

Health & Science

Kaiser Permanente Emergicenter

Kaiser Permanente is offering something new to the Pacific Northwest: the Emergicenter. The new service is like a hospital emergency room without the hospital.

Located for now in the same place where the hospital emergency department always has been, but now renamed:

Bess Kaiser Medical Office
5055 N. Greeley Avenue
Portland, OR 97217
(503) 285-9321

It will move to a new building on north Interstate in late 1998. This new \$40 million investment on the Edgar F. Kaiser Health Center campus will include, in addition to the Emergicenter, after-hours urgent care, a medical office with services such as outpatient surgery, lab, pharmacy, and radiology (mammography, ultrasound, CT scans, and X-rays), and a parking structure.

The Staff Administrator is Kathy Laird, Emergicenter Manager.

Kenneth Nisbet, M.D., Kaiser Permanente's chief of Emergency Medicine.

"Basically, the Emergicenter is like the ground floor of any hospital without the upper floors." - Dr. Nisbet

Experienced emergency medicine physicians, nurse practitioners, physician assistants, nurses, cast technicians and other staff provide care 24-hours per day, seven days per week. Specialists will provide telephone and on-site consultation as needed.

The Emergicenter will treat emergencies that are not life-threatening, and serious injuries and illnesses that require immediate treatment in order to prevent serious complications. (Examples are deep cuts, broken bones, seizures, shortness of breath, suspected poisoning, and sudden onset of severe headache or abdominal pain.)

Emergency services are provided to all patients, whether they are Kaiser Permanente members or not.

Only a few other such centers known to be delivering emergency care like this throughout the United States, as follows:

- The Henry Ford Hospital System, which has had free-standing emergency departments for 15-20 years.
- Kaiser Permanente's Parma Emergency Center in Ohio.
- Kaiser Permanente's Baldwin Park Urgency Care Center in southern California.

Most people who use emergency departments are not admitted to a hospital. The history of emergency department use in Kaiser Permanente's Northwest division is similar to national statistics: Only 15 percent of emergency room patients are admitted to the hospital. Almost half of those who are admitted are discharged within 24 hours.

Patients treated at the Emergicenter who require hospital admission will be transferred to the appropriate hospital.

New study looks at women chewing tobacco and snuff

Adult women who use snuff or chewing tobacco are invited to participate in an interview study which seeks to learn more about smokeless tobacco use by women.

Although men who use smokeless tobacco have been the focus of previous research, not a lot is known about women who use snuff and chewing tobacco.

"We need to understand the factors involved with smokeless tobacco use by women, in order to help women who want to quit and to develop effective prevention programs for girls at risk for using," says Herb Severson, a behavioral

scientist at the Oregon Research Institute.

Participants in the study will be paid \$15 to take part in a confidential interview about their smokeless tobacco use. Interviews can be conducted by phone or in person, at the participant's convenience. Women age 18 or older who have used smokeless tobacco for at least a year are encouraged to participate. The study is being conducted as a dissertation project at the University of Oregon, in connection with the Oregon Research Institute.

The use of smokeless tobacco by both men and women is a growing

health problem in the United States. Many people consider smokeless tobacco a safe substitute for smoking; however, regular use of snuff and chewing tobacco can lead to various health problems, including gum disease, heart disease, and oral cancer.

By learning more about why people use, we hope to find ways to help people quite and reduce the number of people at risk.

For more information, or to enroll in the study, please call Debbie Cohen-Smith at the Oregon Research Institute at 484-2123 or 1-800-266-7009.

Influenza Vaccinations Can Save Health-Care Dollars

A study at Baylor College of Medicine in Houston of patients hospitalized for asthma, chronic obstructive pulmonary disease or congestive heart failure showed that two-thirds of them had chronic lung disease -- and 25 percent tested positive for influenza. Another 15 percent were found to have two other flu-like respiratory infections, respiratory syncytial virus or parainfluenza viruses.

"This indicates that vaccinating these patients for influenza could reduce hospitalizations -- and thus medical costs -- among these people by as much as 25 percent," said Dr.

W. Paul Glezen, epidemiologist at Baylor's Influenza Research Center.

In the study, researchers tested hospitalized patients for the presence of flu or other respiratory viruses for a four-year period.

Experts at the Flu Center have long known that people with such illnesses are prime candidates for developing life-threatening complications from influenza. For that reason, they have recommended that these high-risk people get annual flu vaccinations.

But the study's results indicate that the need for influenza inocula-

tion is even more important than previously thought because the impact of the viruses is greater than previously thought, Glezen said. Many previous studies looked only at pneumonia as a complication of influenza.

"It's a rarity when a medical procedure can be shown to actually save money," Glezen said, "but the clear evidence is that widespread immunization against influenza can produce significant medical cost savings -- and all of this can be accomplished with a safe, readily available and inexpensive inoculation."

Tips To Be Fit: All About Exercise

BY VINCE & YOLANDA
Exercise & Medication

"I'm taking medication that makes me a little sleepy. Can I still workout? I still feel strong." - John Dover, DE

Sedatives, narcotic pain relievers and antihistamines can cause drowsiness, throw your balance off and affect your judgment. Before you take any medication you should ask your doctor if it's safe to workout while taking it. The affect of some medications can last even after you finish taking them. So find out how long it takes for the medication to wear off. If the label and your doctor tell you not to operate machinery while taking a medication, that means exercise equipment too.

