

# Health & SCIENCE

## Five basic steps to health

Dr. Thomas F. Frist, Sr., nationally known cardiologist and internist began his medical practice back in 1935. At this time Frist says that there were not too many effective medicines and treatments for such illnesses as typhoid fever, TB, pneumonia, smallpox, rheumatic fever, and other major ailments. So a lot of emphasis was placed on good preventative health, ways in which one could maintain a healthy lifestyle.

Today, although great strides have been made in modern medicine for the treatment of serious ailments, it still holds true that maintaining a healthy lifestyle is the greatest means of staying well and warding off serious and life-threatening diseases.

Dr. Frist tells folks today, as he did his patients of so many years, that there are five basic areas of healthy practices we should all fol-

low to ensure a long, happy and healthy life... they are:

**1. Diet**—A good balanced diet is essential to our health and well-being. DIET is the first area of focus for a healthy lifestyle, and even though we are in the midst of the festive holiday season, Dr. Karl VanDevender gives some excellent tips on healthy eating during holiday gatherings as well as every day. Dr. VanDevender elaborates more on controlling cholesterol levels and other ways to affect your health through proper eating. Included are some dietary guidelines to follow in controlling cholesterol and fat levels in your diet.

**2. Exercise**—Dr. Frist says EXERCISE...everyday! Depending on one's health, age and fitness levels, exercising daily is an essential ingredient for maintaining overall good health. The benefits are many, and forthcoming will be many more

tips for developing a healthy exercise program.

**3. Rest**—Every person needs at least 7 to 8 hours of rest within a 24 hour period. See The Importance of Rest and Sleep in Staying Healthy for an understanding of why adequate rest and sleep are important for our bodies to remain healthy.

**4. Medication**—Many new medications are now available to effectively control a number of medical conditions... from aspirin to specialized medications which help control blood pressure and many other conditions. An upcoming article will discuss the value of medications in regard to your good health.

**5. Vitamins**—Regular intake of vitamins have proven beneficial in maintaining our health. In the weeks to come, the doctors will talk more about the benefits of specific vitamins in our diet.

## Travel Health Briefs

### Japanese encephalitis

When traveling to the Far East, the Indian subcontinent and Southeast Asia, Japanese encephalitis can be a problem.

In temperate zones, this virus is usually transmitted during the summer and early fall, said Dr. Wayne J. Riley, director of the Travel Medicine Service at Baylor College of Medicine in Houston. In tropical areas, transmission is generally in the rainy season or the early dry season.

When the virus attacks, there are frequently no symptoms other than a possible mild flu-like illness with headache, fever and gastrointestinal problems, Riley said.

While there is no effective drug

treatment for Japanese encephalitis, a physician can provide supportive medical treatment.

### Protect yourself from insects in foreign lands

Travelers should leave the cologne at home when headed for areas where insects can be a health problem.

Colognes and other perfumed products such as hair spray, deodorants and soaps attract insects that can cause illness, said Dr. Wayne J. Riley, director of the Travel Medicine Service at Baylor College of Medicine in Houston.

**Other ways to minimize the risks:**

- Use insect repellent, being careful to match repellents to expected insects.

- Avoid open-air restaurants, buffets and markets.
- Avoid shiny jewelry and brightly colored clothing.
- Cover your body as much as possible.
- Avoid walking barefoot.
- Sleep only in rooms that are screened or air-conditioned or under a mosquito net.
- Avoid flying when you have a cold.

If you have an upper-respiratory infection plus fever and/or sinus-pressure pain, you may want to postpone trips by air, especially if you have high fever or sinus pain. Changes in cabin pressure can increase the severity of the infection in the sinuses and ears.

## New books fit for reading

The number of health-related books on the market has skyrocketed in recent years, and more books are published each day. It's impossible to read each one, no matter how determined you are.

Below are summarized some recently published books that deal primarily with physical health, many of an alternative nature:

**8 Weeks to Optimum Health**, by Dr. Andrew Weil (265 pages, hardcover, Knopf, \$23); Weil, author of the best-selling Spontaneous Healing, offers an eight-week program that sets the foundation for healthy living. Weil offers suggestions for constructing a lifestyle that will keep you feeling good while preventing future health problems.

