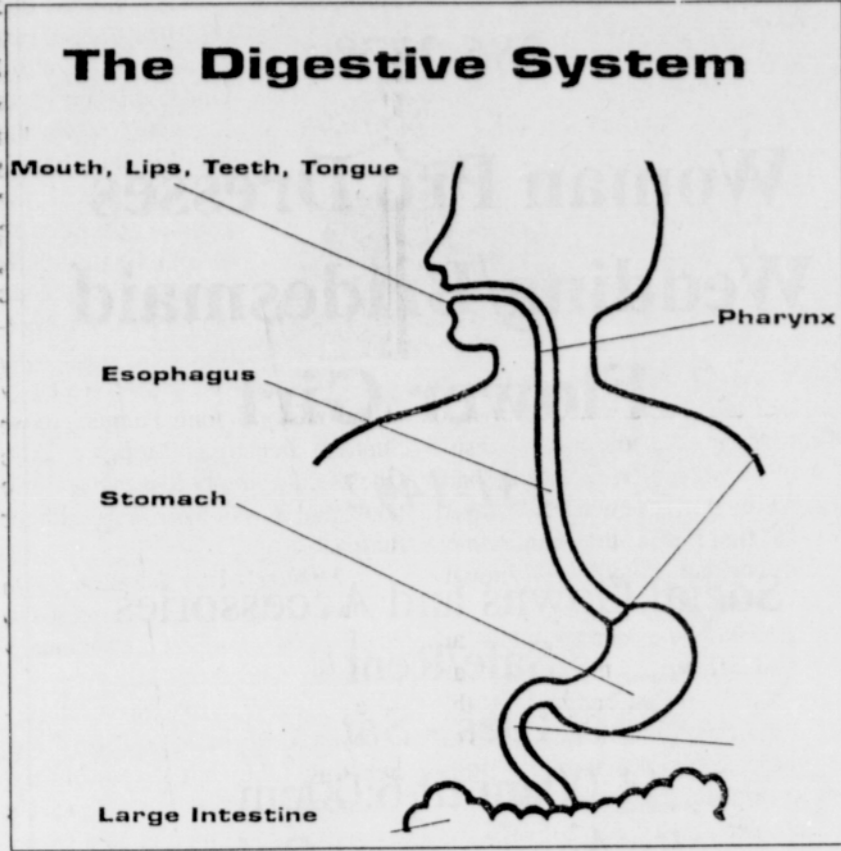


# Local Hospital To Host Important Digestive Health Program

Interactive Program Available to Area Residents



Legacy Emanuel Hospital, Portland, OR, will be one of over 60 hospitals in the United States selected to sponsor a live program about digestive health via satellite. The program, "Partnerships for Better Digestive Health," will be held at Emanuel Hospital & Health Center. It will provide attendees an opportunity to interact with the nation's leading physician experts about four digestive disorders -- heartburn, ulcers, colon cancer, and irritable bowel syndrome -- and about maintaining good digestive health.

"Partnerships for Better Digestive Health" is developed a co-sponsored by the Glaxo Institute for Digestive Health (GIDH) and the American Gastroenterological Association (AGA).

Educational Program Open to all  
The 90-minute program will be broadcast nationwide from the site of the annual meeting of the American Gastroenterological Association in New Orleans Wednesday, May 18, 1994, at 7:00 PM Mountain time (6:00 PM Pacific time). Registration information may be obtained by calling 1-800-544-5481.

Traditionally, May has been

known as "Digestive Health Awareness Month," a good time to emphasize digestive health education. The program will be open to anyone who is interested in maintaining and improving their digestive health. Attendees will receive complimentary educational materials including digestion-friendly recipes and tips for a healthier digestive lifestyle.

"Since its founding in 1991, the Glaxo Institute for Digestive Health has been dedicated to increasing awareness of good digestive health among the general public," says David Earnest, M.D., chairman of the GIDH and professor of internal medicine at the University of Arizona Health Sciences Center, Tucson. "Satellite technology enables us to bring this important information to a greater number of people."

#### Panel of Experts

The speakers include distinguished authorities in digestive health: Stanley Benjamin, M.D., professor of medicine at Georgetown University, Washington, DC, will present the latest information on colon cancer, the second-most prevalent form of cancer.

Stephen Brunton, M.D., clinical

professor of medicine at the University of California at Irvine, will provide important information on heartburn and gastroesophageal reflux disease, which is one of the most common disorders of the digestive tract.

Seymour Sabesin, M.D., professor of medicine at Rush-Presbyterian-ST. Luke's Medical Center, Chicago, IL, will discuss the current medical opinion about peptic ulcers.

