

HEALTH

The Portland Observer

State Project Targets Hepatitis B In Teens

Oregon health officials this school year plan to vaccinate an additional 5,000 teens against the highly contagious disease, hepatitis B. During the past two and one-half years, the state has provided shots in juvenile detention centers, school-based health centers, primary care clinics, county health departments and residential facilities for psychosocially dysfunctional children. Pharmaceutical companies Merck & Company and SmithKline Beecham donated the vaccine.

"Our record for immunizing teens against hepatitis B is better than for any state in the country," said project director Jeri O'Banion. "But as we prevent more cases among adolescents, we want to encourage all young people to talk to their health care providers about receiving vaccinations."

Hepatitis B is caused by a highly infectious virus that attacks the liver. It can lead to severe illness, liver damage, and in some cases, death. A person can get hepatitis B by sharing needles or having sex with someone who is infected with the hepatitis B virus. Infected mothers can pass the disease to their babies during childbirth. As many as 30 percent of the people infected with the virus, however, have no known risk factors for the disease.

Despite the 1982 introduction of a safe and effective vaccine, hepatitis B continues to be a public health problem in Oregon and the nation. The primary strategy for eliminating the disease includes routine shots for infants. Adolescents and adults, who have never received the shots, make up an estimated 91% of the hepatitis B infections nationwide.

Toys Sought In Exchange For CPR Training

The Portland Fire Bureau is offering CPR training in return for the donation of a new unwrapped toy for its Toy and Joy program, a Christmas season charity.

Two classes providing certification in the medical emergency techniques, with up to 50 people per

class, will be held on Saturday, Sept. 24 at the Fire Bureau Training Center, 4800 N.E. 122 Ave.

Reservations will be made on a first come, first serve, basis. To register call Lisa Jacobson at the training center at 823-3890.

Health Screening For Seniors

Free health check-ups for adults age 55 and older are being offered during October by the Legacy Visiting Nurse Association.

The health screenings may include general physical assessment, nutrition, testing, blood pressure checks, foot care evaluation, medication review, pulmonary functions, cancer education, and vision, glaucoma and hearing tests. Blood tests are optional at a \$5 fee.

Appointments are necessary and may be made by calling the following screening sites:

Oct. 7 - EASTCO Loaves and Fishes, St. Aidans Episcopal Church, 17405 N.E. Glisan, 255-9775, 9 a.m. to noon.

Oct. 14 - Volunteers of America;

537 S.E. Alder, 232-2233, 9 a.m. to noon.

Oct. 21 - Lents Loaves and Fishes, St. Peters Catholic Church, S.E. 87 and Foster, 771-1610, 9 a.m. to noon.

Oct. 28 - Sandy Senior Center, 38348 Pioneer Blvd., 668-5569, 9 a.m. to noon.

Legacy's visiting nurses conduct 25 screenings a year at senior and community centers throughout the Portland area. The screening team includes registered nurses, respiratory therapists, podiatrists, dentists, pharmacists, medical laboratory technologists, ophthalmologists and dietitians. For more information call 225-6300.

Shelter Offers Volunteer Training

The Salvation Army's West Women's and Children's Shelter in Portland is offering a volunteer training program beginning Oct. 1. The program includes four Saturday sessions, from 10 a.m. to 9 p.m. at the shelter at 2010 N.W. Kearney.

Topics include domestic violence, drug and alcohol abuse, rape, sexual abuse, incest, mental health,

post traumatic stress disorder, oppression, HIV, and crisis and suicide intervention.

More than 350 volunteers have participated in the training program since it began in December 1988. These volunteers provide essential services to the nearly 60 women and children who call the West shelter "home," officials said.

Free Medical Career Information Sessions

Mt. Hood Community College is offering free one-hour information sessions this fall term for persons interested in entering career training programs in one of five medical occupations. Sessions will be held throughout the term in the areas of mental health/human services, nursing, occupational therapy assistant, physical therapy assistant and respiratory care.

Mental health/human services sessions will be held the third Thursday of each month at noon in the Allied Health Conference Room.

Nursing sessions will be held the first Tuesday of each month at 11 a.m. in the Allied Health Conference Room.

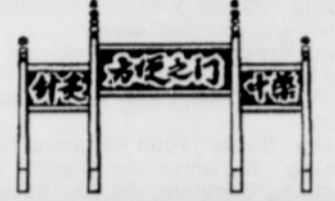
Occupational therapy assistant sessions will be held the first Thursday of each month at noon in the Allied Health Conference Room.

Physical therapist assistant programs will be held the second Tuesday of each month at 3:30 p.m. in the Allied Health Conference Room.

Respiratory care sessions will be held the first Tuesday of each

month at noon in Room 2771. For more information call MHCC's Allied Health division at 667-7113.

