

# HEALTH

The Portland Observer

## Health Consequences Of Menopause

Menopause is a pivotal event that changes a woman's body and her risks for illness and disease permanently. The effects of these inevitable changes, however, can be minimized and do not have to interrupt the quality of life. If you feel uninformed about menopause, you're not alone. A recent study found that 90% of all women feel uninformed about menopause and its effects on their health.

"A woman's second forty years can and should be her most enjoyable and productive years," says Karen Lee, ARNP and author of "Karen Lee's Healthcare Plan for Women In Their Second Forty Years" an interactive video/workbook program. "But she has to be informed and to take charge of her healthcare to make that happen."

Karen Lee explains that during a woman's reproductive years, two dominant female hormones -- estrogen and progesterone regulate the menstrual cycle. Estrogen is produced primarily in the ovaries. A small amount is also produced by the adrenal glands above the kidneys. Progesterone is produced only in the ovaries. A third female hormone -- known

as the Follicle Stimulating Hormone of FSH -- causes the follicle in an ovary to produce a ripened egg every cycle.

When a woman becomes menopausal, her ovaries no longer release eggs. The three hormones; FSH, estrogen and progesterone are not produced in the same ratios they once were and the impact of the loss of estrogen has far-reaching consequences for a woman's body. For example:

- **Heart and Arteries:** The loss of estrogen results in weakening of the walls of the heart and arteries, and increasing cholesterol levels, thereby increasing the risk of heart attack.
- **Vagina and Vulva:** The loss of estrogen results in thinning of the vaginal walls and decreased ability to lubricate for intercourse.
- **Bladder and Bowel:** Estrogen also helps the muscles of the vagina to support the bladder and the rectum. The loss of estrogen can result in urinary incontinence, and difficulty emptying the bowel.
- **Bones:** Estrogen protects the bones from osteoporosis. When the body stops producing estrogen, the bones



Karen Lee, ARNP and author "Karen Lee's Personal Healthcare Plan for Women In Their Second Forty Years And Beyond"

begin to lose their density and are more prone to fracture. "None of these changes has to threaten your quality of life," Karen Lee says. "With your healthcare provider, you can identify preventive steps and solutions to address these issues and minimize their impact."

## Aging Group May Sue Government

After waging a multi-year battle to assure that federal monies for the elderly go to those who most need them, the National Caucus and Center of Black Aged, is considering a lawsuit against the U.S. Department of Health and Human Services and its Administration on Aging.

The disputed matter focuses on proposed regulations intended to implement "targeting" language in the 1992 Older Americans Act. The language directs states to devise intrastate funding formulas that target those funds to older individuals with the greatest economic and social needs, with particular attention to low-income minorities.

The Older American Act provides such services as meals on wheels, transportation, homemakers, telephone re-assurance calls and legal

counseling. Because it's acknowledged that there are not enough funds to serve all elderly, those who are socially and economically disadvantaged are targeted. Elderly minorities have been shown to have a greater need for services than elderly whites chiefly because they are two to three times more likely to be poor. Elderly minorities also have been shown to be under served by the act's programs, especially when measured against their greater need for services.

A study produced for four national minority aging organizations found the proposed regulations could confer a government stamp of approval on funding formulas that are illegal or discriminatory against aged minorities. For example, the regulations will not require states to target funds and services to areas with the

largest number of minorities.

NCBA's efforts to assure the federal monies are targeted to economically and socially disadvantaged minorities in proportion to their need for services goes back to 1987.

"It is particularly frustrating and disheartening that two years after passage of an Older Americans Act, which was hailed as a victory for vulnerable minority and low-income elderly, the Department of Health and Human Services's Administration on Aging has proposed retreat," said Aaron E. Henry, a leading civil rights advocate and chair of the board of NCBA.

The NCBA is the only national group that dedicates itself solely to improving life for the nation's 2.7 million African-American elderly -- particularly those of low income.

## Holladay Park Medical Center Closed To Patients

Although Holladay Park Medical Center will transfer its last patient care services out of the building by June 30, its history of strong community service will live on at nearby Legacy Emanuel and Good Samaritan Hospitals. Many of Holladay Park's programs and employees have transferred to the two Portland sites.

"Nationally, healthcare reform calls for universal reductions in costs and more effective delivery systems. Locally, studies of the Portland area reveal a substantial oversupply of hospital beds," says Jim May, president and CEO of Legacy's Portland

Hospitals.

He adds, "Closing Holladay Park Medical Center minimizes duplication of medical programs and equipment and reduces overhead. This allows Legacy Health System to concentrate on what patients really need -- high quality care delivered more efficiently and cost effectively."

May anticipates the closure of Holladay Park will lead to annual savings of over \$3 million dollars.

