

# Health & Science



## African American To Participate Race For The Cure

Breast cancer survivor Sharon Payton will take part in the Fourth Annual Susan G. Komen Breast Cancer Foundation Race for the Cure on Sunday, September 24, 1995 at Tom McCall Waterfront Park in Portland. A one-mile family run/walk begins at 8:30 a.m., and a 5K run/walk for women and girls kicks off at 9 a.m.

This year, the Susan G. Komen Foundation would like to involve more African American women in the Race. Breast cancer is the leading cause of death in African American women. These deaths are mostly due to the cancer being found after it has already spread to other parts of the body. Early detection of breast cancer will give women more treatment options and the chance to recover.

Survivor Sharon Payton was di-

agnosed with breast cancer in 1991. "I believe I was spared my life to help with awareness and to help spread the word that you can survive," she says. Payton has been participating in the Race for the last three years and will be speaking at this year's Survivor's Luncheon on September 16th at the Red Lion, Lloyd Center. "I have the chance of helping someone else to survive!" she adds.

Payton's advice to other women is simple: "Get educated about this disease, take control of your body through self-examination and mammograms. Most of all, don't forget to see your health care professional."

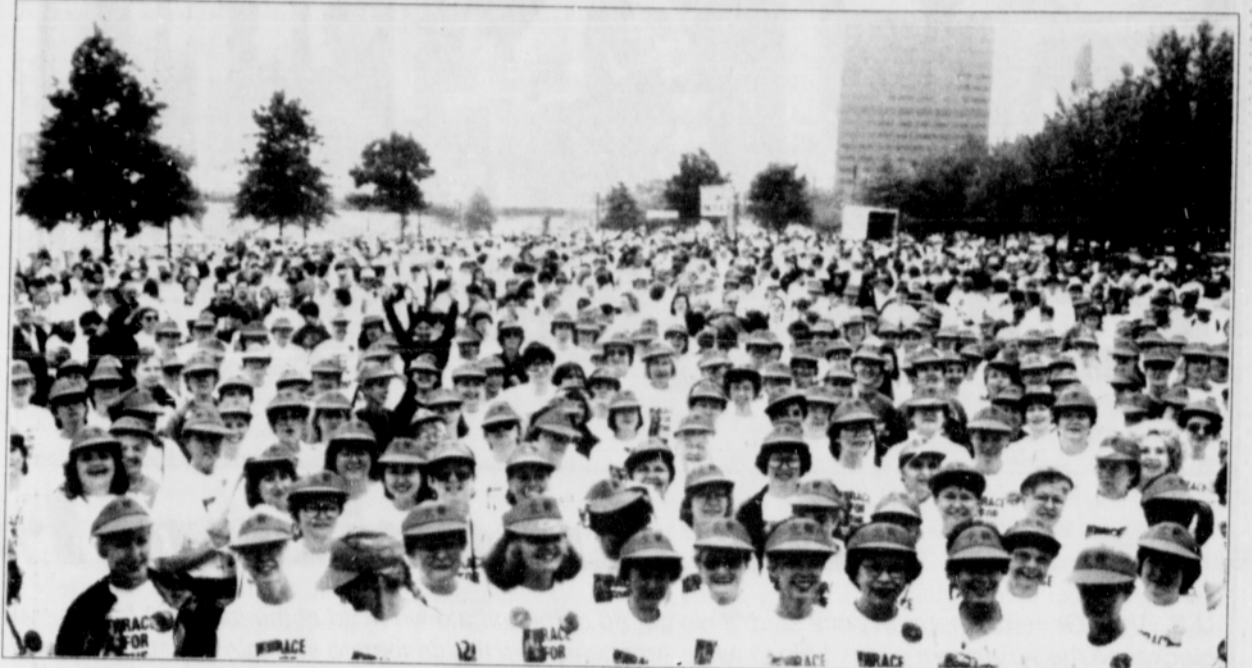
Identified by hot-pink visors, nearly 700 breast cancer survivors participated in the Race last year.

This, Race organizers expect total attendance to reach 15,000. This year, Payton's daughter and second-grade son will be an enthusiastic addition to that number.

Payton is willing to speak out on her own experience with breast cancer and the importance of self-examination and regular mammograms. Contact O'Neil/Berriault Public Relations at (503) 220-0901 to arrange interviews.

For information on Race for the Cure events, or to volunteer, call the Race Hotline at (503) 242-1874.

