

HEALTH

Treatment For Rheumatoid Arthritis Encouraging

Early Aggressive Treatment Key To Preventing Disability

New research on the treatment of rheumatoid arthritis may help millions of people avoid the pain and disability associated with this chronic disease.

Recent studies show that rheumatoid arthritis responds better to aggressive treatment during the first few months of the disease than to the same treatment after the disease advances. That approach is the reverse of the traditional method of treating rheumatoid arthritis, in which the least aggressive therapy was used first.

"We now know that early detection and aggressive treatment of rheumatoid arthritis are the keys to preventing severe pain and disability," said Elizabeth Tindall, M.D., a rheumatologist at Portland Adventist Medical Center, a board member of

the American College of Rheumatology and the Arthritis Foundation, Oregon Chapter.

Several recent studies show that second-line drugs, such as methotrexate, hydroxychloroquine, azathioprine, sulfasalazine, and gold salts, work much better in people who have had the disease for only a short time.

Rheumatoid arthritis affects more than 2 million Americans, two-thirds of whom are women. Rheumatologist and health agencies such as the Arthritis Foundation are hoping to increase public understanding of this disease. This chronic disease causes pain, stiffness, swelling and loss of function in the joints. Though most people associate arthritis with aging, the peak onset of rheumatoid arthritis

is between the ages of 30 and 65. Because it strikes primarily young to middle-aged people, the economic cost of this disease is high.

"Obviously, not every episode of joint pain is a sign of rheumatoid arthritis," Dr. Tindall said. "But people with persistent joint pain or stiffness who wait to see a physician, hoping their pain will go away, may be passing on an opportunity to change the course of their disease and protect their quality of life. It is important for people to understand that this disease is treatable."

For further information on rheumatoid arthritis, please contact the Arthritis Foundation at (503) 222-7246 or Portland Medical Associates Clinical Research Center at (503) 255-5828.

Wear a Bike Helmet!

Bike Helmet Sale And Safety Program To Be Held At Legacy Emanuel Children's Hospital To Prepare For July 1 Law Protect Your Brain

Now it's the Law...

Top quality bike helmets at subsidized prices will be the feature of a bike helmet sale and free bike safety program at Legacy Emanuel Children's Hospital's Medical Office Building Atrium, Saturday, June 4, 10 a.m. - 2 p.m.

Safety-rated bike helmets by Bell Sports Inc. will be on sale for \$12.00 each. The helmets, available in size toddler to adult, come in teal, pink, purple and white, and include a decal kit. The bike safety program will run concurrently and will kick off with a 20-minute presentation of "Trauma Nurses Talk Tough About Bicycle Helmet Safety" and a showing of the "Bicycle Camp" video.

Speakers following from 11 a.m. - noon will include Oregon Senator Ron Cease, champion of Oregon's bicycle helmet law, which goes into effect July 1; Dr. William Long, director of Legacy Emanuel Trauma Services; Dr. Kathleen Masarie, co-chair Bike Safety Committee, Oregon Pediatrics Society; Joanne Fairchild, RN, trauma coordinator/injury prevention, Legacy Emanuel Hospital; Mary Streb, community relations manager, Kaiser Permanente; and children who survived because of their bicycle helmets.

The Pediatric Board of the Emanuel Medical Center Foundation has also donated 600 vouchers to children from low income families, who will

be able to purchase helmets at the sale for \$5.00 each. The vouchers will be distributed by Multnomah Public Health Department to children whose families qualify for the W.I.C. program, and by school nurses in several schools "Trauma Nurses Talk has worked with to children on the school lunch subsidy program.

The program is sponsored by Legacy Emanuel Children's Hospital, Trauma Nurses Talk Tough, the Children's Services and Public Safety Subcommittees of the City Club of Portland, Children First for Oregon, and the Oregon Pediatrics Society.

For additional information or to volunteer to help at the program call 280-4960.

Research To Examine Effects Of Aging

The Oregon Brain Aging Study is recruiting people for a five year study on the effects of aging on the brain. The purpose of the study, funded by the Department of Veterans Affairs, is to learn about cognitive changes in healthy seniors.

Researchers, Drs. Jeffrey Kaye and Diane Howieson, hope to gain an understanding of normal changes in brain structure and mental functioning in healthy older adults. The data collected will be used to make comparisons with the cognitive function-

ing and brain structure changes of Alzheimer's patients. The information gathered may help in the diagnosis, prevention and treatment of Alzheimer's disease.

