

# Health & Science

## Beyond Fear's Fence.....

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"Fear only holds power over you when it goes unacknowledged"

-James J. Mapes

### Quantum Leap Thinking

Beyond fear's fence awaits faith fortune. This is one of the greatest lessons that life has taught me. Each time that I confronted my fears dating back to the first grade (6 years old)—I later discovered that beyond fear's powerful grip, something really nice awaited me.

The business of motivation has taken me down many avenues, much terrain, and has brought me face to face with many dreaded fears: the fear of failure, the fear of rejection, the fear of inadequacy, and the fear of alienation. Oftentimes, my imagination would race ahead with foreboding outcomes that never materialized. Fear was trying to discourage me.

Our imaginations are the theaters of our subconscious minds. We act out our strongest held beliefs that reside beneath the surface of our conscious minds. The scary scenes that fear produces are manifestations of what we really believe in our subconscious minds. Refusing to bow to fear's limiting potential causes the subconscious mind to switch its programming to more pleasant possibilities.

When each of us decides to leave our comfort zones, to break away from habitual patterns of thinking and doing, we often experience a certain discomfort in our bodies. We also become aware of a certain psychological uneasiness. And because human beings tend to approach pleasure and avoid pain (in any form), we tend to shy away from fear-provoking experiences and the pain that we associate with them.

For example, you may have told yourself that your present job, spouse (or significant other)

group of friends, or financial status is not what you want. You are beginning to get bored too often.

You have noticed that your life is lacking a certain zest. You rarely feel upbeat about anything. Past pleasures have become blasé. You know that it is time to make a few life-altering changes.

Once you reach this point on the path of life's journey, you are forced to make a decision: I will proceed further along this uneventful road or take the time to closely examine what is really going on inside you? A few days of quiet introspection will probably reveal a truth that lies right beneath the surface of your awareness: You are being called to confront your fears. You are being summoned by a higher command to come out of the comfort zone, i.e., your daily rut. You are being challenged to leap over fear's fence to enjoy the promise of an abundant life.

Some great minds has

insightfully stated that the only constant in life is change. As we grow, our bodies change. As we mature, our behavior changes. And as we study life's lessons, our perceptions change.

But change is difficult because it requires saying goodbye to familiar people, places, and patterns. Change means letting go. It means facing the unknown. Change is about risk and insecurity. But change is inevitable. And those who resist it do so at their own peril. Irrational fear is usually an indication that we are resisting change. We shrink; we recoil; we seek to hide in the illusion of permanence. We cling to the past because of a fear of facing the future, inadvertently abandoning the richness found only in a courageous present.

Like so many other ironies found in human existence, those who seek comfort in past patterns the most, usually end up suffering the most discomfort when they focus on future predicaments.

The challenge for each of us is to simply let go. Let go of the false beliefs that fear notoriously nourishes. Let go of a paradigm that stifles growth and rewards the status quo. Let go of those thoughts that lure you into thinking that the unknown is overwhelmingly fraught with danger or frightful outcomes. Like the young child trying to ride a bicycle for the first time or taking that first plunge into a swimming pool, see yourself confronting your fears and moving beyond them.

When we care enough for ourselves to become devoted stewards of our own development; when we love ourselves enough to take a risk on ourselves; and when we courageously decide to stretch for life's wonderful possibilities instead of timidly seeking a suffocating certainty, we will inevitably rejoice in the incontrovertible truth that beyond fear's fence awaits faith's fortune.

God Bless!



### A Healthy Start for Healthy Babies

WASHINGTON — Earn a lifetime of hugs by giving your baby a healthy start even before you give birth.

Healthy Start, a federal initiative promoting healthy behaviors by mothers-to-be and quality health care for newborns, encourages women to see a health care provider as soon as they know they are pregnant and to keep all follow-up appointments.

Other tips for mothers-to-be:

- Eat three healthy meals daily, plus healthy snacks.
- Drink six to eight glasses of water, fruit juice, or milk daily.
- Gain 25 to 35 pounds during pregnancy.
- Exercise regularly—walking in a safe place is a good exercise for mothers-to-be.

Don't smoke cigarettes, or drink liquor, beer, wine, or coolers; don't use over-the-counter medicines such as aspirin, cold remedies, antacids, or other pain relievers or get an X-ray without checking with your health care provider; don't use illegal drugs such as marijuana, heroin, cocaine, or crack. These substances can be harmful to pregnant women and their babies. They can cause babies to have breathing problems, brain damage, and birth defects.

The Healthy Start Initiative encourages pregnant women and their partners to adopt healthy behaviors during pregnancy and to maintain them once their babies are born.

For more information on prenatal care services, tips for a healthy pregnancy, or to find out if there is a Healthy Start program in your community, call toll free, 1-800-311-BABY (2229) (English speakers) or 1-800-504-7081 (Spanish speakers).