Over 700 breast cancer survivors participated in the 1994 Race for the Cure (identified by hot pink visors) at Waterfront Park.



## AIDS Fight Not Working For Women

Women at the world's largest grassroots forum last week urged development of new protection methods to replace condoms and reliance on male cooperation in the fight against AIDS.

"The strategy of the World Health Organization against AIDS is not working and is irrelevant to the women of Africa," Priscilla Misihairabwi, coordinator of the Women and AIDS support network of Harare, Zimbabwe, told a seminar at the Non-Governmental Organizations Forum on Women.

WHO and other health authorities promote condoms as the safest way to combat AIDS (Acquired Immune Deficiency Syndrome), but women told special workshops on a designated AIDS day at the forum that this did not work.

One in four sexually active women in Zimbabwe, for example, was

infected with the HIV virus that lead to AIDS, Misihairabwi said. "The situation is catastrophic. It is a life and death issue. African women want to try microbicides."

Women can insert the microbicides into their vaginas just like spermicides and these would be able to kill the HIV virus carried in the sperm of their male partner.

Lori Heise, of WHAM, Women's Health Advocates on Microbicides, told the seminar that 10 different microbicides were in the development stage but it would be another five years before they were commercially available.

Their great advantages would be ease of use, they would not necessarily be contraceptive and most importantly, would give control of use to women, Heise said.

Misihairabwi said many African women were dependent on

men, as husbands or customers of prostitutes, and could not insist that he use a condom. The WHO's other strategies — a single partner and medical treatment — were not practical.

The vast majority of African women had a single partner but their husbands had many, while poor women had no access to medical care, she said.

"We cannot wait for five years. Many women have unsafe sex," Misihairabwi said.

By the year 2000, 13 million women would be infected with the HIV virus, double the current number, and four million women would have died from AIDS, the Women and AIDS group told the seminar.

But major pharmaceutical companies were not interested in developing these microbicides because

they did not believe they were commercial products and feared litigation if the products did not have the promised results, Heise said.

Other health care workers described how poverty, recession and structural adjustment programs were driving an increasing number of women into selling their bodies for money, placing them in the high-risk category.

Thi Hoa, of Vietnam, said girls as young as 15 offered sex for as little as 50 cents, with many men saying they disliked using condoms and the girls reluctant to refuse unprotected sex.

The NGO forum runs parallel to a U.N. women's conference in Beijing and hopes to influence the conference's Platform for Action that will detail how to win greater equality on issues ranging from reproductive rights to AIDS.

## Women Infected By HIV More Quickly Than Men

Women face the bleak reality of being infected by the deadly HIV virus more quickly than men, due in part to their economic dependence on men, the World Health Organization said last week.

Women were almost absent from the pandemic in 1980 of the HIV virus that can cause Acquired Immune Deficiency Syndrome (AIDS), but now total as many as eight million.

Studies in some countries show that up to 30 percent of HIV infections are occurring in women whose only risk behavior is sexual intercourse with their sole male partners who in turn have had or have continued to have unprotected sex with other partners, WHO said.

"The number of infected women with HIV is increasing more rapidly than men in Africa, in southern Asia," Hiroshi Nakajima, WHO's director-general, told a news conference.

"The bleak reality is that the sexual and economic subordination of women fuels the HIV/AIDS pandemic," WHO said in its position paper at the Fourth United Nations World Conference on Women in Beijing.

"Women's vulnerability ... is linked to their low status in society, and their economic, cultural and social dependence on their male partners," it said.

Some one million women are infected each year, mainly through unprotected sexual intercourse, it said. Every minute, two women are infected with HIV, it said. And every two minutes, a woman dies of AIDS.

## Research Center Sponsors Minority Student Interns



Catlin Gabel is spending the summer learning about health research as an intern at Kaiser Permanente's Center for Health Research.

experience in health care research, says Mary L. Durham, Ph.D., director of the CHR. "Compared to better-known professions, such as medicine, law and engineering, health care research is not very well known. Attracting bright, talented people to this field has always been a challenge. Attracting bright, talented minority candidates has been an even bigger challenge. The best thing we can do to change this situation is to open our doors to minority students, provide them experience and training in what we do, and show them that health care research can be an exciting, rewarding career choice."

Seven student were hired as interns this summer, an increase of two from 1994. Students, teachers or parents interested in next year's internship for minorities contact Terry Fitzpatrick at (503) 335-6602.

