

# Health & Science

## Body, Mind, and Spirit

Martin Luther King's birthday has passed and his message is still pertinent. He was a remarkable visionary in furthering the concept of Unity in Diversity.

Dr. King was a spokesman. He gave definition to our Self as having inherent rights, deserving of equality and respect. It was a loving reminder of who we are, having human rights, idealized by our Founding Fathers.

There were other times in history when mankind redefined Self. The Renaissance period shaped our view of Self. It was the idea of life as one's own creation, a work of art.

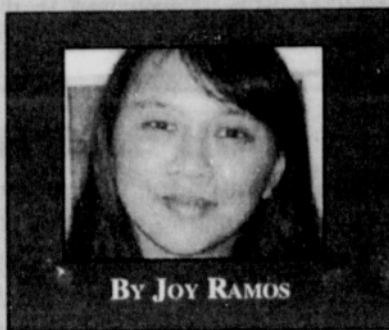
Rene Descartes, the French philosopher of the 17th century influenced the evolution of Self to mean that we are a rational individual with a distinct and constant identity.

Galileo, the astronomer gave Self a relationship to the Universe.

Through Martin Luther King, we took a leap in consciousness. We recognized the Self in importance to the Whole. King gave us greater vision to embrace Diversity.

He called for Diversity in schools, Diversity in business, Diversity in communities...Everywhere!

It is now commonplace. The Portland Observer is a paper about Diversity. It has served the



By Joy Ramos

community for twenty six years.

Martin Luther King was very progressive in his thinking. We are now recognizing King's message of Unity. This was not a prophecy. It was a realization that once we accept Diversity, we could spiritually progress to Unity.

When Dr. King had Unity in mind, I doubt that he foresaw the coming of the Internet or economic globalization. It is in our technological advances and leaps in consciousness that we can come together as One Mind, One Heart.

Our next calling is to make our Neighborhood a Brotherhood.

The direction we are taking is not clear. We are again, at a new time in history, redefining and reclaiming Self.

Walter Anderson, Vice President of Meridian International Institute further explains, "A changing world

now forces all of us to become more open systems—taking in new information, making new connections, moving our boundaries, and even re-examining our ideas of what it means to be human. In the process, we become in some ways, less than the modern self-less permanent, less centered, less separate."

Collectively, we can go in several future directions with Diversity and Unity. There are two interesting paths before us.

Advanced technological changes, Globalization and Low economic growth can steer us toward a return to communities, ancient ethnic identities, local economies and traditional spirituality.

There is another way. Advanced technological changes, Globalization and High economic growth can create a future cherished by people, voluntary simplicity and reverence for traditional societies.

Martin Luther King made his hopes clear: Honor the Self, Embrace Diversity and Live in Unity.

We have taken the message to heart and given it direction. As Professor Annett Stanton put it, "Martin Luther King was a wise leader for where our society was at the time. The next level is not up, but beyond."

## Prostate Cancer: Getting Checked Out Could Save Your Life

By Larry Lucas

As I write this column, I'm home recovering after successful prostate cancer surgery—and thanking my lucky stars that I caught the disease in time. I want to share my good fortune with you by giving you this loud and clear message. If you're a male over 40 be sure to get checked out for prostate cancer. This is particularly important for African American men, who have the highest rate of prostate cancer in the world.

The American Cancer Society recommends that every man over 40 have a rectal examination as part of a regular annual physical. This exam allows the doctor to feel for any abnormality in the prostate, a walnut-sized gland located just below the bladder. And men 50 and older should have an annual blood test to check for prostate cancer. African American men or those with a family history of prostate cancer should start getting the blood test, known as the PSA or prostate specific antigen test, at age 40.

These quick and painless tests can literally save your life. Nine out of ten men survive prostate cancer if it is diagnosed before it spreads to other areas.

If you are diagnosed with

prostate cancer, there are several treatment choices. You and your doctor will decide on a treatment based on your age, the stage of the disease, and the possible side effects of the treatment. It will usually include one or a combination of the following:

- Surgery to remove the prostate and stop the cancer from spreading
- Radiation therapy
- Hormone therapy, or treatment with hormonal medicines. These medicines reduce or block the production of testosterone, thus slowing the spread of cancer cells.

Pharmaceutical companies are currently testing 36 new medicines for prostate cancer. They are studying ways to use hormones to eliminate or disable the "triggers" of prostate cancer, and they are looking into vaccines to protect against diseases of the prostate.

We've made a lot of progress against prostate cancer over the last 30 years. Thanks to increased public awareness, diagnostic tests and new medicines, the survival rate for all stages of prostate cancer has risen from 50 percent to 76 percent. And for cancer confined to the prostate itself, the five-year survival rate is 91 percent. Still, 113 men die of this dis-



ease every day, and more than 300,000 new cases were diagnosed last year. Pharmaceutical company researchers are looking hard for a cure or a preventive vaccine. But your best defense against prostate cancer is to catch it early—like I did—through a physical exam or a diagnostic test.

For a free booklet, "Learning About Your Prostate Can Save Your Life," write to PhRMA, 1100 15th Street NW, Washington, D.C. 20005.

Larry Lucas is Associate Vice President of the Pharmaceutical Research and Manufacturers of America (PhRMA).

## Cherrios Can lower Cholesterol

A study published in the January/February 1998 issue of Nutrition in Clinical Care concludes that Cheerios breakfast cereal, a 56-year-old American favorite, can be an effective weapon in the war against heart disease and for the millions of Americans who have high-risk cholesterol.

