

HEALTH

The Portland Observer

Kaiser Permanente Offers Health Education Classes in North Portland

Several classes open to the public are being offered in North Portland this fall through Kaiser Permanente. For registration information, call Kaiser Permanente. For registration, call Kaiser Permanente's Health Education department at (953) 286-6816.

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 8:30 p.m. on Tuesdays, Oct. 25 through Dec. 13, at Bess Kaiser Medical Center, 5055 N. Greeley 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.

Ending a love relationship can be difficult. Kaiser Permanente's "Divorce Adjust-

ment" program focuses on adjustments to make divorce less painful. The eight sessions will be from 6:30 to 8:30 p.m. on Tuesdays, Oct. 11 through Nov. 29, at Kaiser Permanente's 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.

Free Immunizations

The Multnomah County Health Department continues to offer free immunization clinics for children, teens, and adults at different sites around the county. No income or insurance screening is required. For the next two weeks in September, fee immunizations will be available at the following locations:

- **Thursday, September 22nd** from 5 p.m. to 8 p.m. at Beach Elementary School, 1710 N. Humboldt
- **Saturday, September 24th** from 10 a.m. to 2 p.m. at Eastmoreland Hospital, 2900 S.E. Steele
- **Tuesday, September 27th** from 3 p.m. to 7 p.m. at Matt Dishman Community Center, 77 N.E. Knott
- **Thursday, September 29th** from 5 p.m. to 8 p.m. Woodlawn Elementary School, 7200 N.E. 11th

"Pink Eye" Likes School

Pink eye, or those reddish, scratchy, drippy eyes, spreads easily among students.

Pink eye is caused by a contagious virus or bacteria. It inflames the transparent layer, or conjunctiva, covering the surfaces of the inner eye lid and the front of the eyeball.

The start of the school year is a good time for parents to remember the signs and treatments for pink eye:

* In addition to the tell-tale color, optometrists recommend looking for inflamed inner eyelids; watery eyes; blurred vision; a sandy or scratchy feeling in the eyes; and a pus-like or watery discharge around the eyelids.

* Parents should seek immediate treatment for pink eye. Optometrists treat bacterial pink eye with antibiotic eye drops and/or ointment. Viral pink eye may require antibiotics for secondary bacterial infections.

* Younger children should be kept away from school, camps and the swimming pool until the condition is cured.

To prevent pink eye, students should keep their hands away from their eyes; thoroughly wash their hands before and after applying eye medication; and avoid sharing towels, washcloths, cosmetics or eye drops with each other.

Conjunctivitis can also be caused by allergic and chemical reactions. These types are treated by removing the source of irritation; eye drops are also available to relieve the discomfort.

For a free brochure on conjunctivitis, call the Oregon Optometric Association toll-free at 1-800-922-2045 or, in the Portland area, 654-5036.

Free Back To School Children's Health Check-Ups

Children 12 years and under may receive free physical exams at a special Well-Child Clinic on Saturday, October 8th from noon to 4:00 p.m. at Portland Naturopathic Clinic. This preventive health screening may also be used to satisfy back to school physical exam requirements. Parent should call (503) 255-7355 for an

appointment. Since the number of appointments is limited, parents are urged to call early.

Portland Naturopathic Clinic is a part of National college of Naturopathic Medicine, an international center for education and research in naturopathic health care.

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The Portland
Observer
Call 503-288-0033

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.

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.

NEWS OF NUTRITION

Health And Lifestyle

by Robin Vitetta, nutritionist (NAPS)—A recent Gallup poll of over 1,000 women over the age of 18 revealed that 51 percent say they are overweight by at least ten pounds. In fact, the Calorie Control Council determined that 48 million consumers are dieting

at any time, and an additional five million are dieting as a result of holiday over-eating.

My guess is, you, or someone you know, are probably one of those feeling guilty about over-indulging this holiday season.

Just get back on track, and make your New Year's resolution both attainable and enjoyable.

"Diets don't work!" Heard this before? Well, it's true. The word "diet" evokes feelings of frustration, deprivation and often failure for anyone who has unsuccessfully tried to lose weight. Successful weight loss begins with changes in food intake and exercise routine. But, what few people realize is these changes should incorporate the foods and activities you enjoy.

Follow these suggestions to help you prepare great tasting low fat meals: Fill 75 percent of your plate with fresh vegetables, whole grains and legumes, and add a fist-size portion of lean meat or fish. Marinate in oil-free, fat-free dressings, and grill or broil for the ultimate fat and calorie savings. If you don't have time to cook, you can still eat healthy, as prepackaged meals boast a better-than-ever nutritional profile. For example, you can't go wrong with Weight Watchers Food Company

products, including an extraordinary line of frozen entrees called Smart Ones™, with one gram of fat (or less!) per serving.

