

# Health & Science

## Regence HMO Oregon Earns Three-Year, Full Accreditation From NCQA

Regence HMO Oregon has three-year, Full Accreditation status from the National Committee for Quality Assurance (NCQA). Regence HMO Oregon is the managed care organization of Regence BlueCross BlueShield of Oregon.

"We are very pleased to attain this highly respected designation from the NCQA," said Donald Sacco, Regence BlueCross BlueShield of Oregon president and chief executive officer. "It is exceptional recognition of our continuing commitment

to provide our customers with high quality care and services."

NCQA accreditation is a widely recognized national evaluation tool that consumers, employers and regulators use to assess and compare managed care plans.

Full accreditation is granted for a period of three years to plans that have excellent programs for continuous quality improvement and meet NCQA's rigorous standards - the most stringent quality standards in the industry. Currently, Regence

HMO is one of two HMOs in Oregon to earn NCQA three-year, full accreditation. Only 168 health plans nationwide currently have NCQA full accreditation.

"Full accreditation by the NCQA validates all of our hard work and confirms that our managed care programs are performing very well when measured against national standards," said Dr. J. Bart McMullan, Regence BCBSO Executive Vice President, Health Services.

## Advocates Sought to Serve Long Term Care Residents

Individuals interested in quality care for residents of nursing homes, residential care facilities, assisted living facilities and adult foster care homes are needed to serve as Certified Ombudsmen. The Office of the Long Term Care Ombudsman will train the volunteers on the aging process, communication skills, problem solving skills, investigation and other ombudsman skills. The orientation will begin on Saturday, Sep-

tember 12th in Tigard.

As Certified Ombudsmen, the volunteers serve as advocates for the residents, by identifying and investigating complaints and concerns. The ombudsmen work with the facilities to resolve those complaints. The typical problems ombudsmen address cover a broad range, and often include resident care; residents' rights, such as privacy, respect and dignity; and quality of life concerns such as appro-

prate activities and meals. There are more than 14,000 residents in the Portland metropolitan area and more than half do not have any regular visitors.

Volunteers also may choose to join the Resident Associate Program, which focuses on visiting isolated or lonely residents.

For information about the program or to learn how to get involved, contact Kathy Walter at 1-800-522-2602.



Science is taking another hard look at whether or not the recommended amount of vitamin C needed to prevent scurvy - in other words, enough to keep your teeth from falling out - is also the optimal amount for health and the prevention of other diseases.

The process still has a way to go, but it's quite possible the time honored 60 milligrams per day that has been the "recommended daily allowance" for years will be edged up as re-

## How much vitamin C is enough?

searchers continue to explore the value of this vitamin in everything from heart disease to diabetes and cancer.

Researchers in the Linus Pauling Institute at Oregon State University are preparing an analysis of many studies done over the years on the proven, demonstrable benefits of various levels of vitamin C intake, and will soon be submitting a report to the Food and Nutrition Board of the National Academy of Sciences, which is considering changes in the RDA for vitamin C and other antioxidants.

"We aren't sure yet about our final

recommendation, but based upon a preliminary review of many studies done over the past 15 years, a number that seems to stand out right now is about 100 milligrams per day," said Anitra Carr, a research associate with the Linus Pauling Institute.

"Current guidelines suggest five to nine servings a day of fresh fruits and vegetables, which will provide about 220 milligrams of vitamin C," Carr said. "Anyone who does that should be fine. But one study of U.S. children and teens found only about 1/3 of them actually follow the guidelines."

## Women's depression often linked to hormonal changes

There are three times in a woman's life when she is at higher risk for depression.

"The greatest risk for depression occurs a week-to-10 days before the period starts, after the birth of a child, and one-to-two years before menopause. In general, women's depression falls between the ages of 22 and 45," said Dr. Lucy Puryear, director of The Women's Clinic at Baylor College of Medicine's Department

of Psychiatry.

Premenstrual dysphoric disorder (PMDD) can occur each month before a woman's menstrual period. It affects six-to-eight percent of women and can be severely disabling.

"PMDD shouldn't be confused with the common PMS symptoms of slight tearfulness and irritability," she said. "Women with PMDD cannot function during the week-to-10 days before their period."

