



Health/Education

Volunteer Works to Improve Women's Health

Disparities, dissatisfaction in women's health care spurs Mary Wilcox into action

BY KATHLEEN MCFALL
Today, Portland's Center for Women's Health is a reality. But almost a decade ago, it was just an idea in Mary Wilcox's mind.

"I was reading an article on gender differences in medical research from a Stanford alumni magazine and I was struck by the disparities," said Wilcox. "Research results were being applied unilaterally to women yet women were not represented in clinical trials." The story of her ensuing determination in encouraging others to join in her vision of change is a testament to the value of hard work, the impor-



Mary Wilcox

...tance of community involvement, and the advantages of being an outsider.

"Initially, I simply wondered whether there was any way I could work to promote women's health research. But as I got more involved, I realized that women were very dissatisfied with their health care as well."

Wilcox describes herself as relentless once she sets her mind to something. And fortunately for women throughout the Portland area, she has set her sights on nothing short of radically transforming women's health care.

Born in Ashland, Wilcox

earned a law degree in 1980 from University of Oregon and New York University and then returned to Portland to practice.

"Personally, I've always been interested in health, nutrition, and exercise, but I also gained a great deal of knowledge about the medical system by practicing medical-related law."

In 1990, she left her legal practice in order to raise her two daughters. At that time, she also increased her community efforts, including her commitment to OHSU as a member of the Board for the OHSU Foundation.

Wilcox garnered initial support for the vision of the CWH from OHSU's President Dr. Peter Kohler, MD, as well as others in the medical commu-

...nity. She reached out to the larger metropolitan community. Mina and Arlene Schnitzer, Gaior Artz and numerous women joined together to form the Campaign for Women's Health Community Council. In addition to encouraging numerous educational and fund-raising events, these community women have been deeply involved in organizing the Annual Women's Health Conference, now in its sixth year.

Wilcox also co-chairs the ongoing campaign to raise some \$30 million dollars to fund a permanent state-of-the-art home for the CWH that will include educational, research and clinical components. Recruitment of scientists for women's health research is part of this effort.

To Wilcox, the existing system of a patient going from specialist to specialist seems illogical.

She believes it's an indirect outgrowth of how medicine is taught rather than a function of the needs of patients. "It simply makes more sense to have a team of physicians and care-givers come to the women," she explained.

Wilcox's efforts are voluntary. Consequently, she says, "No one can fire me! They can kick me out of their office but I can't be fired. I have nothing to lose and everything to gain by pursuing my dream of finding better ways to deliver health, promoting women's health research and educating women so they can become active participants in their own health care."

Lawmakers Call for Relief on Prescription Drugs

Concerned by the soaring cost of prevention drugs, members of Oregon's Senate and House Democratic caucuses have called on their legislative colleagues to pass pending prescription drug legislation.

"Our state and our citizens spend too much for prescription drugs," said Rep. Alan Bates (D-Eagle Point), a physician. "We need to help low-income seniors afford the medication they need to survive, as well as reduce the amount our state spends each year buying prescription drugs."

"We have a responsibility to our seniors to make sure they never have to sacrifice basic life necessities to purchase the prescriptions they need," said Sen. Rick Metsger (D-



Rep. Laurie Monnes Anderson (D-Gresham), a nurse (left), and Rep. Kurt Schrader (D-Canby), urge the legislature to pass legislation to reduce the cost of prescription drugs.

that not only provides seniors with the medications they need, but also puts dollars back in their hands while saving the state general fund money."

The legislators support passage of Senate Bill 876 and House Bill 3027, as well as other proposals to help seniors afford Medicaid costs.

SB 876 would provide senior on Medicaid the same low prescription rates as low-income families on Medicare. HB 3027 pools the state's buying power to get the best possible drug prices, the same way the federal government and other large purchasers save up to 50 percent on prescription drugs.

Democrats also support proposals, including HB 3774, to help low-income seniors with the cost of their medications.

Welches). "Democrats are bringing forth real solutions to this ongoing prescription drug crisis

that not only provides seniors with the medications they need, but also puts dollars back in their hands while saving the state general fund money."

The legislators support passage of Senate Bill 876 and House Bill 3027, as well as other proposals to help seniors afford Medicaid costs.

PCC Board Selects Carreon Next President

The Portland Community College Board of Directors offered the presidency of the college to Dr. Jess Carreon, superintendent and president of the Rio Hondo Community College district in Whittier, Calif. The board announced that Carreon has agreed to accept the job, pending contract negotiations. The board will make the formal appointment at their meeting on May 17.

