

# HOUSING The Portland Observer

# Health & Science

## Downtown Elderly Housing Development Gets Boost

The Federal Home Loan Bank of Seattle awarded a \$200,000 grant to Bank of America, FSB to help fund the construction of the Macdonald Center, 54 assisted living apartments for very low-income frail, elderly individuals in downtown Portland, announced James R. Faulstich, president and chief executive officer of the Federal Home Loan Bank of Seattle.

A private, wholesale bank, the Federal Home Loan Bank of Seattle is providing the grants through its Affordable Housing Program (AHP) which offers targeted grants and reduced-rate loans to help financial institutions support community organizations with the development of affordable housing. The AHP is funded annually with 10% of the Seattle Banks' profits.

Macdonald Center is a nonprofit social service outreach organization that formed a limited partnership to develop and own the facility which

will also be called Mac Donald Center. Located on the downtown transit mall at N.W. Sixth Avenue and N.W. Couch Street, the center will provide accessible apartments with assisted-living services to 54 frail, elderly individuals living on social security or disability income and earning no more than 30% of the median income in Portland, or \$16,200 per year for an individual. Mac Donald Center residents will receive a unique mix of personal care and mental health services.

In addition to the AHP grant, which will be used to reduce the principal on a permanent loan, Bank of America will provide construction financing. Additional funding for the \$1.5 million development includes a loan form NOAH (Network for Oregon Affordable Housing), Low Income Housing Tax Credits, and grants from the Portland development Commission, the Meyer Memorial Trust and the State of Oregon.

Construction will begin in February 1998 and be complete in January 1999.

The Mac Donald Center is one of 60 affordable housing developments across the region that received \$9.8 million through the program in 1998. AHP grants leverage additional funding through financial institutions, federal, state, and local governments, and private donations.

The Federal Home Loan Bank of Seattle's mission is to expand housing and economic opportunities if in the region by providing funding and other banking services essential to community-based financial institutions.

One of 12 Federal Home Loan Banks in the nation, the Seattle Bank serves 290 financial institutions in Alaska, Guam, Hawaii, Idaho, Montana, Oregon, Utah, Washington and Wyoming. The Seattle Bank is privately owned and managed and has assets of \$29 billion.

## Chronic coughs often age-related in children

Treatment for children's chronic cough may be determined by their age.

"Diagnosis for coughs lasting longer than three weeks vary according to patients age," said Dr. Stuart Abramson, an assistant professor of pediatrics at Baylor College of Medicine in Houston.

Coughs can indicate a number of disorders, although the cause can be determined in more than 80 percent of cases, said Abramson, a physician at Texas Children's Hospital.

"It's frustrating diagnostic and treatment dilemma for both patients and physicians alike," he said. "But once the cause is found, treatment is usually effective."

Abramson lists three categories for childhood coughs: \*Up to 18 months: The most likely causes are

gastroesophageal reflux, aortic arch anomalies or cough variant asthma.

Gastroesophageal reflux often results in vomiting. Treatment includes keeping infants in an elevated position, using cereal to thicken formula, and medicines that control the regurgitation of stomach contents.

Aortic arch anomalies, or an abnormality of arteries leading off the aorta, may constrict the esophagus. Surgery may be required for this rare condition.

Cough variant asthma (CVA) results when patients have restricted airways causing a form of asthma that results in mainly coughing rather than wheezing. Treatment includes regular use of anti-inflammatory medicines in persistent asthma cases.

\*18 months to age 6: These children most likely have coughs due to CVA or sinusitis, an inflammation of

the membrane lining the facial sinuses. Sinusitis is typically treated with antibiotics and decongestants, although surgical drainage may be necessary in some cases. Respiratory allergies may also lead to sinusitis and should be controlled.

\*Adolescents: Teenage coughs usually are the result of CVA, sinusitis, or are stress-related. For the latter, addressing the source of stress is the best treatment.

"Annually, more than 16 million physician visits by adults and children are due to coughs," Abramson said. "The majority of patients have only one underlying cause for their cough."

Abramson advises parents to see their physician or pediatrician whenever there is concern about a child's cough.

## Adult cancer often starts in childhood

The long path to adult cancer often begins in childhood.