## Senior News

### Senior Health Briefs

**Preventing Falls**—Falls are the number one cause of injury related death for people over the age of 65. "Fractured bones that can result from a fall are a concern for older people, but it is the immobility caused by falls that does the most long term damage," said Dr. Robert Luchi, director of the Huffington Center on

Aging at Baylor College of Medicine in Houston. "Immobility affects virtually every system of the body and makes the normal effects of aging more pronounced."

Since most falls occur in the home, many of them are preventable. Luchi suggests the following steps to help "fall-proof" a home: do not use throw rugs, keep electric cords, telephone cords, newspapers and other clutter out of walkways, make sure the home is well lit, install grab bars or handrails in the bathtub, and ask your doctor about doing exercises to help strengthen muscles.

Is something keeping you up at

night? Getting a restless night's sleep can become challenging later in life. Health problems, prescription medications and sleep disorders are just a few of the barriers to enjoying an uninterrupted night in the sack.

"Many people with arthritis, for example, might have no difficulty initially falling asleep, but turning over in bed might wake them during the night and prevent them from falling back to sleep," said Dr. James Frost, a professor in the Department of Neurology at Baylor College of Medicine in Houston.

Another common obstacle is medication. Many drugs prescribed

for mature adults, including tranquilizers and antidepressants, can interfere with sleep.

"The best advice is to maintain normal sleep patterns," said Frost. "Going to bed and waking up at the same time each day helps people sleep better."

Frost also recommends checking with your doctor to see if medications can be taken at specific times during the day to lessen their impact on sleep.

**Women can control urinary incontinence**—Many older women with stress related urinary incontinence can overcome the problem by learning how to control their pelvic floor muscle.

Stress related urinary incontinence

is a disorder that causes loss of bladder control during coughing, sneezing or straining. The problem is due to nerve damage in skeletal muscles and ligaments at the bottom of the pelvis, often as a result of stretching during childbirth.

"About 25% of women over the age of 50 suffer from this ailment, but many of them are reluctant to discuss it with their doctor," said Dr. Paul Fine, assistant professor of obstetrics and gynecology at Baylor College of Medicine in Houston.

Proper exercising of the pelvic floor muscle increases muscle tone, both at rest and during straining.

## Emergency Medical Service

May is Emergency Medical Service (EMS) month, and a good time to think about just how important EMS can be to our lives. Time is the most valuable commodity in an emergency. If you or a loved one becomes seriously injured or ill, immediate medical care is crucial. When you dial 911 to report a medical emergency, you activate the Emergency Medical Services (EMS) system, which has the sole purpose of providing effective life support in the shortest possible time.

Seventy-five percent of all calls to which our firefighter respond are medical related. In fact, the Portland Fire Bureau is the largest provider of pre-hospital care in the State of Oregon.

For more than 100 years, firefighters in the City of Portland have had the dual job of fighting fires, and performing other types of responses. Every firefighter in the

City is an Emergency medical Technician (EMT), trained to provide basic life support, including CPR and first aid. In addition, many firefighters are certified paramedics. They carry advanced life saving equipment and medication on their fire engines and rescue vehicles.

The Emergency Medical Services system is a joint effort on the part of the City of Portland, Multnomah County and private ambulance companies.

The Portland Bureau of Fire, Rescue & Emergency Services provides first response, rushing to the emergency scene to give immediate medical care. Private ambulances often follow up with continued life support and transportation of patients to the hospital.

If you have any questions or comments, please call the Portland Bureau of Fire, Rescue & Emergency Services at 823-3700.

## OSU Researchers Seeking Volunteers For Hip Fracture Study

Researchers at Oregon State University are seeking women 70 years of age or older for a study on the prevention of hip fractures due primarily to osteoporosis or weakening of the bones.

Volunteers will be given a free hip bone scan to measure bone density and asked to keep a diary on any falls they may incur during the next four years. Height, weight, hip and waist measurements also will be taken during a one time, 30 minute examination.

The OSU study hopes to shed more light on the relationship between hip fractures and osteoporosis, including the possible protective role that fat and muscle may play in guarding the hip.

"Reduced bone mineral density at the hip and falls to the side are primary risk factors for hip fractures," said Christine Snow, an associate professor of exercise and sport science at OSU and director of the university's Bone Research Laboratory. "There is some evidence that the amount of fat

and muscle covering the hip may be a factor in helping to guard against hip fractures from falls on the side."

Every year, more than 300,000 Americans incur hip fractures and half of them never recover normal function. Many become dependent on others for mobility, health care experts say, and the annual cost for treating these fractures is nearly \$14 billion.

The OSU researchers are seeking at least 300 women for the study. Volunteers must be at least 70, weigh less than 250 pounds, and have had no more than one hip joint surgery.

The OSU hip fracture prevention study is funded by the National Institutes of Health. Principal investigator is Wilson C. Hayes, a nationally recognized biomedical engineer who recently was named vice president of research at OSU.

To volunteer for the study, or receive more information, call 541-737-5935.

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