

Health & Science



Cruel Employer

Between 1968 and 1993, medical care employment almost tripled and health industry profits boomed. But that boom has left many health workers—particularly people of color and women employed at the bottom of the medical pecking order—with low wages and benefits, according to an article in the April issue of the American Journal of Public Health released today. The study found that in 1993, nearly eighty percent of health care workers were women and one out of five African American women have health jobs.

One in seven percent of all medical care workers lacked health insurance (up from 9 percent in 1989). Only 57.2 percent got any employer contribution toward coverage, and 597,000 lived in poverty.

The study, entitled "Medical Care Employment in the United States, 1968 to 1993: The Importance of Health Sector Jobs for African Americans and Women," was authored for a National Health Program co-founders David Himmelstein, M.D., and Steffie Woolhandler, M.D. along with James P. Lewontin.

While health executives make millions, the study found that more than ten percent of all medical workers made under \$5 per hour in 1993. Among nursing home employees, 24 percent earned less than \$5 per hour and 23 percent had no health coverage. Low nursing home wages particularly squeeze African Americans who hold 24.1 percent of nursing home jobs, but only 15.9 percent of hospital jobs and 5.6 percent of jobs in practitioners' offices. In 1993, nursing homes paid registered nurses \$4.68 per hour less than hospitals did, and nursing aides \$2.31 per hour less. Raising nursing home aides' wages by \$2.31 per hour would have increased African Americans' household incomes by \$1.8 billion annually.

"The health industry is a crucial but cruel employer for women and African Americans," said Dr. David Himmelstein, associate professor of medicine at Harvard. "Crucial, because so many women, especially black women, work for the health industry. Cruel, because despite their runaway profits, health companies force many of their workers to live in poverty and without health insurance," added Himmelstein.

Cancer Rises For Blacks

Breast cancer is on the rise among black women and other women of color. Chances are, everyone knows someone who has had or now has breast cancer. It is the leading cause of death from cancer among African American women.

Any woman can get breast cancer but the chances are higher as women age or if there is a history of breast cancer in the family, especially diagnoses before age 50.

Breast cancer rates among black women are higher than among white women says the African American Breasts Cancer Alliance. One reason, studies show, is that black women get diagnosed only after the disease has spread.

Advocates suggest women over 40 have regular mammograms, women over 20 have regular clinical breast exams given by a doctor or other health care provider and every woman examine her own breasts every month.

Brinker Advocator And Educator On Breast Cancer

Nancy G. Brinker is a national leader in the fight against breast cancer. A national advocate for breast cancer issues and a leader in the field of breast cancer education and research, Brinker founded The Susan G. Komen Breast Cancer Foundation.



Nancy G. Brinker

In 1982, Brinker established and named the Komen Foundation in honor of her sister, Susan, who died of the disease. To date, The Susan G. Komen Breast Cancer Foundation has raised more than \$40 million, awarded more than 275 research grants and provided screening services and support networks for women and their families across the country. Brinker then established the Race for the Cure Series, now the nation's largest series of 5k runs, which raised funds and builds awareness for breast cancer.

In 1984, Brinker was diagnosed with breast cancer. Because of her sister's experience, Brinker knew

Every Woman's Guide to Taking Charge of Breast Cancer. In addition, she is CEO of In Your Corner Inc., a socially responsible company providing quality health-related products to consumers such as "The Gift," a critically acclaimed entertaining kit that teaches women how to do a monthly breast self exam.

In addition, Brinker served a presidential appointment on the National Cancer Advisory Board (1986-1992), the three-member President's Cancer Panel (1991-1992), and acted as chairwoman of a subcommittee (1992-1993) to study the progress of breast cancer research and education in the United States and around the world. She also serves as a director for Caremark International and PRN, Inc., as well as the Harvard University School of Public Health.

Brinker resides in Dallas, Texas with her husband, restaurant industry leader Norman Brinker, and their son, Eric.

early detection was the key and sought the most advanced treatment options possible. Brinker's own fight and survival of breast cancer, coupled with the death of her sister, increased her motivation to educate women about the disease and how to prevent it. To this end, Brinker wrote The Race Is Run One Step At A Time:

Hope For The Follically Challenged

Aging baby boomers are rapidly expanding the follically challenged population. Over 90 million individuals (55 million men and 35 million women) currently suffer from hair loss in North America alone. Unfortunately this expanding demographic has spurred a new round of potions and snake oils that promise to increase your hair follicles while depleting your savings. The lack of accurate information and vanity makes the follically impaired easy prey to imaginative hucksters.

