



Health/Education

Kaiser Welcomes International Researcher



Gerardo Maupome

Gerardo Maupome, Ph.D., a dental researcher who has studied and worked in Mexico, England, and Canada, has joined Kaiser Permanente's Center for Health Research in north Portland.

Dr. Maupome received his dental degree in 1985 from the Universidad Nacional in Mexico City. He earned a master's degree in experimental oral pathology in 1986 and a doctorate in public health in 1991 from England's University of London. He has held teaching and research positions on the faculties of Universidad Nacional and Universidad Tecnológica in Mexico

City. From 1995 to 2000 he was assistant professor in the Division of Preventive and Community Health, department of Oral Health sciences, at the University of British Columbia in Vancouver, B.C.

"Coming to the United States to do dental research is a great professional opportunity for me," says Maupome. "I loved doing research in Mexico and Canada, and I'm looking forward to continuing my work here. I was attracted to joining CHR because it has a thriving dental research program. As a researcher, being able to study oral health issues among the more than 180,000

members of Kaiser Permanente Northwest's dental care program is an exciting challenge."

The author of more than 40 publications, Maupome's research interests include the oral health of the elderly, oral treatment needs in high-risk patients, dental epidemiology, and dental practice and decision making.

Kaiser Permanente's Center for Health Research/Northwest and Hawaii, headquartered in Portland, is a non-profit research institute that conducts research in the public interest in a wide variety of medical and dental health care issues.

U.S. Banks Collect Food Donations

U.S. Bank and the Oregon Food Bank are asking for your help to "Nourish our Neighborhoods" by bringing non-perishable food items to any U.S. Bank branch through Dec. 31.

All food donations will stay in the local community and will be distributed by the Oregon Food Bank.

"A surprising number of our neighborhoods do not have enough to eat," said Dwight Adkins of the Oregon Food Bank. "Your donations through the U.S. Bank Food Drive will help us feed people right here in our community." Some of the most frequently needed items include powdered milk, peanut butter, canned meats, tuna,

soup, and canned fruits in natural juices. According to the Oregon Food Bank, 41 percent of those receiving emergency food are children. America's Second Harvest estimates that 30 million Americans, one in eight, are in risk of suffering hunger every year.

By collecting non-perishable food items at all of our branches throughout the state, we can go a long way in reducing hunger during this holiday season," said John Rickman, president of U.S. Bank in Oregon. In addition to collecting non-perishable food items, U.S. Bank will also accept cash donations to the Oregon Food Bank's donation account.

The Doctor's Corner Take Control of Your Emotions

By John Oda, Ph.D.
for The Portland Observer

Dear John,
I recently broke up with my soul mate. This is the first holiday season in three years that I will be spending alone. I am so depressed. How do I make it through the season?
Sincerely,
B.S.A.
of NW Portland

when you see the sun, or grass, or see a smile. The key is to make it simple.
Make your holiday special. If you change your rules and create a paradigm shift in your life, this will be a special holiday.
Make your life outstanding.



to let them know, or just pick one of the guys. When you are confused, it's an opportunity to deeply learn about yourself to make the right choice.

John P. Oda, Ph.D., NLP is a peak performance expert with 13 years experience in the mental health field and a regular featured writer for the Portland Observer. If you have any questions for The Doctor's Corner send us your email, the address is news@portlandobserver.com.

John Oda: This is a great time for you to start all over. The first thing you must understand is the definition of alone. Most people in our society make it too easy to feel alone. Maybe it's time to change your rules and make it very hard to feel alone.
The goal is to make it impossible to feel alone, while at the same time making it easy to accept love and warmth.
It's time to take control of your emotions. You can feel love and warmth in others, or

Dear Doctor John,
I am 22 years old and have a serious problem. I'm dating two guys that I both love. They don't know about each other. This triangle is making me confused.
Nancy of NW. Portland
Dear Nancy,
It appears that you want your cake and eat it too. It's time to grow up. It's not fair to be dating two guys at the same. How would you feel if this would be happening to you? It's time

Free Clinic On Women's Health Nov. 29

Chinese medicine offers therapies for treating women of all ages. The Oregon College of Oriental Medicine is holding a free clinic on Wednesday, Nov. 29 at 7 p.m. for women who want to stay healthy naturally.

The clinic is for women of all ages who are interested in the centuries-old natural, holistic techniques of Chinese medicine.

The clinic will address menopausal complaints, peri-menopausal conditions and related concerns. Speakers will also discuss ways to deal with the physical discomforts of pregnancy.

