

Health & SCIENCE



Catalyzing the African American AIDS crisis

More than 100 of the nations African American leaders gathered at Harvard University recently to launch a campaign against AIDS among African Americans. The Leading of Life summit was convened in response to the continued dramatic rise in AIDS cases among African Americans: According to a recent Harvard AIDS Institute projection, in less than four years, more than half of all AIDS cases in the United States will be among African Americans.

The summit, sponsored by Harvard AIDS Institute and held this month convened leaders in academic, business, entertainment, law, the media, medicine, politics, religion, and sports to raise awareness nationally and to develop a national follow-up campaign.

"By the year 2000, an African American will be nine times more likely to have an AIDS diagnosis than a non-African American," said Henry Louis "Skip" Gates, Jr., Director of the W.E.B. Du Bois Institute for Afro-American Research at Harvard University.

The epidemiologic picture that emerged during the summit was grim; as many as 500,000 African Americans are already infected with HIV, AIDS kills twice as many African American men aged 25 to 44 as homicide; African American women constitute two-thirds of all HIV-infected women who are reported to the Centers of Disease Control and Prevention; and more children with AIDS are African American than all other races and ethnic groups combined.

"We want this summit to serve as a catalyst for African American leaders, and we plan to hold them accountable," said Mario Cooper, a member of the Harvard AIDS Institute's International Advisory Council.

The individual participants approved a Call for Action that urges all African American leaders and federal, state, and local government officials to "support, develop, and enhance community-based programs" for education, care, and prevention of HIV/AIDS. Among its

other statements, the document appealed "to the President of the United States to convene an emergency meeting of the appropriate cabinet-level officials and community leaders to address AIDS within African American communities."

The Harvard AIDS Institute co-sponsored the summit along with the National Minority AIDS Council; the Balm in Gilead, Inc.; and the W.E.B. Du Bois Institute for Afro-American Research at Harvard University.

The Henry J. Kaiser Family Foundation--a non-profit, independent national health care philanthropy based in Menlo Park, California--provided primary funding for the campaign. Additional support was provided by the American Express Company; Charles Hotel; Glaxo Wellcome, Inc.; Merck & Co., Inc.; and the Metropolitan Life Foundation.

The Harvard AIDS Institute is a university-wide organization that conducts and catalyzes research to end the worldwide AIDS epidemic.

Portland internist elected to board of national society

Andrea Kielish, MD, a practicing internist in Portland, OR, has been elected to a three-year term as a trustee of the American Society of Internal Medicine (ASIM) at the Society's 40th anniversary annual Meeting. A national medical specialty society, ASIM was founded in 1956 to promote the optimal delivery of cost-effective, high-quality medical care. Doctors of internal medicine--who specialize in the non-surgical treatment of internal organs and the functions of the body--are the nation's major providers of continuing, comprehensive medical care to adults and adolescents.

Dr. Kielish has contributed almost two decades of service to the betterment of internal medicine in Oregon. She was instrumental in



Andrea M. Kielish, MD., Trustee 1996, American Society of Internal Medicine.

re-establishing a state chapter of the American Medical Women's Association, for which she served as the chapter's first president. The past

president of the Oregon Society of Internal Medicine and a member of its executive council since 1984. Dr. Kielish is an active member of the Oregon Medical Association. In addition to clinical practice, she is a clinical assistant professor in the Department of Medicine at the Oregon Health Science University in Portland.

On the national level, Dr. Kielish has served ASIM on its Managed Care Committee and AIDS Task Force, and is past chair of the Society's Pacific States Caucus and Annual Meeting Planning Committee. In 1991, she was appointed by AIM to participate in the American Medical Association's evaluation of new current procedural terminology codes for evaluation and management services.

Reconsidering prostate surgery

Prostate surgery can lead to a high prostate-cancer survival rate.

That is the conclusion of scientists at eight U.S. and European medical centers who monitored the long-term survival rates of 2,758 men with prostate cancer, most of whom underwent radical prostatectomies.

"Men with early-stage prostate cancer who have their prostates surgically removed have a high 10-year survival rate," said Dr. Peter Scardino, chairman of the Urology Department at Houston's Baylor College of Medicine, one of the study sites.

For men with prostate cancer that was early in its development and that had not spread beyond the prostate,

94 percent were still cancer-free 10 years after surgery. For those whose prostate cancer was more advanced, post-surgical cancer-free rates ranged from 77 to 80 percent.

"This study was particularly significant because it included long-term results from a large number of men in different parts of the world," Scardino said. "This clearly demonstrates that for many men radical prostatectomy can be significant means of stopping prostate cancer in its tracks."

There are other ways to treat prostate cancer, Scardino said, but this study indicates that radical prostatectomy is an important treatment option.

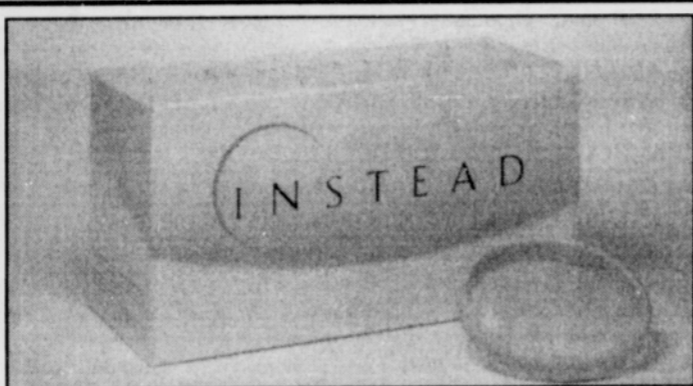
Prostate cancer is the leading cause of cancer among men older than 50 and second only to lung cancer as a cause of cancer deaths. It is particularly prevalent among black men.