Dr. Earnest will share the latest information on irritable bowel syndrome, a common and chronic intestinal disorder.

"The American Gastroenterological Association firmly believes that good health is best achieved through a partnership between the health care professional and a well-educated patient," says Don W. Powell, M.D., president of the AGA, and program moderator. "Our ongoing efforts with the GIDH to bring the best, most complete information to the public are doing a great deal to help build this partnership."

Program Sponsors Share Educational Goals

"Partnerships for Better Digestive Health is part of an ongoing effort by the GIDH and AGA to increase patient awareness. Other activities sponsored by The Glaxo Institute for Digestive Health and the American Gastroenterological Association include the development of comprehensive educational materials on digestive health for consumers and healthcare professionals.

The Glaxo Institute for Digestive Health was founded in 1991 to support independent scientific research in digestive disease and to increase public awareness about digestive health. To date, the GIDH has awarded more than \$2.25 million in research grants. The GIDH also sponsors nationwide public education initiatives to raise awareness about common digestive disorders.

The American Gastroenterological Association, founded in 1897, is one of the oldest medical specialty societies in the country. Its 7,200 members are physicians and scientists who specialize in clinical practice, research and education related to digestive disease and the gastrointestinal system.

# Allergies? Fight Back!

Allergy season is in full swing, but there's no need to suffer. Plenty of old and new medicines fight allergies. More important, there are strategies for avoiding the substances that trigger allergic reactions. Here are the latest facts to help keep distress to a minimum.

Allergies -- principally "hay fever" caused by pollen -- affect between 35 and 50 million Americans. They are a major cause of missed school days, and account for about 10 percent of all doctor visits, according to the May 1994 Reader's Digest.

You're probably having an allergic reaction -- not just suffering from a cold or flu -- when you have no fever, the mucus in your nose is clear, your nose and throat itch, and the symptoms don't get dramatically better or worse over a number of days.

Don't be fooled by the season. In addition to the pollens that attack during warmer months, many other microscopic enemies lay siege year-round, including dust-mite droppings, animal dander and mold spores. Here's how to fight back:

1. Watch how you exercise. Your lungs take in more air when you work out, so you're exposed to more pollen. When pollen is at its worst, exercise indoors. Exercise outdoors after a rain shower, when the air is washed of pollen.

2. Avoid irritants. Some substances cause the blood vessels of the nose to expand.

Irritants include alcohol, cigarette smoke, perfumes, hair sprays, bug sprays, chlorine and fragrances in laundry detergents.

3. Plan ahead for trips. When returning to places where you once

wheezed and sneezed, beware. Antibodies you stored up can lie in wait for long periods. When traveling to new places, check with an allergist in the area to see what allergens are likely to be prevalent.

4. Clean the car. Keep your car dust-free by vacuuming carpets, mats and heater and air-conditioning outlets. Ban smoking and keep windows closed.

5. Use common sense about pets. If you can't bear to get rid of a cat or dog, at least keep them out of the bedroom and bathe them regularly. Even so, your sneezing may continue for a while because the animal's dander is likely to remain in carpets and upholstery for months.

6. Dust-proof your house. Rugs, wool throws, heavy curtains, down bedding and overstuffed chairs are havens for dust mites and other allergens. Consider having bare wood floors, washable slipcovers and window shades. Use airtight plastic pillow and mattress covers. Launder linens and blankets weekly in hot water; dust mites die at 130 degrees Fahrenheit.

7. Condition the air. Mold spores and dust mites thrive in humid conditions, so keep humidity inside your home below 50 percent. If you use a dehumidifier, empty the water-collecting pan daily and wash it with household cleaner or vinegar to get rid of mold. Keep house plants -- which boost humidity and can harbor mold -- to a minimum, and ban them from the bedroom.

8. Zero in on what ails you. To determine exactly what you're allergic to, see an allergist. In the most common test, tiny drops of various

allergens are placed on the back or forearm, then a pinprick is made in the middle of each drop to let the allergen seep into the skin. If any of the pinpricks cause a red, itchy hive within 15 minutes or so, an allergic reaction is indicated.

9. Fight back. Antihistamines are the most widely used defense. Over-the-counter brands can make you drowsy; non-sedating ones are available by prescription only.

If your allergy is particularly bad, start taking antihistamines a week or so before the pollen that bothers you comes into season. "Antihistamines act as a preventive," explains Dr. Donald Leung, head of the Division of Pediatric Allergy at Denver's National Jewish Center. "If you fail to take them regularly, the histamine will be released, and the drug won't work as well."

