

# Free Lead Testing For Children Sunscreen May Lull Users

Childhood lead poisoning is a major and preventable environmental health problem and lead-based paint is now the primary source of lead exposure. Free lead testing for children will take place the second Saturday of each month, from 10 a.m. to 2 p.m. at Common Bond, 4919 N.E. Ninth Avenue (Northeast Ninth and Alberta behind St. Andrew's Church).

Blood lead testing of children should be performed at ages 1 and 2 or at least before age 6 if no previous testing has been done and any risk factors for lead poisoning are present. Children who live in or regularly stay in a home, apartment, or child care center constructed before 1978 are a greater risk of developing lead poisoning, especially if there is remodeling or peeling paint. Other risk factors include family members with exposure to lead and low family income (including those on Medicaid, WIC, or Oregon Health Plan).

The effects of lead poisoning

are reversible if detected early by a blood test. If undetected, lead poisoning damages the brain, causing learning and behavioral problems in affected children.

The testing is co-sponsored by volunteers from the Oregon Chapter of Physicians for Social Responsibility

## Homowo Festival Seeks Volunteers

Volunteers are needed to stage the 10th annual Homowo Festival for African Arts on August 21 and 22. Produced by Ghanaian master drummer Obo Addy, the Homowo Festival features music, art and pageantry from Ghana and other parts of Africa. If you have the personality for greeting the public, selling beverages, giving information, assisting vendors load in their supplies or securing the backstage area we want

you on your team. African and African American volunteers are also needed for the African Processional, a grand, royal parade that marks the official beginning of the festival. This year's festival is will be held August 21 and 22 in the park blocks at Portland State University from 2-8 p.m. Three shifts include: 12:30-3:00, 3:00-5:00 and 5:00-8:00. To volunteer or for more information, call Raina Beavers at 284-1483.

By KATHERINE PFLEGER  
© THE ASSOCIATED PRESS

WASHINGTON (AP) - Five years ago, Melissa Beaudet joined in a walk to end hunger and came home with a blistering sunburn.

Ever since, the 21-year-old Washingtonian has liberally applied sunscreen - nothing lower than a sun-protection factor of 8 - when she's in the sunshine.

"I can see my friends aging, and I know cancer is something you can get if you're not careful," she said, soaking in the rays at Georgetown Swimming Pool in Washington.

But Beaudet's careful approach may not be fully protecting her from the threat of cancer after all.

The Journal of the National Cancer Institute reports in today's edition that European researchers found that people who use stronger sunscreens stay out longer in the sun because it takes longer for them to burn. And the prolonged exposure only increases their risk of getting skin cancer.

"It's not due to the fact that sunscreens are bad, but people have a bad attitude - using them to increase the amount of time they spend in the sun," said Dr. Ferdy Lejeune, an author of the study.

The researchers gave 87 French and Swiss college students sunscreen to take on vacation and record their sun habits - hours of exposure, amount of sun-

screen applied, clothing and sunburn.

Half the participants were given sunscreen with a sun-protection factor, or SPF, of 30. The other half received SPF 10. But neither group knew which product they were using.

Those who applied SPF 30 stayed outside 25 percent longer, spending a majority of that time sunbathing.

Lejeune said the students often waited until their skin turned red before finding shade. Vacationers with the stronger sunscreen waited even longer, increasing their exposure to ultraviolet radiation.

"Instead of being protected, it's just the opposite because their behavior is bad," he said.

Vivian Clark, 49, of Washington, said she uses common sense when applying sunscreen. In years past, when she has sunbathed on her row house roof, she has worn an SPF 10 or 12. This year, she's found that she can avoid burning if she monitors how much time she spends in the sun and wears a lower SPF.

"I haven't burned at all," she said. "Maybe I started tanning slower or maybe it's the weather. Who knows?"

Even so, sometimes she doesn't mind a rosy glow, she admitted.

Although skin cancer is preventable, the incidence of melanoma in the United States increases 4 percent a year, according to the National Cancer Institute. Previous research

has also shown that people who use sunscreen have increased incidence of melanoma and other skin cancers.

Dr. Karen Emmons, a researcher with the Dana-Farber Cancer Institute, said the study should not deter people from applying sunscreen - liberally.

