

HEALTH

The Portland Observer

Link Found Between Abortion And Breast Cancer

Women under age 45 who have had an induced abortion may have an increased risk of breast cancer according to a study published in the Nov. 2 Journal of the National Cancer Institute.

Overall, for the women in the study who had been pregnant at least once, the risk of breast cancer among those who had experienced an abortion was 50 percent higher than women who had never had an abortion, said Dr. Janet Daling, an epidemiologist with the Fred Hutchinson Cancer Research Center and the University of Washington.

Daling who led the research team of Drs. Kathleen Malone,

Lynda Voigt, Emily White and Noel Weiss, says the group found the highest risk was among women who had their first induced abortions before age 18 or after age 30. Among women who first terminated a pregnancy before age 18, the risk of breast cancer was 150 percent higher, while women who experienced an induced abortion after age 30 had a 110 percent increase in risk.

Women who had multiple abortions did not have a higher risk of breast cancer than women who had only one abortion. There was no increased risk of breast cancer associated with miscarriage.

The study compared 845 women who had been diagnosed with breast cancer before age 45 to 961 women of the same ages randomly selected from the population. The National Cancer Institute-funded study is the largest interview study ever done that focused specifically on induced abortion and breast cancer risk.

Putting the findings in perspective, Daling says that overall the chance of women developing breast cancer by age 45 is slightly more than one in 100. If these findings are borne out by other studies and are believed to reflect a cause and effect relation, then women who had been pregnant at least once and had an

abortion still have less than 2 in 100 chance of developing breast cancer through their mid-40s.

The data were collected through in-person interviews conducted between the mid 1980s and early 1990s in King, Pierce and Snohomish counties. The women who had been diagnosed with breast cancer were identified through the Center's Cancer Surveillance System, a population-based tumor registry that serves 13 counties in western Washington.

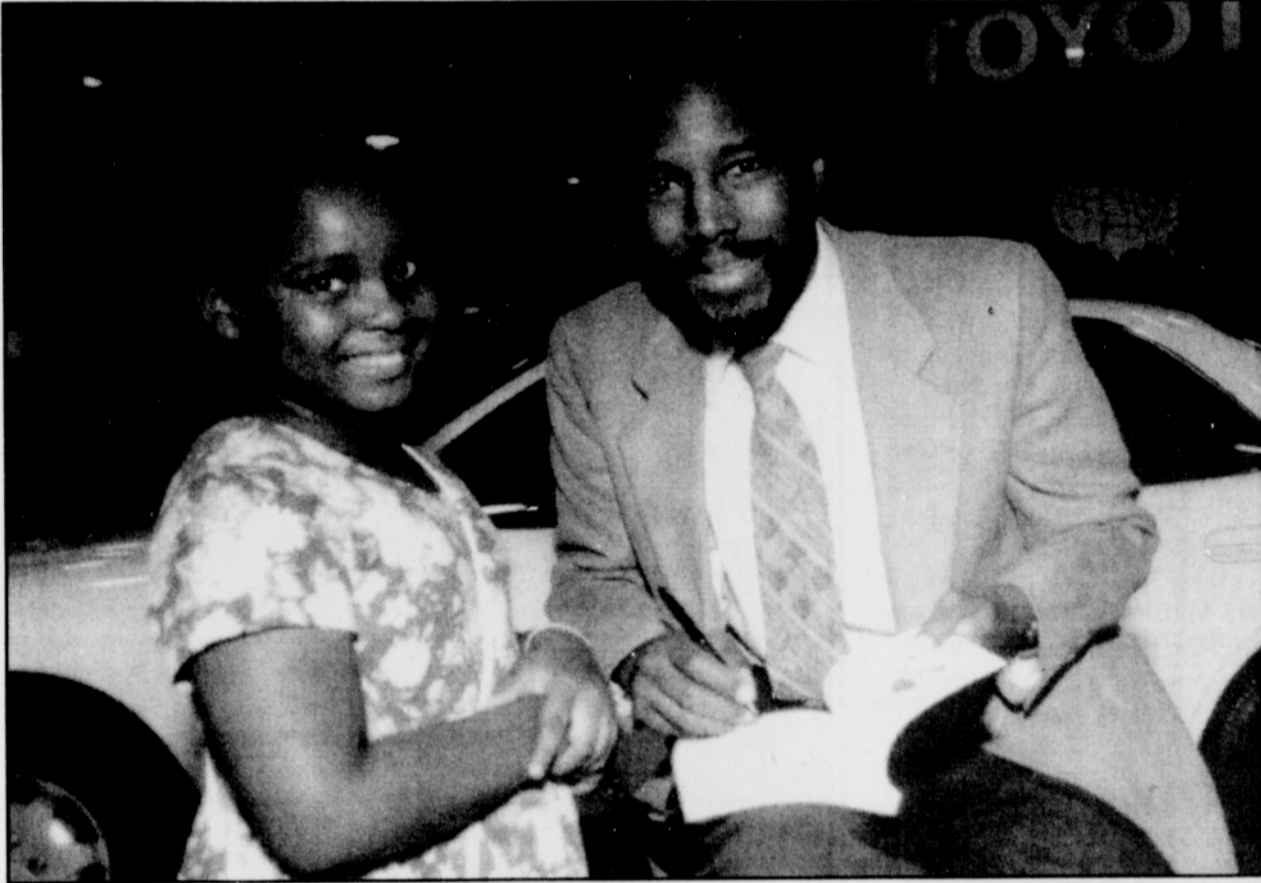
Daling says that some studies that examined the health effects of abortion in relation to breast cancer