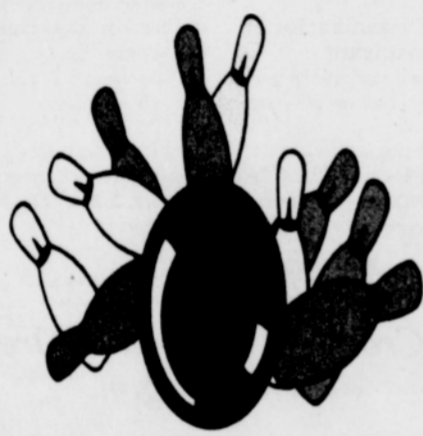
Symptoms include an inability to work or go to school, excessive crying, and relationship problems. Once their period begins, the woman's functioning returns to normal.

Treatment with antidepressants provides immediate relief of the symptoms. "Other types of depression need three-to-six weeks for the medication to take effect. It is not clear why PMDD responds differently," Puryear said.

## Providence Child Center Presents a Bowl-a-Thon to Support Kids with Disabilities

Providence Child Center will present a Bowl-a-Thon Sunday, July 26 at 20th Century Lanes, 92nd & Powell, in Portland. Proceeds will benefit children with severe disabilities living at the Children's Nursing Center. The event happens from 1-4 pm.

The afternoon will feature great prizes and fun for all ages. The prize for the person with the highest score is a gift certificate to Finnegan's Toys. For the most pledges collected, the top pledge getter will receive a debit card good for \$50 worth of merchandise at Kmart. Door prizes include Sunday



Brunch for Four at The Sweetbriar Inn, a meal for two at Applebee's Neighborhood Grill and Bar, a round of golf and dinner for two

at Bullwinkle's Family Food-N-Fun, "Manager's Favorite" dinners for two at The Old Spaghetti Factory, a pair of orchestra level seats to a Portland Youth Philharmonic Concert during the 1998-99 season and a pair of full admission passes for OMSI which includes admission to the planetarium and OMNIMAX.

Bowlers who collect \$30.00 or more in pre-paid pledges can bowl three games for free. Child care will be available at the lanes. Call Donna Chandler at 503-215-2422 for pledge forms and to reserve your lane.

## Eating Ethnic Foods Can Be Healthy

If you thought your healthy eating plan consisted of ordering Chinese take-out, then think again.

Nutrition experts at The DeBakey Heart Center at Baylor College of Medicine and The Methodist Hospital in Houston say an ethnic diet is not always a healthy one. The key is knowing what to order.

"Ethnic restaurants tend to Americanize traditional dishes by adding fatty ingredients like cheese and nuts," said Lynne Scott, a registered dietitian and director of the Diet Modification Clinic at Baylor and Methodist. "With so many unfamiliar ingredients found in ethnic cuisines, it can be difficult to identify low-fat foods."

Scott says ethnic cuisine has become popular in recent years. A National Restaurant Association survey revealed that the three

most popular ethnic cuisines in the United States are Chinese, Italian and Mexican.

Many ethnic restaurants serve large portions. Scott says moderation can also help keep your fat intake low.

"If you cannot finish your meal, request a carry-out bag and have your leftovers for lunch," Scott said. "Or, if you're eating with a group, order one less entree than the number of people."

Scott recommends the following ethnic eating out tips:

- \* Call ahead to learn what low-fat items are offered. Some ethnic restaurants offer heart healthy items and cooked-to-order items so that you can request less fat in your food.

- \* Scott recommends the following tips for ordering lower-fat ethnic foods:

- \* Request that creamy dressings and sauces be served on the

side so you can control the amount you use.

- \* Forgo deep-fried appetizers and side orders such as tempura, egg rolls, nachos and fried mozzarella cheese.

- \* When ordering Chinese, order steamed rice instead of fried rice.

- \* When ordering fajitas, choose chicken instead of beef and request that sauce not be added.

- \* Request corn tortillas instead of flour tortillas, which have about four times the amount of fat in corn tortillas.

- \* Order plain, steamed or grilled vegetables, fish and chicken without adding fatty oil or butter.

The DeBakey Heart Center is a joint program of Baylor College of Medicine and The Methodist Hospital supporting cardiovascular research, treatment and education.

