

HEALTH

Saturday Clinics For Healthy Kids

Free Immunizations Offered To Prevent Childhood Diseases

Many children under age two go unprotected against life-threatening, yet preventable childhood diseases, because they are not properly immunized.

To help improve the immunization rate and subsequent health of children, a series of free vaccinations to all children will be held Saturday at several Portland locations.

County health clinics are sponsoring the "Immunize For Healthy Lives" clinics with the support of McDonalds Restaurants, Fred Meyer Stores and the Oregon Nurses Association.

August is the usual back-to-school vaccination rush, a time when most parents take their school-aged children to be immunized before returning to the classroom.

But many parents do not know that vaccinations need to begin at infancy.

"Before they're two years old, children need most of their immunizations, about 15 of them," said Peggy Hillman, immunization coordinator

for the Multnomah County Health Department.

"One benefit for parents is that several immunizations can be given in one visit. We will be able to provide these vaccines, free of cost during our back-to-school immunization drive," Hillman said.

The nurses association also provides free vaccinations on the first Saturday of each month, year-round at the Pilgrim Lutheran Church in the Lets neighborhood of southeast Portland.

"In the last year, we've trained more than 500 volunteer non-pediatric nurses to help us with this project, many of which will be helping on the August 5 immunization day," said Sandy Marron, administrator of business services for the organization.

Neighborhood Health Clinics, Inc., another medical partner in the campaign, also offers free vaccinations to children on every other Saturday throughout the year.

McDonalds restaurants in the area will provide in-store materials

to help educate parents and children on the need for proper immunizations.

Education pamphlets at special wallet-sized immunization cards can be picked up at local McDonald's.

Children who receive vaccinations on Aug. 5 will also receive a free treat from McDonalds.

Fred Meyer will print flies and color books, listing the clinics on grocery bags and provide free hygienic materials such as bandages and tooth brushes to be handed out at vaccination clinics throughout the year.

Additional support is being donated by Kiwanis International, Rotary Clubs and the American Legion.

In Multnomah County, the immunizations will be provided Saturday from 9 a.m. to noon at the Northeast Health Center, 5329 N.E. Martin Luther King Jr. Blvd. and the Southeast Health Clinic at 3653 S.E. 34th Ave.

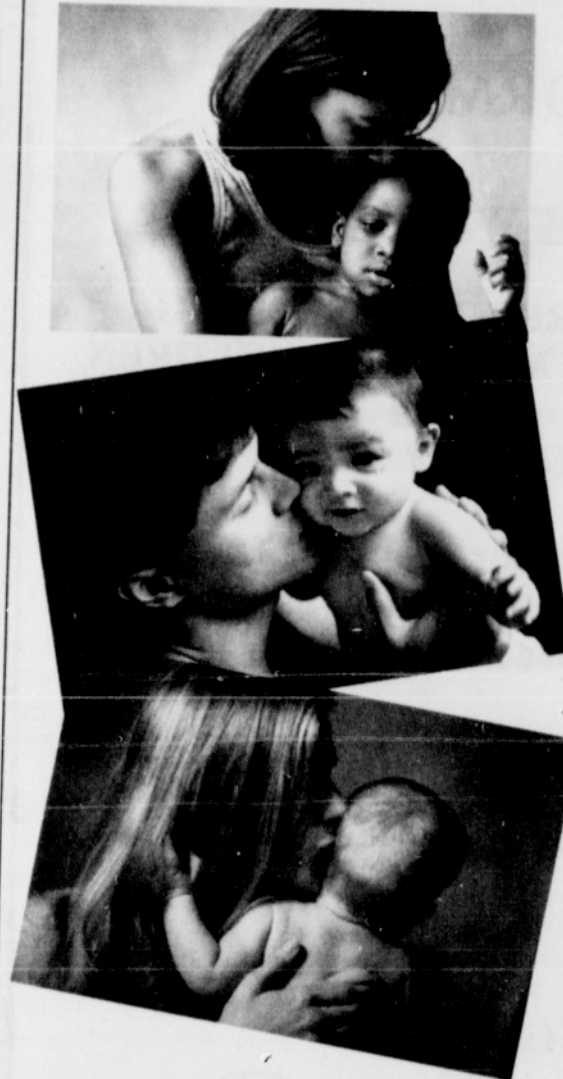
Other clinics on Saturday are held from 10 a.m. to 2 p.m. Locations

include the Portland Fire Bureaus at 7205 N. Alta Ave. and at 13313 N.E.

San Rafael; the East Portland Family Care Clinic at 17214 S.E. Divi-

sion, and the East County Health Department at 620 N.E. Second Ave.

Some Boo-Boos, A kiss can't fix.



Polio, Measles, Diphtheria, Whooping Cough. If your kids aren't immunized by age two, you're making a big mistake. Talk to your doctor, nurse practitioner, or Health Department.

Call 1-800-SAFENET for a list of free clinics in your area.

Sponsored in part by: McDonald's® Restaurants of Oregon/SW Washington



Saturday, August 5th is Free Immunization Day in Clackamas, Multnomah and Washington Counties.

Prostate Cancer Hits African Americans Hardest

According to the American Cancer Society, African American men have the highest rate in the world of cancer of the prostate, a walnut-sized gland located below the bladder. The disease is almost twice as common among blacks than whites and, partly because blacks are generally diagnosed later, they have a higher death rate. While all men over 50 are considered "at risk" for this disease, African American men are considered "at risk" when they reach 40.

