



HEALTH



Rebecca Partenheimer readies to bike for several months across the United States, giving hope to those like her who suffer from colon disease. She will be riding for the Crohn's & Colitis Foundation of America, starting in Portland, on July 21.

Chronic Illness Doesn't Stop Cross-Country Bike Trip

Dancer looks to raise funds and awareness for ulcerative colitis

Rebecca Partenheimer, a 26-year-old modern dancer from Portland, plans to bike across the United States with a friend to raise funds and awareness for inflammatory bowel disease, a collective term for Crohn's disease and ulcerative colitis.

When Partenheimer was diagnosed at age 18 with ulcerative colitis, she thought her life was over.

"I have always been really active, and after being diagnosed with ulcerative colitis, my worst fear was that I would be

sick for the rest of my life," said Partenheimer. "I had to learn how to slow down and balance my life, between being a full-time student, dancer and now a patient."

Partenheimer will leave Portland on July 21 and travel across the United States, hoping to end up on the East Coast in late September or early October. She has been working with her doctors and other health professionals to make sure she has all the necessary medications and tools to take care of her disease while on the

road.

Ulcerative colitis attacks the large intestine (colon), causing painful diarrhea, bleeding and numerous complications, including colon cancer. While medications can control most symptoms, the only cure is the removal of the colon. The disease can flare up at any time.

For more information about Crohn's & Colitis Foundation of America and Inflammatory Bowel Disease, go online to www.cdfa.org, or call 877-703-6900.

SEI-PCC Summer Camp Opens

Self Enhancement Inc., an inner city youth organization, and Portland Community College is hosting a SEI High School Summer Program.

The activities started Tuesday, July 9 and run every Tuesday and Thursday for four straight weeks at the Sylvania Campus. The program

will also visit the Rock Creek Campus where activities will occur at the same time on July 23 and 25.

For the past few years, SEI has teamed with PCC to guide 30 soon-to-be high school freshman through four weeks of learning and fun.

The students attend college-level classes in subjects like science, engineering, automotive, welding, computers, and fire safety. Students will also get to create fun things like constructing straw bales, designing bridges, building radios and exploring computer technology.

Providence Holds Multiple Sclerosis Forum

According to a national average, one in 1,000 people have been diagnosed with multiple sclerosis. Within Oregon and throughout the Pacific Northwest, it's five times higher than that figure.

Stanley Cohan, director of the Pacific Northwest Multiple Sclerosis

Center, based at Providence St. Vincent Medical Center, will host an educational talk on Wednesday, July 17, from 7-8:30 p.m. at Providence, 9205 S.W. Barnes Rd. in the East Pavilion. He will discuss available treatment options, recent research

studies and support for those with multiple sclerosis.

After the lecture, Dr. Cohan will engage in a question-and-answer session with attendees.

The center is wheelchair accessible and there will be free parking available.

Providence St. Vincent Medical Center
Souther Auditorium
9155 SW Barnes Road

Wednesday, July 17 • 7 p.m.



Stanley Cohan, M.D., Ph.D.
Director, Pacific Northwest Multiple Sclerosis Center at Providence St. Vincent Medical Center

Reservations requested.
Please call 503-216-6595.

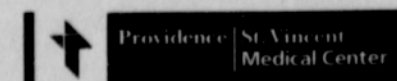
Multiple Sclerosis Treatment: A Better Present and a Better Future

Join us at this free community forum

People living in the Pacific Northwest have the highest incidence of multiple sclerosis in the United States, with a risk five times the national average. Learn what may be the cause, and get MS information as Dr. Cohan discusses:

- Risk factors
- Symptoms
- Best treatments, including physical therapy and psychological support
- Newest research and clinical trials

www.providence.org/oregon



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