

Health & SCIENCE

Care for Your Heart In the 21st Century

National Heart, Lung, and Blood Institute (NHLBI)-supported scientists have made dramatic progress in the fight against heart disease during the past half-century. Millions of lives have been saved and the quality of many more greatly improved.

For example, 50 years ago, virtually the only treatment available for a heart attack was bed rest—6 months of it before the patient could even sit up in a chair. Today, most patients resume normal activities within mere weeks of a heart attack.

Here's a sneak preview of the new century—10 coming advances that will help Americans take better care of their hearts. Each advance is explained more fully in the following pages.

The 10 advances cover:

Networks to assist family care-givers

BY GARY WEEKS

As I listened to the woman tell her story, I asked myself, "How many of us could make that kind of sacrifice?"

The woman's daughter has a disability that causes the girl to awaken several times each night. The woman and her husband have found that the only way to get her back to sleep is to drive her around the block.

This exhausting procedure will occur several times tonight just as it does every night, 365 nights a year.

I was told about one care-giving couple who had had no time alone, not even to go out to dinner for five or six years.

These parents are heroes, and they are hardly alone. Thousands of Oregon families provide 24-hour care for a medically fragile child, for a family member with developmental disabilities or for an aged parent with health concerns such as Alzheimer's disease.

In fact, most people know someone who shoulders these family care responsibilities. As our own parents age, we know that one day we may be caregivers, too.

Today people often don't know where to call to find help. If they do find someone to assist them, they may not know the person's background or care-giving experience.

Now, thanks to the commitment of individuals and families and the Oregon Legislature's support, help will be available to families whether they live in Portland, Pendleton, or Port Orford.

The help is called "respite care." Respite literally means a break or a rest. Respite services will be available to provide re-

*Women's health—The Women's Health Initiative will give women answers about some of their most pressing health concerns.

*Heart failure—An implantable device will restore heart function for those with heart failure.

*Cardiac imaging—new devices are helping physicians see what's going on inside the heart and blood vessels without surgery.

*Angiogenesis—A drug will promote the growth of new blood vessels to body tissues and organs with poor circulation.

*Emerging risk factors—Knowledge of the risks posed by new factors will help Americans better prevent the development of heart disease.

*DASH—A new eating plan will help Americans lower their blood

pressure and reduce the need for medication.

*Arrhythmia—Genetic therapies will stabilize erratic heartbeats.

*Stress management—Better stress management will help Americans reduce the risks of first and repeat heart attacks.

*Children's health—Heart disease will be averted early with new approaches that get children to adopt and maintain lifelong healthful habits.

*Framingham Heart Study—More findings from the landmark Framingham study will help Americans avoid or better manage heart disease.

Advances also depend on improved methods of research. This sneak preview also includes a look at a new approach to clinical trials.

lief soothe the primary caregiver can enjoy a relaxing dinner out, a church function, an afternoon of shopping or a weekend get-away with a spouse or other family members.

Legislators directed the Oregon Department of Human Resources to work with communities to develop locally designed respite-care networks. These networks will offer a single point of contact for people to obtain referrals to screened providers and center that offer respite care. They can also identify sources of financial assistance and coach families in how to select a provider.

In March, we will invite communities to apply for technical assistance to develop respite care services for the full range of family needs—children, adults, seniors. In May, we expect to name the first 12 communities with whom we will work. By 2003, our goal is that respite care will be easily available statewide.

Oregon recognizes that if families get a break they can continue providing care at home, preventing out-of-home placements such as foster homes and nursing facilities. Families will be strengthened, the public save millions in costs for institutional care, and caregivers are less likely to fall victim to stress-induced illness. caring communities also set a good example for children.

Families in Klamath County, who now have access to a full range of respite services, tell us that just knowing that they will have a break on given afternoon makes it easier to get through the week.

We believe Oregon is the leader in helping communities

pressure and reduce the need for medication.

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statewide establish services for a full range of ages and disabilities.

This will guarantee that no longer will family caregiver, like the mom and dad with the daughter who awakens nightly, have to go for years without getting a restful break in their exhausting routines.

Genealogy On The Internet

(NAPS)—Are you are interested in your family history? Do you have a home computer, a modem, and an account with an Internet service provider? Then log on today. You'll find a wealth of information, from how-to information to lists of genealogical societies and on-line records databases.

To get started, use a search service to search on terms like "genealogy" or "roots." Or try these sites:

Ancestors: <http://www.kbyu.byu.edu/ancestors.html>. This is the home page for the PBS series on genealogy, *Ancestors*. Sponsored by Eastman Kodak Company, *Ancestors* first began airing on local PBS stations in February, 1997. The *Ancestors* home page gives information on the series, including a series overview, information on the hosts and answers to frequently asked questions. It provides links to other sites of interest to genealogists. These include the National Archives, the Library of Congress, and special interest sites such as the American Civil War home page. It also provides a link to Kodak's home page (www.kodak.com), which provides information on the *Kodak Image Magic* digital imaging workstations that make it easy and affordable to copy and enhance family snapshots and heirloom photos.

Family Tree Maker Online: <http://www.familytreemaker.com>. This home page is published by



Brøderbund Software, Inc. Brøderbund manufactures a popular genealogy software program, Family Tree Maker. From this site, you can download a demo version of Family Tree Maker. Or get technical support if you already use the program. This site also includes a genealogy how-to-guide. Finally, check out Brøderbund's free on-line index of records databases, the FamilyFinder Index. This index lists approximately 115 million names from centuries of government and historical records. Save research time by using the Family Finder Index to see if your ancestors are included in any of the databases. If they are, you can order the database or databases from Brøderbund on CD.

Genealogy Services Online: <http://ourworld.comuserve.com/homepages/roots>. This site is maintained by Richard Eastman,

who founded the CompuServe genealogy forum. It provides files on genealogy you can download. You'll also find an extensive list of links to other Internet sites. These include sites where other genealogists have posted their research. Others are sites of interest to people researching their ancestry overseas. One, for example, provides Netherlands genealogy information.

The Genealogy Home Page: <http://www.genhomepage.com>. This home page, maintained by Stephen A. Wood, provides links to hundreds of other Internet sites. Categories include libraries, maps, genealogy societies, upcoming events, genealogy guides and searching for related genealogists.

For more information contact the Kodak Information Center at 800-242-2424, or access the Kodak home page at: <http://www.kodak.com>.

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