother's might compete with or displace the mother's molecules at a specific stage in the immune response. This causes the mother's immune system, which previously had produced RA symptoms, to react differently and no longer

develop new ways to treat the disease based on blocking a step in the inflammation process," said Arthur Grayzel, the Arthritis Foundation's senior vice president for medical affairs.

The Arthritis Foundation estimates that 2.1 million Americans have rheumatoid arthritis, the disease affects between two to three times more

women than men. Rheumatoid arthritis is a reaction by the body's immune or defense system that identifies the body's own tissue as foreign. It results in inflammation and thickening of the joint lining or synovial membrane. The inflamed joint lining invades and damages bone and cartilage. The joint loses its shape and alignment, causing pain, loss of movement and eventually complete destruction of the joint.

For free brochures about Rheumatoid Arthritis and Arthritis and Pregnancy, contact the Washington State Chapter of the Arthritis Foundation, 100 So. King, Suite 330, Seattle WA 98104, or call 1-800-542-0295.

The Arthritis Foundation is the source of help and hope for an estimated 37 million Americans who have arthritis. The foundation supports research to find ways to cure and prevent arthritis and seeks to improve

the quality of life for those affected by arthritis.

The Fred Hutchinson Cancer Research Center is an independent, non-profit institute dedicated to the elimination of cancer. It is one of 27 comprehensive cancer centers nationwide officially designated and supported by the National Cancer Institute. The Hutchinson Center serves the five Northwest states of Washington, Alaska, Oregon, Idaho, and Montana. It has earned an international reputation for its excellence in basic, clinical, and cancer prevention research; for training scientists from all over the world; and for its commitment to community service and outreach activities.

Contact Susan Edmonds, Media Relations Manager, at the Fred Hutchinson Cancer Research Center, 206-667-2896 for more information about Dr. Nelson's research on rheumatoid arthritis and pregnancy.

"Lucky" Spider Helps Vancouver Woman

"Don't kill spiders or nothing good will happen to you!" That's the advice that Ruth Dohman, 74, always gives to her sister, Margaret Niemeyer. It's possible that Ruth just might be on to something. On Friday, August 6, Ruth found a large spider in the Vancouver, Washington, home she shares with Margaret. Although Margaret wanted to destroy it, Ruth carried the spider outside to safety. She's pretty sure that brought her good luck.

A regular player who enjoys all Lottery games, Ruth visited Jantzen Beach Center in Portland the same afternoon and purchased a \$3

Powerball Quick Pick ticket at Blue Heron Coffee. Although she watched the drawing on Saturday, August 7, Ruth didn't check her numbers. When she went back to the store yesterday, she asked them to check her ticket from Saturday. That's when she learned she had matched all five regular numbers (white balls) to win a \$100,000 prize.

Accompanied by her nephew, Charles Dohman, and his wife Jill, Ruth visited Lottery headquarters today to claim her prize. After 28 percent was withheld for federal taxes, she received a check for \$72,000.

"Margaret always gets upset with me when I'm lucky," Ruth laughed, "but it's because I don't kill spiders." And she said it's not the first time this has happened. "About a year ago I rescued a spider and then I won \$2,500 playing Keno," Ruth said.

A retired floor supervisor for Nabisco in Portland, Ruth said she hasn't made definite plans for her prizewinnings yet. She enjoys Reno and Las Vegas, so she expects to visit there soon, in addition to spending some time with family members in California. And she'll certainly keep on rescuing spiders.

City Of Vancouver And The Columbia River Renaissance Program

Event: Columbia Renaissance Trail Dedication
Date: Tuesday, August 24, 1993
Location: Waterfront Park (next to Who Song & Larry's restaurant on E. Columbia Way)
Program: 5pm Vancouver USA Volkssporters will sponsor a "Renaissance" welcome 5K walk from Waterfront Park to Marine Park. Charter members and the

public are welcome.

Includes:

- 6-7pm Vancouver Pops Orchestra
- 7-7:20pm Dedication Ceremony
- 7:20-8pm Vancouver Pops Orchestra
- 8pm Event Concludes

Other: Tours of the Waterfront provided by C-Tran.

Food: Hot dog/pop/chips will be

available for purchase for a cost of \$1.00. (Proceeds benefit the Columbia River Renaissance Project)

Sponsors: City of Vancouver, Columbia River Renaissance Project, Vancouver USA Volkssporters, The Columbian, C-Tran, Frito-Lay, Handcarts West (other sponsors are being sought).

