

HEALTH

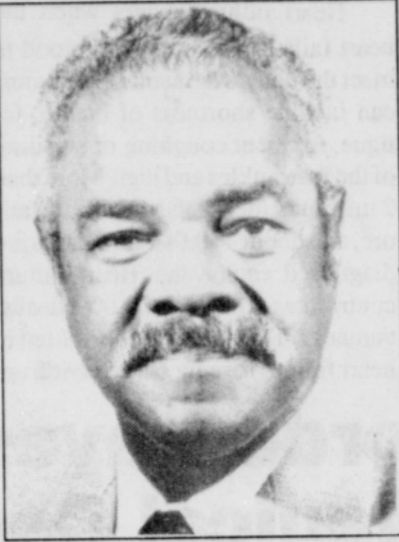
The Portland Observer

First African American To Lead Medical Group

As osteopathic physicians convene in Atlanta, Ga., for the American Osteopathic Association's annual business meeting, they also will be celebrating an historic event: the inauguration of the association's first African American president.

William G. Anderson, D.O., will be inaugurated as AOA president on July 17. At a luncheon ceremony, he will present his inaugural speech outlining his presidential initiatives for the upcoming year. During the address, Anderson will also unveil his theme for the year which is "Osteopathic Medicine: An Idea Whose Time Has Come."

"As all of health care enters this next year of reform and



William G. Anderson

change, osteopathic medicine continues to be a natural solution," said Anderson. "The osteo-

pathic profession has been committed to primary care for more than a century and the age-old ideals of osteopathic medicine now represent the backbone of the current reform debate."

Anderson began his professional medical career in Albany, Ga., where he practiced for six years. During this time, he was a founder and first president of the Albany Movement. As a friend of Dr. Martin Luther King Jr., Anderson worked extensively to spear the Civil Rights movement in southwest Georgia throughout the 1960s.

At this annual policy-setting meeting, members of the AOA House of Delegates will also debate various health care reform topics.

Car Phones May Be Dangerous To Health

Can you talk and drive at the same time?

Maybe not, if you're talking on a telephone. Car telephones can divert the driver's attention from the road so, if the car in front of you stops suddenly and you're talking on the phone, you may react slower than normal - and that could be the difference between an accident and a "close call."

"With millions of cellular car telephones now in use, motorists should think about how to use them safely," says Marianne Macina, a regional manager for the Western Insurance Information Service of Beaverton.

Macina said certain sensitive calls should be made or taken only in a car safely parked at the side of the road or in a parking lot.

"Don't stop on a highway shoulder unless you face an emergency because that can also be hazardous," Macina warns. "Operating a vehicle at 55 or 65 mph is no time to learn that your company lost a multi-million

dollar contract. People forget that driving in today's traffic demands full attention."

According to statistics from the Insurance Information Institute, there were 31.8 million motor vehicle accidents in the United States in 1992, costing more than \$98 billion.

"A good rule of thumb to remember is: If your car is moving keep phone conversations short, light and simple - unless you have a chauffeur," said Macina.

"Car telephones today are no longer the status symbol they were when cellular service first started. As prices have plummeted, they've become popular with real estate agents, sales people, executives, truck drivers and repair personnel, to name a few, because they save time and improve service. Many say they wonder how they got along without them."

Macina says a growing number of people are purchasing car telephones as a "safety net" for their

spouses and children.

"If the car breaks down or is involved in an accident, help can be summoned quickly. And car phones are used to report accidents involving other motorists and disabled vehicles to the police," Macina said.

Other tips for safe driving and telephoning:

*Don't attempt to take notes while driving and telephoning.

*Avoid giving company secrets or credit card numbers on a car phone. Radio transmissions could be picked up by others.

*Remove the external telephone antenna when parking the car. The antenna makes it easier for thieves to spot cars with phones.

*Don't expect the police to be too sympathetic to an accident caused by a phone conversation. You could even get a ticket.

*Be aware that many car insurance policies exclude coverage if the phone isn't permanently installed in an opening in the dashboard of the console.

Mental Health And Mental Illnesses In Black America

Three groups converged on Capitol Hill to discuss the impact of mental illnesses on the Black American community. The briefing, co-sponsored by the Congressional Black Caucus, the National Mental Health Association (NMHA) and the National Institute of Mental Health (NIMH), explored the culturally unique factors that are part of the recognition and treatment of depression and mental illnesses in Black Americans. Mental health professionals and civic leaders also discussed the need to focus more attention on the full range of factors affecting mental illnesses among Black Americans. Among the guest speakers were Martin Luther King III and NFL Hall of Famer Earl Campbell.

