

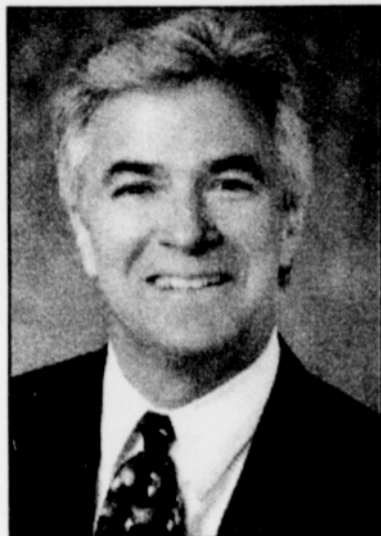


Health/Education

Kaiser names new broker relations manager

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Bernie Sims has been named Kaiser



Bernie Sims

Permanent's new broker relations manager.

In his new role, Sims will be responsible for the implementation and on-going management of Kaiser Permanente's broker program. Other responsibilities include working with business line managers to develop and implement broker strategy, compensation, training and education programs.

Sims has a bachelor's degree in business administration from the University of Redlands in California and has extensive experience in client management, business development, marketing and health plan negotiation.

Kaiser Permanente is a prepaid, group practice health care organization serving the health care needs of more than 440,000 people in Northwest Oregon and Southwest Washington.

State official calls Surgeon General report a "first"

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

The U.S. surgeon general's Monday report about mental illness is a scientifically based study that for the first time casts mental illness as a public health issue, says the state's chief policy-maker on mental-health issues.

"The message is that mental illness is a disease that is diagnosable, treatable, costing society a fortune and we should be doing something about it," said Barry S. Kast, administrator of the mental health division in the Oregon Department of Human Services.

"People are saying the long-term impact of this report could do for mental illness what the surgeon general's 1964 report did for smoking and health," said Kast, who attended the Monday news conference while in Washington, D.C., for a national mental-health meeting.

He said the surgeon general's report concludes mental health is fundamental to overall health, that mental disorders are not imaginary, and that science shows mental illness can be treated successfully.

"It is exciting that the nation's doctor, Surgeon General Davis Satcher, is putting his official stamp of approval on these findings," Kast said. "People aren't getting the treatment they need and those who do often don't get the best care available."

"This report shows that untreated mental illness is much more expensive than the treatment," Kast said. "The cost to this country is hundreds of billions in lost productivity, lost income and other private and public expenses."

He said that Oregon, unlike many states, provides state-of-the-art mental health drugs to patients through the Oregon Health Plan, however.

Kast said Oregon already is making headway in this area with a task force looking at people who are diagnosed with both mental-health and substance-abuse issues, from which a report is expected in early 2000; a joint legislative committee is addressing civil commitment of people with mental illness; the governor plans to highlight mental health in the 2001 Oregon Legislature; and a legislative joint committee is looking at health-insurance parity for mental health.

He said he is encouraged by the attention the Clinton administration and Congress are giving the issue, including approving significant budget increases for mental health research and services and passing the Federal Work Incentives Improvement Act that should help people with mental illness go to work.

Successful year for lead testing clinic

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Volunteers of America Oregon in a collaborative effort with Physicians for Social Responsibility and the Coalition of Black Men will celebrate the successful completion of the first year of their Lead Testing Clinic.

The Lead testing Clinic operates on alternative Saturdays, at the Volunteers of America Oregon Common Bond Center, 4919 NE 9th Ave. and testing is free.

Studies show that lead poisoning is one of the leading causes of severe psychological and neurological damage to young children. Treatment is highly effective if detected early. Blood tests can show the level of lead present in a child. The clinic has been extremely successful in North/Northeast Portland, testing hundreds of children.



WORD on the Bird

AAMC provides for their community

The African American Men's Club (AAMC), Incorporated, a community-based, non-profit organization, distributed two (2) scholarships in late Summer, 1999. The recipients were Kelva Marie Johnson and Destiny S. Bilbrew.

Kelva Marie Johnson is currently attending Oregon State University, majoring in Health Care Administration (pre-medicine option) and a minor in Ethnic Studies. She is a 1998 graduate of Portland's Grant High School. On July 17, 1999, the AAMC, Inc. proudly presented a check in the amount of \$500.00 to Kelva in the beautiful rose garden at Peninsula Park. Kelva is the daughter of Lulu Stroud.

Destiny S. Bilbrew is currently attending Thurgood Marshall School of Law, at Texas Southern University in Houston, Texas. Miss Bilbrew began her second year of law school this fall, and she plans to complete law school in 2000-01, after only three years. Destiny further plans to practice in sports and entertainment law, with an emphasis more in the area of sports, possibly even becoming a sports agent.