What are the facts? Duke University recently confirmed that the general cause of hair loss in both sexes is due to the excessive build-up of DHT in the hair follicle. DHT, created from the male hormone testosterone is the culprit in hair loss. The difference between individuals who suffer from hair loss and those that do not is basically that the follically impaired are genetically programmed, through heredity, to accumulate more DHT in their hair follicles than those who keep their "crowning glory." This shatters the myth that bald persons are more manly because they have

more testosterone, and confirms that hair loss is inherited from your par-

ents. Men naturally have a higher percentage of testosterone than women. However, birth control, medication, illness, pregnancy and menopause can escalate a woman's testosterone level high enough to cause excess hair loss. Usually women suffer from an overall thinning of the hair, opposed to the classic male "horseshoe pattern." Most women just want to regain the thicker hair of their youth.

Some products claim to restore hair follicle of shampoo and sebum buildup (thus now freed from blockage hair may spring to the surface). Rarely does this approach work however, and if it does it may release only a few hairs which would hardly cover a bald scalp. Spray paint, hair thickeners and wigs have their limitations, and for many people are not considered "options." Rogaine without a prescription will soon be available to consumers, however past sales statistics indicate results have been questionable.

The correct approach is to reduce the amount of DHT that builds up in the hair follicle. Several new drugs

which have been in use to reduce the testosterone level in prostate cancer patients show promise, but the listed side effects include loss of sex drive and impotency. In theory this is some what like castration (eunuchs and castratos did not suffer from hair loss).

The US and European governments have recently granted a patent to Kevis Labs of Italy for their new treatment. The Kevis program consists of two steps. First a cleansing with its low detergent shampoo which moisturize and oxygenates the scalp, then a light massage of the Kevis hair lotion directly into the scalp.

Kevis molecules are heavy enough to penetrate the hair follicle and once inside binds itself to the same receptors which normally receive the DHT molecule. As these Kevis molecules accumulate in the scalp the build up of DHT reduce due to lack of space (lack of receptor sites).

Clinical tests performed at dozens of universities and hospitals in Europe demonstrated an 80% success rate when treatment is used for at least 12 months and when started at an early stage of hair loss. Kevis is not FDA approved as a drug, it is considered a cosmetic.

Are You Walking Wrong?

What could be more natural than walking? And although you've been walking an average of 8,000 to 10,000 steps per day since the age of one, you may be doing it wrong and causing yourself unnecessary aches and pains. Spring is the right time to make sure

you're walking correctly -- so you can avoid foot problems when you increase your level of activity or step up your exercise regimen.

"Walking comes naturally for most of us--so much so that sometimes we neglect to follow a few easy rules,

like warming up or wearing the right shoes," said Dr. Robin Ross, New-York-based podiatrist and member of the Dr. Scholl's Health Council. "These 'bad walking habits' could lead to intense discomfort and future foot problems."

Officials Say Ebola Virus Under Control

Health officials said they have halted the spread of the Ebola virus that infected several monkeys imported by a south Texas breeding center.

Half of the 100 monkeys in the shipment were killed and their carcasses incinerated after the Ebola Reston strain infected at least three monkeys quarantined at the breeding center.

"A preliminary test of one of the remaining monkeys had suggested that it might have the Ebola Reston virus,

but further testing showed that it does not," Texas health commissioner David Smith said.

The 50 healthy monkeys will remain quarantined for another three weeks, and will be tested again for the Ebola strain before they are released, Smith said.

Eight handlers who had contact with the infected monkeys also remained under observation but had not been quarantined and showed no symptoms of a viral infection, Smith said.

The Centers for Disease Control "hot zone team" was called in last weekend after the second monkey in the shipment fell ill and had to be killed.

The monkeys had been imported from Filipino breeder Ferlite Scientific Research Inc. Monkey imports from the Philippines since have been halted while breeding farms there are tested.

The Ebola Reston strain — made famous in the best-selling novel "The Hot Zone" — was named after a 1989 outbreak at a monkey facility in Reston, Virginia.

The Reston and Texas primate facilities both are owned by HRP Inc., and breed monkeys for biomedical research.

Hallelujah! Hallelujah! **Weight Watchers** Hallelujah! Hallelujah!

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Join Any Meeting Any Time!