have shown no evidence of adverse effects while other studies have shown an effect. Based on the results observed in their study, Daling's team recommend further studies pay particular attention to the potential hazards related to abortions very early in life, a question that has received little scrutiny to date.

"We don't know how this exposure is going to affect women's risk over age 45," Daling points out. "We don't have that experience yet, because it has only been since 1970 that abortion has been legal in Washington state and 1973 nationally. We do know that one in four women of reproductive age in this country

has had an induced abortion. So this is a very frequent exposure and only future studies are going to tell us what happens to these women that have had induced abortions as they reach the ages of highest breast cancer incidence."

"The only public health recommendation that I would make is that women who have had an exposure, and particularly women who have had an abortion very early in their reproductive lives, should be careful to do breast self-examination. And when they get to an age when they should be screened, that they are careful to have a mammogram," Daling says.



Renowned neurosurgeon, Dr. Ben Carson autographs a copy of his book, "Gifted Hands, The Ben Carson Story," for a young admirer at the Congressional Black Caucus Legislative Weekend in Washington, D.C.

Counties Named For Mental Health Services Improvement Plan

Oregon Health Plan members in 20 counties will receive improved mental health coverage beginning January 1 as a result of decisions made by officials of the state Mental Health and Development Disability Services Division.

The division announced its intent to contract with four managed-care plans, four community mental health programs and two organizations authorized by community mental health programs. The contracts will be for coverage in the first phase of enhanced mental health services under the Oregon Health Plan, which will reach 25 percent of the covered population in the state.

The balance of people covered by the Oregon Health Plan will receive mental-health coverage beginning July 1, 1996.

Barry Kast, administrator of the state Mental Health and Develop-

mental Disability Services Division, said people covered by the Oregon Health Plan in these counties will be the first to receive the new mental health benefit:

Eastern Oregon - Baker, Crook, Gilliam, Grant, Harney, Hood River, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco and Wheeler counties.

Southern Oregon - Coos and Josephine counties.

Willamette Valley - Benton, Clackamas and Washington counties.

The 1993 Oregon Legislature ordered the phase-in of services to give the state a chance to check cost assumptions, to compare managed care plans (in which an insurer is paid a specified amount per person for coverage) with the fee-for-service method, and to review the impact of integrating treatments for

mental health with those for physical health.

Improved mental-health services will mean earlier identification and treatment for conditions such as anxiety, depression and schizophrenia as well as additional services for illness such as post-traumatic stress and eating disorders, Kast said. Currently, adults have trouble receiving publicly funded mental-health treatment unless they pose a danger to themselves or others. Earlier identification and treatment are expected to result in reduced costs and in fewer and shorter patient stays in state hospitals.

Oregon is the first state to include mental health coverage on the same basis as physical-health care, Kast said, and will evaluate the impact that coverage has on reducing health-care costs overall.

