

# Forum Helps With Stroke Prevention, Care

People at a recent public forum on stroke look over some of the materials before the event gets underway at Providence Portland Medical Center. The forum addressed stroke preventive measures, symptoms and warning signs that could indicate an oncoming stroke, as well as advice as to what to do in case of a stroke. The hospital responds to the challenges of strokes with a team of experts who provide a 24-hour rapid response and acute stroke treatment.



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## Affordable Health Care Out of Reach

(AP) - When it comes to health care, escaping poverty can be a bad thing.

Forty-three percent of those covered by the Oregon Health Plan, the state's medical safety net, leave the plan within a year. Most leave because rising income from a new job makes them ineligible under the plan's income limits.

But the money that disqualifies them is usually not enough

to buy private insurance or pay for their health care out of pocket, according to a study released by the Providence Health System.

Of those who leave the plan within a year of joining it, 71 percent stay uninsured, the study said. More than half of these people forgo some type of medical treatment, and one in four said a lack of money or insurance forced them to skip urgent care.

Lack of insurance deters people from finding regular sources of health care and prompts them to use hospital emergency rooms as a costly substitute, or put off treatment.

"This may cause people to become much sicker in the long term, making them more expensive to treat later," the Providence report said.

Oregonians are eligible for the Health Plan if their house-

hold income is at or below the federal poverty level - \$1,219 a month for a family of three - and they have less than \$2,000 in financial assets not counting a car or house.

The report recommends several steps to reduce barriers to eligibility and improve continuity of care under the Oregon Health Plan.

## Director Named for Women's Program

Dr. Heidi D. Nelson is the new medical director of the Women and Children's Program at Providence Health System. She previously served as a staff physician for the Women's Medical Clinic at the Veteran's Administration Medical Center



Dr Heidi D. Nelson

and as a director for the Women's Health Fellowship — positions she will continue to hold.

Nelson is also the principal investigator for a National Institute of Alcohol Abuse and Alcoholism study on the effects of moderate alcohol use in older

women. She is a scientific advisor to the U.S. Preventive Services Task Force and has been involved in work related to chlamydia screening, hormone replacement therapy, osteoporosis screening and domestic violence screening.

## University of Oregon Rated 'Best Buy'

University of Oregon students are getting a high quality education at a reasonable price. That's the word from two publishers of national college consumer guides.

For the fourth year in a row, the UO is listed in "The Fiske Guide to Colleges" as one of the nation's best bargains for students. The popular publication's 2002 edition includes the UO in its "Best Buys" list of 43 schools—21 public and 22 private—in the United States and Canada.

The Kaplan/Newsweek College Catalog 2002, based on a survey of high school counselors, also lists the UO as one of the 70 U.S. colleges that offer the highest quality for the tuition dollar.

In essay questions on the university, the surveyed students named architecture and music as the UO's strongest programs. Students also praised the university's other professional schools—journalism, education, law and business. The students gave a four-star rating to the UO's quality of life and three stars each to academics and social life.

"These reports confirm what we already know," says Martha Pitts, UO director of admissions. "Students at the UO get an excellent education at a reasonable price."

Surveyed counselors listed

the University of Oregon as a school that supports diversity

and "is among the 'most wired' schools in the coun-

try" with one of the best websites.

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