

HEALTH



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DEQ Issues Asbestos Warning

Homeowners and homebuyers should be cautious in houses built before 1987

For those planning to remodel homes built before 1987, it's important to know if the home was built with asbestos-containing material. The Department of Environmental Quality has answers to questions about how to protect homeowners from the dangers of improper asbestos removal.

Residents are encouraged to hire a contractor before attempting to handle asbestos or visit the DEQ Web site at www.deq.state.or.us and click on Consumer Corner.

Inhaling asbestos has been linked to cancer and other diseases. There is no safe level of exposure, so contact with any amount of asbestos can be harmful. When asbestos-containing material is dis-

turbed or damaged it releases tiny fibers into the air that are too small to be filtered by a dust mask.

Asbestos is a mineral that can be broken down into very fine fibers that are heat-resistant and extremely durable. Because of these properties, asbestos was widely used in construction materials until 1987.

Depending on its condition, in-home asbestos may be a health hazard. As long as asbestos is not disturbed, damaged or worn, or the material is sealed, it is not considered a health hazard.

DEQ recommends that the safest way to handle asbestos-containing material is to hire an asbestos abatement contractor to perform the work.

Most home repair or remodeling contractors do not have an asbestos abatement license or certified workers who are trained and have the proper equipment to work safely with asbestos. Contact DEQ for a list of licensed asbestos abatement contractors in Oregon.

For those who plan to buy a pre-

1987 home in need of remodeling, have a qualified inspector survey the house for asbestos before purchase.

Sprayed-on popcorn acoustical ceilings, sheet flooring — such as linoleum or vinyl asbestos tiles, cement asbestos board siding and roofing, furnace and duct insulation as well as boiler and pipe insulation are all common materials known to contain asbestos.

To be safe, DEQ recommends that all suspect materials as if they contain asbestos until their safety is known for sure. An asbestos-containing material cannot be determined simply by appearance. The only safe way to find out if material contains asbestos is to have a laboratory analyze a sample of the suspect material.

Laboratories that do this work are usually listed in the Yellow Pages under Asbestos Consulting & Testing. Call DEQ for information on how to safely take a sample.

For more information, call the DEQ office at 503-229-5364

Health Care Forum Addresses Issues

Dr. John Kitzhaber, former governor of Oregon, author of the Oregon Health Plan and emergency room physician, led a recent discussion with the health care professionals of today and tomorrow about the evolution of health care



John Kitzhaber, former Oregon governor.

in Oregon and what the future holds as the number of uninsured families increases.

The forum at Oregon Health and Science University brought together a core group of people to look at the history of our health care system, the

changes that have endured and speculations about what lies ahead for the 440,000 Oregonians without health care.

Kitzhaber said as a physician, there was no debate about what constitutes an emergency, yet as a legislator and governor, whether or not our children's health was an emergency was constantly up for debate.



REACH

Racial & Ethnic Approaches to Community Health
A program of the African American Health Coalition, Inc.
Sponsored by the CDC (Centers for Disease Control and Prevention)

Wellness Within REACH: Mind, Body, and Soul Activity Calendar

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott	Strength Training 8-9am and 2-3pm Brown		Strength Training 8-9am and 2-3pm Brown		Strength Training 8-9am and 2-3pm Brown Chicago Step 6:00-7:00pm Kendrick	African Dance 10:00-11:00am Addo
Salvation Army 5325 N Williams	Salsa 6:30-7:30pm Hazelton	Water Aerobics 2:00 - 3:00pm Hampton	Tai Chi 6:30 - 7:30pm Lyles Begins 4/16/03	Water Aerobics 2:00 - 3:00pm Hampton		
Nature's 3535 NE 15th		Yoga 7:30-8:30 pm O'Rourke		Yoga 7:45-8:45 pm O'Rourke		Body Conditioning 9:30-10:30am Nickerson
Peninsula Park 700 N Portland		Walking Group 6:00-7:00 pm Nickerson (Meet inside the Lloyd Center in front of Sears)		Walking Group 6:00-7:00 pm Nickerson (Meet inside the Lloyd Center in front of Sears)		Walking Group 12:30 pm Nickerson
Mallory Avenue Christian Church (Gym) 126 NE Alberta	Aerobics 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson	
Highland United Church of Christ 4635 NE 9th Ave.	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller		

**Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class. All classes are free of charge!



African American Health Coalition, Inc.