AB Trim Down

"How can I get my abdomen flat? I do a lot of abdominal exercises but I feel I need something else. My friends have been giving me some of the craziest suggestions. I need some expert advice." - Mary Jacksonville, FL

Working your abdomen every

other day can help you develop a trim waistline. But, you can do situps and crunches all day and still not see that hard earned muscle if your body is carrying excess body fat.

When it comes to developing a flat stomach, diet is just as important as your workout. You have to eliminate rich fatty, high sodium foods from your diet.

Aerobic activity is the next component you have to incorporate to get that mid-section flat. Aerobic activities include walking, jogging, stair climbing, bike riding, dancing and swimming. Aerobic exercise is the only way to effectively burn fat. You must spend at least 45 minutes each session doing aerobics to burn fat effectively. The average person can comfortably start with 10 to 15 minutes of aerobic exercise. Gradually build your aerobic exercise time to 30 to 45 minutes three to five times a week.

Concerned about kids & exercise

"I have a five year-old daughter. I want to get her started with exer-

cise. What is a good age to start." - Joan Houston TX

It's good to see that you're concerned about your child's fitness even at this early age. Children have special exercise needs. And you should keep in mind that preteens are more prone to injuries from overuse of muscles, joints and bones during exercise. It's important to start your child off slowly.

Walking is a great aerobic exercise to start with. You can start walking with your child as young as five. At this age they will not only get in a good aerobic workout, but they will start developing good health habits. Mounting evidence shows that disease can begin as early as age 10.

To determine how far your child should walk for their age divide your child's age by three. One mile in 20 minutes is a good pace for five to eight-year-olds and one mile in 12 minutes is a pace good for a child over nine.

Before starting your fitness program, consult your physician.

Legacy Heart Services Offers Educational Program

In celebration of American Heart Month, legacy Heart services is offering a special program entitled "Thriving--Not just Surviving: Keys to building Heart Healthy Marriages & Families" on Saturday, February 15, 1997.

The presentation will be followed by a heart-healthy dessert reception and book signing. Wayne M. Sotile, Ph.D, a nationally known author and presenter, will provide "heart healthy" advice on contemporary marriage and family life, including:

- the relationship between stress and heart disease.
- the stages in a couple's journey.
- the myth of the balanced life.
- how to control yourself during uncontrollable times.
- six keys to lasting intimacy.

At 9:30-11:00 a.m. is the presentation, and 11:00 a.m. - noon Heart-healthy dessert reception and book signing.

The event takes place at the Multnomah Athletic Club, on 1849 S.W. Salmon Street, Portland.

Admission is free, but pre-registration is required. Call 335-3500 for more information and to register.

For 18 years, Wayne Sotile has co-directed Sotile Psychological associates in Winston-Salem, North Carolina. Dr. Sotile has authored three books, including Heart Illness & Intimacy-How Caring Relationships aid Recovery and High powered Couples, and is one of the most sought after speakers in the country. His focus is on stress and relationship management.

Free Health Screens

The Providence Health System Long Term Care Division offers free health screenings to adults throughout the year, from 9 to 11:30 a.m., on Wednesday, Jan. 8.

The first free health screenings will take place at Holly Tree Village, 5335 S. W. Murray Blvd., Beaverton, Oregon. Call 644-6437 for more information.

A second free health screening will happen 9 to 11:30 a.m., Thurs-

day, Jan. 23, at the St. Alexander's Catholic Church, 170 N. 10th Ave., Cornelius, Oregon. Call 359-0446 for more information.

A third screening at 9 to 11:30 a.m. on Wednesday, Jan. 29 will be at the Community Senior Center of Hillsboro, 750 S.E. 8th, Hillsboro, Oregon. Call 648-3823 for more information.

Adult Community Health Screenings are designed to assess an

individual's health and identify risk factors that require follow-up care. Participants receive a general physical assessment, a blood pressure check, diabetes and cholesterol test, pharmacy and nutrition counseling and referral for medical care, if needed.

Screenings are conducted by health professionals and are offered at various locations in the Portland tri-county area.

African American Brothers and Sisters, are you sick an tired of being sick and tired?

Did you make a New Year's Resolution to Lose Weight. Let's do it Together in a Healthy way!

Join: Love Your Body Weight Loss Program with Dr. Jewel L. Crawford, M.D.

Program Includes: Classes with Dr. Crawford; Exercise Program; Vitamin Supplements; Stress Management; and Weight Loss Products

Classes Start Jan. 14, 1997

You Must preregister on Jan. 2 at 6:30 PM Please Bring All Prescription Medication With You.

Where: Lutheran Inner-City Ministries 4219 N. E. MLK Jr. Blvd.

Cost: \$125 One Time Registration Fee - \$175 Monthly Fee

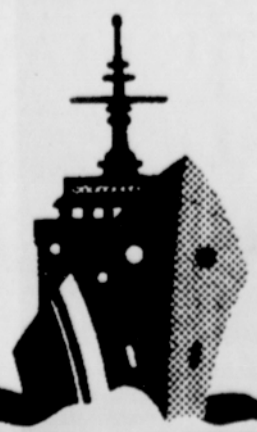
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