

# HEALTH

The Portland Observer

## Celebrities Support Sickle Cell Anemia



Celebrities and public service representatives gather to give their time, money and a little hope to the children of the Marian Anderson Sickle Cell Anemia Care and Research Center at St. Christopher's Hospital for Children in Philadelphia. A Janet Jackson concert sponsored by Sony Music helped raise money to continue research aimed at eliminating the pain of sickle cell disease.

## Powerful Psychotropic Drugs More Often Used On African-Americans

African-American activists along with other psychiatric activist groups have expressed concern that the African-American population is being targeted by racial psychiatry. Many are concerned the government may institute a "violence initiative" which, critics charge, would unfairly target minorities, including young children, for "treatment" with powerful mind-altering drugs and other means.

Dr. James Aungst, spokesman for the Citizens Commission on Human Rights (CCHR), stated, "Racist psychiatry has been around for a very long time. Recent statements by people inside the industry and studies by the profession itself are now bringing this into the light. We here at CCHR are appalled that the psychiatric industry would target people of color as predisposed to violence and then subsequently drug them with powerful and

potentially deadly drugs."

A recent study published in the American Psychiatric Association's "Hospital & Community Psychiatry" explores why adult African-Americans in the psychiatric system are 1.83 times more likely to get a form of twitch-inducing permanent brain damage (called T.D.) from the powerful family of neuroleptic-type drugs, such as Haldol, Prolixin, Mellaril, Thorazine, etc. While not finding a conclusive reason for the high rate, they did make a stunning observation about African-Americans and the long-acting version of the neuroleptic.

The authors of the study stated, "To our knowledge, we are the first researchers to document that black patients received higher doses of neuroleptic medications and were more frequently given high-potency depot neuroleptic than white patients..."

Our results indicate that the higher doses given to black patients can be explained entirely by more frequent use of high-potency depot neuroleptic." While about one-fourth of the study subjects were African-Americans, fully one-half of those at the baseline of the test being given depot neuroleptic were African-Americans.

Dr. Aungst commented, "In my opinion these drugs do nothing more than turn these people into shuffling zombies."

"For the psychiatric industry to make claims that a person is predisposed to having a mental illness on the basis of his skin color is outrageous. The American people need to take heed and take a very close look at what the psychiatric industry is doing to their country before it is too late." Aungst concluded.

## NEWS

### Cancer Research: New Progress

(NAPS)—The cure for cancer comes ever closer, thanks to research done by talented young scientists whose work is supported by the Cancer Research Fund of the Damon Runyon-Walter Winchell Foundation.

Your contributions can bring scientists closer to finding a cancer cure.

One of these scientists is James M. Schlauch, Ph.D., who had a Damon Runyon-Walter Winchell Fellowship at Harvard Medical School. Schlauch studied *Salmonella typhimurium*, a bacteria which causes a deadly typhoid-like disease in mice. Dr. Schlauch and his colleagues were after virulence factors, deadly genes that become active only in certain environments.

The team identified 50 virulence genes that enable the bacterium to live in the mouse. This discovery will likely lead to a comparable method for detecting virulence factors in viruses, including those retroviruses tied to cancer.

You can help such important research projects to continue by sending a contribution to the Cancer Research Fund of the Damon Runyon-Walter Winchell Foundation, 131 East 36th St., New York, NY 10016. One hundred percent of every donation you make to the Fund goes to cancer research.

## ENROLL NOW FOR FALL PROVIDENCE MONTESSORI SCHOOL

Ages 2½ to 6  
Monday - Friday • 7 a.m. - 6 p.m.

### NEW! Morning Half-day Montessori Class

- Experienced staff • Nutritious lunch/snacks • RN
- Diversity among children & staff • Creative Movement Class

872-2400

Providence Child Center • 830 N.E. 47th Avenue

## Kaiser Permanente Offers Health Education Classes

Several classes open to the public are being offered in North Portland this summer and fall through Kaiser Permanente. For registration information, call Kaiser Permanente's Health Education department at (503) 286-6816.

### "COUPLES COMMUNICATION"

Communication and decision-making skills for many couples are easy to learn but hard to put into practice. Kaiser Permanente's "Couples Communication" class helps couples learn and practice basic communication skills. The eight sessions will be from 6:30 to 8:30pm on Thursdays, Aug. 11 through Sept. 29, at Kaiser Permanente's Education and Conference Center (Town Hall), 3704 N. Interstate Ave., Portland. Cost is \$80 for couples who are Kaiser Permanente members, \$140 for the general public. Please register at least 10 days before the class starts.

### "DIABETES BASIC SERIES"

Uncontrolled diabetes can lead to serious health problems. Kaiser Permanente offers several classes where you can learn self-care skills to control your diabetes. The three-session "Diabetes Basic Series" will be from 9am to noon on Monday, Tuesday and Wednesday, Aug. 29, 30 and

31, at Kaiser Permanente's Education & Conference Center (Town Hall), 3704 N. Interstate Ave., Portland. Cost is \$15 for Kaiser Permanente members, \$75 for the general public. A spouse or other person is encouraged to attend at no extra cost.

### "MANAGING STRESS AND ANXIETY"

Kaiser Permanente's "Managing Stress and Anxiety" program can help manage stress which accompanies the pressures of life. The eight sessions will be from 6:30 to 8:30pm on Thursdays, Sept. 1 through Oct. 20, at Bess Kaiser Medical Center, 5055 N. Greeley Ave., Portland. Cost is \$80 for Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before the class starts.

### "EMERGENCY CARE OF THE YOUNG CHILD"

This is a first and CPR program for parents of newborns. The two sessions will be from 6:30 to 9:30pm on Tuesdays, Sept. 6 and Sept. 13, at Kaiser Permanente's Education & Conference Center (Town Hall), 3704 N. Interstate Ave., Portland. Cost is \$30 for Kaiser Permanente members/couples, \$60 for the general public. Please register at least 10 days before the class starts.

III. Hood  
Festival Of Jazz  
August 6th - 7th

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

SISTERS OF PROVIDENCE HEALTH SYSTEM

We make  
it easy  
to choose  
good health.

When you choose your health insurance, choose the Good Health Plan. It's a simple choice that provides convenient access to the health care you need:

- affordable health insurance
- choose your own doctor
- convenient access to services
- Sisters of Providence hospitals: St. Vincent, Providence, Providence Milwaukie, Providence Seaside and Newberg Community Hospital.

Call us today for more information. Because good health is a good choice.

GOOD HEALTH PLAN  
Our mission: your health.

(503) 280-7500  
1-800-878-4445

