



Health/Education

Event focuses on mental health services

CONTRIBUTED STORY

FOR THE PORTLAND OBSERVER

The American Mental Health Alliance-USA, a national organization dedicated to supporting competent and ethical mental health services by licensed professionals to their clients, is conducting important education and community building events during its national meeting on November 5th, 6th and 7th.

Dr. Ivan Miller, the founder of the Boulder Colorado Psychotherapists' Guild, will discuss the negative impact of managed care on mental health services and ways to counteract these forces in clinical practices. This presentation is on Sunday, Nov 7th, 9:00 a.m. - 12:00 p.m. Dr. Andy Pomerantz of Southern Illinois University will present his soon-to-be-published research on client preferences when choosing between compromised

managed care and fee-for-service uncompromised treatment.

This event is sponsored by the American Mental Health Alliance of Oregon (AMHA-OR), Call 503-222-0332 for information.

Location: The Evangelical Center, 18121 SE River Rd, Milwaukie, Oregon.

Time: The AMHA-USA national meeting will meet from 9:00 a.m. to 5:30 p.m. on Saturday and will continue on Sunday. A dinner party for AMHA members and their guests will be held Saturday evening.

The American Mental Health Alliance is a resource for mental health care clients and practitioners.

For further information contact Kathleen Walsh at 503-233-0331 or Elise Campbell at AMHA-Oregon, 503-222-0332.

Free lead testing for children on Nov. 13

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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 2p.m. at Common Bond, 4919 NE 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 ages 6 if no previous testing has been done and any risk of developing lead poisoning are present Children who live in or

regularly stay in a home, apartment or child care center constructed before 1978 are at a greater risk. 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.



We helped this teen not use his head

"The nurses were great. We got to the hospital room late and one of the nurses gave his dinner to Andy. They also didn't make him feel guilty about not wearing his helmet."

—Dianne Cromwell, Andy's mom.

➤ Andy Cromwell, 16, thought the skateboard helmet his mom bought him was too geeky to wear. So when he fell off his board, whacked his head and landed in Legacy Emanuel Children's Hospital, the staff found him a more stylish model in black and purple. Andy is skateboarding again—with helmet—executing some epic moves a bit more safely, thanks to a little help from Emanuel Children's Hospital. ➤ These little things matter. For physician referral: (503) 335-3500.

www.legacyhealth.org

Legacy Emanuel Children's Hospital



Little Things Matter

Legacy Health System includes Emanuel Hospital & Health Center, Good Samaritan Hospital & Medical Center, Meridian Park Hospital, Mount Hood Medical Center, Visiting Nurse Association, and CareMark/Managed HealthCare Northwest PPO. ©1999

Health briefs

Thanksgiving can be a healthy holiday

There is always a lot of good-tasting food around the table at Thanksgiving, but it does not mean it has to be full of fat and cholesterol. "There are a number of ways to keep the Thanksgiving feast a healthy one," said Dr. Rebecca Reeves with The DeBakey Heart Center at Baylor College of Medicine in Houston. "Using gravy from meat drippings, margarine instead of butter, low or no-fat mayonnaise, and pie made out of low-fat ice milk instead of whipped cream will help keep you from adding unwanted pounds around the holidays."

A meal consisting of turkey, stuffing, candied yams, broccoli with cheese sauce, rolls, and other goodies can total thousands of calories and hundred of grams of fat. Whereas, a feast consisting of turkey, corn, pumpkin pie and mashed potatoes without butter can result in a meal

with a few as a 1,100 calories and 33 grams of fat.

Kids can make holiday baking fun, educational

Holiday baking can be a fun way for children to learn about food preparation and nutrition.

"Letting children get their hands dirty baking holiday goodies will help them learn a new skill, as well as teach them about the foods they eat," said Becky Gorham, a nutritionist with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston.

It's important to choose simple recipes that offer a lot of opportunities to stir, add ingredients and decorate. Also, stick with nutritious foods such as fruit and nut breads, oatmeal and peanut butter cookies, and carrot and fresh apple cakes.

Gorham believes children who learn how to cook at a young age might be more inclined to cook for themselves and be less dependent on fast foods

as adults.

There are many ways to transmit hepatitis C

People with hepatitis C can pass the potentially fatal virus on to others in a number of different ways.

"Things like dirty tattoo needles, or sharing IV drug needles with someone who is infected with the virus can increase the risk of exposure," said Dr. Rise Stribling with The Liver Center at Baylor College of Medicine and The Methodist Hospital in Houston. "Helping someone who is bleeding can also put someone at risk."

Hepatitis C is a virus that is primarily transmitted through blood or blood exposure and causes inflammation of the liver. The virus could be in a person's system for 20 to 30 years before they develop cirrhosis, or scarring of the liver. It takes about 80 to 90 percent of the liver to be affected before a person would see changes in the way the liver works.

FDA approves new flu pill

Associated Press

Flu sufferers are about to get a second new drug that promises to ease miserable influenza symptoms a little this winter.

