

Health & Science



BUSINESS PROFILE

First Black Woman Chiropractic Physician In The State Of Oregon

Dr. Marcelitte Gallian-Failla received her Bachelors degree from Rutgers University in New Jersey and her Doctorate from Western States Chiropractic here in Portland.

Dr. Gallian-Failla's Family originates from Lafayette and New Iberia Louisiana of which she is pleased to see a large community of people from her family's roots. In her practice she strives to reach the N.E. community to deliver quality care and respect to her patients.

She is presently located at 2124 Hancock Street and can be reached at 287-5504 for an appointment.



Dr. Marcelitte Gallian-Failla

Protect Your Child

Free Immunizations Offered In Northeast Portland Community

Kaiser Permanente, the Neighborhood Health Clinics, Inc., and Multnomah County Health Department, are providing immunizations at no cost for children living in North/Northeast Portland.

Immunizations will be offered on January 6, 1996, as the Multnomah County NE Health Center, 5329 N.E. Martin Luther King, Jr. Blvd. (park and enter at rear of building)

The immunizations are free to all children. Parents should bring their children's immunization records, if available.

Immunization during the first two years of a child's life is one of the most widely accepted and effective strategies for improving public health. The U.S. Public Health Service has set a childhood immunization goal of 90% by the year 2000 for the entire U.S. Population. In Oregon, immunization rates are at 66%. Immunization is a low-cost prevention that is highly effective and vital in the fight against diseases. By joining together, Kaiser Permanente, the Neighborhood Health Clinics, Inc., and Multnomah County are helping to improve the health of children and the community. For more information call (503) 288-5995.

Health Care Access For Medicare

Minority and low-income elderly face greater barriers to care than other older Americans, despite almost universal Medicare coverage for individuals over 65, according to a report released by HHS Secretary Donna E. Shalala.

Secretary Shalala said new studies by the Health Care Financing Administration show that access to health services remains high overall for Medicare beneficiaries. However, the studies also make clear that lower socioeconomic status and race remain risk factors for reduced use of certain services paid for by Medicare.

The report is the fifth in an annual series. It continues analyses in previous reports of racial disparities in the medical services used by Medicare beneficiaries. In addition, this year's report looks at effects of socioeconomic status, independent of race.

The report finds higher mortality and hospitalization rates for black Medicare beneficiaries, indicating that health status is lower among black beneficiaries than for whites. But in spite of lower health status, the data show that the rate of physician visits was lower for black beneficiaries than white beneficiaries.

HHS Deputy Secretary Walter Broadnax, speaking at a conference with representatives of Historically Black Colleges and Universities, invited researchers at HBCUs to make use of Medicare and Medicaid data to help better understand

the barriers to care faced by minority beneficiaries and to aid in overcoming them. Broadnax was speaking at an HHS-supported conference on expanding the availability of data from the Health Care Financing Administration for HBCHs.

"The truth is that just about every health care problem in this country is exacerbated in Black America," Broadnax said. "It is time not only to understand these trends -- it is time to reverse them, once and for all."

"To remove these obstacles to care, all of us need to work together across disciplines and across the country," Broadnax said in his speech to the conference. "We need to tap into the deep reservoir of your experience and expertise, your ideas and your insights, so that we can better serve all Americans." The conference, being held today and Thursday in Atlanta, Ga., is aimed at enhancing research opportunities for faculty members at HBCHs by improving availability of HHS data on health care utilization, cost and other issues.

The report also examined the links between disparities in access and income differences.

"The patterns of health care use which are documented in this report continue to suggest that black beneficiaries are facing more barriers to comprehensive, continuous care than white beneficiaries," said HCA Administrator Bruce C. Vladeck, who oversees the Medicare program. "Our

analysis also examines the role that income plays with regard to access to Medicare-provided services."

Looking at income factors, the studies found that:

- The rate of physician visits declines 18 percent for white beneficiaries and 12 percent for black beneficiaries as income decreases.

- Among the lowest income black beneficiaries, the rates of use of certain procedures usually requiring referrals from general physicians were lower than the rates for black beneficiaries at the highest income levels. These procedures include coronary artery bypass surgery and coronary angioplasty.

