



Health/Education

Alliance created by OHSU's CDRC develops statewide plan to protect children with disabilities

• Two New Publications Available to the Public Are Part of Plan to Raise Awareness and Prevent Maltreatment of Children With Disabilities

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

More than 11,000 Oregon children were victims of abuse and neglect last year, according to the Oregon State Office of Services to Children & Families. In fact, this state has the second highest number of child maltreatment fatalities in the nation. All children are at risk, but those with disabilities are twice as likely to be maltreated than any other group of children. Community professionals and the public now have a new tool to help them protect these children. The Oregon Alliance for Kids with Special Needs, or OAKS, an alliance created by the Child Development and Rehabilitation Center at Oregon Health Sciences University, has released two publications that offer people who work with children with disabilities guidelines on how to look for signs of abuse and neglect in a population at increased risk for

maltreatment.

The publications "Every Child Special - Every Child Safe: Protecting Children with Disabilities from Maltreatment, A Call to Action" and "Community Implementation Guide to Prevent Maltreatment of Children With Disabilities" were written by a team of human services professionals, community members, the Multicultural Family Advisory Council and staff at the CDRC. Together they make up OAKS.

The purpose of the Call to Action publication is to raise awareness about the relationship between childhood disability and maltreatment, identify service gaps and opportunities for improvement, and stimulate community-based change to prevent and respond to maltreatment. The publication calls for adjusting the reporting system to better obtain an accurate number of reported cases involving children with disabilities. In addition, authors of

the report recommend that abuse response professionals receive training to help sensitize them to the specific vulnerabilities of children with disabilities, and how to distinguish abuse symptoms from features of the disability itself. Prevention measures also are laid out in the plan.

The Community Implementation Guide is a user-friendly tool for community-based intervention. It provides resource information, and encourages community-level coalitions to develop and implement plans specific to the needs and resources of their communities.

The creation of OAKS and its four-year strategic planning effort was fueled by the hard work of a concerned community and a grant from the U.S. Department of Health and Human Services' Administration on Developmental Disabilities. The grant is one of the administration's Projects of National Significance. These projects focus on the most pressing issues affecting people with developmental disabilities and their families, and are designed to permit local implementation of practical solutions. "Case managers in the field of child maltreatment help children; disability specialists in the

community help children. But historically, there hasn't been enough crossover between the two groups, though both are aware of many abuse incidents involving children with disabilities," said Gloria Krahn, Ph.D., M.P.H., co-principal investigator for the OAKS project and associate director for CDRC. Krahn continued, "The OAKS plan would remedy this situation and provide greater protection for our communities' most vulnerable members."

Children with disabilities face increased risk for maltreatment due to communication or physical deficits that prevent them from defending themselves. They also may have mental delays that make them more susceptible to coercion into abusive situations. The potential for longer duration of maltreatment, more severe and long-lasting trauma due to the abuse, and reduced likelihood of intervention are all increased when a victim of abuse has disabilities.

"Every Child Special - Every Child Safe: Protecting Children With Disabilities From Maltreatment, A Call to Action" and "Community Implementation Guide to Prevent Maltreatment of Children With Disabilities" are available online at: <http://www.ohsu.edu/cdrc/oaks>

Study Examines Red Wine Antioxidant

ASSOCIATED PRESS

Researchers believe they have unlocked the mystery of how an antioxidant found in grapes and red wine fights cancer.

A study published recently concludes that the compound resveratrol, which acts like an antibiotic to protect grapes from fungus, may turn off a protein that guards cancer cells from cancer-fighting therapies such as chemotherapy.

"The research may one day allow the compound itself to be used in cancer prevention and treatment," said Minnie Holmes-McNary, a nutritional biologist at the University of North Carolina's medical school in Chapel Hill.

"The benefit is that it certainly provides an open door for potential therapies," said Holmes-McNary, the study's lead author. That may include taking a pill similar to a vitamin supplement.

The benefits of drinking a glass of red wine have been touted over the past decade after the discovery of the "French paradox" — that the French had low rates of heart disease despite high-cholesterol diets. Studies have shown the key may be the glass or two of red table wine at dinner.

A few years ago, researchers found that resveratrol kept cells from turning cancerous and stopped the spread of malignancies. Resveratrol also blocked cell inflammation, which is linked to arthritis and other diseases. Resveratrol can be found in dozens of foods, including mulberries and peanuts. All wines have some resveratrol, but red wine seems to be its richest source.