Free Vision Screenings Offered

With the school year now well underway, eye doctors are reminding children and their parents about the importance of identifying and correcting vision and eye health problems before they significantly hinder the learning process.

Optometrists at the Pacific University College of Optometry state that the ability to see clearly at near and far is only one part of assuring full learning potential. In addition to clarity of vision, children and adults must have good overall eye health and the

ability to coordinate and focus the eyes together. If any of these visual factors are hindered, the ability to see clearly and to efficiently process information can be significantly reduced. Persons suffering from a visual or eye health disorder may experience difficulty when reading or writing. The result may be decreases school and occupational performance.

As a community service, the Pacific University of Portland and Forest Grove Family Vision Centers are providing free vision screenings through-

out the year for children of all ages as well as infants six months and older and adults. Though they do not take the place of a complete vision examination, these screenings do provide important information about clarity of vision, eye health and eye coordination. Screenings may identify the presence of serious eye health and visual disorders and indicate the need for a thorough vision examination. They take about 20 minutes and do not cause discomfort.

The vision centers offer sliding

fee scales based on income for all services including vision examination, special testing, infant/pediatric care, geriatric care, assistance for those who are partially sighted, and vision therapy. The vision centers also offer a selection of lower priced frames for low income patients who need prescription eye wear.

For scheduling free vision screenings and more information, please contact the Pacific University Portland Family Vision Center, 224-2323 or the Forest Grove Center, 357-5800.

New Surgery For Heel Pain Offered

A new advanced surgical technique known as Endoscopic Plantar Fasciotomy, or EPF, is now offered at Eastmoreland Hospital in Portland.

Board certified podiatrist Dr. John Mozena is currently the only person in the Portland area performing this new procedure that provides patients with relief from heel spurs.

Prior to the development of this technique, people needing surgery for heel spur syndrome were required to have surgery that is often

painful and endure a recovery period of many weeks to a few months.

This new endoscopic technique provides a surgical advantage because of the enhanced ability to better see the anatomy.

A camera and light pass through tiny incisions on either side of the heel and the image is projected on a TV monitor. While looking at the monitor, the doctor uses small surgical instruments to probe inside the heel and release the chronic inflamed fascia.

Hospital Opens Addiction Unit For Older Adults

Slurred speech, frequent falls and forgetfulness may be normal signs of aging, but they could also be signs of a much more serious problem: Older adult addiction.

As many as 20 percent of adults over the age of 55 may be alcoholic and/or chemically dependent. Many are also unaware of how to take medications prescribed to them. Nearly half of the older adults in hospitals have an addiction problem. By the year 2000, projections estimate that one out of six people will be over 55, and the number of addicts could climb to 30 percent.

In order to offer a complete continuum of care in its older adult chemical dependency services, the Providence Health System has opened an inpatient treatment pro-

gram for chemically dependent adults over the age of 55.

The program is geared to meet the unique physical, psychological, emotional and spiritual needs of the older adult population. Located at Providence Medical Center, 4805 N.E. Glisan, it is the only intensive inpatient treatment program especially designed for chemically dependent older adults in the Portland area.

According to Andrea Miles, director of the Older Adult Addiction Program, some of the many inpatient services provided include: Detoxification in an acute care setting, a multi-disciplinary team consisting of a physician, social worker, nurses, counselor and chaplain who are trained and experienced in chemi-

cal dependency and geriatric issues; a daily structure designed to benefit the needs of older adults; consultations by psychologist, dietitian and occupational therapist are available; daily structure designed to benefit the needs of older adults; family consultation and weekend family groups. Free consultation services are available to determine program eligibility.

"Chemical dependency may be a long-term program or it can be triggered by failing health, death of a spouse, or loss of status and boredom following retirement. Symptoms are sometimes ignored because

they often mimic signs of aging. Despite this, the prognosis for recovery is good. Experts in the field state older adults have the highest recover rate of all age groups," says Miles.

She confirms that inpatient services are appropriate for those individuals who are medically compromised due to a chemical dependency problem; have been unsuccessful in outpatient treatment or show signs of social problems demanding inpatient treatment services. It is geared to the unique physical, psychological, emotional and spiritual needs of dependent older adults.