No one should say, "Oh well, I'm still going to get skin cancer so why bother," Emmons said. "It's very important that people use sunscreen and apply it appropriately."

Emmons recommends that in addition to lotions, people should avoid direct sunlight by staying in the shade and wearing hats and other protective clothing.

In a study published in December, the same researchers reported that of 631 European school children, those using the most sunscreen were most likely to have sun-caused moles, a sign that skin cancer might develop later in life. While the lotion itself did not cause moles, it may have made parents overconfident about how long their children could safely play outdoors.

Children are especially vulnerable to ultraviolet radiation and need more than just protective lotions, Emmons said.

"The No. 1 way that children are protected from the sun is using sunscreen," she says. "And parents need to get with the program and start using other kinds of protection."

## HIV Levels Influence Transmission

© THE ASSOCIATED PRESS

The higher the level of HIV in a pregnant woman's blood, the more likely she was to transmit the virus to her baby, researchers reported today in the New England Journal of Medicine.

The researchers also found that pregnant women with the highest levels of HIV were one-third less likely to transmit the virus if they were treated with the anti-retroviral drug AZT than those who were not.

The researchers concluded that aggressive anti-retroviral therapy is probably the best way to lower the risk that babies will be born with

AIDS. However, they warned that the benefits must be weighed against the possible long-term effects of the drug, which are unknown.

One study, led by Dr. Lynne Mofenson of the National Institutes of Health, looked at women who were treated with AZT while pregnant and whose babies also were treated with the drug for several weeks after birth.

Among the 84 mothers in the study who had undetectable levels of the HIV at 20 to 30 weeks of pregnancy, none of the babies tested positive for HIV.

The second study, led by Dr. Patricia Garcia of Northwestern Uni-

versity, looked at 552 pregnant women from 1990 to 1995.

It found that among women with the highest levels of HIV, representing the most advanced cases of AIDS, 20 percent of those who had been treated with AZT transmitted the virus to their babies compared to a 63 percent transmission rate among those not treated with AZT.

In countries that cannot afford AZT treatment, about one-fourth of all babies born to HIV-positive mothers get the virus. Since AZT therapy became standard in the United States, that rate has dropped to 9 percent.

## Study Eases Hyperactivity Drug Worry

By BRENDA C. COLEMAN  
© THE ASSOCIATED PRESS

CHICAGO (AP) - Hyperactive boys treated with drugs such as Ritalin were much less likely to abuse alcohol and other drugs as teen-agers than similar boys who had not been treated, researchers say.

Some experts not involved in the study said it was flawed and too small to reach meaningful conclusions.

But authors of the study - which involved 212 boys, including 75 with attention-deficit hyperactivity disorder, or ADHD - said the findings should help allay concerns that giving children potentially addictive drugs such as Ritalin may promote harmful habits later.

An estimated 3 million school-age children have ADHD, and as many as half may be taking Ritalin or other stimulants, past research indicates.

"There has been a mythology that the use of these medications could 'prime' children to become addicts in the future or could develop 'a culture of drug taking,'" said Dr. Joseph Biederman of Massachusetts General Hospital, lead author of the study. It is published in the August issue of Pediatrics' "electronic pages," an Internet extension of the journal published by the American Academy of Pediatrics.

"We believe that children with ADHD who are medically treated will have fewer problems resulting from their disorder and more successful lives, probably giving them fewer reasons to experiment with substance abuse," he said.

Ritalin acts on dopamine, a brain chemical that helps regulate thinking. It is believed to calm hyperactivity by helping children's brains disregard distracting stimuli, such as classroom noise, so they can focus on learning.

The subjects for the research were part of a previous study of families with an ADHD child and families with no ADHD children. The children and their mothers were interviewed on three occasions - when they entered the study, one year later and four years after enrollment.

The authors studied 56 ADHD patients who were on medication,

19 ADHD patients not on medication and 137 patients without the disorder.

At the study's end, 75 percent of the unmedicated ADHD subjects had substance abuse disorders, compared with 25 percent of the medicated subjects. Abused substances included alcohol, marijuana, hallucinogens, cocaine and other stimulants. Eighteen percent of the non-ADHD subjects were substance abusers.

