

# HEALTH

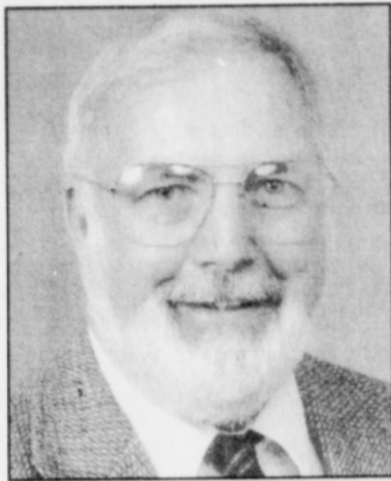
## North Portland Physicians Honored

Two area doctors, David Hill, an internist at Kaiser Permanente and Robert McFarlane, who recently retired from his surgical practice at Kaiser, have been honored for excellence by the health organization.

Hill and his wife, who is also a physician, volunteer several nights a month at the Health Help Clinic in north Portland. They also have helped children in productions of Phame, a Portland organization providing theatre experiences for people with disabilities.

McFarlane has been a volunteer physician for the YMCA's cardiac rehabilitation program and president of the Portland Surgical Society.

He has worked with Physicians for Social Responsibility, a group



Dr. Robert McFarlane



Dr. David Hill

whose peace-promoting activities brought it the Nobel Peace Prize in 1985.

Others receiving distinguished

physician awards were Richard Bills, internal medicine; Scott Feurer, family practice; and Kathleen Holahan, pathology.

## "Kid Safe" To Address Emergencies

"It is a well-known fact that accidents are a leading cause of death for young children. Many of these deaths and thousands of injuries are preventable if children are taught basic safety skills.

This issue will be addressed at the ninth annual Kid Safe program, a free health and safety program, scheduled for Saturday, April 1.

According to David Rianda, executive director of a sponsoring organization, Northwest Osteopathic Medical Foundation, Kid Safe offers a chance to learn simple ways to stay safe.

"Whether children are a home alone, riding their bikes in their neigh-

borhoods, encountering a stranger, they need to know how to react in emergency situations," Rianda said.

Kid Safe will teach children, ages four to 12, those skills necessary to cope with emergencies and how to avoid dangerous situations.

Kid Safe will be held at two sites, from 9 a.m. to 1:30 p.m. at Lent School, 5105 S.E. 97th and at McLoughlin Junior High School, 14450 S.E. Johnson Rd., Milwaukie. Parents need to preregister their children by calling 699-5366 and children under 10 must be accompanied by an adult.

Offering a wide array of interactive classes, Kid Safe provides in-

struction in first aid, bike and traffic safety, stranger danger, drug and alcohol awareness and fire safety, among others. Additional program components include obtaining fingerprints, identification photos, and taking part in a mock hospital roleplay area and touring emergency vehicles.

Each participant will also take home a Kid Safe booklet, the "Trail Guide to Safety."

Parents have frequently praised this program as a "great learning experience for both children and parents." Kid Safe is offered as a public service as part of a program by the National Child Safety Council.

## Issues In Managed Mental Health Care

Built into the managed health care system in America is the potential for major conflicts of interests, arising from the opposing needs, rights and obligations of the client/patient, the managerial entity (C.G., a health maintenance organization - HMO), the care provider (e.g., physician, clinician) and even, in some cases, the public or society itself.

Portland State University zeroes in on managed mental health care during an all-day workshop Friday, April 21, 8 a.m. - 4:30 p.m. in Room

338 of Smith Center (1825 SW Broadway). Parents, physicians, attorneys, and clinicians, as well as representatives from nearly every managed health care organization, will discuss "Ethical and Legal Issues in Managed Mental Health Care: Conflicts of Interest in the Provider/Client Relationship."

"The goal of the workshop is to educate mental health providers to recognize, analyze and respond to conflicts of interest in their clinical practice under managed mental health

care," says program director and conference chair Trish Backlar. "Clients belong to a vulnerable population whose decision-making capacity may ebb and flow. Some have no one to speak to their interests; others may have families who participate as informal caregivers. This workshop is especially timely since the Oregon Health Plan is currently under scrutiny."

For a conference brochure, call 725-8500. Registration is \$85; call 725-4832.

## Hypertension Patients Told To Continue Medicine

A leading expert in hypertension among African Americans cautioned patients to continue taking their medication despite a recent study claiming an increased heart attack risk for patients on calcium channel blockers. Approximately eight million African Americans are diagnosed with hypertension.