Many of Holladay Park's administrative functions have been trans-

ferring to other Legacy locations over the past two years. For further information or to access a special service call 335-3500.

Holladay Park patients who wish to access their medical records should contact Legacy Emanuel's Medical Records department at 280-4100.

Legacy health System includes Emanuel Hospital & Health Center, Good Samaritan Hospital & Medical Center, Meridian Park Hospital, Mount Hood Medical Center, Legacy Visiting Nurse Association, CareMark/Managed HealthCare Northwest PPO.

## Study Shows Health Care Lacking

A new nationwide study by the U.S. Public Health Service's Agency for Health Care Policy and Research suggests that blacks get fewer medical tests and undergo fewer medical treatment procedures than whites. The study was based on discharge data from a sample of 500 community hospitals from 1980 to 1987. It found that the medical procedure use rates for blacks significantly trailed those of whites for 36 of the 172 procedures examined, were higher for 10 procedures and scored roughly equal to or not significantly different from white usage rates for other tests and therapies.

Blacks were much less likely than whites to have coronary artery bypass surgery, undergo cardiac catheterization, have cardiac pacemakers inserted, or receive other treatments for circulatory system problems. Blacks were also less likely to have plastic surgery of the nose, which

is generally elective, tonsillectomy -- a procedure whose widespread use has been questioned -- transurethral biopsy of bladder tissue, which is performed when cancer of the bladder is suspected -- ear procedures such as tympanoplasty, and appendectomies. The researchers also found that blacks were only about half as likely as whites to receive hip and knee replacements, arthroscopic surgery, and other tests and therapies for musculoskeletal disease.

In contrast, blacks were more likely than whites to have hemodialysis and other renal failure treatments performed, abortions and other obstetrical procedures, treatment for glaucoma and amputations of the lower extremities -- which are generally performed because of vascular complications arising as a result of long-standing diabetes mellitus.

Linda Demlo, Ph.D., administra-

tor for the policy and research agency, said the study is the broadest yet of black-white medical procedure rate differences and the first in a series of studies the agency is conducting to examine variations in the use of hospital procedures over time.

Anne Elixhauser, Ph.D., and fellow authors Rosanna Coffey, Ph.D., and Robert Harris, Ph.D., also examined whether differences in medical procedure use rates for black and white patients changed over time. The national estimates in the study are based on population.

Free single copies of "Trends in Hospital Procedures Performed on Black Patients and White Patients: 1980-1987," Provider Studies Research Note 20 (AHCPR-0003), are available from the AHCPR Publications Clearinghouse, P.O. Box 8547, Silver Spring, MD 20907; (800) 358-9295.

## Nudelman Leads Royal Rosarians

Vic Nudelman has been nominated Prime Minister and Secretary of State of the Portland Royal Rosarians.

Nudelman is a retired former

president of Nudelman Brothers with a long list of civic involvements to his credit. He went to Grant High School where he was captain of the football team. He attended the University of

Oregon, however his college was interrupted by World War II. He entered the army and attended officer's candidate school.

## Good News For African Americans With Heart Failure

Assistant Secretary for Health, Philip R. Lee, M.D., will announce new guidelines for doctors and consumers to treat heart failure, a condition which kills more than 200,000 Americans each year.

Heart failure is not a heart attack. It is a condition which a weakened heart pumps insufficient blood to meet the body's needs, and it is treatable. That's good news for more than 2 million Americans who suffer from the chronic condition. Approximately 400,000 new cases are diagnosed each year, and that number is expected to increase as the population ages. Although studies show no differences in prevalence among racial and ethnic groups, African Americans do have higher rates of high blood pressure, which is one cause of heart failure.

The Agency for Health Care

Policy and Research sponsored the guidelines which were developed by the RAND Corporation with the help of a private-sector panel of leading heart failure experts and consumers.

Heart failure can be better managed. The guidelines call for the wider use of medications proven capable of preventing heart failure in some high-risk patients, and improving comfort and longevity in patients with established heart failure. Patients should understand the importance of following their treatment regimens -- medicines, diet, and exercise. Patients and health care providers need to work as partners in making treatment decisions. Most persons with heart failure can adjust to the limitations imposed by the condition and continue to lead active and rewarding lives.

## Medical Services For Kidney Patients

Oregon Dialysis Services offers an ongoing series of free programs for potential and current kidney dialysis patients and their families. The series consists of four two-hour seminars held the first three Thursdays and following Wednesday of every month from 1 p.m. to 3 p.m. at 677 E. 12th Ave., Suite 110, Eugene. Evening courses may also be offered this summer.