Exposure to parental tobacco smoke and increased teen and pre-teen smoking may be contributing to more and more cases of adult cancers, say pediatric cancer and pulmonary experts.

"Millions of U.S. children have been exposed to environmental tobacco smoke," said Dr. David G. Poplack, director of the Texas Children's Cancer Center (TCCC) in Houston. "These children are at risk for cancer later in life as a result of these early exposures."

Poplack, chief of pediatric hematology and oncology at Baylor College of Medicine and Texas Children's Hospital, says that children are smoking at earlier ages.

Statistics suppose this. According to the Texas Department of Health,

each day more than 3,000 American youth try a tobacco product for the first time.

More than half of high school student, 27 percent of sixth-graders and 10 percent of fourth graders have tried tobacco.

They are experimenting with a deadly combination, says Dr. D.J. Murry, a pharmacologic expert at the Texas Children's Cancer Center.

"These kids are often unaware that there is a cocktail of carcinogens in tobacco," he said. "That's why these early starters are at greater risk later for cancer."

Murry and colleague Dr. Marianna Sockrider, a pediatric pulmonologist, hope to study smoking cessation methods for children and teens—a little explored area.

"There are few smoking cessation

programs designed for youth in Texas or nationally, and potential aids such as nicotine patches have not been tested in this population," Sockrider said.

Sockrider says teens start out experimenting and before they realize it, they are "hooked"—often by the late teen years. She offers the following tips for parents:

\*Ask questions about your child's friends and their attitudes toward smoking. Discuss peer pressure and their right to make decisions about their health.

\*Discuss how easy it is to become addicted to tobacco and how difficult it is to quit. Clear up any misunderstandings about smoking such as overestimating how many youths use tobacco.

\*Start early and be persistent. The message may get through.

## Women's Health Initiative

As the 21st century approaches, American women still have more questions than answers when it comes to heart health. One of the toughest questions is whether to use hormone replacement therapy (HRT), which has been found to improve some heart disease risk factors by may pose other dangers, including a greater chance of breast cancer.

Now the answer to that and other heart-health questions are finally in sight. They will come from the Women's Health Initiative (WHI), a 15-year exploration of how to prevent coronary heart disease, breast and colon cancer, and fractures from osteoporosis, a severe thinning of the bones that poses serious problems for older women.

WHI was begun in 1991 by Dr. Bernadine Healy, then director of the National Institutes of Health (NIH). In October 1997, the project was transferred to the National Heart, Lung, and Blood Institute (NHLBI), where it is conducted as a consortium effort that is led by the NHLBI in cooperation with the National Cancer Institute and the National Institute of Arthritis and Musculoskeletal and Skin Diseases. WHI is one of the largest studies of its kind ever undertaken in the United States and involves more than 167,000 women, ages 50-79.

WHI has three parts: \*A clinical study to examine the effects of HRT, diet and calcium, and vitamin D supplements on heart disease, osteoporosis, and cancer risk.

\*An observational study to look at the interplay between lifestyle, health, and disease risk factors, and the development of specific diseases.

\*A community prevention study to test ways to get women to adopt health-

ful behavior. The community study is being done with the Centers for Disease Control and Prevention, located in Atlanta, GA.

HRT has long been used to treat the symptoms of menopause, such as hot flashes and flushes, sweats and sleep disturbances. HRT can be taken as an estrogen alone or in combination with another hormone, progestin (progest-erone).

Earlier research supported by the NHLBI—the Postmenopausal Estrogen/Progestin Interventions (PEPI) Trial—had showed that HRT can improve some of the risk factors for heart disease after menopause, when women's risk of heart disease increases. It's believed that the increase is linked to the drop in estrogen that occurs at menopause.

PEPI found that HRT increases high-density lipoprotein (HDL, the "good cholesterol"), and decreases both low-density lipoprotein (LDL, the "bad cholesterol") and fibrinogen (which allows blood to clot), increasing the risk of heart disease and stroke. PEPI also found that HRT not only slows the bone loss that occurs with menopause but also significantly increases bone mass.

PEPI helped to establish the first guidelines for HRT use:

\*Women with a uterus should consider a combination HRT therapy that uses both estrogen and a progest-erone. Those with a uterus who take estrogen alone need to have a yearly endometrial biopsy to guard against an increase risk of endometrial cancer.