When dinner is over, don't blow it on dessert! Choose fresh fruit, sherbets or reduced-fat sweets such as Weight Watchers Frozen Treats and Frozen Desserts, which will cure any sweet tooth. Imagine treating yourself to a 35 calorie Weight Watchers Chocolate Mousse Bar, or an indulgent Sweet Celebrations™ Chocolate Eclair, and not feeling guilty.

To be a smart eater, you must be a smart shopper. A cabinet filled with high-fat chips and cookies is dangerous, choose fat-free or reduced-fat snacks instead. For example, to play it safe, stock up on some Weight Watchers Smart Snackers™, a fabulous line of low-fat snacks including apple chips, cheese curls, honey roasted peanuts and butter toffee popcorn. Eat realistic portion sizes, read labels for fat, calorie and sodium content and use snacks wisely.

Weight Watchers Food Company offers a wide variety of great-tasting, nutritionally advantaged food products, that can help you reach your weight loss and maintenance goals. Start now by entering the Weight Watchers Food Company Lose 10 lbs. America Challenge. To participate, simply purchase 20 Weight Watchers Food Company products, submit cash register receipts, plus proofs of purchase and the official mail-in certificate. In return, you will receive a ten dollar check redeemable at your grocery store. Now that's a great incentive to start eating healthy. For more information, just visit your local supermarket.

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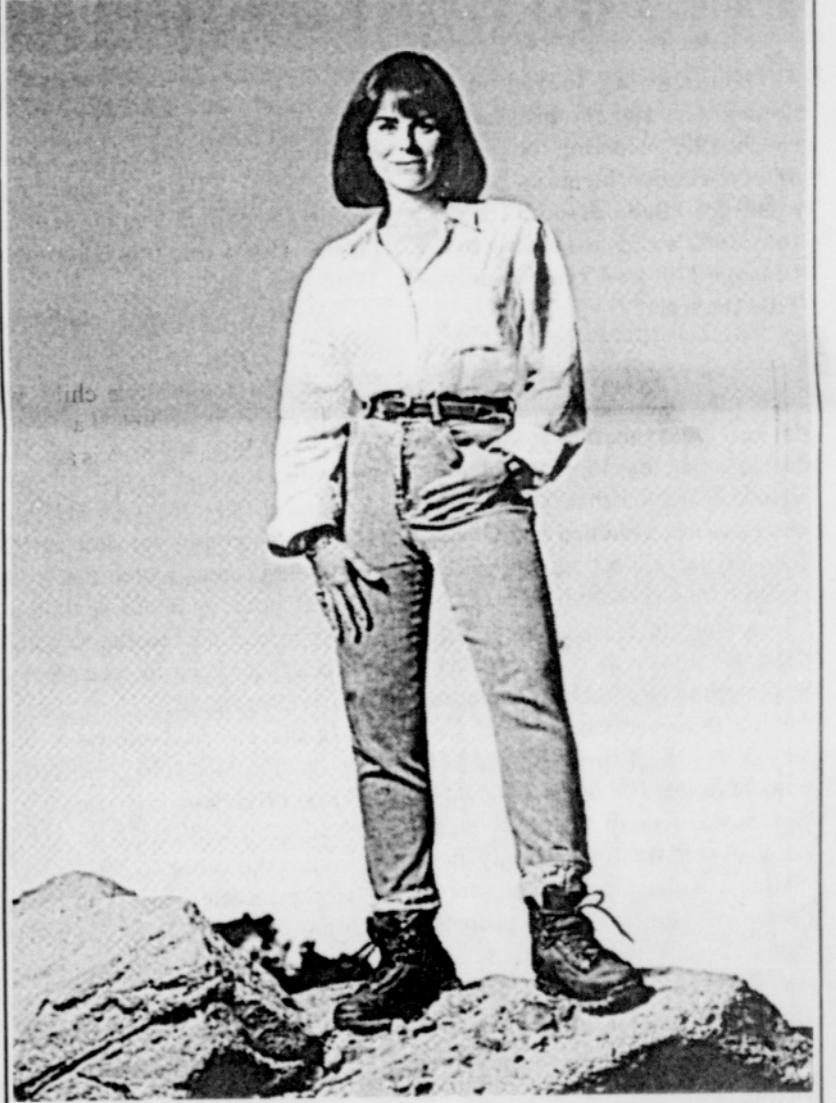


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"I MADE IT!"



"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, so does individual weight loss, maintenance and results. ©1994 WEIGHT WATCHERS INTERNATIONAL INC., Owner of the registered trademark. All rights reserved.

MEETING NOTICE

OREGON DEPARTMENT OF EDUCATION
State Advisory Council for Special Education will meet at
Multnomah ESD, 11611 NE Ainsworth Circle (at Airport Way)
Auditorium East and West
Portland Oregon 97220
September 29, 1994, 3:00-7:00 p.m.
and September 30, 1994, 8:30 a.m.-12:00 Noon
Public Participation Is Important.
For map & agenda, call Vicky Wilbanks 378-3598