Fashion Show Models Sought

The second annual "It's A Fashionable Life" fashion show is coming up in September, and people of all ages and abilities are needed as models. Auditions will be from 6 to 7:30pm Thursday, August 19 in the Bagley Center cafeteria, 4100 Plomondon, Vancouver. The fashion show is a fundraiser for the Vancouver Parks and Recreation Department's Citizens of Disability program and Southwest Washington Special Olympics.

Sandra Monson, a teacher at Kidz and Company, a local modeling and entertainment group, will lead the choreographed production. Models will wear leisure, back-to-school, career and formal wear fashion. One or two weekly rehearsals prior to the show will be



required, and all those who audition will be involved in some aspect of the production, says Connie Irwin, coordinator of the city's Citizens of Disability program.

The fashion show will take place Saturday, Sept. 25 at Lepke Center, 1009 E. McLoughlin Blvd., Vancouver. The evening will begin with a silent auction from 6 to 7pm, followed by the fashion show and entertainment from 7 to 8pm, and a dance from 8 to 10pm. The dance will feature music by The Sound Supply. Tickets for the entire event are \$5 per person.

To contribute items for the silent auction or for more information, call Irwin at 696-8218; or Cathy Sherick, Southwest Washington Special Olympics, at 699-0566.

Portland Women's Golf Invitational

The second annual Portland Women's golf Invitational, a benefit for City of Hope National Medical Center, will be held at the Oregon Golf Club on Monday, October 11, 1993.

Individual and team registration is now being accepted. Cost for the entire day's activities is \$150 per person, and includes a full day of golf, use of a cart, lunch, dinner, auction, team awards and tee prizes.

Carol Falk of Portland is this year's honorary chairperson. Last year the event raised \$15,000 for City of Hope and the honorary chairperson

was Molly Crowley.

Proceeds from the event will benefit City of Hope National Medical Center. Founded in 1912 and located in Duarte, California, City of Hope is recognized as a world leader in the advanced research and treatment of cancer including leukemia and diabetes as well as research in AIDS, Alzheimer's and many hereditary and genetic disorders.

For more information on the golf outing, committee involvement or to have an invitation sent to you, call the City of Hope office at 1-800-934-9196.

CITY PLAYGROUND SCHEDULE CHANGE

Vancouver Parks and Recreation Department summer programs for children will come to an end in Mid-August due to school schedule changes.

The Playground and U.S. Department of Agriculture (USDA) food programs will end Friday, August 13. Preschool Day Camp, Youth Day Camp, Youth Day

Camp and Fun Wagon programs will wrap up their activities Wednesday, August 18.

So far this year the city's Youth Service Department has offered services to over 20,000 children in various programs, and served over 11,000 USDA lunches.

For details on the fall program schedules, call (206) 696-8065.

City Invites Applicants

The City of Vancouver is seeking applicants to fill a vacancy on the City/County Cable Television Commission. The commission serves in an advisory capacity to the City Council and the Board of County Commissioners on matters relating to cable television franchises. The commission makes reports, monitors compliance and establishes rules and regulations for processing applications for franchises.

Four members are appointed by the City Council and four members by the Board of County Commissioners.

Applicants must be city residents and a Columbia Cable subscriber. Commission meetings are the first Wednesday of each month at 7:30pm at City Hall, 210 East 13th Street in Vancouver. The length of term is five years with a maximum of two terms. The term of this position will expire in April of 1998.

Applications are available by contacting Marie Day, Vancouver City Hall, P.O. Box 1995, Vancouver, WA 98668-1995 or by calling 696-8211 (FAX 696-8049). Applications must be submitted by September 13, 1993.

Food Court Offers Nine Restaurants

Hungry shoppers will feel right at home at Vancouver Mall's new "Food Court At the Lodge." Part of the mall's multimillion dollar renovation, the 450 seat food court offers nine restaurants to satisfy the most diverse appetites.

Located on the mall's second level, the food court is cheerfully decorated in a contemporary lodge motif and features lodge style furniture with natural wood and red, yellow, silver and green accents. A rooftop skylight brightens the court

and a glass wall offers diners a spectacular view of Mt. Hood.

Food court restaurants include American Fries, Manchu Wok, McDonald's, Orange Julius, Paradise Bakery, Hot Dog on a Stick, Sbarro Italian Eatery, Taco Time and Kojo's of Japan.

A vivid 35 foot sign structure marks the interior entrance to the Food Court at the Lodge. Colorful sculpted fish follow a blue neon arrow as they leap toward the food court.