

Portland **Health** Observer

BLACK HISTORY MONTH

Pioneering Program Helps New Families

A pioneering program aimed at providing maternity care for predominantly lower-income pregnant women in the Portland area has been selected as one of the nation's most innovative programs that serve women and children.

Providence Beginnings was lauded for creating a coordinated model for maternity case management that made it easier for women to receive maternity service and provided those services at a lower cost.

As the name conveys, Providence Beginning is for women in the Providence Health System to receive consistent, ongoing, health care through pregnancy and into the newborn's life. Services include comprehensive risk assessments, education and extensive collaboration with obstetricians. The program serves women of



Special nurses and social workers, together with doctors and midwives, provide a variety of service to help support women during pregnancy.

childbearing age and their families.

"The selection is a tremendous honor for everyone who has contributed to making Providence Beginnings a success," says Carolyn Scott, M.P.H., program manager.

Most women are referred into Providence Beginnings by their doctor or midwife; however, expectant mothers may directly contact the program. For the east Portland office call 503-215-9160. For the West Portland office call 503-216-4944.

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Ask for Maudie White, Plan Broker

The Doctor's Corner

Break the Abuse by Raising Your Standards

Dear Doctor John,
I am a 28-year-old female and have been in a lot of abusive relationships. My stepfather raped me and my mother didn't believe me. Because of this, I've attracted abusive men for boyfriends. Is this a pattern? How can I deal with my past and start loving myself?

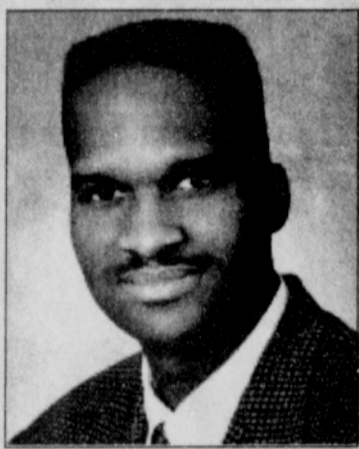
Judy of Michigan City, Ind.

Dear Judy,
I want to thank you for writing. It appears that you have been through a lot of pain. Since you have not dealt with what took place in the past, it's affecting your relationships with men today. I suggest you seek counseling.

In answer to your question, this is a pattern. It's time to break the cycle by raising your standards. Sometimes that could be a challenge because you've never done it before. You need to do something different to change your behavior.

When you condition yourself for change, inner and outer changes take place. It's probably best to find out about yourself and stop dating for a while. It's time to heal. If you can take small steps and improve in every area of your life, you will condition yourself for positive change. When you discover YOU and love yourself again, then you are ready to start dating.

Make your life outstanding!



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

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, email your question to news@PortlandObserver.com.

Oda Research International provides corporate training, workshops and seminars, also personal and professional coaching. For consultations call 503-471-2954.

"My mama loves me so much, she protects me from colds, ear infections, headaches, asthma attacks and even cancer without lifting a finger."



How? Josiah's mother doesn't smoke and doesn't allow secondhand smoke in her home. If you smoke, take it outside. Or better yet, consider quitting. For help, call the Tobacco Quit Line at 1-877-270-STOP or The African American Health Coalition at 503-413-1850.



A message from
Multnomah County Tobacco Prevention Coalition
African American Health Coalition

Expert Offers Advice on Colds

With the cold and flu season upon us, the best advice an epidemiologist can give you was shared in 1847 by Ignaz Semmelweis:

Wash your hands regularly and well. This was a radical, even career-limiting message at the time.

Semmelweis was a 29-year-old Hungarian doctor practicing medicine in Vienna. He noted that births involving midwives resulted in a far lower mortality rate than those using physicians and medical students, who often went directly from the dissecting room to deliver babies in the obstetrics ward.

He directed those on his staff to begin washing their hands in a chlorine solution. This worked so well, dramatically cutting deaths from "childbed" fever, that he began washing medical instruments, as well. This was nearly two decades before Scottish surgeon Joseph Lister appeared on the scene showing how to kill germs. Both the critics of the Vienna hospital and a European medical journal ridiculed Semmelweis for his ideas.

But we now know those ideas were accurate, even if large numbers of people still ignore the value of his findings. It's the water, soap and friction of rubbing one's hands together for about 15 seconds that make hand-washing effective. This should be done regularly, and especially before preparing food and eating; after touching animals; and before and after caring for a sick person.

Anti-bacterial soaps are unnecessary.



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