The study conducted by the University of Minnesota Heart Disease Prevention Clinic shows that eating one and a half ounces of Cheerios twice a day lowered cholesterol levels of study participants by an average 3.8 percent, but Cheerios lowered cholesterol for some participants by as much as 18 percent.

The publication of the study falls on the heels of the announcement made in 1997 by the U.S. Food and Drug Administration allowing food companies to say on packaging that "Diets high in soluble fiber from whole-grain oats may reduce the risk of heart disease." The FDA action was unprecedented because no claim has ever before been approved for a specific food such as oats.

Cheerios and oatmeal are among the few foods able to make the FDA claim, but the study to be featured in Nutrition in Clinical Care, a Tufts University publication, is unique since it is the first ever peer-reviewed published study showing that a leading ready-to-eat breakfast cereal can actually reduce cholesterol.

High cholesterol is a major risk factor for developing heart disease, this country's leading cause of death, and more than one of every two American adults (52 percent) have high-risk levels of blood cholesterol measuring 200 mg/dl or greater, according to the Centers for Disease Control.

Researchers in Minnesota studied 135 men and women ages 40 to 70 years for a 12-week period. About half of the participants were given an unidentified whole-grain oat cereal (Cheerios) to eat daily, and the other half were given an unidentified corn flake cereal. On average, those who ate Cheerios achieved a significant reduction in blood cholesterol while those who ate the corn flakes did not.

"After I began eating Cheerios for the study, my cholesterol dropped by 40 points," said study participant Dewey White, 60, of St. Paul, Minn.

The study boasted nearly a 100 percent rate of compliance from those who participated, which is an indication that people had an easy time following the daily eating requirements. During the first six weeks of the study, partici-

pants were placed on a low-fat low-cholesterol diet, which is a routine part of this type of nutrition research, so that a baseline level of blood cholesterol could be determined for each individual. Once the baseline levels were recorded, Cheerios were provided to one group and corn flakes were provided to the other group. Even while on a low-fat, low cholesterol diet, those who ate the Cheerios had additional reductions in total blood cholesterol.

The cholesterol-reducing qualities found in Cheerios are consistent with results of studies done for oatmeal and oat bran. Cheerios is made with whole-grain oats and was called "Cheeri Oats" when General Mills first invented it in 1941 to provide a more convenient and better tasting alternative to cooked oatmeal.

Cardiovascular disease is the leading cause of death in America. One million Americans are expected to die of cardiovascular disease in 1998. An American dies from cardiovascular disease every 33 seconds, and the toll on this country's economy exceeds \$150 billion annually.

Cholesterol and Whole-Grain Oat Fact Sheet

— One of every two American Adults (52 percent) has high-risk cholesterol levels of 200 milligrams per deciliter or higher, according to the Centers for Disease Control.

— High cholesterol or hypercholesterolemia is a major risk factor for cardiovascular disease, according to the American Heart Association.

— An estimated one million Americans will die from cardiovascular disease in 1998 and every year

in the near future unless changes are made in the American lifestyle.

— Each year cardiovascular disease costs the United States more than \$150 billion.

— Oat consumption by humans dates back to 400 BC when oats were described as a "healing agent."

— Oats came to America in 1602 and were used for relief of stomach discomforts and other ailments.

— Cheerios is the number-one ready-to-eat whole grain oat cereal in the world.

— Cheerios was called "Cheeri Oats" when General Mills first invented it in 1941 to provide a more convenient and better tasting alternative to cooked oatmeal.

— Whole grain oats contain more soluble fiber than other whole grains, such as wheat, corn or rye.

— Whole grain oats contain more protein and lipids than other grains.

— According to the American Dietetic Association, consumers should eat at least three servings of whole-grain foods daily, but on average most Americans eat less than one serving a day.

— Cheerios meets the nutrition guidelines of the American Heart Association.

— Ready-to-eat breakfast cereals account for about 90 percent of the cereal market with hot cereals comprising about 10 percent.

— Oats contain naturally occurring phytochemicals that have been associated with protection from a variety of chronic diseases. Whole grains contain naturally occurring phytoestrogens which have been linked to decreased risk of hormone-related diseases such as breast cancer.

## Do You Have Winter Depression?

### Qualifications

You must be in good health and not taking any antidepressant medications.

If you are interested, please call the Sleep and Mood Disorders Lab at OHSU:

**(503) 494-1402**

*This project is under the direction of Dr. Alfred J. Lewy.*

### Research Study Volunteers Needed

Do you feel down or sad in the winter, but not during the summer? If so, you may qualify for a three-week research study treating winter depression with melatonin, which naturally occurs in the body. This is followed up with two weeks of standard treatment with bright lights. (You may choose to keep the light fixture at the end of the study.) The study will involve five visits to Oregon Health Sciences University, with blood draws on three occasions.



## What can you do about diabetes?



Gospel Recording Artists, The Clark Sisters  
Honorary Spokespersons, "Diabetes Sunday"

Diabetes is devastating African American families. Heart attacks. Blindness. Foot and leg amputations. Kidney problems. Strokes. Early death. All caused by this serious disease. But it doesn't have to be this way.

Diabetes can be controlled, even prevented.

Because we lost our mother to diabetes, we're raising our voices to spread the gospel of prevention. Join us. Learn what you can do. For yourself. For your loved ones. Be part of the congregation on "Diabetes Sunday."

Call the American Diabetes Association at 1-888-DIABETES (342-2383) for more information.

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