Health Education Classes Offered 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's Health Education department at (503) 286-6816.

Cholesterol and fat in your diet may increase your risk of heart disease. "How to Lower Your Cholesterol" teaches people with borderline to high blood cholesterol levels how to plan meals and modify recipes to cut fat and cholesterol intake. One set of classes will be from 9 a.m. to 11 a.m. Saturdays, Nov. 12 and 19, Bess Kaiser Medical Center, 5055 N. Greeley Ave., Portland. Another set of classes will be from 6:30 p.m. to 8:30 p.m. on Tuesdays, Nov. 22 and Nov. 29, at Kaiser Permanente's North Interstate Services Building, 7201 N. Interstate Ave., Portland.

Cost is \$25 for Kaiser Permanente members, \$40 for the general public (fee includes textbook, cookbook and food diaries. Please register 10 days before the class starts.

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 Education" will be from 9 a.m. to noon on Monday, Tuesday and Wednesday, Nov. 28, 29 and 30, 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 support person is encouraged to attend at no extra charge. Please register at least 10 days before the class starts.

Workers' Compensation Course Offered To Small Businesses

Workers' Compensation disputes and claims can be complex, especially for small employers who have a limited understanding of their rights and responsibilities.

The Small Business Ombudsman for Workers' Compensation will be in Milwaukie November 8 to offer a workshop to small and medium-sized businesses to explain the fundamentals of workers' compensation coverage. The workshop will be held from 1 to 5 p.m. at the Oregon Association of Nurserymen, 2780 S.E. Harrison.

Employers will have an opportunity to learn about the aspects of the workers' compensation system which create the most problems and

disputes, and share their concerns directly with the Ombudsman. Among the topics that will be addressed in the workshop include: ratemaking, experience rating, basis of premium, statutory requirements, benefits of coverage, independent contractors, and consequences of non-compliance.

The Ombudsman's office assists individual employers who have difficulty in obtaining workers' compensation coverage and assures that small employers receive equitable treatment in the claims process. Employers interested in attending the workshop should contact the Oregon Association of Nurserymen at (503) 640-2734.

Free Immunization Clinic And Community Outreach

In a continuing effort to bring much needed services to the outer southeast neighborhoods, the Lents Founders' Day Committee and Lents Neighborhood Association are joining forces once again with Multnomah County Health Department in sponsoring a free immunization clinic and community outreach event. This will take place on Saturday, November 5th from 10am to 4pm at Pilgrim Lutheran church, 4244 S.E. 91st (one block north of Holgate). Along with free shots for kids, there will be free tetanus boosters for adults, lead screening for children, eligibility screening for the Oregon Health Plan for individuals and families, WIC information and services, infant and children's car seat check-ups, and a free children's clothes closet. The nurses doing the immunizations are volunteering their services through ONA (Oregon Nurses Association). Parents are encouraged to bring their children's immunization records if they have them. The public is warmly invited. For more information, call 248-3816.

Cosmetic Surgery Seminar Offered

The Cosmetic Surgery Center of Woodland Park Hospital will present an evening seminar on Wednesday, November 16, 1994 from 7 p.m. to 9 p.m. It will be held in the Main Auditorium of Woodland Park Hospital, located in the Gateway area of Portland. While there is no charge for the seminar, seating is limited and pre-registration is recommended.

The evening will begin with a presentation of body cosmetic and reconstructive surgery by Dr. Gregory Roduner. Dr. Roduner will use before and after slides to illustrate his discussion of breast surgery, including his experiences performing augmentations. He will also discuss liposuction (used to contour areas that do not respond to exercise or dieting), tummy tucks, and mini tucks (which include liposuction and a modified tummy tuck).

Dr. Glen Milligan will continue with a discussion of facial cosmetic and reconstructive surgery. He will show slides of facelifts and adjunctive procedures such as dermabrasion and liposuction. Chin, malar and sub-malar augmentation, used to re-contour facial structure, will be featured. His presentation will also include eyelid surgery (blepharoplasty), eyebrow lifts, nasal surgery, and ear pinning (otoplasty). He will also discuss face peels and collagen injections.

The physicians will answer audience questions following the presentations. For more information and to pre-register call 257-5588.