The medical centers participating in the study in addition to Baylor College of Medicine in Houston were Duke University, the University of Utah, the University of Chicago, Vanderbilt University, Eastern Virginia Medical School, the University of Wurzburg in Germany and Erasmus University in the Netherlands.

The study results were reported in the Journal of the American Medical Association.



Audrey, Inventor of Instead



The Inventor of Instead To Speak At Womens Forum

Audrey will be speaking at the Eastside Athletic Club in Clackamas, OR, on Nov. 15th. The "Womens Forum" will take place at 6pm and is free.

Instead molds to a woman's internal shape when inserted, creating a gentle seal that helps protect against leakage during heavy flow days and exercise.

Instead, which can be worn at least twice as long as a tampon heavy to medium flow days and up to 12 hours on lighter days, is the first real alternative in feminine protection since the tampon was introduced in 1933.

Free samples of the product will be given out to all women attending.

Dealing With Disability

We don't expect an injury or illness to forever change our lives. But sometimes it happens. And if it does, learning to live with a disability means making adjustments, some small, others more extensive. It also means focusing on those things you can do, not those you can't.

A free publication from MetLife and the U.S. Department of Education, *Dealing with Disability*, discusses some of the changes you may experience and shows you how to find assistance if needed. It also advises family, friends, and others, who may

be inexperienced with disabilities, how to interact so that everyone feels comfortable and included.

As a friend or family member of a person with a disability, you'll want to help out. Just remember to respect the person's feelings. It's O.K. to offer assistance, but don't insist.

If someone uses a wheel chair, for example, ask before pushing. And if they want to do it alone, let them.

To order this free publication, send your name and address to *Dealing With Disability*, Consumer Information Center, Pueblo, Colorado 81009.

When you write, you'll also receive two additional publications. The *Americans with Disabilities Act: Questions and Answers* addresses some common questions about this law and explains what it requires. And the rights of air travelers with a disability are outlined in *New Horizons for the Air Traveler with a Disability*.

A free copy of the *Consumer Information Catalog*, listing more than 200 free and low-cost federal consumer publications, is also included.

Keep an eye on your eyes

Glaucoma is the leading cause of blindness in this country, and cataracts blur the vision of many older people. But both conditions can usually be controlled.

Early detection and treatment can prevent them from leading to really serious consequences.

Two booklets from the National Eye Institute and the Food and Drug Administration explain the testing procedures for glaucoma and cata-

tracts, the treatment methods, and warning signs to watch for. Two additional booklets will help you select an eye care specialist, shop for glasses and contacts, and learn about surgical procedures designed to improve near-sightedness.

Because most eye disorders develop slowly, you might not notice visual loss until it's become severe. That's why it's important to keep an eye on your eyes. Have regular check-

ups. Regular tests are painless and quick, and are especially important if other family members have eye diseases, or if you're over 40.

To get all booklets, send a check or money order for \$1 to *Keep an Eye on Your Eyes*, Pueblo, Colorado 81009. When you write, you'll also receive a free copy of the *Consumer Information Catalog* which lists more than 200 free and low-cost federal consumer publications.

Evergreen AIDS response

November 20, Survival Skills--Evergreen AIDS Response hosts a panel discussion on living well with HIV. The discussion provides a chance to ask questions, exchange stories and gain new resources for people living well with HIV in the SW Washington area. This free class will be held from 6:30-8:30 p.m. at Evergreen AID Response, 5305 E. 18th Street, Suite B, in Vancouver. Please call Evergreen AIDS Response (360-735-9170) to register.

November 20, Treatment update: An international teleconference--A chance to hear the latest, up-to-the-

minute information about HIV treatment from experts around the globe. Organized and facilitated for consumers by the HIV/AIDS Division of the Department of Health and Human Services. The actual call is scheduled from 10:00 a.m. to noon at Evergreen AIDS Response, 5305 E. 18th Street, Suite B, in Vancouver. Please call Evergreen AIDS Response (360-735-9170) to register or just show up.

December 15, The Fabulous Festival of Friends--Join us for our annual holiday party. A family affair welcoming people from all commu-

nities affected by HIV. This much anticipated event will be held at 1416 N. Failing in Portland. Food, entertainment, prizes, and a great time will be available for all. Watch for more information.

Evergreen AIDS Response is a community based organization designed to serve and support people living with and affected by HIV. The program was created and functions through the support of people living with and affected by HIV. Evergreen offers many services. For more information, please call Evergreen at 360-735-9170.

A new role for an old friend

Bess Kaiser is changing to serve you in a new way



week Emergicenter, as well as other health care services at Bess Kaiser.

Also, we're excited about our future plans for growth and expansion in North/Northeast Portland.

Please mark your calendars and join us:

Community Forum

November 12
2:45pm-3:45pm
Hollywood Senior Center
1820 N.E. 40th

November 14
6:30pm-7:30pm
Kaiser Permanente's Town Hall
3704 N. Interstate

November 19
11am-noon
Urban League Senior Center
5325 N.E. MLK Blvd.

Many of you have depended on Bess Kaiser for your hospital needs or just for the comfort of knowing a hospital was nearby.

So you may wonder how we'll continue to serve the community after November 22, 1996, when Bess Kaiser is no longer a full-service hospital.

Join us at a community forum
We'll share information about our new 24-hour, seven-day-a-

Enjoy some refreshments while we answer your questions and concerns. These forums are for everyone interested in knowing about Kaiser Permanente health care services in the community. For more information call (503) 813-2000.

