

HOLLA!



A PROGRAM OF THE AFRICAN AMERICAN HEALTH COALITION, Inc.

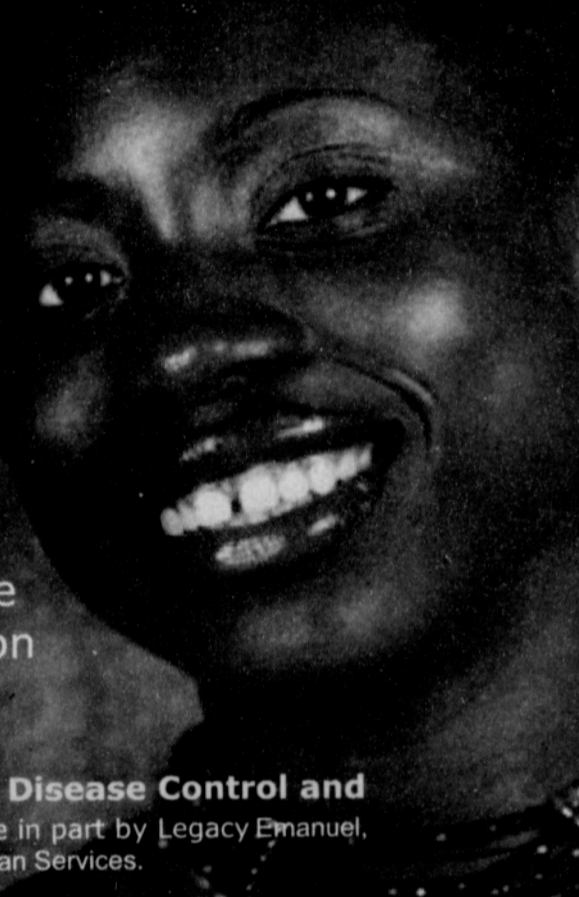
2800 N. Vancouver Avenue, Suite 100, 97227; 503 413-1850

Healthy Options for Living Longer Actively (HOLLA!) is a peer education project for high school students.

Students from Benson and Jefferson High Schools will be trained as Community Youth Health Advocates to deliver heart disease prevention messages to their peers.

HOLLA students will also produce and star in a health promotion video, "From the Heart", which will be aired on local television channels.

Sponsored by the Centers for Disease Control and Prevention and made possible in part by Legacy Emanuel, PSU-RR1 and the Department of Human Services.



Health

Kicking the Tobacco Habit

Summer days can get you moving and burn off stress

BY CHARLES TEDESCO

In the winter, it's too cold outside to stop smoking. In the summer, it's too warm and wonderful outside to try to stop smoking.

No matter what the season, it seems that there is always an excuse to put off the challenge of stopping the tobacco habit.

If you want to get tobacco out of your life, summer is a great time to do it. Attitude is what it is all about. Here's some food for thought if you've been on the stop smoking roller coaster, going up and down with your desire to let go of tobacco.

With the warmer weather comes the opportunity to move your body, to burn off the stresses of life in the great outdoors. Just enjoying the flowers and the new leaves on the trees is a reminder of how we can regenerate ourselves by simply making better decisions about

how we take care of ourselves.

If we look at ways nature renews itself during this time of year, we can remember that we have the power within us to renew ourselves. Things that grow in the ground renew themselves with water and sunshine. So do we.

Animals that have recently come out of hibernation during the cooler months renew themselves by exercise and stretching, by being very active. We humans can do this too.

We fertilize our garden flowers so that they will bloom and be strong to handle the stresses of the heat of the day. If we eat smarter, we give ourselves the strength to withstand the stresses in our lives and the challenges that come with releasing tobacco. And we fertilize our minds with positive thinking, choosing to know that we can do that is right

for ourselves.

If you want to stop smoking, one way of fertilizing your mind is to think this thought: "I wonder how easy it can be to stop smoking?" Wondering how difficult it can be is feeding your mind a poison. There's no time like the present to start the process of stopping smoking. Build up to it over the course of at least a few weeks, as you get more and more consistent at taking care of yourself, of keeping your word to yourself.

Then let it go, and watch yourself blossom.

Charles Tedesco is the founder of Smoking Release Associates in La Quinta, Calif. For helpful tips on stopping smoking, take the Quitters' Quiz found at the SRA website at www.SmokingRelease.com or write Tedesco at ct@SmokingRelease.com.

Diabetes—If You're At Risk, Get Screened



BY LARRY LUCAS

If you are African American, Hispanic, Native American or a Pacific Islander, you are at high risk for type 2 diabetes.

That doesn't mean you'll necessarily develop the disease, but it does mean you should be screened regularly by a physician, preferably starting at about age 30. By getting screened and diagnosed early, people are better able to control their disease

and avoid its terrible complications, which can include blindness and amputation.

You have additional risk factors for type 2 diabetes if:

- You are overweight.
- You have a sedentary lifestyle.
- You have low levels of "good," or HDL, cholesterol.
- You have cardiovascular disease, high blood pressure or high triglyceride levels.
- You have a relative with type 2 diabetes.
- You have delivered a baby that weighed more than 9 pounds at birth.

If you have one or more of these risk factors, ask your doctor about a fasting blood sugar test. If you are diagnosed with diabetes, you'll want to work closely with your physician to test and control your own blood sugar levels. Studies have shown that tight control of blood

sugar levels could reduce eye and kidney complications of diabetes by up to 80 percent.

Your physician may prescribe one of several medicines available for type 2 diabetes. In addition to those medicines already available, pharmaceutical companies are working on 23 new medicines.

If you don't have the disease, now is the time to take steps to prevent it.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, lifestyle changes can help high-risk people avoid the disease. Specifically, weight loss of 10 to 15 pounds and 30 minutes a day of exercising can help people from developing the disease.

Larry Lucas is Associate Vice President of the Pharmaceutical Research and Manufacturers of America (PhRMA).

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A new chapter in our history

Celebrate

the Grand Opening of the new

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Northeast
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Thursday, June 20, 2002
5:00 to 7:00 pm

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Portland, OR 97212

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- Teen Clinic walk-in hours every Tuesday starting July 2nd
- Easy bus access on #8 & #33
- Art projects from members of the community
- Convenience of other shops and services in the building

Planned Parenthood of the Columbia/Willamette is a non-profit agency that relies on community generosity to provide health services and education programs to 30,000 women and men in Oregon and Southwest Washington. Contributions are tax-deductible.

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