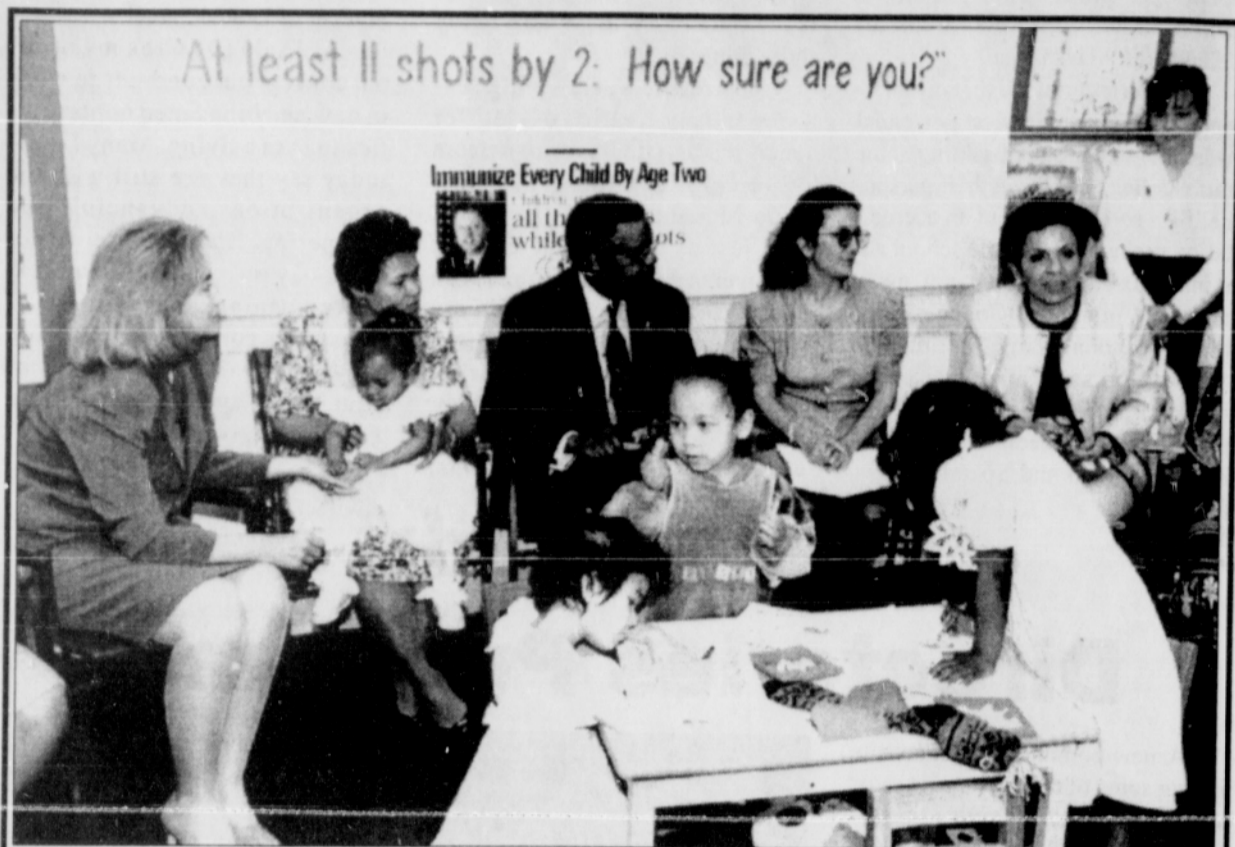


HEALTH



At least 11 shots by 2: How sure are you?

Protecting Our Babies

Dr. Henry Foster, nominee for U.S. Surgeon General, joined First Lady Hillary Rodham Clinton and Health and Human Services Secretary Donna E. Shalala on a visit to 9 child care centers in the nation's capital to raise awareness about the importance of children needing at least 11 vaccinations before their second birthday.