NORTH PORTLAND University of Portland 5000 N. Willamette Blvd. Columbia Hall (Enter from Portsmouth) Wednesday, 4:45 p.m.	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.E. 7th Fireside Room Tues. 12:00 Noon
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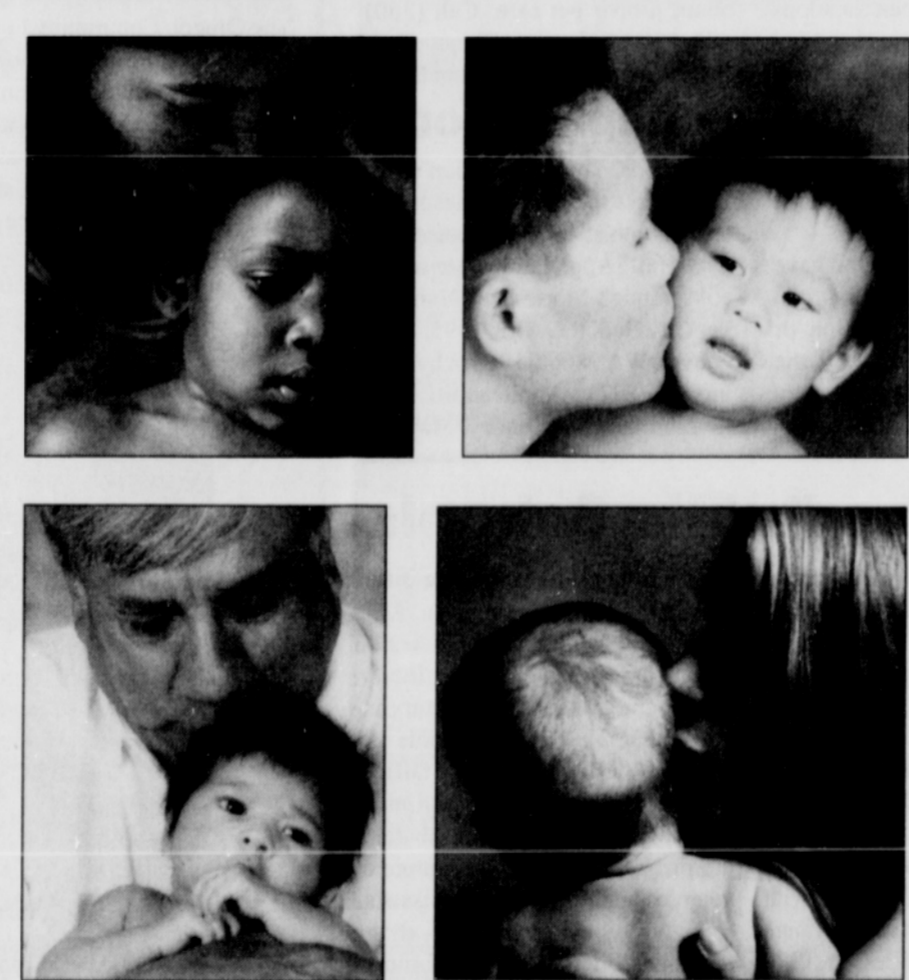
NORTHWEST PORTLAND
ESCO
2141 N.W. 25th Avenue
(25th & Vaughn)
Lab Bldg., 2nd Floor Auditorium
Thursday, 12:00 Noon

Offer valid in participating areas only for a limited time. **Weight Watchers**

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Hallelujah! Hallelujah! Hallelujah! Hallelujah! Hallelujah! Hallelujah!

SOME BOO-BOOS, A KISS CAN'T FIX.



Polio. Measles. Diphtheria. Whooping Cough. The fact is, once a child contracts a scary disease like this, there's not much a parent can do. It's up to the doctors. And fate. Which makes it inconceivable that 33% of Oregon children still aren't fully immunized by the age of two.

Yes, School Law requires they be immunized by kindergarten. But unfortunately, that law also creates the perception that it's okay to wait until then. People don't realize that waiting puts their infants at risk. Unimmunized infants are not protected. Therefore, they are more likely to get diseases and to have severe side effects from them.

Truth is, 80% of all vaccines can be given by age two. Safely. All it takes is four quick visits to the doctor. Meaning you must follow through with all the shots. They don't have to cost a lot either.

Most important, don't be afraid to ask your doctor, nurse practitioner or health department questions. And keep track of your child's immunization schedule. After all, the one who can best take care of your baby is you.

FREE Immunizations Available - April 21 through 27, 1996



For the times and dates of the clinic nearest you call your local Health Department or 1-800-SAFENET for more information.

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