

# HEALTH

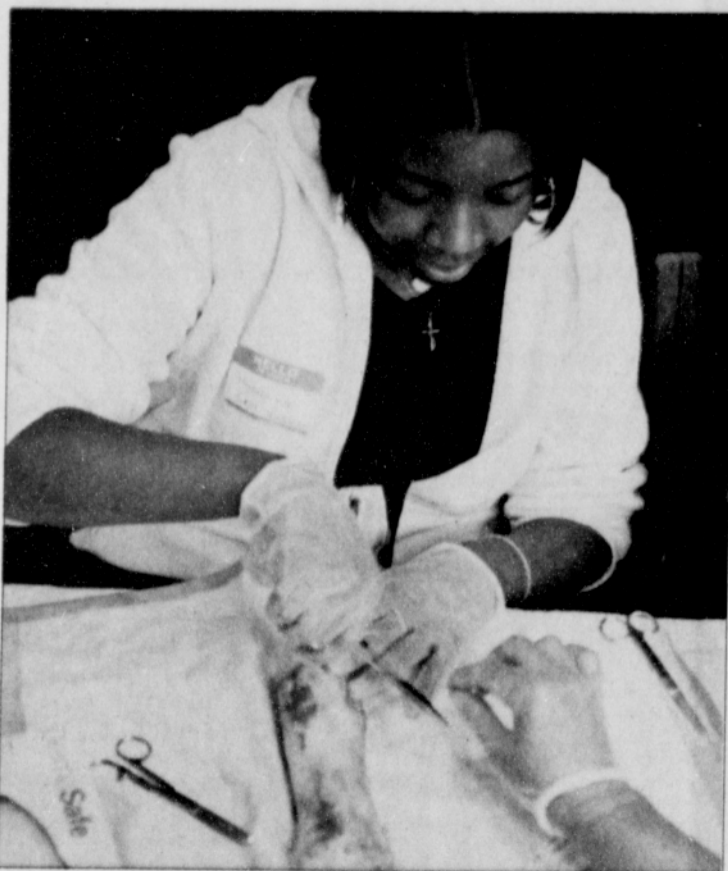
## Window on Health

Students get schooled on health care careers

Area students got a good view on potential jobs in the medical field thanks to a health care career fair at Providence St. Vincent Medical Center.

Nurses, pharmacists and radiology technicians helped the students participate in several medical-related activities at the recent event. A mannequin was used to give the students a lesson in how to resuscitate an overdose patient.

Other activities included a tour of an American Medical Response ambulance, working with cardiac monitoring and spinal immobilization equipment; touring a Life Flight helicopter, using a cardiac monitor; and inflating an angioplasty balloon. Students took images of a live volunteer's heart and performed an ultrasound on a turkey to find a hidden "mass," in this case an olive.



Washanna Crittendon from St. Mary's Academy, sutures a pig's foot at the recent health care career fair at Providence St. Vincent Medical Center.



Lakita Davis of Hillsboro High School performs an ultrasound on a turkey to find a cashew, stuffed olive or marshmallow, items placed in the bird to represent hidden masses in the body. St. Vincent ultrasound sonographer Christine Vlasman explains the medical procedure.

## Groups Focus on HIV/AIDS Health

Saturday event at PCC Cascade to explore issues

An African American civic group and other local sponsors are hosting a free HIV/AIDS health symposium Saturday, May 24 from 10 a.m. to 4 p.m. at the

Cascade Campus of Portland Community College, 705 N. Killingsworth.

The Portland Chapter of The Links is behind the effort as a culmination of a two-year community health awareness and outreach project, targeting the prevention of HIV and AIDS.

The event will feature a speaker's panel, information booths, breakout sessions and lunch with noon entertainment.

Registration is open to the public with special sessions for students and parents. On-line registration is available at [www.thelinksportlandchapter.org](http://www.thelinksportlandchapter.org). Box lunches are \$10.

The other sponsors include Damon Stoudamire, Inc., Cascade AIDS Project and Eli Lilly Pharmaceutical Company.

For more information, contact Link member, M. Yvonne Williams at 503-284-9485.

## Infant's Death Brings Warning

The death of an 11-week-old Oregon child due to pertussis, or whooping cough, is a sober reminder of why children should be immunized, according to public health officials in the state Department of Human Services.