Oregon Birth Rate Low

Oregon's birth rate hit a 57-year low in 1993, according to recently released statistics from the Health Division. "1993 Oregon Vital Statistics Report, Volume 1" contains reference data on births, abortions and teen pregnancy. The 41,566 resident births represent a crude birth rate of 13.7 per 1,000 population, and is 12.7 percent lower than the national rate (15.7) for 1993.

"The information in this report shows that the profile of women giving birth in Oregon is changing,"

said Dr. Grant Higginson, acting state health officer. "This data provides an analytical look at health and social trends in our state. It also emphasizes areas where we need to focus our efforts, including some specific benchmark goals." Some highlights: The number of low birthweight infants was 2,182. This is 10 more than the previous year, pushing the rate to 52.5 per 1,000 births. This is the second consecutive increase after a four year period of slight decreases.

Low birthweight is the major predictor of infant death. Low birthweight babies are also more likely to need extensive medical treatment, and some may have lifelong disabling conditions. Nearly one in five mothers (19%) reported smoking during their pregnancy, a rate that has remained virtually unchanged in the past two years. Women who smoke while pregnant have a greater chance of having low birthweight babies than non-smokers.

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Revolutionary Surgery For TMJ

What: First ever known surgery to replace Teflon Proplast jaw joints with living toe joints from patient's own body. Teflon joints gained national attention as a remedy for sever TMJ (temporomandibular joint) disorders, but failed when teflon fragmented and actually started eating away the remaining jaw bone material. The joints will be replaced with the patient's second toes (the ones that "stayed home"), which will provide living, fully vascularized joints. The patient will then have four toes on each foot, which will have little impact on her

daily activities.

Who: Patient - Irma Cantu-Thomas, trauma nurse in Legacy Emanuel's West Wing Intensive Care Unit, has been on disability since January because of severe pain caused by fragmented teflon joints. She has been taking strong medications, and her life has been severely impaired. Irma and her husband, Pediatrician Paul Thomas, have two children.

Of interest: This will be the first time TMJ Teflon Proplast implant destruction will be surgically repaired with living, fully vascularized joints from the patient's own body. The

procedure using one of a patient's second toes has been tested in Pittsburgh, PA, for other jaw reconstruction, and was performed for the first time in the Northwest Monday, April 24, at Emanuel to replace a joint destroyed by a tumor on the right side of 72-year-old George Kibe of Portland. The surgery performed by Dr. Bryce Potter and Dr. Dierks went well, and now Drs. Dierks and Buehler will use the technique two fold. This could, conceivably, be a lasting cure for thousands of Americans afflicted by these defective teflon joints.

Free May & June Programs Offered By Portland Adventist

The following free programs during May & June community. They will be presented at Portland Adventist Medical Center, 10123 SE Market Street unless another location is listed. No preregistration is required, unless otherwise indicated. For more information call 256-4000 (toll free from most areas in Portland/Vancouver).

Sharon Kitzhaber Honored For Work On Kids' Safety

Sharon Kitzhaber, wife of Governor John Kitzhaber, has been selected to receive a national award for leadership in the area of childhood injury prevention.

The "Champions of Safe Kids" award is going to Mrs. Kitzhaber for her leadership establishing a Safe Kids Coalition in Oregon earlier this year. Kitzhaber also serves as the Coalition's honorary chair.

The Safe Kids Campaign is a grassroots national effort dedicated to preventing childhood injury -- the leading killer of kids under 14. The campaign works with more than 160 coalitions around the country to save children's lives by raising awareness about injury prevention. Until this year, Oregon was one of only two state without a Safe Kids Coalition.

America Has Proclaimed May As MS Awareness Month

As a way to raise public education about the leading neurological disorder of young adults, the Multiple Sclerosis Association of America has proclaimed May as MS Awareness Month throughout the country. Joining MSAA in this national awareness campaign are various state governors, officials from the National Aeronautics and Space Administration (NASA), and high school students across the U.S. who are participating in the Association's Project: Learn MS '95 scholarship competition.