"Patients should not stop taking their high blood pressure medication without consulting their physician," advised Dr. James Reed, professor of medicine at the Morehouse School of Medicine and president of the International Society of Hypertension in Blacks.

"In fact, discontinuing the medication could place patients at much greater risk for increased blood pressure and even a heart attack or stroke," he added.

Widespread consumer concern about researched presented at an American Heart Association Council of Epidemiology meeting on

March 10 has prompted doctors, researchers and medical associations across the country to speak out in defense of calcium channel blockers.

The National Heart, Lung and Blood Institute issued a statement saying, "This type of study, although useful, cannot provide definitive information on the effectiveness and long-term safety of a class of drugs. Firm conclusions can only come from long-term randomized clinical trials. Therefore, only if the University of Washington's study findings are confirmed in a clinical trial, will we know for sure that this class of drugs is tied to an increased risk of heart attack."

"Calcium channel blockers have been shown to be the most effective drug therapy for African Americans," Dr. Reed explained and added, "It would be a tragedy if this small case control study, which is by no means definitive, caused an estimated 5.3 million African Americans currently

on calcium channel blockers to abandon the medication that controls their high blood pressure."

African American men and women are more likely to suffer from high blood pressure than their white counterparts. Contributing factors are believed to be too much of the following factors: salt in the diet, stress, weight or alcohol.

"While small retrospective studies may result in new important discoveries, one needs to be cautious in interpreting the results. More research is needed in this area," said Dr. Reed.

The National Heart, Lung and Blood Institute is currently conducting a definitive study to investigate this important issue.

For additional information, Dr. Reed urges patients to contact the International Society of Hypertension in Blacks in Atlanta at (404) 875-6263.

## Tiny Gowns Go To Premies At Emanuel

Folks from Cynthia's Sewing Center in Gresham made an extra special delivery recently when they brought 550 preemie gowns and 50 caps to the Neonatal Special Care Unit at Legacy Emanuel Children's Hospital, 2801 N. Gantenbein.

The tiny gowns are the fruits of the labor of volunteers from throughout Oregon who participated in Cynthia's first annual Sew-a-Thon.

Owner Katy Fellows and Sew-a-thon Coordinator Lynda Albright had read about a similar event in a sewing newsletter and had hoped to

produce 250 gowns to donate to mothers who have a difficult time finding tiny clothes for their premature babies. The results exceeded their wildest expectations!

Neonatal unit manager Karen Waske said the gift means a more normal environment for babies who spend their first days in a hospital setting.

"All babies like to be dressed and swaddled and surrounded by warmth and security. Clothes of this quality for premature babies are hard to find and very expensive. This donation will help us meet the needs of

all the smallest babies we see in our unit," Waske said.

She said dressing the babies is also a tremendous boost for the parents. Babies in clothing seem more "normal," and this helps the parents prepare for the day they can take their baby home.

The care unit is the largest of its kind in Oregon, providing a comprehensive range of services for ill newborns, including premature infants, infants with congenital defects who require comprehensive diagnostics and treatment, general surgery, cardiac surgery and specialized care.

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## A Warning On Baby Bottles And Cavities

Leaving a baby at naps or bedtime with a bottle filled with juice or milk may be inviting baby bottle syndrome - a pattern of cavities in baby teeth.

According to Kaiser Permanente dentist John Snyder, DMD, himself the father of preschoolers, decay occurs when baby teeth are exposed frequently or for prolonged periods to liquids containing sugar - such as milk, fruit juices or soft drinks. Frequently dipping a pacifier in honey, sugar or syrup, can cause the same problem.

Cavities in baby teeth are cause for concern. Dr. Snyder, who works at Kaiser Permanente's Sunset Medical Office in Washington County, says healthy baby teeth are important for proper chewing, and, in some areas, reserving space for adult teeth.

"Keep giving baby all the milk and nutritious juices it needs. But when the teeth first come in start using a damp warm cloth to wipe the teeth and gums after meals," says Dr. Snyder.

He also suggests:

- Never give a baby a bottle at bedtime;

- Use cool water if a bottle is needed between regular feedings to comfort a baby or keep it from dehydrating;

- Consider getting your child fluoride treatment for more cavity-resistant teeth.

# Sizzling Steak Sale

Prices effective March 29 through April 4, 1995 at your nearby Safeway store.



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