



HEALTH / EDUCATION

Kaiser Forums Address Hormone Replacement

Kaiser Permanente will continue a series of free community forums for women interested in learning more about new findings in hormone replacement research.

One of the discussions will take place Wednesday, Aug. 14, from 7 p.m. to 8:30 p.m. at the Interstate South Medical Office, 3500 N. Interstate Ave. A Saturday forum will be held Aug. 17 from 9 a.m. to 10:30 a.m. at the Kaiser Salmon Creek Medical Office, 14406 N.E. 20th Ave. in Vancouver.

The forums are led by Kaiser Permanente physicians, health care experts and researchers who worked on a federal study, just concluded this summer that when post-menopausal women with a uterus take estrogen and progesterin, they increase their risk of heart disease and breast cancer.

To attend, RSVP by calling Kaiser Permanente at 503-813-4388 or 1-888-524-7378.



Black Women Can Learn Common Signs of Lupus

What is lupus? How does it feel? Ask the one in 250 African-American women who have the disease and they'll probably all say something different. Many people with lupus feel tired, experience joint aches and pains, loss of hair, scarring skin lesions, while others may develop complications with involvement of the kidneys or central nervous system. The symptoms can be persistent or intermittent, and the devastating reality is that many women don't even know they have the disease.

Lupus, an autoimmune disease in which antibodies re-

act against the body's own tissue, affects nearly 250,000 Americans. The arthritis-related disease is a chronic and sometimes life threatening disease that occurs in one of three forms: discoid lupus, which affects the skin; drug-induced lupus, which occurs because of a reaction to one or more drugs and usually disappears when the drug use has stopped; and systemic lupus erythematosus (or SLE), which involves the skin, joints, kidneys, nervous system, lungs, heart and/or other organs.

According to the Arthritis Foundation, 90 percent of lu-

pus patients are women and—a large majority of those women being African-American. Studies suggest that there is an inherited tendency to get lupus. However, the disease overwhelmingly affects women and most commonly affects them in their childbearing years—ages 15 to 45.

The Arthritis Foundation wants women, especially African-American women, to be aware of the common signs of lupus.

For more information, call 800-283-7800 for a free booklet titled "Lupus," or visit the Arthritis Foundation's website at www.arthritis.org.

Expanded Rockwood Medical Office

Getting a medical appointment at Kaiser Permanente's Rockwood Medical Office on a peak-demand day, such as a Monday or Friday, should be easier now that the health care organization has opened a new addition there early this year.

Construction started last fall on the 7,300-square-foot addition, which added 16 exam rooms and eight clinician offices on two floors. Internal medicine, family

practice and obstetrics-gynecology services will be available in the new wing.

Existing exam rooms at Rockwood had already been fitted with computers, so Rockwood now becomes the second Northwest Kaiser Permanente medical office to have a computer in every exam room.

General contractor for the \$1.2 million addition at Rockwood was Baugh Construction.

Legacy Offers Advanced Radiation Therapy

Legacy Health System is the first in Portland to offer IMRT (Intensity Modulated Radiation Therapy) — the most advanced radiation therapy available for patients with tumors located in the head, neck, prostate, chest and other locations. Legacy also hired a medical physicist to implement the IMRT program at various Legacy sites; oversee and participate in treatment planning; and provide quality assurance.

"IMRT is a powerful new tool that helps us more accurately and effectively deliver radiation to tumors without impacting nearby structures or tissue," says Nathalie Johnson, M.D., Medical Director, Legacy Cancer Services. "This new level of precision should offer added reassurance to patients who are facing diagnosis and treatment of tumors, especially those located in critical areas of the body,

such as the brain."

How IMRT Works

IMRT requires highly sophisticated computer software programs that use a variety of data — including CT and MRI scans — and computation methods to determine the best plan for successfully treating each tumor. Radiation is used to shrink or control the growth of tumors by killing tumor cells or interfering with their ability to grow.

The radiation is administered through a linear accelerator machine that is equipped with a multi-leaf collimator (metal leaves that move to conform to the tumor shape creating a "cookie cutter" outline through which the radiation beams pass). Since a tumor is three-dimensional, beams are directed at the tumor from different angles or directions to conform to its irregular shape.

Minority Teacher Program Expands

The University of Portland will join the Portland Teachers Program to recruit minorities into the teaching profession.

The PTP is a collaborative effort of Portland Public Schools, Portland Community College, Portland State University, and now the Univer-

sity of Portland, to increase the diversity of the teaching corps in Portland's classrooms.

The program places a special focus on the recruitment of historically underrepresented groups in the teaching profession. The program is housed on the PCC Cascade Campus.

The University of Portland will pay tuition for up to 10 PTP students each year, planned for full phase-in by 2010. The agreement also calls for PCC to waive tuition for 33 students this year, and PSU will provide tuition waivers for up to 45 students.


African Americans are dying at higher rates *than* *whites* from heart disease.




Heart disease,
which blocks the blood vessels to cause heart attacks, strokes, or high blood pressure, ranks as **the number one killer of African Americans.**

We don't have to...

Prevention works. Get screened.
Ask your doctor about cardiovascular disease today.
It's our right.



African American Health Coalition, Inc.
2800 N. Vancouver Avenue—Suite 100
Portland, Oregon 97227
Phone: 503-413-1850
www.aahc-portland.org



REACH

Made possible by the **Center for Disease Control and Prevention (CDC).**

"Smoking doesn't work in Oregon."



I remember walking out of our conference room and my eyes were literally stinging. My boss smoked, so everybody felt they had a right to light up whenever they felt like it. That was before the Oregon Smokefree Workplace Law.

Because now smoking doesn't work in Oregon. And I'm breathing a lot easier.

If you've got questions, please contact us:

Information About The Law

- Toll-free 1-866-621-6107
- www.healthoregon.org/tobacco
- Your county health department

Oregon Tobacco Quitline

- 1-877-270-STOP
- 1-877-2NO-FUME (Spanish)
- TTY: 1-877-777-6534

If you have a disability and need the material in an alternate format, call 503-731-4273 (TTY: 503-731-4031).

SMOKEFREE WORKPLACES. IT'S OREGON LAW.
OREGON DEPARTMENT OF HUMAN SERVICES