"This briefing comes at a critical time," Rep. Louis Stokes (D-Ohio) told members and guests. "Issues relating to mental and behavioral health play an important role in a wide range of legislation, encompassing everything from the crime bill and health care to the coming debate on welfare reform. Broadening the understanding of depression and mental illnesses and their impact on society is a very im-

portant first step toward change."

Dr. Freda Lewis-Hall, special adviser, NIMH Office of Special Populations, called attention to the fact that although mental illnesses do not discriminate -- striking Blacks, Whites, Asians and Hispanics alike -- some of the factors that contribute to depression and other mental illnesses in Black Americans may be unique. "Clarifying the impact of culture on diagnosis and treatment will enhance the ability to effectively treat mental illnesses and lessen their toll on the Black community," she said.

According to experts, stigma and lack of understanding about mental illnesses and their root causes have contributed to a low rate of recognition and treatment among those with these conditions. For instance, while clinical depression strikes more 17.5 million adults each year, encompassing 3.5 percent of Black adults, less than two-thirds of those with depression seek treatment. Few people realize that depression is a serious mental illness that can ruin careers, families and marriages. It is often accompanied by alcohol and drug abuse. Fifteen percent of those with severe clinical depression die of suicide. Ef-

fective treatments (therapy and medication) are available and highly effective, yet fear, stigma and lack of knowledge prevent the majority of those with clinical depression from seeking treatment. And, in the Black American community, the percentage of people whose symptoms go unrecognized or misdiagnosed is even higher.

Having personally experienced panic disorder, former Houston oiler Earl Campbell stressed the importance of public education in de-stigmatizing mental illnesses. "Many people can't accept the fact that they suffer from a mental illness because they think somehow it's their fault, that they have failed or that they can handle it on their own. Well, whether it's depression, panic disorder or some other condition, the fact is it's a disease that needs professional, medical treatment."

"Once I was willing to challenge the stigma I was lucky enough to get treatment. Not everyone is as fortunate. We need to make sure that help is available to all people -- rich and poor, Black and White -- and that they know where to turn to help for."

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Free Contact Lenses Available Through Study

A free pair of contact lenses will be given to persons who successfully complete a research study evaluating various types of contact lenses and lens care solutions at the Pacific University Portland and Forest Grove Family Vision Centers.

Both current rigid and soft contact lens wearers, as well as non-wearers may be eligible for studies. Those qualifying for the study will evaluate performance characteristics of both soft frequent replacement contact lenses and rigid gas permeable (RGP) lenses and solutions. Subjects will be required to complete several visits during the study at either the Portland or Forest Grove Family Vi-

sion Center for the evaluation process. Upon successful study completion, participants will receive a free pair of either soft or rigid contact lenses. Lens care solutions will also be provided at no cost throughout the study.

Those qualifying for the study will be required to purchase a contact lens care agreement which provides one full year of vision care protection. Cost for this lens care agreement is \$80. However, this \$80 fee may be discounted for specific studies. For study registration and more information, please call the Pacific University Portland Family Vision Center, 224-2323, Ext. 402.

KXL Anchor Wins Top Award

For the second year in a row, KXL news radio 750 anchor and reporter Diana Jordan has received a first-place award from the National Federation of Press Women. The award, for Best Radio News Anchor in the 1-50 top market category, was presented June 18 in Las Vegas.

"We're extremely proud of Diana for winning this prestigious award," said KXL Operations Manager/News Director Dennis Kelly. "The fact that she has received it two years running is a testament to her talent, hard work and ability."

Thus far in 1994, members of the KXL news team have won over 20 national and regional radio news awards.

Medicine Guide Available

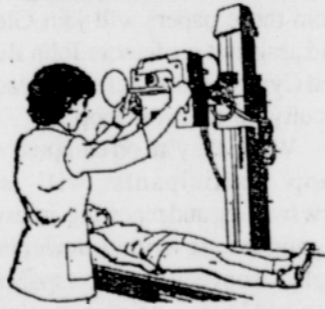
Modern medicines are powerful tools in the fight against disease. They prevent, cure and soothe many illnesses, and have saved millions of lives. The pharmaceutical Manufacturers Association has prepared a booklet to help people understand medicines and assist users in the proper care and use of prescription medicines.

For a free copy of the "Consumers Guide To Prescription Medicines," which contains a form for listing the medicines you take, write: Larry Lucas at the Pharmaceutical Manufacturers Association, 1100 15th Street, NW, Washington, D.C. 20005

JANA TORAN
ATTORNEY AT LAW

PERSONAL INJURY, PRODUCTS LIABILITY, AND EMPLOYMENT LAW
SUITE 950, AMERICAN BANK BLDG
621 SW MORRISON STREET
PORTLAND, OREGON 97205
(503) 225-0227

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