Carreon will become the fourth president of Portland Community College, the largest post-secondary institution in Oregon, with an annual enrollment of nearly 100,000 students.

"I am deeply honored and appreciate the confidence of all of those who were part of the selection process, in particular the board of directors," said Carreon. "Portland is a great place and the college is an outstanding, nationally recog-

nized institution. I'm looking forward to the challenges."

Karen McKinney, chair of



Dr. Jess Carreon

the board, said, "We are very pleased to be able to attract a person of Dr. Carreon's background, skills and experience to PCC. I am extremely impressed with Jess. He brings the kind of leadership that Portland Community College will need in the coming years. Dr. Carreon's experience in

forming alliances with other educational institutions, business and government agencies will be a great asset to the college.

"It came down to two outstanding finalists," McKinney added. "It was a very tough decision. Ultimately, a majority of the board agreed to offer the job to Jess Carreon."

Currently, Carreon is superintendent and president of the Rio Hondo Community College district, a two-year institution enrolling 15,000 students each semester. Carreon earned a doctorate in higher education from the University of Southern California, a master's degree in management from the University of California, Irvine and a bachelor's degree in history from San Diego State University.

Dan Moriarty, the president of PCC since 1986, will retire June 30.

Forest Park Doused With Insecticide

The state began its battle against the destructive Asian Gypsy moth that was spotted in Forest Park.

State helicopters Thursday sprayed an insecticide over a 900-acre area in Forest Park, Portland's industrial area and along Highway 30, south of the Saint Johns Bridge.

The state agriculture department chose to use a common biological insecticide that's a natural bacteria which kills the moth in its caterpillar stage.

Experts decided to use the spray after finding just one of the voracious moths in Forest Park last fall. The moth has the ability to wipe out millions of acres of trees in a short amount of time and has done just that in the Northeast. So far, Oregon has escaped widespread damage by attacking minor outbreaks quickly.

SAFeway FOOD & DRUG

GREAT SELECTION, BETTER PRICES!

Attention SENIORS

NEW FOR SENIORS ONLY... Safeway Senior Shuttle Service!

Introducing a great new service for our neighborhood senior citizens. FREE grocery shopping "shuttle service" for your nearby Almsworth & MLK Blvd Safeway Food & Drug and Renaissance Market. TWICE a Month! On or around the 3rd and 15th of each month. This Service is FREE to seniors age 60 and over.

Phone Seniors - Grandchildren and others WILL BE ADMITTED on the Shuttle at any time.

LOOK FOR OUR SPECIAL "RAZ TRANSPORTATION" TROLLEY SERVICE SCHEDULE FLYER AT YOUR MLK BLVD SAFEWAY and RENAISSANCE MARKET FOR COMPLETE DETAILS!

Sponsored By: **SAFeway FOOD & DRUG**

Renaissance Market **AFRICAN AMERICAN CHAMBER OF COMMERCE OF OREGON**

For More Information Call: 503-572-0872

Boneless Skinless Fryer Breasts

Manor House. Individually Quick Frozen. Sold in 4-lb. Bags Only \$5.96 ea.

SAVE up to \$1.25 lb. Safeway Club Price

Lucerne Milk

Gallon, 1%, 2%, Fat Free, Skim Supreme or Whole, Chocolate Milk or Orange Juice.

Limit 2 (Includes 1 Free).

SAVE up to \$3.69 on 2

Beef Rib Eye Steak

Bone-in. Valu Pack, 4 or More Steaks per package.

SAVE up to \$2.00 lb.

3.99 lb. Safeway Club Price

Red Globe Grapes

Imported from Chile.

SAVE up to \$1.20 lb.

79¢ lb. Safeway Club Price

Now the savings are in the Card!

ALL LIMITS ARE PER HOUSEHOLD PER DAY!

PRICES EFFECTIVE MAY 2001

| | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 6 | 7 | 8 | 2 | 3 | 4 | 5 |

Prices (Other Markets) from May 2 thru Sunday May 6, 2001.

Some items are not available at all Safeway stores. No cash to orders, restrictions to restrictions. Sales on retail quantities only. Quantities of some items may be limited and subject to availability. Not responsible for typographical or pictorial errors. We reserve the right to correct all printed errors. On Buy One Get One Free, each item must be purchased. The lower price in this case. ©2001 Safeway Stores, Inc.