### One In Four Children Not Vaccinated

More than a million American infants have not received all of their recommended vaccinations against childhood diseases, federal health officials said.

The U.S. Centers for Disease Control and Prevention (CDC) said one in four children aged 19 to 35 months had not received the recommended shots for protection against seven diseases — diphtheria, tetanus, pertussis, polio, mumps, rubella and measles.

The CDC based its conclusions on a National Immunization Survey that interviewed parents in more than 25,000 households and used medical records to confirm vaccinations when possible.

The Advisory Committee on Immunization Practices recommends that children between the ages of 1 1/2 to 3 receive at least four doses of a vaccine against diphtheria, tetanus and pertussis (also known as whooping cough); three shots against polio; and a vaccination against measles, mumps and rubella.

## New Dietary Guidelines

The experts updating the Dietary Guidelines for Americans, the government's seven tips for healthy eating, want to add this advice: get some exercise.

"Many Americans are overweight and gain weight as they grow older," the nine-member panel says in its proposed revisions to the guidelines. It says exercise "is an important way to use up food energy."

"Try to do 30 minutes or more of moderate physical activity on most-preferably all - days of the week."

The new edition of the guidelines will be published late this year. The current version, issued in 1990, recommended Americans limit fat to providing 30 percent or less of their daily calories - the first time the government suggested specific limits.

Like the 1990 version, the updated guidelines would recommend Americans limit their fat intake, eat plenty of grains, fruits and vegetables, and choose a diet moderate in salt and sugar.

They also would repeat the current advice: "If you drink alcoholic beverages, do so in moderation."

The advisory panel's suggested revisions must be accepted by the Agriculture and Health departments. Copies of the revisions, completed in mid-June, were made available last week.

The report recommends development of diet guidelines for children. The current versions are aimed at adults and not intended for children under two.

Grains, fruits and vegetables would be given more prominence as

dietary components under the panel's revisions but the most notable change would be the advice on weight.

"Balance the food you eat with physical activity. Maintain or improve your weight," the panel recommends because of concern about rising rates of obesity. Research says about 30 percent of Americans are overweight.

At present, the guidelines say "Maintain healthy weight."

Dr. William Dietz of New England Medical Center Hospitals in Boston was the leading proponent of the new wording, which he said would result in a guideline with helpful, "how to do it" advice.

"As far as I could tell, 99 percent of the pressure was to make the guide-

This summer, seven Portland residents have been participating in a three-month intern program for minority college students at Kaiser Permanente's Center for Health Research (CHR).

The CHR's student intern program is headed by Sara Lamb, manager of research operations. Interested students submit resumes and are interviewed by Lamb, who matches them to specific research projects. The students work between 20 and 40 hours a week on the projects during their 90-day internship.

This year's students worked on such projects as cancer research, diet and hypertension, a clinical trial on women's health issues, and a program for providing long-term community-based care for the elderly. Tasks they

performed included computer entry and verification of research data, filing of research charts and pap smears, as well as clinic and phone contact with participants in research studies. The program also involved biweekly luncheon meetings with CHR scientists and managers to discuss issues in health research.

"The CHR's internship program offers a good snapshot of health and health services research," says Rukaiyah Adams, who graduated in June from Carleton College in Minnesota with a degree in political science. "As interns, we've gotten exposed to a greater variety of networking and career options."

The major purpose of the intern program is to provide minority college students with exposure to and work

This Year's Students	College/Year	High School
Charmika Schuster	Howard/Soph.	St. Mary's
Angela Jackson	U. Maryland/Jr.	Columbia River
Rukaiyah Adams	Carleton/grad.	Catlin Gabel
Lajena Williams	PSU/Jr. Sr.	Benson
Tana Herndon	N.Car. A&T/Soph	Jefferson
Jeff McGee	S.F. State/Jr.	Jefferson
Henry Newson	PSU/Sr.	Nathan Hale (Seattle)

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**North Portland**  
University of Portland:  
5000 N. Willamette Blvd., Columbia Hall  
(Enter from Portsmouth), Wed-4-45 p.m.

**Northwest Portland**  
ESCO:  
2141 N.W. 25th Avenue; (25th & Vaughn); Lab Bldg., 2nd Floor, Auditorium, Thurs. 12:00 Noon

**Northeast Portland**  
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. 7th, Fireside Room, Tues. 12:00 Noon

**Nationwide Insurance:**  
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