A critic of the study, psychologist Nadine Lambert of the University of California at Berkeley, said

it was too small to show significant differences in rates of drug abuse.

Her own research involving more than 200 ADHD subjects tracked for more than 20 years shows that those who took stimulant medication were more likely to be cocaine and tobacco abusers as adults than non-medicated subjects, she said.

Lambert said she is not opposed to treating ADHD youngsters with stimulants because the benefits have been shown clearly, but she believes there are risks and they should be acknowledged.

## Health Division Waiting To Enforce Open Adoption Law

Legal obstructions to Ballot Measure 58, the open Adoption Law, appear to have been removed and the Oregon Health Division is ready to implement the law once it receives a final go-ahead from the Department of Justice.

On Thursday, July 15, a Marion County Judge upheld the initiatives, passed by voters in November 1998, to open sealed adoption records. But additional legal steps still need to occur before the Health Division can enforce the law, according to Dr. Melvin Kohn, Deputy State Epidemiologist.

"We have already received orders from more than 590 individuals who are seeking their preadoption birth records," Kohn said. "As soon as we receive final instruction from state attorneys, we will begin processing those applications. The original, sealed records are not held on site, so it will take at least two weeks before the first application receive their records."

Orders for preadoption records have been coming into the Health Division since the initiative was passed, and the backlog of orders will be processed in the order in which they were received.

Unless a delay is imposed by the courts while the case is on appeal, staff at the Health Division expect to work on the backlog for several weeks and then begin working on any new orders that are received.

Persons interested in ordering records must meet the following criteria: the adoptee must be 21 years of age and have been born in Oregon. The application for the records must be the adoptee's legal representative. Other family members are not eligible. Applicants may fax order by mail, by phone or fax, or in person. All applications must include:

The adoptee's full legal name, (after adoption), date of birth, place of birth, adopted mother's full maiden name, adoptee father's full name; and applicant's mailing address and daytime telephone number, \$15 in cash, money order or check payable to Oregon Health Division.

Fax or telephone orders must use a credit card (give card number and expiration date). The \$15 fee is the standard non-refundable fee for obtaining any birth record and covers the cost of search for the current legal records, retrieval of the sealed file and issuance of the certified record.

Kohn emphasized that applicants who request records should identify themselves as an adoptee seeking a preadoption birth record. If the request is made by a legal representative of the adoptee, the request should include a written notarized statement from the legal representative indicating who they represent and giving the current legal birth record information listed above.

Because sealed adoptive records are stored off-site at the State Archives in Salem, applicants should expect a two to three week delay before receiving their records once the backlog of orders is completed and new orders can be processed on a regular basis.

Phone orders may be placed by calling (503) 731-4108 during regular business hours; fax orders by dialing (503) 731-4084, or in person at the Portland State Office building, second floor, 800 NE Oregon Street in Portland. Mailed request should be sent to PO Box 14050, Portland OR, 97293. Additional information about ordering preadoption records can be found on the Health Division's website at <http://www.ohd.hr.state.or.us/cdpe/chs/certif/preadopt.htm>



**SAFeway**  
FOOD & DRUG

# Super Safeway Savers!

Look For Your Safeway Weekly Shopping Guide

In Your Oregonian FOODday in the Portland Metro Area ...and save more by shopping at Safeway.

Visit Safeway's Web site at [www.safeway.com](http://www.safeway.com)



\*Excludes Service Deli Meat items, retail quantities only. No sales to dealers or wholesalers.

With Your Safeway Club Card!



Gallon Lucerne Milk

1%, 2%, Fat Free, Skim Supreme or Whole Milk. Limit 2, Includes FREE one.

BUY ONE GET ONE FREE

Safeway Club Price

SAVE up to \$3.19 on 2



.39<sup>99</sup> lb.

Grown in California. SAVE up to 89¢ lb.

Safeway Club Price

Now the savings are in the Card!

PRICES EFFECTIVE AUGUST 1999

Sun	Mon	Tue	Wed	Thur	Fri	Sat
15	16	17	11	12	13	14

\*Items & prices in this ad are available at your local Safeway store. Not responsible for typographical or graphical errors. We reserve the right to correct all printed errors. © 1999 Safeway Stores, Inc.