Celebrating its 25th anniversary, the MS Association is a national nonprofit health agency providing direct patient care services to those suffering from MS. Each year, vari-

ous state and local government officials award MSAA with a proclamation of awareness, which encourages all residents to learn more about the disease and offer volunteer assistance to help those afflicted.

"There are nearly 500,000 Americans with MS or related neurological disorders," Said MSAA President John Hodson. "Each May we make a special effort to alert the public about the disease, and remind people that a little volunteer help goes a long way in the fight against MS."

According to Hodson, MS patients can use volunteer support with common chores such as shopping, light household work, running errands and transportation to appoint-

ments. He also noted that many patients appreciate personal phone calls and home visitation.

In addition to proclamations of support, MSAA officials have developed a series of special activities to commemorate the month.

These include conferences, patient activities and a special one year anniversary ceremony to mark the historic MSAA/NASA memorandum of understanding.

This memorandum promotes the development of MS symptom relief through NASA spinoff technology known as microclimate cooling. To learn more about MS Awareness Month, how to volunteer, or the services of MSAA, call 1-800-833-4672.

Oregon Has Room To Improve Its Tobacco Prevention Record

The largest survey of state tobacco prevention measures ever conducted gives Oregon a "fair" rating for its work in 1994.

The Coalition on smoking OR Health (American Cancer Society, American Lung Association, American Heart Association) has released a "Report Card" to rate the states on individual achievements in saving lives through tobacco prevention. States were placed in one of five categories depending on what level of tobacco prevention programs have been enacted. Oregon was rated as "fair". This puts Oregon in the mid-

dle category of tobacco prevention. Washington is rated above Oregon in the "promising" category. California is the only state rated "outstanding".

Oregon has a chance to improve its "fair" rating with several bills currently before the legislature. The American Cancer Society, American Heart Association, and American Lung Association support HB 3401, which would increase the Oregon tobacco excise tax 25 cents; SB 885, which would require retailers to be licensed to sell tobacco products; and SB 959, which would prohibit

smoking in work-places unless a separately ventilated room is provided.

Measures have been supported and passed into legislation by Republicans and Democrats alike, from all regions of the country, and always with strong public support.

Tobacco prevention advocates are calling for Oregon legislators to take swift action this session. "Oregonians deserve the benefit of improved tobacco legislation," said Portland physician John Pachot, M.D. "These bills are a good first step toward reducing the tobacco death toll."

Institute On Black Chemical Abuse Celebrates 20 Years

In celebration of its 20th anniversary, the Institute on Black Chemical Abuse (IBCA) has adopted the umbrella name of African American Family Services, effective May 2, 1995. The purpose of the new name is to better reflect the many different services IBCA has been providing for the past several years. African American Family Services encompasses four divisions: the Institute on Black Chemical Abuse (IBCA), the African American Counseling Center (AACC), the African American Resource Center (AARC), and the Technical Assistance Center (TAC). IBCA was

founded in 1975 as the Minnesota Institute on Black Chemical Abuse to provide services to chemically dependent individuals in a culturally specific context.

"We haven't changed the focus or programs that we offer," explains Executive Director Salimah Majeed. "We've been expanding the services that we provide for many years now, but our name hasn't reflected the reality of who we are as an organization."

As we celebrate 20 years of serving communities throughout the United States, we want to let people know that while we're retaining our chem-

ical dependency focus, we also treat other issues, such as family violence and mental health."

In its four divisions, AAFS provides the following services: IBCA offers treatment and prevention programs for chemical dependency; AACC offers family and individual counseling; AARC features both a physical resource center and community and prevention outreach programs; and TAC creates training programs for service professionals to assist in the delivery of social service programs to African American and other multi-cultural clients.

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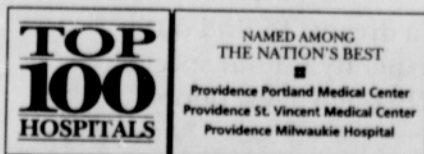
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