## North American Biologicals, Inc. opens new facility

Seeking to expand the availability of plasma products used in the treatment of burns, shock and hemophilia, NABI (NASDAQ-NABI) is opening a new facility at 16225 NE Glisan. The Grand Opening for our new plasma collection center has been scheduled for Friday, July 17th, 1998 from 10 am to 1 pm. Local officials from the city, county and medical

community, as well as the general public, are invited to attend to help us in the "Community of Life" which is the theme of the center's Grand Opening. A keynote speaker will be Jay Caulk, head Nurse of Emanuel Burn Center, on the vital importance of the availability of plasma to critically injured burn victims.

Nabi, headquartered in Boca

Raton, Florida, is the world's largest independent provider of human blood plasma elements to the health care industry and is dedicated to improving the quality of human life of providing plasma and plasma-based derivatives for diagnosis or therapy of immune disorders. NABI collection operations encompass 70 locations, with 66 centers in the US and four in Germany.

## Medically Trained Volunteers Needed To Provide Free Blood Lead Tests To Children Between the Ages Of 6 Months and 6 Years in North/Northeast Portland

Childhood lead poisoning is a serious and preventable health problem in our community and the only way to identify if a child is being poisoned is through a blood test. Multnomah County ranks 48th out of 3,500 counties in the United States for older housing stock. Lead paint in houses built prior to 1979 is

the number one cause of lead poisoning. North/Northeast Portland has the highest density of older housing and young children who are most susceptible to household lead poisoning.

Funds have been raised to provide free equipment and lab work for blood lead testing of children ages 6 months

to 6 years old during July, August, and September, 1998. We need volunteer nurses, medical technicians, physicians assistants, dentists, phlebotomists, doctors, etc. to administer these tests at site locations set up by Urban League of Portland staff. If you can give some of your time, please call 280-2662.

## AUGUST

### Garden hints from your OSU Extension Agent

- Check apple maggot traps; spray if needed.
- Make compost of lawn clippings and garden plants that are ready to be recycled.
- Control yellow jackets and wasps with traps and lures.
- First week: spray for walnut husk fly.
- First week: second spray of peach and prune trees for root borers.
- First week: second spray of filbert trees for filbertworm.
- Spray for root weevils in ornamental shrubs and flowers; codling moth and spider mite in apple trees; scale insects in camellias, holly, maples.
- Plant winter cover crops in vacant space around the vegetable garden; plant winter kale, Brussels sprouts, turnips, parsnips, parsley, and Chinese cabbage.
- Dampwood termites begin flying late this month. Make sure your home is free of wet wood or places where wood and soil are in contact.
- Fall webworm webbing appears in ornamentals and shade trees; prune nests and destroy, or spray with diazinon, *Bacillus thuringiensis*, or Orthene.
- Watch for corn earworm on early corn—treat as needed.
- Check lawns for chinch-bug presence and/or damage.
- Begin soil preparation for planting new lawn.
- Fertilize cucumbers, summer squash, and broccoli, while harvesting to maintain production.
- Clean and fertilize strawberry beds.
- Control caterpillars on leafy vegetables, as needed, with *Bacillus thuringiensis* or rotenone.
- For mite control on ornamentals and most vegetables, hose off foliage, spray with miticide if necessary.
- Monitor garden irrigation closely so crops don't dry out.
- Use mulch to protect ornamentals and garden plants from hot weather damage.
- **East of Cascades:** check for tomato horn worm.
- **Mid-August to early September—**fertilize lawn for last time this growing season.
- **Western Oregon:** mid-summer planting of peas; use enation-virus-resistant varieties, plant fall crops of cabbage, cauliflower, and broccoli.
- **Oregon coast:** plant spinach.
- **Western valleys, Portland, Roseburg, Medford:** plant cauliflower, broccoli, Brussels sprouts, spinach, turnips, and parsnips.
- **Columbia and Snake River valleys, Ontario:** plant Chinese cabbage, and endive.
- Camellias need deep watering to develop flower buds for next spring.
- Prune raspberries, boysenberries, and other caneberries after harvest.
- **High elevations, central and eastern Oregon:** prune away excess vegetation and new blossoms on tomatoes after mid-August. Concentrate on ripening set fruit.
- **Coastal and western valleys:** spray potatoes and tomatoes for early and late blight.

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OREGON STATE UNIVERSITY EXTENSION SERVICE

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