The programs include information about end-stage renal disease, hemodialysis, peritoneal dialysis, transplants, and dietary and adjustment concerns. Preregistration is recommended. For more information and to register, call Oregon Dialysis Services at 686-7368.

## Care Advocates Honored

Two Multnomah County residents earned recognition for their efforts to improve the quality of life for the residents of nursing homes, adult foster care homes, assisted living facilities and residential care facilities. Meredith Cote, the Long Term Care Ombudsman for the State of Oregon, presented the awards at the program's annual statewide meeting in Eugene on May 16 and 17, 1994.

Tom Glenn of Southeast Portland received an Award of Merit for his outstanding advocacy on behalf of the residents he serves as a volunteer Certified Ombudsman. Mr. Glenn is an advocate for the residents of Menlo Park Health Care Center, a Portland nursing home and Gresham Retirement Center, a residential care facility. He works to ensure that the residents receive good quality care and to protect their rights. Mr. Glenn joined

the program in October 1993.

Dolores Hubert of Northeast Portland earned the Exceptional Service Award for Multnomah County for her excellent work at two nursing homes, Pacific Crest Rehabilitation Center in Gresham and Centennial Health Care Center in Portland. Ms. Hubert joined the program in November 1992.

The Office of the Long Term Care Ombudsman is an independent state agency committed to protecting the rights, safety and dignity of the residents of long term care facilities. Anyone wishing more information about the Ombudsman Program or the volunteer opportunities should contact Jean Mitchell at 282-9545 or Kathy Walter at 1-800-522-2602. An orientation training for new volunteers will begin July 14 in Portland.

## Singer Bryson Helps Medical School Fund

Grammy Award winner Peabo Bryson will perform at the National Medical Association's 1994 Scholarship Fundraiser in Orlando.

Bryson, who received the 1992 Grammy Award for the song "Beauty and the Beast," a duet recorded with Celine Dion, will headline the concert on Sunday, July 24, with proceeds benefiting the National Medical As-

sociation Scholarship Fund. The monies provide African-American students with annual scholarships to help defer the cost of a medical education.

In 1977, Bryson topped the charts with his extraordinary gold album "Reaching For The Sky" which included the all-time favorite "Feel The Fire." Since that time, Bryson has

enjoyed many No. 1 hits including "Tonight I Celebrate My Love," a duet with Natalie Cole, "Can You Stop The Rain" and most recently his 1992 Oscar winning duet with Regina Belle, "A Whole New World."

The benefit concert is part of NMA's annual convention.

## Insurance Underwriter Now Travel Agent

Continued from Metro

1964. Stories of a family of eight traveling in a VW camper trying to rent a home in Portland are amusing.

Five years later with all the children in school the Josephs moved to NE Portland and Mrs. Joseph worked for Fred Meyer and Portland Public Schools.

When her husband became an insurance agent, she became his secretary, working without a salary. It soon became apparent how well she worked with people and encouraged by management, she studied under Bob Yost and took the Oregon Insurance Exam, passing the first time. Mrs. Joseph became a Field Underwriter for New York Life Insurance Company at the tender age of 43. Many of you may remember the ads she placed in the Observer for herself and her husband. She became licensed in OR and WA and had clients in ID. Moving back to DC, she was licensed in DC, MD, VA and PA.

In the insurance industry it is

said that you become a part of the business when you deliver your first check.

The first death she had to deal with was that of her own son. At the time she felt that is what took her out of the business.

Moving back to the DC area she worked for the DC Department of Human Services as a loan and Grants Assistant. Later working for the I.R.S.

Mrs. Joseph attempted to go back into the insurance field but by then she was in her 50's and there were no takers. She still holds a valid license for the state of NC.

She has always done volunteer work in hospitals. Peggy Worked in the church in the Eucharistic, Senior and Prison Ministries and as an usher. A non-singer her ambition is to learn sign so she can sign with the choir.

A member of the Portland Flur de Lis Club.

Her studies have continued over the years. Most recently learning the airlines SABRE system at AA in Texas.

Returning to Portland she again worked wherever work was available and the most recent employment was with PPS. Budget cuts ended that career so Mrs Joseph finally accepted an offer from a friend in CA to come learn the travel business. She invested in New Adventure Travel Service.

To supplement her SS Peggy Joseph is now working from her home as an outside agent for NATS and is looking for a local agency to join. Call her for more information and/or to make your travel arrangements. If you are a non-sailor or flyer she can also make your tour or train travel.

Cruises are her. So far she has booked a Caribbean Cruise for the Grandnitters in August. There is still space left... There is also a Pre-Holiday Fantasy to the Bahamas in December. If you are interested in either of these or if you would like to pick another date or Cruise, call her. She is making arrangements for a Reunion Cruise next year. So for the Class of Family Reunion....Call her at 288-9590.