Because women are usually the caregivers and health decision-makers in most families, there will be an emphasis on how women can maintain their health when caring for others as well as for themselves.



OPEN HOUSE

An open invitation to parents and students interested in sixth through twelfth grade.

Sunday, December 3
1:00 p.m. - 3:00 p.m.

8825 SW Barnes Road Portland, Oregon 503-297-1894

THE CATLIN GABEL SCHOOL

Inspired learning leading to responsible action

Every Baby Health Care Based on Good Will, Not Profit

By MERYL SIMON, MIRIAM MONDLIN AND RUTH ORON

The agony which profit-driven medical care is causing in America can be seen due to the fact that life-saving technology is not getting to all the people who need it. We deplore this.

For example, blood screening tests for newborns developed recently can prevent thousands of babies and children from getting crippling diseases. But hardly any infants are getting these tests. Using tandem mass spectrometry, the tests identify over 30 hereditary defects. These defects striking one in 4,500 newborns are treatable by changing a child's diet, but deadly when undetected.

In "Big Gap in Screening U.S. Infants for Hereditary Ills" (New York Times) an account of two babies: one who was tested for disease and one who was not.

"Mubashir Younis and Bryce Burke both were born with rare metabolic diseases.

Mubashir was born in Massachusetts just two months after the state expanded the screening for hereditary diseases it does on newborns. The test picked up his propionic academia. Which can cause coma, brain damage, and even death. Treated and watched carefully, he is growing normally.

Bryce, who has a metabolic disorder called MCAD was born in Fort Worth, Texas one still does not routinely screen newborns for it. When he was 19 months old, Bryce had massive seizures and fell into a coma. Brain dam-

age left him unable to walk or talk. "He'll never be a normal child or person again," said his father, Robert Burke.

It is unconscionable that out of four million babies born every year in the United States, fewer than 300,000 are screened. In a recent Parenting magazine article, "The Price of Life," there is this: "Most of the illnesses are so rare that public health officials don't think testing for them is worth the money few (insurance) companies will pay for the screening, leaving states to decide if they want to pick up the tab and hospitals the option of offering it only to those who can afford it. The debate is complicated by free market competition."

That the well being of a child should depend in a debate about cost and "free market competition" is contempt for human life.

Eli Siegel, the great American philosopher and founder of Aesthetic Realism, defined contempt as "the addition to self through the lessening of something else. Contempt, he explained is the basis of our economy the profit system, where a few individuals profit from the labor of many and from the very things people need in order to live food, medical care, housing."

In "Ethics the Only Answer for the Economy!" Ellen Reiss, the class chairmen of Aesthetic Realism, explains: "Once you are after profit, you can't be too interested in what people deserve... it will cramp your ability to make money from them."

Despite reports to the contrary, the much-touted "success" of the American economy is fraud. People are angrier and more fearful than ever because of the prohibitive cost of health care, prescription drugs, and the increasing cuts in Medicare and Medicaid. In our "prospering" economy, millions of Americans are forced to live without health insurance.

Eli Siegel stated "While one child needs something he hasn't got the profit system is a failure." And he said with beautiful passion: "Nobody should ever have to pay for having his body [cared for], even if he wanted to pay. The idea of people worried about their health [and] worried about money is barbarous. It's ego corruption."

We respect the parent's scientists, doctors and people in on government working together to make expanded newborn screening universal and publicly funded. We have learned that for the Americans health care system to be fair to all people, it is crucial that the life of a baby in New Jersey, Florida and Oregon be seen as real as one's own. For this to be, it is necessary for legislators, doctors and all Americans to answer this ethical question started by Eli Siegel: "What does a person deserve by being alive?"

Aesthetic Realism is taught in New York City at the Aesthetic Realism Foundation, a not-for-profit educational; 212-777-4490; www.Aesthetic.Realism.org

Suppose a tree fell through your garage tonight... WHO WOULD COME THROUGH FOR YOU TOMORROW?



You're inside your house, safe from the big storm. When, **boom!** Lightning strikes. Next thing you know, there's a tree all the way through your garage roof. Taking care of claims like this is what American Family Insurance is all about. Over 70 years of experience means fast, efficient service and home protection you can trust. Life is unpredictable. That's why it's good to have a homeowners insurance policy you can count on. If a storm should put a tree through your garage tonight, it's comforting to know you can depend on Family to come through for you tomorrow. Call one of our knowledgeable, friendly agents today. Or visit our website at www.amfam.com.

Find out all the ways "Family" comes through for you!



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