**The Modern Book of Stretching**, by Anne Kent Rush (192 pages, paperback, DTP Trade Paperbacks, \$15.95); This book is relaxing just to look at. Rush is the author of several health-related books, including books on massage and yoga.

**The Natural Health Guide to Headache Relief**, by Paula Maas and Deborah Mitchell (275 pages, paperback, Pocket Books, \$14); This book helps the reader identify his or her headache type and offers numerous natural solutions: relaxation techniques, movement therapy, acupuncture, diet and nutrition, herbal medicine and homeopathy, among others.

**The Real Vitamin and Mineral Book**, by Shari Lieberman and Nancy Bruning (328 pages, paperback, Avery Publishing Group, \$12.95); The authors discuss the government guidelines for vitamins and minerals, as well as how much of each is necessary for optimum health, and offer a personalized supplement plan.

**The Chiropractor's Health Book**, by Dr. Leonard McGill (192 pages, paperback, Crown Trade Paperbacks, \$16); McGill, a chiropractor, suggests exercises to align the body, calm the mind, stretch muscles and relieve pain. He includes photographs showing proper form and also offers nutritional advice.

**Hidden Food Allergies: Finding the Foods That Cause You Problems and Removing Them From Your**

**Diet**, by Stephen Astor, M.D. (160 pages, paperback, Avery Publishing Group, \$9.95); This book discusses how to pinpoint specific food allergy symptoms and select a test diet in order to discover which foods to avoid. Astor offers three-week elimination diets for the major allergy culprits—milk, chocolate, corn, wheat and salicylate additives --and provides 40 recipes for allergy-free cooking.

**The 3-Day Energy Fast**, by Pamela Serure (248 pages, hardcover, HarperCollins, \$23); Serure, spiritual guru to celebs including Donna Karan, Barbra Streisand, Christie Brinkley and Demi Moore, offers a three-day juice fast designed to cleanse the body of toxins and replenish the spirit. She says the fast results in a healthy body, brighter eyes, clearer skin, enhanced energy and decreased anxiety.

**Everybody's Guide to Homeopathic Medicines**, by Stephen Cummings and Dana Ullman (365 pages, paperback, Putnam, \$16.95); Homeopathy treats ailments by triggering the body's own self-healing ability. This guide helps the reader to assess illness, choose a homeopathic remedy, decide when professional medical treatment is required and lists homeopathic organizations and resources.

**Advanced Nutritional Therapies**, by Dr. Kenneth H. Cooper (351 pages, hardcover, Thomas Nelson Publishers, \$24.99); Cooper, a well-known preventive medicine physician, discusses antioxidant therapy, nondrug methods of dealing with emotional problems, bioflavonoids, the Mediterranean Diet and the newest supplements including coenzyme Q-10 and selenium.

**The American Cancer Society's Informed Decisions**, by Gerald P. Murphy, Lois B. Morris and Dianne Lange (673 pages, hardcover, Viking, \$39.95); This detailed manual covers all aspects of cancer, including causes and risks, pain relief, alternative therapies, support systems, diet, exercise, issues for family and friends and more. It provides questions to ask health-care providers and provides an encyclopedia of different cancers and tests and treatments for each.

**Back Pain Breakthrough**, by Bob Lynch (157 pages, paperback, Cock-A-Hoop Publishing, \$14.95); Lynch is an inventor who discovered a possible solution to chronic back pain when he invented a new aerobic/strengthening machine. He discusses his discovery, why it works, and why the medical community doesn't want to find a cure for chronic back pain.

## One hour less sleep could produce drowsy drivers

Oregon transportation safety officials are using the annual switch to daylight savings time to remind drivers that losing even just one hour of sleep can contribute to the drowsy driver syndrome.

"Drowsy drivers may be involved in many more accidents than actually documented," said Tracey Lewellyn-Barnett of the Oregon Department of Transportation's Transportation Safety Section. "We're reminding people who plan to drive on Sunday, April 6, to try to get plenty of sleep before heading out and to keep that habit whenever they travel," she said.

Lewellyn-Barnett noted that it's often hard for law enforcement officials to tell when a driver's drowsiness contributed to a crash. "And many drivers are reluctant to admit that they were sleepy or fell asleep when an accident occurred," she said.

