

HEALTH

Health Professionals Earn Praise

Tom Lloyd, Kelly Kammerer and Eric Schuman have been selected by their peers for the Kaiser Permanente Allied Health Council "Award of Excellence" for high performance in clinical practice and quality of service to patients.

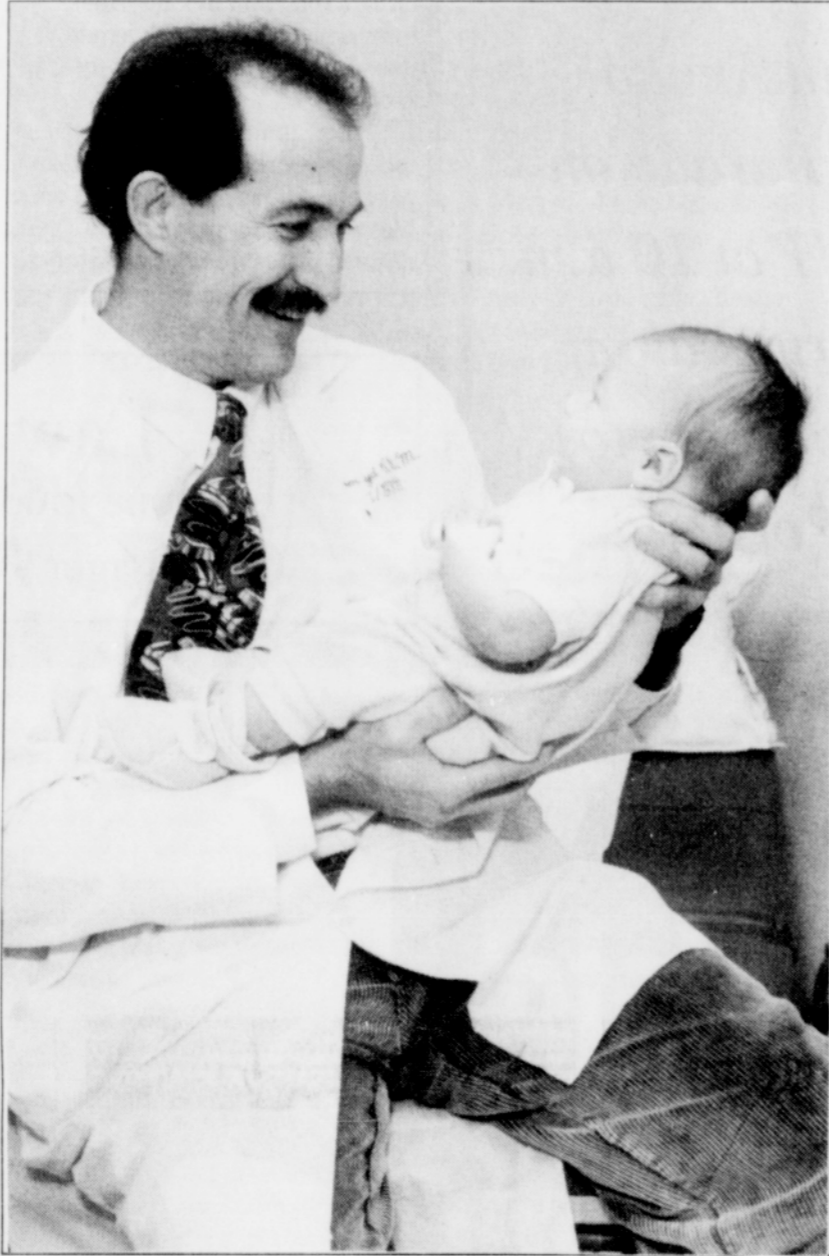
Allied health professionals have provided care at Kaiser Permanente for almost 25 years and represent several professions - nurse practitioners, certified nurse midwives, physician assistants, certified registered nurse anesthetists, optometrists, mental health therapists and drug and alcohol counselors.

"In the future, these professionals will have an even greater importance in health care," says Ben Berger, PA, Kaiser Permanente's allied health administrative coordinator. "If we develop a national health policy that covers all Americans, we'll suddenly add at least 25 million people to the number of patients receiving care. There's no way the country can gear up medical schools fast enough to provide that care."

Allied health professionals see patients who don't require a physician's specialized training.

As a certified nurse midwife, Lloyd sees moderate to low-risk pregnancy patients at the Mt. Talbert Medical Office and delivers babies at Kaiser Sunnyside Medical Center. He also consults with patients on family planning and women's health.

"What makes being a nurse midwife so special is that I'm allowed to become a part of someone else's family for a very im-



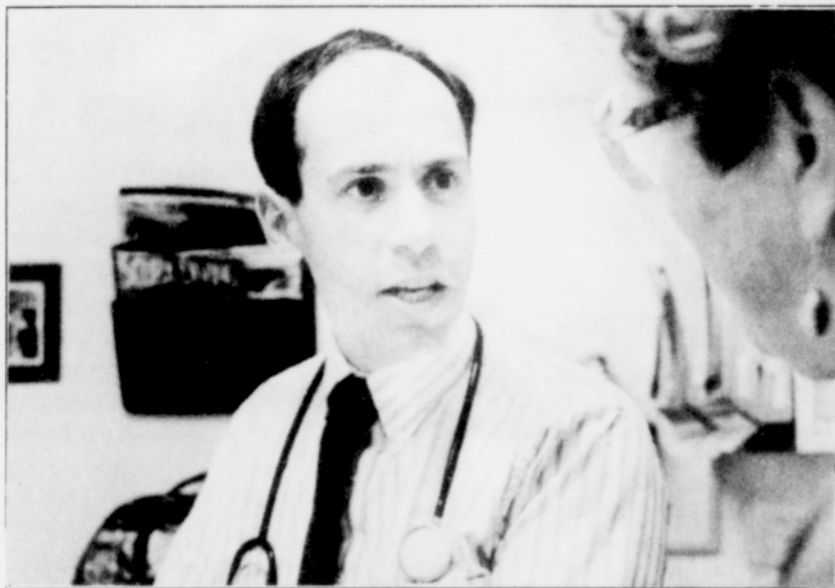
Tom Lloyd helps deliver babies as a certified nurse midwife.