OPEN GATE ACUPUNCTURE CLINIC



AN AFFORDABLE COMMUNITY CLINIC

Allergies • Asthma
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Stop Smoking • Stress
Menstrual Disorders
Diet • Nutrition

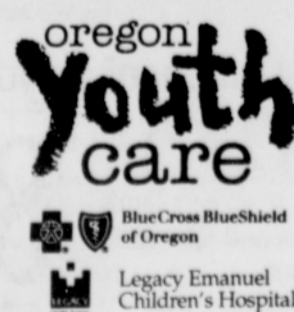
1011 EAST BURNSIDE
232-3857



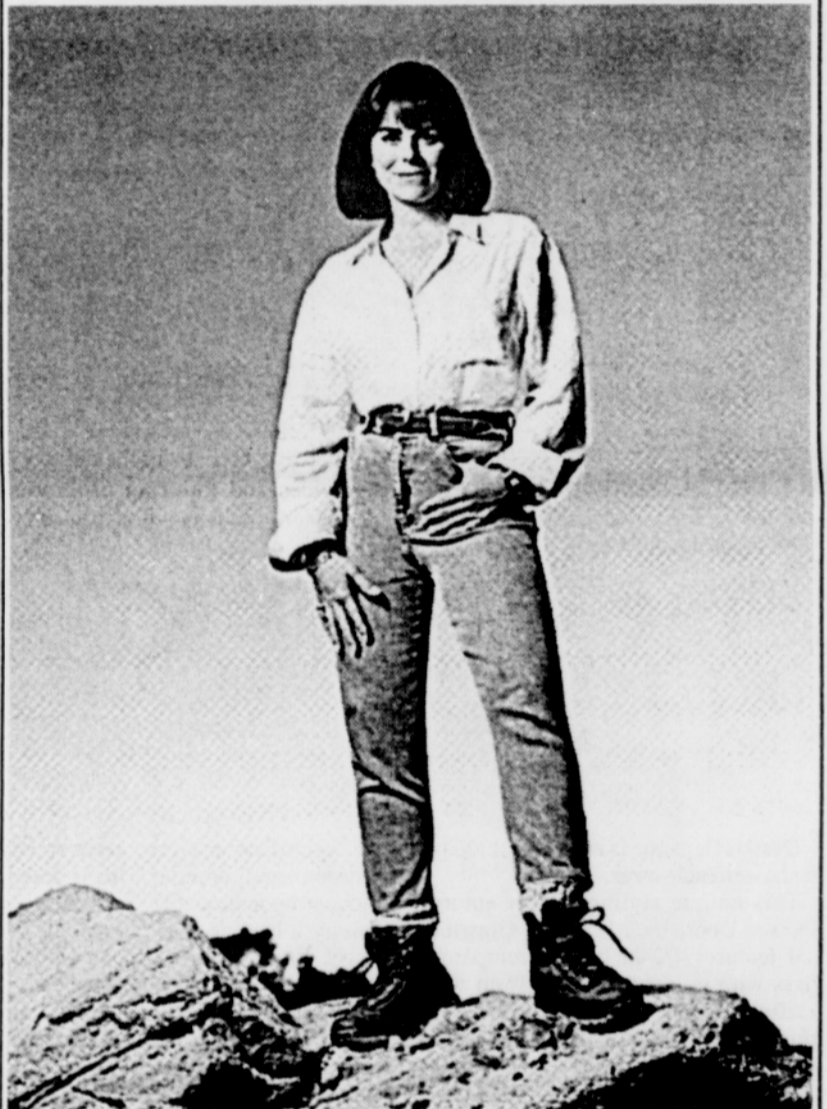
These days, there's no telling how much your kids could wind up costing you.

But now, at least their health care costs can be controlled.

Sound the trumpets, beat the drums: Someone has finally come up with affordable healthcare coverage for your children. Like a rate of just \$29.50 per kid, per month. Best of all, that someone is Blue Cross and Blue Shield of Oregon, the largest, most respected name in the business. What we've done is base premiums strictly on the average medical expenses and needs of kids, unlike most programs. We've also formed an alliance with the 80 affiliated physicians of Legacy Emanuel Children's Hospital. For details, contact your local independent insurance agent or call 1-800-762-4831 or 225-4910. But don't put it off. The only thing predictable about kids is their unpredictability.



"I MADE IT!"



"How I lost more than 20 pounds with Weight Watchers and reached my personal goal."

By Kathleen Sullivan

"Life looks beautiful from here. I'm at the weight I want to be, and I feel the way I want to feel. And you know what got me off to such a great start? Weight Watchers Superstart program."

"That's because Superstart is like a 'jump start' for people who want to lose weight. During this two-week program, you'll eat real food you make yourself—including your favorites from really simple recipes. You'll feel great and you will see those pounds drop away."

"I lost eight pounds in just two weeks on Superstart. Can you imagine? Eight pounds!"

NORTHEAST PORTLAND	NORTH PORTLAND
Maranatha Church 4222 N.E. 12th (Enter on Skidmore) Sat. 9:30 a.m.	Northminster Presbyterian 2833 N. Portland Blvd. Fellowship Hall Tues. 7:00 p.m.
Nationwide Insurance 919 N.E. 19th Ave. Wed. 11:45 a.m.	University of Portland 5000 N. Willamette Blvd. Columbia Hall (Enter from Portsmouth) Wed. 4:45 p.m.
Tillamook Park Bldg. 2108 N.E. 41st Ave. Mon. 7:00 p.m. Tues. 7:00 p.m. Wed. 9:30 a.m. & 5:00 p.m. Thurs. 7:00 p.m. Fri. 9:30 a.m.	
Temple Baptist Church 1319 N.E. 7th, Fireside Room Tues. 12:00 Noon	

JOIN ANY MEETING ANYTIME
For Information Call Collect Weekdays
8:30 a.m. to 5:00 p.m. (503) 297-1021

Weight Watchers

This is Kathleen's experience. As people vary, do does individual weight loss, maintenance and results. ©1994 WEIGHT WATCHERS INTERNATIONAL, INC., Owner of the registered trademark. All rights reserved.