Holmes-McNary and co-author Albert Baldwin Jr. at the medical school's Lineberger Comprehensive Cancer Center wanted to know how resveratrol kills cancer cells. Their findings were published in the July issue of the journal Cancer Research.

The researchers used previous research by Baldwin and others that determined the protein called NF-kappa B enabled tumor cells to survive even chemotherapy. When NF-kappa B is blocked in mice — as observed last year in a study — the cancer cells were eradicated by the chemotherapy. Holmes-McNary and Baldwin tested how cultured human and animal tumor cells reacted to the resveratrol, learning that it effectively turned off the NF-kappa B cancer gene. Untreated tumors continued to thrive, Holmes-McNary said.

Discovering the mechanisms of resveratrol is important to developing the compound as a cancer-preventive agent for humans, said John Pezzuto, a University of Illinois at Chicago researcher who first reported resveratrol's link to red wine and fighting cancer in 1997.

"It's a good contribution," Pezzuto said of the study. "It seems like there are multiple mechanisms. In the end, there may be a common thread to all of them. It's like we're laying down pieces of the puzzle. This is one of those pieces."

The study, funded by the National Institutes of Health and the North Carolina chapter of the American Heart Association, also found muscadine wines contain up to seven times more resveratrol than regular wines.

A C S Calls on congress to break silence on unequal burden of prostate cancer

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

The American Cancer Society, the nation's leading voluntary health organization, joined today with the American Urological Association, Kappa Alpha Psi Fraternity, and the Congressional Black Caucus, in calling on Congress to draw attention to the unequal burden of prostate cancer among African-American men. "More needs to be done to reduce the unequal burden of cancer in our poor and minority communities," said Dr. John R. Kelly, Ph.D., national volunteer, chairman of the board of directors for the American Cancer Society. "Our nation must chart a new course in this war against cancer. A course where all Americans benefit from and receive the latest advances in the prevention, early detection and treatment of cancer. A course that will provide our medically underserved populations with the cancer-related programs and services they desperately need."

Messages from the American Heart Association

Warning signs of a heart attack and stroke

Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.

Pain that spreads to the shoulders, neck or arms.

Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Less common warning signs of a heart attack

Atypical chest pain, stomach or abdominal pain

Nausea or dizziness.

Shortness of breath and difficulty breathing

Unexplained anxiety, weakness or fatigue

Palpitations, cold sweat or paleness

STROKE

Sudden numbness or weakness of face, arm or leg, especially on one side of the body.

Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden, severe headache with no known cause

Not all of these signs occur in every attack. Sometimes they go away and return. If some, get help fast. If you notice one or more of these signs in yourself or another person, don't wait.

Call 911 or your local emergency medical services (EMS) and get to a hospital right away!

Common Myths About African-American Women, Heart Disease And Strokes

Myth #1 - Coronary heart disease is a man's problem.

Heart attack is an epidemic in women as well as in men. Women commonly get coronary heart disease a decade later than men.

Myths #2- Women are protected against heart attacks.

More men have heart attacks than women but women have a lower chance of surviving thirty-eight percent of women die within a year of a heart attack compared with 25 percent of men.

Myth #3 - Women should be more concerned about health problems other than heart disease.

Cancer and other chronic disease deserve research and attention. However, cardiovascular disease claims more lives than the next 14 causes of death combined, including all forms of cancer.

Myth #4 - There's nothing you can do to prevent a stroke.

You can reduce your risk of stroke by controlling high blood pressure, not smoking cigarettes, having regular medical check-ups and learning the warning signs of strokes so that you

can receive prompt medical attention should a stroke occur.

Information At Your Fingertips

Tap into resources for more information about disease and strokes through the American Heart Association-For more information on health tips, science news, and programs in your area, call 1-800-AHA-USA1 or log onto www.americanheart.org

Women's Campaign- Take wellness to heart and join the Women's Campaign by calling 1-888-MY HEART or register on-line at www.women.americanheart.org to receive complimentary brochures and event information about women, heart disease and strokes.

American Strokes Association - Call 1-888-4STROKE or check out www.strokesassociation.org to request information about strokes warning signs and prevention.


Strokes Connection Magazine - For more information about life after a stroke, call the Stroke Family "Warmline" at 1-800-553-6321.

CPR Training - Call 1-877-AHA-4CPR or visit the AHA web site at www.CPR-ECC.americanheart.org.

Heart-To-Heart E-cards - Check out www.americanheart.org/acard and send a friend or family member a free, personal card choosing from a variety of images, inspirational sayings and heart-healthy tips.

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