- Among white beneficiaries in the lowest income level, the rate of hospitalization for high blood pressure was more than twice as high as the rate for beneficiaries at the highest income level.

The findings are contained in HHS' fifth annual report to Congress on "Monitoring the Impact of Medicare Physician Payment Reform on Utilization and Access," submitted in response to the Omnibus Budget Reconciliation Act of 1989.

Under the act, HHS is required to monitor and report annually to Congress on the impact of the implementation of the Medicare fee schedule on changes in utilization and access, by population groups, geographic areas, types of services and possible sources of inappropriate care.

Electric Heart Brings Hope To Sufferers

A British man was given an electric heart last week in an operation that could bring hope to hundreds of heart disease sufferers.

Abel Goodman, a 64-year-old retired film producer who suffered from heart failure, received the implant at the John Radcliffe Hospital in Oxford in the first operation of its kind.

The electric heart, developed by scientists at the Texas Heart Institute, is battery-operated and unlike heart assist devices designed to keep patients alive until they receive a transplant, it should work indefinitely.

The Texas Heart Institute was unable to carry out the operation in the United States because the device has not been approved by the Food and Drug Administration.

Goodman, who had been given

just six months to live and had been ruled too old to receive a heart transplant paid for by Britain's National Health Service, decided that he had nothing to lose from the operation.

"I weighed up the options. My life was seriously at risk and this seemed the only way forward," he told a newspaper, whose front page showed him standing after the operation with the aid of two nurses.

For the rest of his life, Goodman will have to wear a harness carrying the two 1.5 pound batteries that operate the heart. These must be changed every eight hours. The electric heart, stitched into the left ventricle of Goodman's own heart, gives off a just audible whirr as it pumps oxygenated blood around the body, the newspaper said.

Kaiser Permanente Offers Health Education Classes 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.

Ending a love relationship can be difficult. Kaiser Permanente's "Divorce Adjustment" program focuses on adjustments to make divorce less painful. The eight sessions will be from 6:30 to 8:30 p.m. on Wednesday, from now through Dec. 20, at Kaiser Permanente's Education & Conference Center (Town Hall), 3704 N. Interstate Ave., Portland. Cost is \$80 for

Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before the class starts.

Kaiser Permanente's "Managing Stress and Anxiety" program can help manage stress which accompanies the pressures of life. The eight sessions will be from 6:30 to 8:30 p.m. on Thursdays, from now through Dec. 21, at Kaiser Permanente's North Interstate Services Building, 7201 N. Interstate ave., Portland. Cost is \$80 for Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before the class starts.

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MetroLab Named Provider For Large SW Washington Drug Testing Contract

Legacy Laboratory Services' MetroLab recently won the contract for substance abuse testing services for several Washington state abuse monitoring, treatment and prevention programs. This is MetroLab's largest toxicology contract to date and will mean a significant increase in testing volume.

"One of the main reasons we obtained this contract is because we're Oregon's largest, federally certified reference laboratory," says Robert K. Velandar, MetroLab's Director.

The State of Washington's Treatment Alternatives to Street

Crime (TASC) drug abuse prevention program will be one of the largest drug testing client for MetroLab and will increase the monthly testing volume by approximately 5,000 toxicology tests.

Says Velandar, "We've recently acquired technical systems and equipment with increased capacity and testing sensitivity." The contract was recently awarded to Legacy which had to compete with both regional and national laboratories.

MetroLab is part of Legacy Laboratory Services. MetroLab is accredited for federally mandated drug

testing programs through the Substance Abuse and Mental Health Services Administration's NIDA certification. This designation allows the lab to handle a large variety of toxicology and forensic urine drug testing and services as well as emergency/ medical toxicology, therapeutic drugs and industrial biological testing.

Washington's TASC drug abuse prevention program operates in six counties throughout the state of Washington: King, Clark, Snohomish, Spokane, Yakima, and Pierce Counties and will forward to Legacy's lab tests from all over the state.