Allergy sufferers frequently resort to decongestants too, but they're not effective long-term. To help relieve severe congestion and remove irritating allergens from your nose, rinse nasal passages with a light salt-water solution. If symptoms persist, your doctor may prescribe a nasal steroid.

10. Take a shot at a remedy. Shots purposely expose the patient to regulated doses of an allergen. This induces the immune system to grow accustomed to the substance and stop fighting it. Typically, a person gets injected with a mixture of substances to which he is allergic once a week for several months, then once a month for another year or more. Eventually, the patient's allergies may diminish enough so he can get by with little or no medication.

# Mother's Day is May 8

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## HEALTH

### New Strategies For Outpatient Care

(NU) - The much-debated national health-care crisis is creating an uncertain future for many specialized care patients such as those with mental or chemical dependency problems.

"Treating the patient's dependence on drugs or alcohol has become a challenge, given the restrictions of insurance companies and managed care organizations" such as health maintenance organizations (HMOs), said David Shurgin, president of the East Coast-based National Recovery Institute (NRI).

Costs and changing insurance requirements have forced many mental health and chemical dependency

hospitals out of business.

NRI has responded with innovative outpatient-weighted programs at its two centers in New York and Florida.

The institute's mix of mental health and chemical dependency treatment for adults and geriatrics, including detoxification care, reha-

ilitation, partial hospitalization for mental health and substance abuse are typically not addressed in present health-care reform proposals. So similar hospitals are likely to follow NRI's approach.

NRI's strategy involves working

directly with insurance companies to provide the type of programs that are effective as well as appropriate for the needs of the patient.

For example, many insurers no longer offer unconditional 28-day inpatient stays for people with chemical dependencies. So NRI developed programs that allow a patient to go to work and sleep at home. In addition to allowing family interaction and support, this approach makes patients responsible for their own treatment.

NRI's changes have made indemnity payers, as well as managed care organizations, willing to use the facility. For more information on NRI programs, call 1-800-SOBER-02.

### Shopping for Car Care — Ten Tips

(NU) - According to a poll of ASE-certified Master Auto Technicians, motorists can extend the life of their vehicles by up to 50 percent through routine maintenance as prescribed in the owner's manual. Here are some tips from the non-profit National Institute for Automotive Service Excellence (ASE) on finding a good automotive repair establishment:

- Start shopping for a repair facility before you need one.
- Ask friends and colleagues for recommendations; consult local consumer organizations.
- Arrange for alternate transportation — that way, you will not feel forced to choose a shop based solely on location.

• Repair shops are seldom hospital clean, so look instead for an overall orderliness and modern, well-kept equipment in the service bays. Check out the parking lot, too — it's a good sign if you see some vehicles equal in value to yours.

• Look for a courteous, professional staff, with a communicative service writer willing to answer your questions.

• Ask if the repair facility specializes and if it usually handles your type of repair work on your make and model.

• Look for signs of professionalism in the customer service area, such as civic, community or customer service awards.

• Look for qualified technicians,

as evidenced by trade school diplomas, certificates of advanced course work and certification by the National Institute for Automotive Service Excellence. ASE-certified technicians wear a blue and white insignia and carry credentials listing their exact area(s) of expertise, while employers often display the ASE sign and post their technicians' credentials in the customer waiting area.

• Understand the policies regarding labor rates, diagnostic fees, guarantees, returned parts, etc. Keep a log of your repairs and service; keep all paperwork.

• If possible, start off with minor repairs — if you're satisfied with the results, return for bigger jobs as necessary.

ily Vision Centers are located in downtown Portland, Forest Grove and North Portland.

These vision screenings provide important information related to clarity of vision, health of the eyes, and how well the eyes are coordinating. Screenings take about 30 minutes to complete and do not cause discomfort. Screenings do not take the place of a thorough vision examination.

Vision screenings are particularly beneficial for young children whose learning skills, such as reading and writing, depend on clear vision, good eye health

and the ability for the eyes to work together as a team. Infants and children, and their parents, are often unaware of the existence of vision or eye health problems. As a result, children with undetected visual disorders often experience a decrease in classroom performance and self-esteem before the problem is identified and corrected.

For scheduling a free vision screening, please contact the Pacific University Family Vision Center in your area: downtown Portland, 224-2323; Forest Grove, 357-5800; and North Portland, 240-5319.

### Free Vision Screenings Available For All Ages

Infants six months and older as well as children and adults may receive free vision screenings as part of a community service program sponsored by the Pacific University College of Optometry Family Vision Centers. Open to the public, the Fam-