



Health/Education

International patients find special services at Providence St. Vincent

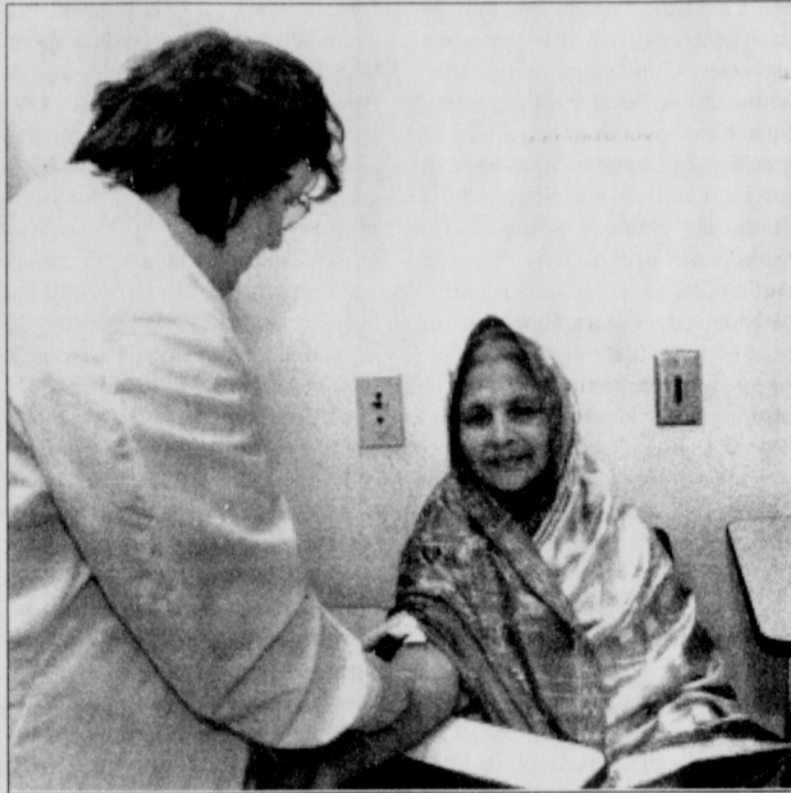
CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

When Amina Sharief of Bangalore, India, needed to have a valve replaced in her heart, she didn't go to any of the hospitals located just miles from her home. Instead, the 56-year-old woman elected to travel more than 8,000 miles to Portland, OR., to have surgery. Her husband, C.K. Sharief, a high-ranking member of the Indian Parliament, did research to find an excellent hospital for his wife's surgery. The Shariefs chose Providence St. Vincent Medical Center after a physician friend told him that it was the best heart center on the West Coast. After a successful valve replacement and 20 days of recuperation, Amina returned home with a stronger heart.

Mrs. Sharief is just one of dozens of people who have been helped through Providence St. Vincent's International Medical Services Program, now four years old.

Overseas patient from such countries as Japan, Saudi Arabia, and Afghanistan—choose Providence St. Vincent every year for a variety of medical procedures ranging from heart surgeries to orthopedics.

Susan Baumgardner has directed the program from its inception. According to Baumgardner, there are different reasons international patients come to the United States and Providence St. Vincent. Some have been referred by their doctor who's looking for a physician or facility with expertise in certain procedures. International embassies



Amina Sharief, a Providence St. Vincent Medical Center patient from Bangalore, India, gets her blood drawn as part of the treatment following her heart surgery. The hospital's International Medical Services program assisted Sharief and her family with travel arrangements, transportation, housing, dietary, and medical needs during their stay.

contract for some acute services. And, overseas patients often have some connection to Portland—perhaps a family member lives or works here.

For example, Mohammed Al-Shammari, a factory manager in Saudi Arabia, found out about the international program through his brother who lives in Portland. A stroke had left Al-Shammari with motor and

cognitive deficits and he needed a craniotomy. Only one craniotomy a year is done at the hospital near Al-Shammari's home in Saudi Arabia, while there are almost 100 such procedures performed at Providence St. Vincent every year. The Saudi embassy selected Providence St. Vincent as the site for Al-Shammari's operation.

Our youth need YOU to succeed

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Since its birth in 1989, The Youth Employment Empowerment Coalition (YEEC) has served as a strong, yet silent force in shaping the lives of Portland's at-risk youth. Initially, the coalition's founders, who include Jim Francesconi, City Commissioner, Tony Hopson, Self-Enhancement, Inc., and Lorenzo Poe, Jr., Multnomah County Children and Family Services, designed the YEEC program primarily to address the employment needs of gang-affected youth. However, as times have changed, so have the needs of our youth. We are now looking at modifying YEEC's approach to meet the changing needs of today's youth population—and

that is where our youth need your help.

We are asking all people of all ages to contribute to the rebuilding of this youth-serving agency by sharing your ideas. To teachers, principals, tutors, students, and all other citizens and students of the community, we are requesting that you write a 3 to 5 paragraph paper addressing all or some of the following questions: What can be done for a student who has to work year round and go to school at the same time?—Are there jobs out there? Are there enough tutors? Can we, the community, help raise hope and excellence in our students? What should you do? What should we do? What can our students do? Please type your paper. Mail a copy

to Kari AlSherif at 1818 N.E. Martin Luther King, Jr. Blvd., Portland, Oregon 97212.

Finally, we invite all citizens to come celebrate the new changes to YEEC at the August 26th YEEC "Support Youth Employment" event, sponsored by the Portland Trail Blazers and featuring several guest speakers. All submitted papers will be studied and discussed by a group of volunteers, and the two best essays will be read at our upcoming event. It will be held at 3920 N. Kerby. Limited space is available, so come by the YEEC office located at 1818 N.E. Martin Luther King, Jr. Blvd. or call (503) 287-8332 between the hours of 8am and 12pm to register and pick up a ticket. We welcome any help or suggestions you have.



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Department of Human Services, Oregon Health Division

Kids' Nutrition Q & A

Q: My nephew, who's a pretty big kid, was just diagnosed with Type 2 diabetes. Isn't this something only adults can get?

A: An epidemic of "extra-large" kids has caused an alarming rise in the number developing Type 2 diabetes, said Dr. Morey Haymond, a diabetes researcher at the USDA/ARS Children's Nutrition Research Center and professor of pediatrics at Baylor College of Medicine in Houston. Fifteen years ago less than five percent of children diagnosed with diabetes had the Type 2 form, and most of these had syndromes that predisposed them to massive obesity. Today, the number being diagnosed with the Type 2 form is over 20 percent. Once known as "adult-onset" diabetes because it was as rare in children, Type 2 diabetes usually develops in genetically predisposed individuals who gain too much weight.

It's important that your nephew's family work closely with his physician to help him bring his blood sugar levels and weight under control. Solid family support, the right medication, proper diet, and exercise can do much to limit the serious complications associated with this disease. The threat of heart, kidney, nerve, and vision damage is real and frightening in diabetes, especially for those whose blood sugar levels are poorly controlled.

Q: What's the best way to introduce a bottle to my 5-month-old breastfed son?

A: Consider introducing your son to a sippy cup rather than a bottle, said Dr. Judy Hopkinson, a lactation physiologist with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston. At 5 months of age, he should take to a sippy cup fairly easily. He'll just need some time to practice and a patient caregiver.

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