Destiny graduated from Jefferson High School in 1994, and then



From left to right: Rennie Ferguson, Martin (Mel) Moore, Kelva Johnson, Dave Clark (President of AAMC, Inc.), Charles (Chuck) Hinton

completed her studies at the University of Washington at Seattle, Washington, earning a BA in Sociology, with a minor in Society in

Justice, in Spring, 1998. In her letter of August 13, 1999 from Houston, Destiny was very thankful to the AAMC, Inc., for the grant of

\$250.00 presented to her by the non-profit organization. Destiny is the daughter of Rennie and Betty Ferguson.

Health studies awarded grants

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Women suffering from chronic health problems received a boost when the Campaign for Women's Health Council awarded \$75,000 to advance women's health care, research and education.

The council, a group of community volunteers dedicated to advancing the cause of women's health, raised these funds from the proceeds of the 1999 Women's Health Gala, which was held May 6 at the Portland Hilton.

The volunteers, working in collaboration with faculty from Oregon Health Sciences University, chose three proposals from a group of 32 that demonstrated the wide variety of women's health initiatives being investigated in the region. The award recipients, investigators from OHSU, will each receive a \$25,000 grant. The studies include:

- 1.) "Vulvar Pain disorders: Characteristics and Follow-Up of Patients Presenting for Specialty Care," presented by Jeffrey T. Jensen, M.D. M.P.H., associate professor of obstetrics and gynecology in OHSU's school of Medicine. Vulvar pain disorders can dramatically decrease a women's quality of life, yet little is known about the efficacy of different treatments in this under-studied area. This \$25,000 grant will allow Jensen and his colleagues to track outcomes and develop a

database that will allow for better patient outcomes in the future.

- 2.) "A Randomized, Placebo-Controlled Trial of Acupuncture for Urinary Incontinence," presented by Sandra Emmons, M.D., assistant professor of obstetrics and gynecology. Urinary incontinence, though rarely discussed publicly, is estimated to effect 30 percent of women. The problem is particularly acute for women who have given birth. Emmons aims to test a common pharmaceutical treatment against a promising acupuncture technique, following participants experience up to 12 months after the treatment.

- 3.) "Women's Pain initiative," presented by David Nelson, Ph.D. Nelsons research aims to address two emerging issues in medicine: more aggressive treatment of pain, and recognition of the different ways that men and women experience pain. By conducting a systematic review of the available data, Nelson aims to produce a comprehensive and user-friendly reference guide, which will allow for proper diagnosis and treatment of pain conditions experienced by women for use by the medical community and the general public.

The Campaign for Women's Health is a grassroots, community-based volunteer effort to support the Center for Women's Health at OHSU. The Center for Women's Health is a multi-disciplinary center dedicated to advancing the cause of women's health by supporting advanced clinical care, cutting-edge research, and consumer and professional education.

OHSU investigates depression

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

For patients with seasonal affective disorder, or SAD, the holiday season is often overshadowed by feelings of doom and gloom. Currently, most doctors prescribe bright light therapy as a treatment to counteract the effects of winter depression. However, for some, spending time sitting in front of a light box can be time-consuming and inconvenient. This winter, doctors at Oregon Health Sciences University are testing melatonin as another option for those with the winter blues.

Melatonin is a hormone produced by the pineal gland in the brain, normally during the night. It is often recommended in a pill form to patients with sleeping problems. Scientists believe the hormone shifts a person's body clock based on when it is administered. In the past, scientists at OHSU have used the hormone to adjust the internal body clock of blind patients who have trouble with their sleeping schedule due to the absence of light.

FRESH turkeys

WHY CHOOSE NATURE'S? look at the difference

Nature's Turkey

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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.

BEAVERTON
4000 SW 117TH STREET
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OPEN DAILY 9-9

HILLSDALE
6344 SW CAPITOL HWY
503 244 3110
OPEN DAILY 9-10

LAURELHURST
9825 E BURNSIDE
503 932 6601
OPEN DAILY 8-10

VANCOUVER
8094 E MILL PLAIN BLVD
360 695 8878
OPEN DAILY 9-9

LAKE OSWEGO
17111 JEAN ROAD
503 625 8950
OPEN DAILY 9-10

DIVISION
1016 SE DIVISION
503 933 7374
OPEN DAILY 9-10

FREMONT
1535 NE 15TH AVE
503 288 3414
OPEN DAILY 8-10

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