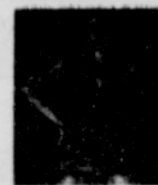




Health



BLACK HISTORY MONTH

Brother of Former Blazer Waits for Kidney Transplant

Tigard resident Wali C.D. Lucas has polycystic kidney disease, a genetic disease that forms large cysts on the kidney causing them to eventually fail. Wali is the brother of former Trailblazer and All-Star Maurice Lucas.

"It is imperative that the public become aware of the importance of organ donation," says Wali. "Because polycystic kidney disease is genetic, our family is predisposed to kidney failure, but all African Americans have a higher chance for chronic kidney disease and transplantation is the best treatment option. They need to learn the facts and discuss this decision with their family members."

Nationally, 69 percent of African-Americans support the general concept of organ and tissue donation, but only one out of five have told their family about their decision to be an organ donor, as opposed to more than half the general population. Nationally, only 13 percent of African-Americans believe that organ donation helps families cope



Wali C.D. Lucas

with grief, compared to 60 percent of the general population. African-American transplant recipients are 10-20 percent more likely to experience rejection of organs donated by Caucasians, and they wait twice as long to receive a kidney transplant because of the shortage of African-American donors.

Wali has spent one and one-half years on hemodialysis and will soon be on the list for a kidney transplant. He hopes a match is available soon, because the financial burden of kidney disease is very difficult on his family, and his health and energy for almost 5 hours each session. In addition to kidney failure, he has signifi-

cant anemia that requires hospital visits for a special intravenous iron supplement and he has high blood pressure as a result of the chronic kidney failure, which require additional medications.

Wali is married with four children, and because of his disease is only able to work for brief periods of time. The family is asking the community for financial assistance, and they encourage everyone to sign a donor card and talk with their family about organ donation.

"We hope to help increase the number of people signing donor cards," says Wali.

Donations to assist the Lucas family are set-up at any Bank of America under the "Lucas Transplant Fund" (Account #2665110286)

For more information about kidney disease, transplantation or contact with the Lucas family, please call the National Kidney Foundation of Oregon & Washington. The NKF is a non-profit health agency dedicated to the prevention, treatment and cure of kidney diseases.

The Doctor's Corner

Beware of Expensive Model Schools

Dear Doctor John,

I have a daughter who wants to be a model. We went to a modeling school where they told us that she has "the look." My daughter became so excited that she wants to model professionally. The salesperson told her that there was only one spot open and advised her take it right away. He also told us that this would help her self-esteem and improve her grades. I wanted her to become a model, until the salesperson told us about the hidden cost. He wanted us to pay \$1,400. As a concerned mother, is it worth paying that much?

Monica of northwest Portland

Dear Monica,

Thanks for writing. I need to be totally honest with you. In most cases, modeling schools tell the potential clients that they have "the look" because they want your money. They often have lots of pictures of models working for their

agency to create a big impression as a way to lure in innocent girls. In most cases, they know that it's everyone's dream to become famous.

If the modeling agency wants you to pay \$1,400, will they guarantee her a job when she finishes the class? In most cases, they won't guarantee anything. I suggest that you find a reputable agency like the ones I've listed below. If your daughter truly has "the look," they will do the marketing and find work for her. If the agency doesn't have a modeling school, you will need to get her privately trained.

The modeling agency said that if your daughter joins, it's going to improve her self-esteem, make her more outgoing and improve her grades. If you want your child to have better self-esteem, find some class in your area that offers self-help programs. I advise you to beware of modeling programs that are expensive. Watch out for professional sales people in the modeling business who



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for The Portland Observer

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

prey on innocent people. It's best to call around and do your homework before making a large investment. Until the next time.

University Students Lobby For Child Care

Fed-up student-parents of Portland State University urged their local government to provide childcare funding during a media event on Valentine's Day. They asked state legislators to support Representative Jackie Winter's legislation to direct \$3.9 million of state funding to Student Block Grants.

"Education is an investment in Oregon's economy and its citizens,"

said Amy Wright, a PSU student-parent, "it's an opportunity for students to gain intellectual capital to support their families and contribute to the state economy in the future." Many students are alarmed and outraged that the state of Oregon does not currently allocate any money for the childcare.

Portland State University students have been actively involved in this

issue for some time. Students have sent letters to the states legislators, lobbied for more funding.

"While I don't have much time for anything else in my life because I have a three year-old daughter, work and go to school full-time, I can certainly take time out of my busy schedule to support an issue that is so relevant to my life," said Cory Phelps, a student-parent who attends PSU.

WSU Vancouver Continues Strong Growth

Spring enrollment numbers show that Washington State University in Vancouver is continuing to grow.

The spring 2001 enrollment headcount is 1,611 — a 9 percent increase from last year. FTE totals grew by 12.6 percent to 1,033.

"This has been an exceptional year for WSU Vancouver," said Nancy

Youlden, director of student services. "Enrollment has remained strong from fall to spring, which shows me that awareness of our campus is increasing. It's also apparent that more Oregonians are recognizing and taking advantage of the Border Bill, which allows them to pay in-state tuition if enrolled in eight credits or less.

"I believe we're also just beginning to feel the impact of the opening of our new Engineering Life Sciences building, which houses our computer science, engineering and science programs," she added.

WSU Vancouver has seen increasing enrollment since the campus was established in 1989.

Think It's PMS? It Could Be PMDD

Each month, approximately 30 million women experience the symptoms of PMS. What many women don't know is that they may be suffering from a disorder that is much more severe and possibly devastating to their lives. Approximately three million American women experience

PMDD, or premenstrual dysphoric disorder. They suffer each month, thinking "it's just part of being a woman." What they don't know is that PMDD is not PMS it is a distinct medically recognized disorder characterized by intense mood and physical premenstrual symptoms that in-

terfere with women's daily activities and relationships. What's even worse is that many women are reluctant to seek help, fearing the stigma attached to "that time of the month." They fear that complaining about their symptoms even to their doctor would be a sign of weakness.

Our history shows that African American women are at greater risk of dying from breast cancer than all other women.



Starting now, create a new Black History

- Learn Breast Self-Exam (It only takes a few minutes)
- Talk to a doctor about breast cancer
- Get a mammogram!

The earlier you find breast cancer the longer you'll live.

For information and support:
African American Health Coalition,
503-413-1850

To find out if you qualify for **FREE** services, including a mammogram:
Multnomah County — (503) 988-4043
Clackamas County — (503) 557-6446
Washington County — (503) 846-2814

CALL TODAY —
and change the course of history.

Sponsored by



The African American Health Coalition, Inc.
The Oregon Breast and Cervical Cancer Program



In celebration of Black History Month

and of all
all the heroes
other big small!

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