



# Health/Education

## Oregon stroke center at OHSU sends warning

• *Renowned stroke center recognizes National Stroke Awareness Month this May*

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

It strikes suddenly, without warning. Every minute of every day in the United States, someone experiences a stroke. The statistics can be staggering. Each year, nearly 160,000 Americans are killed. Stroke is one of the leading causes of adult disability affecting four million people every year. That's why the Oregon Stroke Center, an alliance of physicians from Oregon Health Sciences University and Providence St. Vincent Medical Center, is getting the word out about Stroke Awareness Month this May.

A stroke or "brain attack" cuts off vital blood and oxygen to portions of the brain. Symptoms include: a sudden numbness or weakness of the face, arm or leg on one side of the body; sudden confusion; double vision; problems with speech; headache and loss of balance.

Taking quick action by calling 9-1-1 for medical help can sometimes

lead to treatment that can reverse the effects of stroke. It also can save your life.

While there is no way to guarantee that you or a loved one will live a stroke-free life, there are actions you can take to reduce the risk. The Oregon Stroke Center offers the following tips:

**TIPS FOR REDUCING STROKE RISK**

- 1. Monitor your blood pressure.** High blood pressure is the leading cause of stroke. Have your blood pressure checked at least once a year.
- 2. Stop Smoking.** If you stop smoking today, your risk for stroke will drop over time.
- 3. Drink in moderation.** Heavy drinking increases stroke risk. However, some studies have shown that a glass of wine or beer a day can be beneficial.
- 4. Lower your cholesterol.** Having high cholesterol can put you at greater risk for heart disease, another important stroke risk factor.
- 5. Exercise daily.** A brisk walk for as little as 30 minutes a day can provide health benefits.
- 6. Eat a low-sodium, low-fat diet.** Lowering your sodium and fat intake can lower your blood pressure and decrease stroke risk.
- 7. Control diabetes.** If you are a diabetic, you are at increased risk for stroke. Control of diabetes through nutrition and lifestyle changes is important.

## OHSU creates division of abdominal organ transplantation

• *Head of new division is a nationally recognized expert in transplantation*

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Oregon Health Sciences University is taking a new approach in providing abdominal organ transplant services. Today, the director of OHSU's Kidney Transplant Program, John Barry, M.D., becomes the first head of the university's Division of Abdominal Organ Transplantation. In this role, he will oversee the kidney, liver and pancreas transplant services. OHSU has offered these services for many years, one as early as 1959, but this new division will bring them together into one comprehensive program. Barry also is the head of the Division of Urology and a professor of surgery in OHSU's School of Medicine.

"The decision to create a single division of abdominal organ transplantation was made to better coordinate clinical services. This is a step that has been taken by many major transplantation centers in the country to improve efficiency and quality in patient care," says Michael Geheb, M.D., vice president of clinical programs at OHSU.

The new Division of Abdominal Organ Transplantation will be part of the Department of Surgery in OHSU's School of Medicine. "We are greatly honored that Dr. Barry has undertaken the leadership of an expanded abdominal transplant program, and we look to him to advance the teaching, research and clinical missions of this important

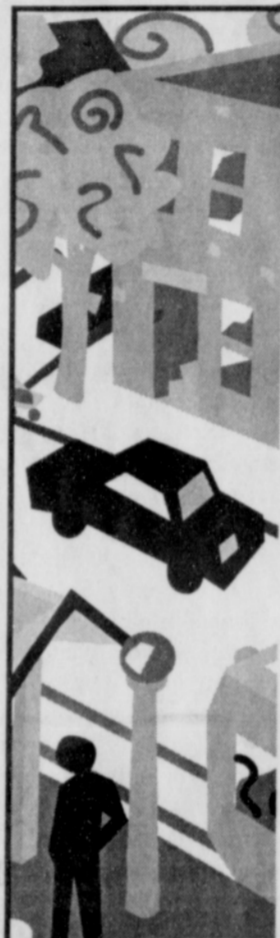


Dr. John Barry

interdisciplinary program," says Joseph Bloom, dean of OHSU's School of Medicine. Barry has been with OHSU for 31 years, first as a resident and then a faculty member in the Department of Surgery. Barry has been the director of OHSU's Kidney Transplant Program since 1976. He is nationally recognized as a leader in renal transplantation and is president-elect for the American Board of Urology.

In addition, he is an active member of the American Society of Transplant Surgeons and The Transplant Society, an international organization. Barry has written more than 228 publications and appeared at 114 guest lectureships and visiting professorships, most of these were transplantation related. In 1994, he received the Medical Research Foundation of Oregon Discovery Award for his accomplishments.

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### Final comments due on transportation choices in the region

Final comments will be taken on the draft Regional Transportation Plan starting May 15 and ending June 29, 2000. The Metro Council will take oral and written comments at a June 29 public hearing.

The plan meets the region's growing needs with a balanced transportation system serving all types of travel. A total of 650 projects are recommended, including improvements to the region's roads, bridges and transit system as well as better pedestrian and bike access.

### How to comment

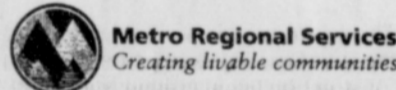
**By mail** - to Marci LaBerge, Regional Transportation Planning, Metro Regional Center, 600 NE Grand Ave., Portland, OR 97232

**By fax** - to (503) 797-1949

**By hotline** - on the transportation hotline, (503) 797-1900, option 2

**By e-mail** - to [trans@metro.dst.or.us](mailto:trans@metro.dst.or.us)

For more information, visit our web site at [www.metro-region.org](http://www.metro-region.org) or leave a message on the transportation hotline. For a copy of the plan, call (503) 797-1857 or see the Metro web site.



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