

Health & Science

Seven Good Reasons To See Your Dentist Regularly

Regular dental visits are the best investment you can make in your oral health.

Below are seven reasons you may not even have thought of for making an appointment with your dentist.

* Periodontal (gum) disease affects three out of four adults at some time in their lives. It does not necessarily hurt and you may not even be

aware that you have it until it reaches an advanced stage. Regular dental visits are essential for detecting periodontal disease before the gums and the supporting bone are irreversibly damaged.

* During the dental examination, your dentist can screen for precancerous changes in the oral tissues, which helps detect cancer at a stage when it can be more successfully treated.

* Regular check-ups are important because some diseases or medical conditions have signs that can appear in the mouth. Diabetes, nutritional and vitamin deficiencies and hormonal irregularities are some examples.

* Detecting tooth decay early can save time, money and your teeth. Your dentist will check for decay, including secondary decay around old fillings and decay of tooth roots,

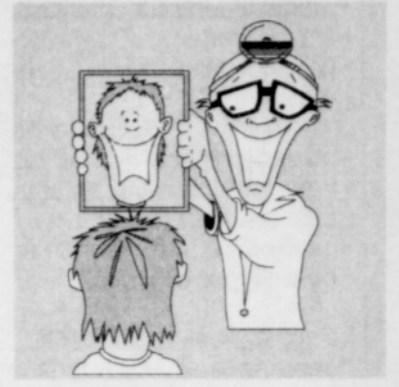
which become exposed with age or due to periodontal disease.

* Even if you do a good job brushing and flossing each day, your teeth need a regular professional cleaning at the dental office. Professional cleaning helps remove stains and tartar from your teeth, helps prevent gum disease and keeps your smile looking great.

* If you wear dentures, it is

important for your dentist to periodically check them for proper fit. Although they were made to fit precisely, dentures can become loose due to naturally occurring changes in your gums and bones.

* Because of the many advances in dentistry, such as bonding, veneers, enamel shaping, and bleaching, you no longer have to settle for stained, chipped or misshapen teeth.



National Magazines Rank Providence Health Plan Among Nation's Top HMO's

More than 90 percent members say they would recommend the plan to others

Providence Health Plan (PHP) in Oregon has been ranked among the top managed-care plans in the nation by Newsweek and U.S. News & World Report.

Newsweek ranked Providence 21 out of 96 plans in its third annual health maintenance organization (HMO) survey, which appears in the September 28th issue. Providence's ranking was the highest among health plans in Oregon. The survey was based on performance in three areas: keeping members healthy, treating acute illness and managing chronic conditions, for both adults and children.

More than 60 percent of Oregon residents are members of managed-care plans compared to the national rate of 29.2 percent. The high rate of enrollment, combined with quality rankings in Newsweek and U.S. News & World Report indicate Oregonians are happy with managed care.

For the third year, U.S. News & World Report has named Providence one of the nation's best HMOs. Providence received a three-star rating among the best of the 271 health plans ranked. This year's new and



comprehensive ranking and methodology is based on 28 measures emphasizing prevention and quality of care. The rating was based on data provided by the National Committee for Quality Assurance (NCQA), an accrediting organization for HMOs.

The U.S. News & World Report article points out that this year's rank-

ing should not be compared to last year's survey. Expanded data and in-depth analysis and comparison make the 1998 survey a valuable consumer tool.

"Providence's commitment to providing excellent preventive services to keep our members healthy is evident in the quality of care our mem-

bers receive," said Jack Friedman, executive director of Providence Health Plan of Oregon. "Providence's partnership with our participating physicians exemplifies our strong commitment to providing care to our members. We are constantly striving to meet our members needs and expectations."

Examples of Providence's commitment include:

* Prenatal Care - Rates of complex health problems in newborns dropped from 58.8 to 35.6 percent per 1,000 deliveries.

* Smoking Cessation - Smoking rates in PHP membership dropped from 21 to 18 percent.

* Mammography Screenings - Mammography screening rates for

PHP members at highest risk of contracting breast cancer (ages 50 to 69) increased from 71 to 81 percent.

In addition to improving health, PHP also works diligently to ensure members receive outstanding service. More than 90 percent of PHP's nearly 300,000 members say they would recommend Providence Health Plan to another person.

Congress And Administration To Equalize The War On Cancer

"Cancer is a harsh reality for many Americans and their families" - Rev. Jesse Jackson

The Intercultural Cancer Council (ICC), an issue advocacy group formed to address the cancer crisis among minorities and the medically underserved, unveiled on Friday a set of policy recommendations that are crucial to any revitalized effort aimed at reducing cancer in this country.

In the policy recommendations, ICC calls upon Congress and the Administration to harness the necessary resources for fighting the war against cancer and to allocate them to meet the challenges of our diverse soci-

ety. ICC recommends that policymakers:

* adopt and implement policies and funding priorities targeting the needs of minorities and the medically underserved;

* quadruple the budget of cancer prevention, early detection, and treatment programs in the Centers for Disease Control and Prevention;

* designate a highly visible national cancer coordinating entity;

* reauthorize and increase funding for the National Institutes of Health;

* continue priority on Department of Defense cancer programs; and

* expand cancer data capacity.

"Cancer is a harsh reality for many Americans and their families," said Reverend Jesse Jackson at a September 25 ICC press conference.

"Cancer does not discriminate as a disease," continued Jackson. "It inflicts pain and hardship on people of all colors and economic backgrounds in America. And, remember, some cancers disproportionately affect poor whites like those who reside in rural areas." Poverty cuts across racial lines, according to a 1990 report published by the Office of Technology Assessment. In fact, victims in the war on cancer are particularly found in medically underserved, poor white communities. Of the 9.5% of the American population that

lives below the poverty line, 6.6% are white.

Jackson concluded, "To combat cancer, we must have a system of national health care in place that meets all of America's needs based upon need and not based upon race or money."

For more information regarding cancer disparities among minorities and the medically underserved, please contact Susan Bachar at 202.484.2776.

Lan Ladeau

Microelectronics

Microelectronics student Lan Ladeau discovered the variety and expertise of PCC three years ago as an English as Non-Native Language student.

Ladeau, a native of China, came to PCC to learn English—she will likely leave the college with a career in high technology. Ladeau is now partnered with Intel Corp. as part of a joint agreement between PCC's microelectronics program and the high-tech giant.

"To me the most important thing now is convenience," she said. "I work, I go to school and (PCC) has a great schedule for me. It's nice and convenient."



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UM 101 Ministry to Urban Families
Carol Chisim, M.S.W.; and Richard White,
Ph.D.
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NT 101 New Testament Survey I
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CM 101 The Theology of the City
David Hopkins, D.Min.
PM 101 Equipping the Saints
Brian Fraught, B.A. and
(15 weeks: Sept. 16-Dec 22)
Linda Fraught, B.A.

DEV 081 MS Windows 95/Word 97
Annett Z. Stanton, B.A.
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Michael Lindsey, M.Div.
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OT 101a Old Testament Survey
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