"Most of us think we can control when we fall asleep," Lewellyn-Barnett said. "But sleep is not voluntary—you can't shake it off with caffeine or loud music or fresh air. These stimulants may help during early stages of drowsiness, but they are no replacement for sleep," she said.

### Signs of drowsiness include:

- You must make a conscious effort to keep your eyes open.
- You want to prop your head up.
- You can't stop yawning.
- You don't remember driving the last few miles.
- You keep drifting from your lane.

Lewellyn-Barnett pointed out that most people's biological clocks make them especially likely to feel sleepy during the afternoon lull from 2 to 5 p.m. and early morning between 2 and 6 a.m.

She offered tips for helping drivers make sure they arrive at their

destinations alive and uninjured:

- Make sure you get plenty of sleep the night before leaving on a trip. Drive only during the hours you are normally awake. Never try to push through to your destination rather than pulling off the road and finding a safe place to rest.

- Avoid driving during your body's "downtime." Take a mid-afternoon break and find a safe place to sleep between midnight and 6 a.m.

- Talk with your passenger. Trade off driving duty to allow one another to rest.

- Make sure both people in the front seats are awake. A driver who needs rest should go to the back seat, buckle up and nap.

- Schedule a break every two hours or 100 miles. Stop sooner if you're experiencing any of the danger signs and take a short 15-to-20-minute nap.

## Controlling allergies examined

Allergies are a remarkably common group of diseases, affecting more than 50 million Americans—that's one out of every five people! And while for most, allergies are more annoying than impairing, in some extreme cases, allergies can seriously affect an individual's quality of life, and in rare cases, be fatal. In a recent edition of The Cutting Edge Medical Report, Dr. Michael Kaliner, Medical Director of the Institute for Asthma and Allergy, hosted an episode that focused exclusively on allergies.

Dr. Kaliner addressed some of the most commonly raised issues surrounding allergies. The program begins by precisely defining an allergy and its effect on the body's immune system. Next, the most common allergens and their sources were reviewed, along with an explanation of various symptoms. Other topics discussed included tips on

prevention, diagnosis and treatment of allergies, and the role of non-prescription drugs in managing symptoms. Additionally, a special focus was taken on the newest prescription non-sedating antihistamines that provide all the benefits of traditional antihistamines, without the classic side-effects.

This episode of The Cutting Edge Medical Report aired on the Discovery Channel via its transponder on April 10. The program will be aired additionally in markets around the country including Philadelphia and the New York tri-state area and on Jones Health Network and Kaleidoscope Television (KTV). This program is produced in conjunction with the Institute for Asthma and Allergy at the Washington Hospital Center in Washington, D.C. and The American Academy of Allergy, Asthma and Immunology (AAAAI) and is made possible by an unre-

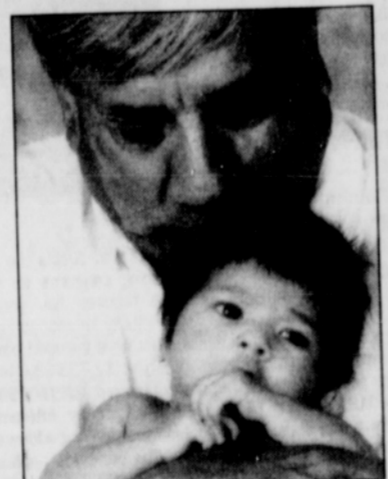
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The AAAAI is the largest professional medical specialty organization representing allergists, clinical immunologists, allied health professionals, and other physicians with a special interest in allergy. It has more than 5,400 members in the U.S., Canada and 41 other countries. The AAAAI was established in 1943 to advance the knowledge and practice of allergy, foster the education of students and the public, encourage union and cooperation among those working in the field, and promote and stimulate research and the study of allergic diseases.

The Institute for Asthma and Allergy at the Washington Hospital Center in Washington, D.C. focuses on the treatment and research of patients with asthma, allergies, sinusitis and other difficult to manage allergic problems.

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## 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 20-26.

For more information about free clinics in your area call your local health department or 1-800-SAFENET (1-800-723-3638) or in the Portland Metro area call 306-5858. Bring your child's immunization record to the free clinic. Call your local health department to see if chickenpox vaccine will be available.



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