The Food and Drug Administration on Wednesday approved Tamiflu, the first pill effective against both types A and B flu. Tamiflu joins a competing but inhaled drug, Relenza, that the FDA approved earlier to also fight both flu types.

Health experts say neither drug should replace flu vaccines—the shots clearly offer people a better chance at staying flu-free all winter. The flu kills 20,000 Americans a year, a toll doctors say would drop if more people got vaccinated.

But doctors also welcome the new treatments because so many Americans forgo vaccination.

Older flu medicines worked against only the type A flu, which accounts for about two-thirds of the estimated 20 million U.S. flu cases yearly, and doctors have said those medicines didn't work well.

Tamiflu, manufactured by Hoffmann-La Roche, helped reduce the duration and severity of flu symptoms in unvaccinated adults who agreed to be infected with influenza to test the drug.

Tamiflu is not a cure-all, the FDA warned. Studies showed taking the drug helped patients recover only about a day faster than flu patients who took a dummy pill, the agency said.

To get that benefit, patients took Tamiflu within 40 hours of the first flu symptom—meaning patients would have to recognize flu symptoms and get to the doctor to get the prescription-only pill rapidly.

Side effects included nausea, vomiting, bronchitis, trouble sleeping and dizziness, the FDA said.

The FDA said Tamiflu has not yet been proved to prevent flu.

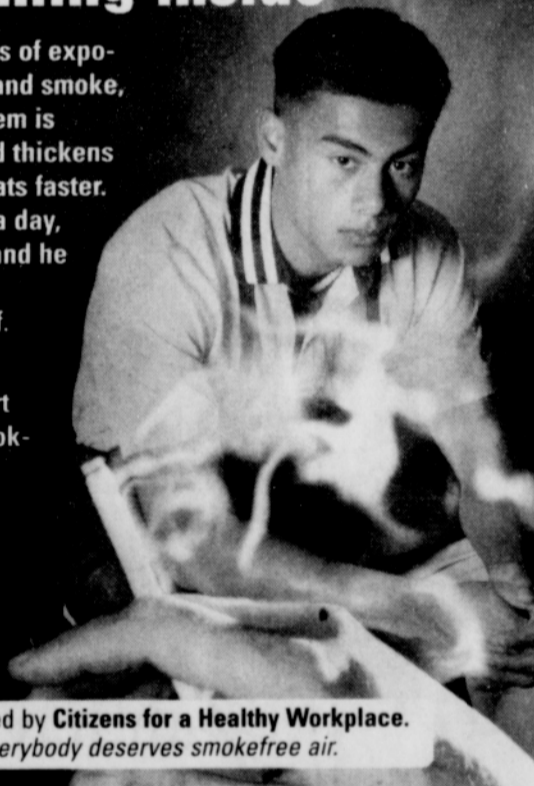
But a study published in today's edition of the New England Journal of Medicine suggests it might reduce the chances of catching flu if unvaccinated people took it daily during flu season.

Tamiflu, known generically as oseltamivir, was given to 520 people for the first six weeks of the 1997-98 flu season. Just 1 percent of them got the flu, compared with nearly 5 percent taking dummy pills.

It's a scientific fact — he's fuming inside

After just minutes of exposure to secondhand smoke, his immune system is weakened, blood thickens and his heart beats faster. Magnify that by a day, a week, a year, and he may as well be smoking, himself.

You want your teenagers to start working, not smoking. Call your elected officials and demand smokefree air!



Sponsored by Citizens for a Healthy Workplace. Everybody deserves smokefree air.



WORD
on the

Bird

FRESH turkeys

WHY CHOOSE NATURE'S?
look at the difference

Nature's Turkey

FREE-RANGE GROWN
VEGETARIAN DIET
NEVER FED ANTIBIOTICS
GROWN, PROCESSED & DISTRIBUTED BY ONE FAMILY

Conventional Turkey

CONFINED GROWING CONDITIONS
TYPICALLY FED ANIMAL FATS, BY-PRODUCTS & ANTIBIOTICS
AN AGRIBUSINESS PRODUCT USUALLY HANDLED BY SEVERAL UNASSOCIATED BUSINESSES

How to order

Pre-order your Nature's turkey beginning Wednesday, November 3rd at any Nature's Northwest Store. They're available while supplies last and will be ready to pick up beginning Sunday, November 21st through Wednesday, November 24th by 7pm during store hours.

BEAVERTON
4000 SW 117TH STREET
503.636.3224
OPEN DAILY 9-9

HILLSDALE
6334 SW CAPITOL HWY
503.244.3110
OPEN DAILY 9-10

LAURELHURST
2895 E BURNSIDE
503.932.6601
OPEN DAILY 8-10

VANCOUVER
8094 E MILL PLAIN BLVD
360.625.8876
OPEN DAILY 9-9

LAKE OSWEGO
11111 N. HUNTER CREEK
503.261.9900
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11111 N. HUNTER CREEK
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WHERE THE GOOD THINGS ARE