Research volunteers come in for two or three morning visits once a year. Volunteers are initially given a physical examination, blood test screen, chest x-ray, and EKG. Additional testing, including a MRI (Magnetic Resonance Imaging) scan of the brain, and concentration, memory and problem solving skill tests are

also given the first year and in annual follow-ups. All testing is conducted at Oregon Health Sciences University and the Veteran's Medical Center in Southwest Portland and is provided at no cost to the research volunteers. Transportation is also available.

The study is currently enrolling men and women 85 years of age and older. Interested seniors who are not on medication for heart disease, high blood pressure of diabetes can call Dara Wasserman at 494-7616



With a View

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by Sam Pierce

Profiles In Leadership: Margaret Carter

"The purpose of management is leadership. And it begins in the Board Room. Further, it must be presented in a way that [people] can use it." The preceding phrase is a quote from Dr. W. Edwards Deming in an interview granted to Tim Stevens of Industry Week. It turned out to be Dr. Deming's last interview as he passed away in December 1993 at the grand old age of 93. Dr. Deming's legacy is that of the man who single-handedly transformed Japan into a formidable business partner.

As a young boy growing up in the fifties and sixties, I vividly remember the condescending and snickering disdain applied to any product whose label read "Made in Japan." Today any label bearing that seal represents the very essence of quality and workmanship. From the cars we drive and the televisions we watch -- to VCRs, stereo equipment, video and still cameras, Walkmans, lawn mowers and high speed trains -- it appears that we "snickering" Americans cannot seem to get enough of "Made in Japan."

How did this major turn-around occur in just thirty short years? Well, according to Deming, the answer is Leadership. And wouldn't you know it -- Dr. Deming offered this same leadership to America first. But in our arrogance, we sent him to Japan because, after all, it was they who needed help -- not us!

However, the purpose of this article is not really to discuss Dr. Deming's "Fourteen Points of Leadership," or any such thing. But rather to use his legacy of leadership as an introduction to talk about leaders and leadership right here in Portland, Oregon. We are currently in the middle of an election year and just Tuesday

Oregonians went to the polls to vote. In such a climate, I can think of no more appropriate topic than Leadership. In my column this week, I want to profile two candidates who in my opinion give people hope. These individuals are State Rep. Margaret Carter, Dist. 18, and City Council member Gretchen Kafoury.

I caught up with Rep. Carter in her office at the PCC Skills Center on North Alberta and Killingsworth: an office she prefers to the much nicer one she previously occupied on the plush PCC Sylvania Campus in Southwest Portland. Says Carter, "At Sylvania I can take an hour lunch, see fewer students and leave when my contract allows, which is at 5:00 pm. But I love it here because I know that I am going to see students from the moment I arrive, even sometimes during lunch, until the time I leave -- which at times is well past six." It is all a part of her "caring for constituents" and the "work ethics" she learned from their father growing up in Louisiana.

No one can deny that Margaret Carter has great charm and in spite of several grown daughters who have made her proud grandmother, she does not look a day over forty-five. However, beneath her charm and good looks is an astute politician who believes that she is the most qualified person to lead her district; and quickly points to a solid record of accomplishments to prove it. Like Dr. Deming, Rep. Carter believes that it is the "responsibility of leadership to set and exact a standard."

Rep Carter is responsible for the legislation that produced the PCC Skills Center. In 1989, as a leading member of the House Education Com-

mittee, she led the fight to get House Bill 2705, or the Martin Luther King School Holiday Bill, out of committee and passed into law. The Bill required all school districts around the state to commemorate Dr. King's birthday. In addition, she, along with then State Senator Jim Hill, made sure that Oregon joined the international community in putting pressure on South Africa's apartheid through our divestment policies. Those efforts, along with the efforts of the world community have led to defeat of apartheid and the right of all South Africans to vote; and the presidential election of Nelson Mandela, South Africa's first black president.

Carter's current passion is to get "young people in [her] district not only trained, but placed into skilled jobs." Rep. Carter also believed it is time for the silent majority to stand up and be counted against the wave of "lock'em up and throw away the key" mentality that is running rampant through our nation. As she well knows, youth of color will be the most exploited by such a policy. Quoting from Hal Ogburn, Multnomah County's Juvenile Justice Director, "We must teach our children the part that racism and poverty play in their lives." Those who are incarcerated must be taught to go from "criminal justice to the work place." Relative to legislation concludes Rep. Carter, "We must work for legislation that will make Portland an enterprise zone."

Continued next week with Gretchen Kafoury...

Sam Pierce is a freelance writer whose column appears bimonthly. His work is in the process of syndication. He can be reached at (503) 281-9741.

Starlight Parade starts Saturday, June 4 at 8:30 p.m. Location: Downtown Portland

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