Program To Trains Minority Medical Students

The W.K. Kellogg Foundation of Battle Creek, Michigan recently awarded a four-year grant of \$851,587 to National Medical Fellowships, Inc. The grant will underwrite NMF's new W.K. Kellogg Community-Based Fellowships Training Program for Minority Medical Students. The goal of the new fellowship program is to increase the number of primary care physicians practicing in underserved areas by targeting minority medical students for community-based training during the medical school years.

"At a time when much about health care delivery remains unsettled, virtually everyone agrees on one point: there are far too few primary care physicians and other primary care practitioners in the system, particularly in poor urban and rural areas," said H. Jack Geiger, M.D., National Medical Fellowships board member and chairman of the fellowship program's national advisory committee. "By targeting minority medical students, we are able to give support to exactly those students who are likely to choose to practice in areas of physician shortage and among the urban poor."

A total of 45 fellowships will be awarded, over a three-year period, to second and third-year medical students enrolled in accredited U.S. schools of allopathic and osteopath-

ic medicine, who are members of groups considered to be underrepresented in medicine by the Association of American Medical Colleges. The first cohort of 15 fellows will be selected early in 1996.

The \$10,000 fellowships will provide 24-week community-based training experiences in model projects that are part of major health professions education initiatives of the W.K. Kellogg Foundation: the Community Health Partnerships and Community-Based Public Health Projects.

Students will serve under the guidance of senior staff at the community-based facilities, assisting in health care delivery, community epidemiology, and health education.

"Providing community-based training, which is not ordinarily part of the medical school curriculum, will strengthen the preparation of students in community medicine, and reinforce their career interest in primary care," Geiger said.

The W.K. Kellogg Foundation was established in 1930 to "help people help themselves through the practical application of knowledge and resources to improve their quality of life and that of future generations." As a private grant-making organization, it provides seed money to nonprofit organizations and institutions

that have identified problems and designed constructive action programs aimed at solutions.

Most foundation grants are awarded in areas of higher education; youth development; leadership; philanthropy and volunteerism; integrated, comprehensive health care systems; food systems; and rural development. Grants are concentrated in the United States, Latin America, the Caribbean, and Southern Africa.

National Medical Fellowships, Inc. was founded in 1946 to increase the participation of minorities in medicine, and promote an equitable health care system. NMF has awarded more than \$33 million to over 15,000 men and women. In 1995, NMF remains the only nationwide, private, nonprofit organization in the United States that provides scholarship and fellowship aid, as well as education and leadership opportunities, to minority men and women in medicine. NMF seeks to develop minority physician leadership in preventive medicine and health education, health care, public health and policy, substance abuse research and treatment, biomedical research and academic medicine.

Eating Fish Weekly May Foil Heart Attack

Eating fish once a week offers protection against heart attack, researchers said on Tuesday.

A University of Washington, Seattle, study added to the growing amount of evidence that eating fish is good for the cardiovascular system — though no one is sure why.

Researchers studied the diets of 334 victims of sudden heart attacks and 493 people in a control group who had similar characteristics but were otherwise healthy. They correlated heart attack risk with fish consumption and the presence in the body of a particular type of fatty acid found in most fish and shellfish.

The study found moderate amounts of the fatty acid, called long-chain n-3, could reduce the risk of sudden heart attack sharply — from roughly two people in 10,000 to fewer than one in 10,000.

Heart disease is fatal to nearly one million Americans each year, ranking it as the nation's top killer. More than one-quarter of those deaths occur without warning with the first heart attack, according to the American Heart Association.

In the current study, published in the Journal of the American Medical Association, researchers asked questions about subjects' diets and also took blood samples to determine the levels of n-3 in blood cells. They determined that moderate levels of n-3 — corresponding to one serving of a so-called fatty-fish such as salmon each week — was the best protection against sudden heart attack.

"These particularly polyunsaturated fats get incorporated into cell membranes...and may aid in heart cell function," study author David Siscovick said in a telephone interview.

The fatty acid from fish may provide heart cell membranes with the strength or flexibility to expand and contract rapidly as the heart beats, he said. Problems with heart cells could lead the heart to fibrillate or spasm.

The n-3 substance may also reduce the clumping of blood platelets and play a role in preventing blockage of the arteries, or arteriosclerosis, that can trigger heart attacks, the study said.



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