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Problem Gamblers Find Help

More Oregonians than ever are entering into problem gambling treatment, according to a report released by the Oregon Department of Human Services.

The study found that the number of problem gamblers entering into treatment increased nearly 40 percent over the previous year and there was a 66 percent increase in the number of family members entering counseling.

Based on a follow-up survey with people who went through gambling treatment, 90 days after they left treatment, about three-fourths of them found the help they needed to stop or reduce their gambling.

By law, one percent of the Oregon Lottery's net proceeds are dedicated to a problem gambling treatment fund. This fund is used to support 17 regional problem gambling prevention programs, 30 outpatient programs, three short-term residential programs, one telephone counseling program and the toll-free Problem Gambling Helpline at

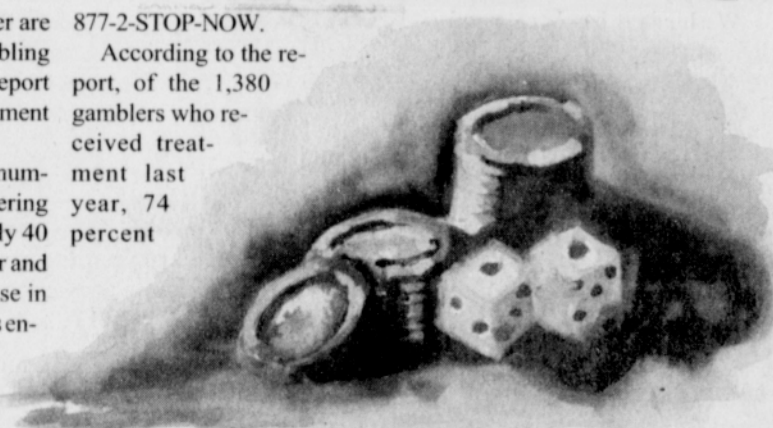
877-2-STOP-NOW.

According to the report, of the 1,380 gamblers who received treatment last year, 74 percent

were hooked on video poker and 10 percent on slot machines. While the average gambling-related debt was \$22,840, several individuals reported gambling debts exceeding \$100,000.

A quarter of the gamblers reported that their gambling cost them a marriage or other significant relationship. Forty percent committed illegal acts in order to gamble or pay back gambling losses. Fifteen percent reported losing their job as a result of gambling and 10 percent

were on the brink of committing suicide in the months prior to entering treatment



Gordly Sponsors Mental Health Bill

Discrimination in health insurance coverage against people with mental illness and substance abuse problems may soon end in Oregon under a bill considered today by a senate committee.

Senate Bill 1, co-sponsored by African American State Sen. Avel Gordly, requires a company that provides health insurance in Oregon to offer the same level of coverage for mental illness and drug and alcohol dependency as it does for other medical conditions.

"The lack of parity in health care coverage has fostered stigmatization of those with mental illness and substance abuse issues," Gordly said. "This stigmatization

has created barriers to sound treatment practices and to the overall well being of the people of this state"

For Gordly, who has a son who suffers from mental illness, the hearing is the first stage in the achievement a long time goal — to ensure that mental health and substance abuse treatment receive equal coverage from insurance companies.

The lack of parity in health care coverage has fostered stigmatization of those with mental illness and substance abuse issues.

— State Sen. Avel Gordly

law, because at that moment this large barrier to treatment will fall for many of our most vulnerable Oregonians and the gates of access will open," Gordly said. "This bill ranks with the best of laws produced by this great institution."



The power to quit smoking is within your reach.

1-877-270-STOP

We know how hard it is to quit smoking and we know what works. Let us give you a helping hand. Call us today.



Oregon Tobacco Prevention & Education Program

www.healthoregon.org/tobacco

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