African American men 40 and older should undergo annual tests for prostate cancer. The tests are necessary since this disease often does not show symptoms for many years. When symptoms do occur, they may include:

- Frequent urination, especially at night.
- Inability to urinate, or trouble starting or holding back urination.
- Pain or a burning feeling during urination.
- Blood or urine in semen.

- Painful ejaculation.
- Persistent pain in the lower back, hips or upper thighs.

These symptoms may not mean prostate cancer, but they should be checked out by a doctor.

Prostate cancer is generally treated three ways: surgery to remove the tumors; radiation therapy to kill the cancer cells; and drug treatments to stop cancer cells from growing.

Kids Books Give Health

Children's books are not just for children; they do a lot for the elderly as well, according to a University of Florida researcher.

Robert Beland, associate professor of therapeutic recreation at the university, said bibliotherapy, or the use of reading, listening or writing as therapy for illnesses and disability, is extremely effective at improving the life of the elderly population.

In particular, children's books written in the past 15 years show older adults in a positive light, with elderly characters who are independent and competent and still contrib-

ute to their families and society, he said.

"Because elderly people want to feel useful and needed, these stories do something very important by providing positive role models," Beland said of his research on the benefits of reading to older people.

Reading children's books to the elderly stimulates their memory, alleviates their anxieties and helps them cope with death and dying, he said.

He noted that elderly people share certain characteristics with young children, such as shorter attention spans due to memory loss.

Saturday, August 5th is Immunize Day
 FREE Immunizations will be available at all of the following locations:
 El sábado 5 de agosto es Día de Vacunas
 Se vacunará GRATIS en las siguientes localidades:

Multnomah County

Neighborhood Health Clinics, Inc.
 Northeast Health Center
 5329 NE Martin Luther King Jr. Blvd.
 9:00 am - 12:00 noon

Portland Fire Bureau
 7205 N. Alta Avenue
 10:00 am - 2:00 pm

Portland Fire Bureau
 13313 NE San Rafael
 10:00 am - 2:00 pm

East Portland FamilyCare Clinic
 17214 SE Division
 10:00 am - 2:00 pm

East County Health Center
 620 NE 2nd Avenue in Gresham
 10:00 am - 2:00 pm

Oregon Nurses Association
 Immunization Clinic
 Pilgrim Lutheran Church
 4244 SE 91st
 10:00 am - 2:00 pm

Neighborhood Health Clinics, Inc.
 Southeast Health Center
 3653 SE 34th Avenue
 9:00 am - 12:00 noon

Eastmoreland Hospital
 2900 SE Steele Street
 10:00 am - 2:00 pm

Goodwill Industries
 1943 SE 6th Avenue
 10:00 am - 2:00 pm

Portland Indian Health Clinic
 2901 E. Burnside
 10:00 am - 2:00 pm

Hillsdale Community Church
 6948 SW Capitol Highway
 10:00 am - 2:00 pm

Clackamas County

County Health Department Clinic
 1425 S Kaen Road
 Oregon City
 10:00 am - 2:00 pm

County Health Department Clinic
 38872 Proctor Blvd.
 Sandy
 10:00 am - 2:00 pm

Wichita Elementary School
 6031 SE King Road
 Milwaukie
 10:00 am - 2:00 pm

Molalla Grade School
 318 Leroy Street
 Molalla
 10:00 am - 2:00 pm

Canby Library
 292 N. Holly
 Canby
 10:00 am - 2:00 pm

Washington County

Washington County Health Department
 12550 SW 2nd
 (between Hall and Watson in Beaverton)
 10:00 am - 2:00 pm

Virginia Garcia Memorial Health Center
 85 N. 12th - Cornelius
 9:00 am - 2:00 pm

In partnership Clackamas County Health Department, Multnomah County Health Department, Washington County Health Department and private partners with the Oregon Preschool Immunization Consortium including Medicaid.

President Says AIDS Fight Must Continue

President Clinton has called for increased spending on AIDS research and chided critics who would "pit one disease against another" by saying funding should be directed to other medical problems.

Clinton, addressing his Presidential Commission on HIV and AIDS, said he was "very, very pleased" by the Senate vote Thursday to continue funding for programs providing care for AIDS patients.

He said it was time to "redouble our determination, even in this season of balanced budgeting, to reinvest even more and more of our nation's wealth into medical research into AIDS and medical research of all kinds."

"This is not the time to slow down or retreat," he said. "It is not the time to give in. AIDS is the challenge that all of us face."

He dismissed critics who complain that AIDS research has diverted funding from other medical problems like cancer. "I think we can attack this disease without attacking each other."

"When we begin to pit one disease against another or one group of people against another in this country we all wind up behind," Clinton said.

Sen. Jesse Helms, R-N.C., who charged homosexuals were largely to blame for the disease, had de-

layed the Senate vote and complained that AIDS research was diverting too much money from the study of cancer and heart disease, which kill more people.

Despite Helms' strong opposition, the Senate overwhelmingly voted to extend the Ryan White Care Act, which provides care for AIDS victims.

The law, named for a teen-age Indiana hemophiliac who died after contracting AIDS through a blood transfusion, provides emergency relief for cities hard hit by AIDS, funding for home care services, private insurance for individuals who lose coverage and pediatric AIDS care.

Members of the council were generally pleased with what they heard from the president, but chairman Scott Hitt said they asked him to show "an awful lot more leadership on this issue."

"I think we are in danger of lapsing into a complacency about this disease, and that's why it takes presidential leadership to come out there and say, like President Kennedy said, we can put a man on the moon in 10 years. We need President Clinton to come out there and say this is how we're going to end the epidemic in a very short time," Hitt said.

Hitt serves on the board of directors of AIDS Project Los Angeles.