Kammerer works at Bess Kaiser Medical Center and graduated in nursing from the University of Utah. She received her CRNA training at Abbott North-

ing in family practice at a Topeka, Kan. clinic, Schuman, treated his first HIV patient. Afterwards, he wanted to learn more about (at that time) the fairly unknown virus. He volunteered for the Topeka AIDS project and witnessed the discrimination HIV and AIDS patients faced in obtaining proper medical care. He used the experience to help establish an Immune Deficiency Clinic at Kaiser Permanente's North Lancaster Medical Office.

"We recognized a need and were able to use our resources to organize a specialized clinic to provide the best care for these patients," says Schuman. He is a graduate of the University of Maryland at College Park and completed physician assistant training at Long Island University/Brooklyn Cumberland Medical Center.

Kaiser Permanente is a group practice health maintenance organization providing medical care to more than 380,000 people in Oregon and Southwest Washington.



Eric Schuman is a physician assistant who works with AIDS patients.

portant event, such as the birth of a child," says Lloyd. An employee of Kaiser since 1989, Lloyd is a graduate of the University of Florida. He received his midwifery training at the University of Utah.

Certified registered nurse anesthetists have provided anesthesia care to patients for over a century.

Kammerer, administers anesthesia for a variety of surgical and obstetrical procedures.

"I spend quite a bit of time talking to patients to make sure they understand anesthesia and to assure them that they will be monitored throughout the procedure," says Kammerer, who's been with Kaiser since 1991. "It's professionally rewarding when new mothers tell me they had a pain-free birth experience."



Kelley Kammerer, CRNA

Suggestions For Keeping Your Blood Pressure In Check

African Americans are twice as likely to suffer from high blood pressure than whites, leaving them more susceptible to stroke, heart attacks and kidney failure. The risks for hypertension can be minimized, however, by knowing which lifestyle behaviors are the most harmful, and what steps you can take to change them.

The Summer 1994 issue of Heart & Soul magazine explores five lifestyle factors that can increase your risk for developing high blood pressure. Together, the solutions provide a lifelong prescription for preventing this life-threatening disease. **Here are the changes you can make to keep your blood pressure in check:**

THE PROBLEM THE PRESCRIPTION

An Unhealthy Diet Eat right. Limit your sodium intake to less than 3,000 mg a day by using salt substitutes, avoiding salty or processed foods and limiting your hang time on the salt

shaker. Stock up on such potassium-rich foods as bananas, potatoes, green leafy vegetables and dried peas and beans. Keep your fat consumption to less than 30 percent of your daily caloric intake and cholesterol to fewer than 300 mg per day. Cutting down on red meat and whole-milk dairy products will help, as will broiling, grilling, and steaming your foods instead of frying.

TOO LITTLE EXERCISE

Get moving. The healthier your heart is, the better it is at pumping blood. Climb the stairs instead of riding the elevator, take a walk at lunchtime, or go dancing. No matter what the activity, do something aerobic -- an activity that gets your heart moving -- at least three times a week.

EXCESS WEIGHT

Lose it, or lose out. Just one pound of extra body weight contains several hundred miles of blood vessels, meaning the heart has to work overtime to cover extra territory. Follow the guidelines for eating a healthy

diet and exercise regularly and you will be well on your way.

SUBSTANCE ABUSE

Give it up. The use -- and abuse -- of tobacco, cocaine, and alcohol are all linked to high blood pressure. Try to quit on your own, seek professional help, or join a support group, but take steps to quit today.

TOO MUCH STRESS

Learn to cope. Relax. Chill. Incorporate stress-busters into your daily routine. A few good methods to try are meditation, exercise, reading, listening to soothing music, some good old-fashioned rest & relaxation.

Not all hypertension suffers experiences the warning signs, which are changes in vision, shortness of breath, dizziness, fatigue and headaches. Overall, the best defense against high blood pressure is to follow the prescription of prevention listed above, and have your blood pressure screened by a medical professional at least once a year.

Nutritionist Director Receives Top Honor

Robert Honson, Portland School District's director of Nutrition Services, was served a gold plate recently when he received the International Foodservice Manufacturers Association (IFMA's) Gold Plate Award at their annual awards banquet.

Honson beat out several top contenders in the national food-service

industry to win the IFMA's top honor and title of "Foodservice Operator of the Year." The association gives its most prestigious award annually to recognize one person who has given a lasting and outstanding contribution to the industry. Other nominees included chairman and CEO of Wendy's International Inc., vice presi-

dent of food and beverages for Hyatt Hotels Corp. and CEO of Longhorn Steaks Inc. This is only the third time in the past 40 years that school foodservice director has won.

The central kitchen produces 38,000 meals daily for 92 schools.

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