\*Women without a uterus should consider taking estrogen without a progest-erone.

But PEPI was not large enough and did not last long enough to answer

every question about HRT. For example, it could not explore the effects of long-term HRT use, including whether the therapy actually leads to fewer cases of heart disease and stroke. Also, it could not examine whether HRT use increases the risk of breast cancer.

WHI will look at those and other long-term issues. Its clinical trial involves 67,000 women. Depending on eligibility, the women choose to enroll in one, two, or all three of the clinical trial's components—HRT use, dietary modification, and calcium/vitamin D supplementation:

\*The HRT portion explores the therapy's long-term effect on coronary heart disease, osteoporosis, and breast cancer risk. Women take hormone pills or placebo, which looks like the drug but has no biological effect.

\*The dietary modification portion examines the ability of diet and calcium and vitamin D supplements to prevent breast and colorectal cancer and heart disease. Women follow their usual eating pattern or a diet low in fat and high in fruit, vegetables, and grains. If this dietary pattern is shown to reduce breast and colorectal cancer as well as heart disease, the study will lead to important recommendations for Americans' eating habits.

\*The calcium and vitamin D supplements portion examines their ability to prevent fractures. The calcium and vitamin D component begins a year after a woman has started participation in one or both of the other portions of the trial. Women take either calcium and vitamin D supplements or placebos.

## LANDLORD TRAINING

The trainings provide valuable information and resources for landlords at no cost for the workshop, and a \$10 fee to the

written packet.

We have moved the trainings to PCC Cascade to accommodate the growing number of attend-

ees.

If you have any questions, please feel free to contact Victoria Anderson at 282-1964.



## NEW HOMES



Priced from

**\$122,500**

- 1338 to 1469 sq. ft.
- 3 & 4 bedrooms
- 2 1/2 baths
- 2 car garages
- Fenced with front landscaping

Open Fri  
Sat-Sun-Mon  
12 to 5

To Visit: West on Highway 8 to Cornelius. Right on 19th. Proceed North 1/4 mile. Right on Holladay. Go to Information Center.

Kifton Development  
(503) 359-0911



## STEWART GROUP REALTY

*"A Growing Company Committed To A Growing Community"*

Fax: 289-3435  
E-Mail: fred@sgrealty.com  
289-4970



### GREAT HOUSE, GREAT PRICE & GREAT LOCATION

Three bedroom, two baths, vaulted ceilings in living/dining and master bedroom. Large vaulted entry with hardwood & alcoves. Bayed window in living room. On cul-de-sac, brick accent, real wood trim, fenced & wood deck & large private side yard. Built 1990. **\$159,900.** #HDC12836.

Call Debbie (503) 708-5510 or 1-888-288-5432.

### THE SKY IS THE LIMIT IN CUSTOMER SERVICE

Big House No Problem!  
Little House No Problem!  
Acreage No Problem!  
Income Property

You Name It No Problem!  
"DREAMERS,"  
I will find that dream house you want in the time you want at the price you want.

(503) 708-5510  
1-888-288-5432 Pager  
1-800-536-4450 Office  
1-360-574-4513 FAX



Are you ready to sell?  
Call for your Free Consultation & Your Current Market Analysis. You can leave the footprints to me.



DEBBIE CADENA  
Customer Service Specialist

## Free Vision Screenings offered for save your vision month

March has been proclaimed National Save Your Vision Month. To celebrate, the Pacific University College of Optometry reminds the public that it's network of community Vision Centers are providing free vision screenings as well as free eye health screenings for people with diabetes.

Screenings are available by appointment and are offered at Pacific University Vision Centers are located in Downtown, Northeast, and South-

east Portland; Cornelius, McMinnville, and on the Pacific University campus in Forest Grove.

Vision screenings are offered for people of all ages—including infants and children. Screenings take about 20 minutes and provide important information about clarity of vision, eye health, and eye coordination—factors that are essential for good vision and healthy eyes.

Screenings are especially beneficial for younger children whose learn-

ing skills—such as reading and writing—depend on good vision and healthy eyes. Screenings are also available for area schools, businesses and community organizations through Pacific's Off-Site Screening Program.

Free eye health screenings for people with diabetes take about an hour and are critically important as diabetes is the leading cause of blindness affecting people from the ages of 20 through 75.