

Health / Family

Cancer Study Targets African-Americans for Clinical Trials

The Columbia River Oncology Program has entered the second year of the largest-ever prostate cancer prevention clinical trial, known as SELECT.

The study is attempting to determine if either selenium or vitamin E can protect against prostate cancer.

In Oregon, an estimated 2,800 men will get prostate cancer and 500 men will die of it this year. It is the second leading cause of cancer death in men behind lung cancer, and African-American men in the United States have the highest rates of prostate cancer rates in the world.

In this second year of the trial,

there will be an increased emphasis on reaching out to African-American men.

"We would like to see men of all races and ethnic backgrounds participate," said Dr. Keith Lanier, the principal investigator for the Columbia River Oncology Program. "But since African-American men are at greatest risk of developing prostate cancer, we would like to see more involved."

Men aged 55 or older, or 50 or older if African-American, who have never had prostate cancer and are in generally good health may enroll. Men in the study will be followed for 7 to 12 years, depending on when they enroll in the trial.

African-American men are at greatest risk of developing prostate cancer.

—Dr. Keith Lanier of the Columbia River Oncology Program

"In this second year of the trial, we will continue to talk to men about their prostate cancer risk and ask them if they are willing to help us learn whether the effects of selenium and vitamin E, both separately and together, can prevent the disease," Lanier said.

Previous research involving selenium and vitamin E for other can-

cers suggested these nutrients might reduce the risk of prostate cancer by 60 to 30 percent, respectively. Selenium and vitamin E, are both antioxidants that are naturally occurring nutrients. They are capable of neutralizing toxins known as "free radicals" that might otherwise dam-

age the genetic material of cells and possibly lead to cancer.

Men interested in joining the study can call the Columbia River Oncology Program at 503-216-6293 or on the Internet at www.cropor.org.

Women's Health Addressed

Portland women will have the opportunity to spend a day learning about health related topics at Providence Health System's sixth annual A Day for You conference, on Saturday, Oct 12 from 7:45 a.m. to 4:30 p.m. at the Oregon Convention Center, 777 N.E. Martin Luther King Jr. Blvd.

Keynote speaker, TV and film actress Linda Dano, will give insight into her role as a caretaker following the loss of her father to Alzheimer's Disease. Dano is also a spokesperson, columnist and novelist.

Also speaking at the event is Denise Harrington, a communications consultant, trainer and speaker who specializes in teaching individuals and organizations to tell their stories.



Denise Harrington



Linda Dano

Harrington also offers leadership-training program for women.

After the highlighted speakers, participants can choose three of the 18 offered workshops to attend. Providence physicians and health experts will speak about a variety of women's is-

ssues ranging from hormone replacement therapy to financial planning.

Cost for the conference is \$30 for Providence Health Plan members and \$40 for day-of-event registration. Breakfast and lunch are included.

Study Finds Doctors Biased

Minority kids' fractures prompt more suspicion of abuse

(AP)—Black and Hispanic children hospitalized with broken bones suffered in accidents are far more likely than white youngsters to be checked for child abuse, a study found. The findings suggest that some doctors may be unfairly suspicious of minorities and are overlooking actual abuse among whites, the researchers said.

"This study is a reminder to be as thorough and objective as possible in evaluating children with injuries," said Dr. Cindy Christian, who led the study at Children's Hospital of Philadelphia.

Researchers said the findings bolster suspicions that abuse among white children is under diagnosed and it also points to an-

other area of medicine where racial disparities and possible bias may affect health care. Others have concluded that low income is more strongly linked to abuse than race.

"All of us have personal biases," Christian said. "It's human nature not to be able to see something negative in a person or group of people who are like you."

The study involved 388 children under 3 who were treated for skull, arm or leg fractures at the Philadelphia hospital between 1994 and 2000. Two child-abuse experts reviewed the injuries and determined which ones were accidental and which were caused by abuse. Minority children 1 year old and up with accidental injuries were three

times more likely to be reported to authorities for suspected abuse.

The study echoes research into shaken-baby syndrome that suggested abuse was commonly missed in children from white, well-educated parents "because those are the kinds of families that medical providers tend to suspect least," said Dr. Lawrence Ricci, a Maine pediatrician who specializes in child-abuse issues.

"Medical providers are taught, and need to be taught, to completely discount their impression of parents" and to focus on the child's injury, Ricci said.

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Season for Flu Shots Nears

Kaiser Permanente members can receive free flu shots weekdays from 8 a.m. to 6 p.m. on a drop-in basis at Interstate Medical Office Central, 3600 N. Interstate Ave. starting Monday, Oct. 21, through Friday, Nov. 15.

"Getting a flu shot in October and November offers ample time for people to build up their immunity before the usual flu peak in late December through early March," says Joseph Kane, MD, chief of Kaiser Permanente's Infectious

Disease Department.

People over age 65, people with chronic health problems such as diabetes, heart disease, or asthma and those who care for them will be given first priority during the first two weeks of vaccinations. All other health plan members will be able to receive shots after a special Saturday clinic on Nov. 2, from 9 a.m. to 1 p.m.

For more information about Kaiser Permanente's flu vaccination program, call 503-813-2000.

Do you have Type 2 Diabetes?

Legacy Clinical Research is seeking volunteers for a study evaluating an investigational medication for the treatment of Type 2 Diabetes.

If you are only taking only one medication to treat your diabetes and are 16 to 75 years old, you may be eligible to participate in this study.

Co-investigators are W. Kenneth Ward, M.D. and Alar Mirka, M.D.

For more information, please call (503) 413-1742 or email studyinfo@lhrs.org www.legacyhealth.org/research

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