"Pertussis is common, and it causes a nagging cough that can last for weeks in adults," said Ann Thomas, M.D., public health physician in DHS. "This tragic death is a reminder that the whooping cough can be very

severe and even kill infants." Vaccination against pertussis is recommended at two, four and six months of age, with additional doses at 15 months and at school entry, Thomas said.

"The vaccine won't eradicate the bacterium, but it does prevent whooping cough," said Thomas. "That's why we urge parents to be diligent about getting their children immunized on time."

Pertussis can occur at any age, but most reported cases

are in children under five and of those, 50 percent are under one year old, according to Thomas.

Whooping cough is caused by the bacterium *Bordetella pertussis* and is found in the mouth, nose and throat of an infected person. It begins as a mild infection with symptoms that resemble the common cold. Within two weeks, the cough becomes more severe with episodes of numerous coughs followed by a high-pitched whoop.

## Birth Defect Prevention Urged

A new Oregon Department of Human Services study shows that younger women are more likely to have unintended pregnancies and are less likely to take folic acid prior to conception. Folic acid can prevent birth defects if taken before a woman becomes pregnant.

"This study clearly shows that we need to increase our efforts at encouraging all fertile women, particularly teens, to develop the habit

of taking a daily vitamin with folic acid," said Dr. Ken Rosenberg, a state medical epidemiologist.

The research found that women who said that their pregnancy was intended were almost four times more likely to report having taken folic acid than women who said that their pregnancy was unintended.

Taking folic acid before conception can prevent birth defects, including at least half of neural tube

defects, which affect the baby's brain and spine, according to Rosenberg.

"A baby's neural tube starts to develop before a woman even knows she is pregnant," Rosenberg said. "That's why it's so important that all fertile women, and particularly those who do not intend to get pregnant, take daily multivitamins that contain 400 mcg (0.4 mg) of folic acid."

## Rescue of Oregon Health Plan Urged

(AP)—Health care activists are urging legislative leaders to find the money to avoid cutting more than 100,000 low-income people from the Oregon Health Plan.

At a news conference last week, representatives of health care groups, unions and businesses said lawmakers should look at raising cigarette and alcohol taxes and reducing existing tax breaks to shore

up the Health Plan.

"These cuts are not only about human lives lost, jobs interrupted and higher health costs at the emergency room, they will further erode Oregon's economy and capacity to respond to human need," said Ellen Pinney of the Oregon Health Action Campaign.

The Oregon Health Plan won nationwide admiration for extend-

ing medical care to thousands of childless adults in low-paying jobs and others who otherwise didn't qualify for traditional Medicaid coverage.

Because of the state's budget problems, though, more than one-fourth of the roughly 450,000 Health Plan members stand to lose their coverage July 1 unless lawmakers find additional revenue.

## Insurance for Kids

You work hard to provide for your children and want to make sure they grow up strong, smart and healthy. But like many parents whose children don't have health insurance, you worry about taking care of them.

Now, you may have one less thing to worry about. Your state, and every state in the nation, has a health insurance program for infants, children and teens. The insurance is available to children in working families, including families that include individuals with a variety of immigration status. Materials are available that explain more about immigration and children's health insurance.

The states have different eligibility rules, but in most states, uninsured children 18 years old and younger, whose families earn up to \$34,100 a year (for a family of four) are eligible.

## PORTLAND AREA HIV SERVICES COUNCIL SEEKS NEW MEMBERS!

This volunteer group identifies HIV care needs, prioritizes \$3.3 million in federal funding, and conducts long-range planning.

Multnomah County Chairperson appoints members; 1/3 must be persons living with HIV. Please call for information. Deadline for applications is **June 11, 2003**.

For information and applications, please contact:

Portland Area HIV Services Planning Council:  
(503) 988-3030, ext. 225.



# 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

All classes are free of charge!

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Matt Dishman</b> 77 NE Knott	Strength Training 8-9am and 2-3pm Brown	Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown	Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Chicago Step 6:00-7:00pm Kendrick	African Dance 10:00-11:00am Addo
<b>Salvation Army</b> 5325 N Williams	Salsa 6:30-7:30pm Haugland	Water Aerobics 2:00 - 3:00pm Hampton	Tai Chi 6:30 - 7:30pm Lyles	Water Aerobics 2:00 - 3:00pm Hampton		
<b>Nature's</b> 3535 NE 15th		Yoga 7:30-8:30pm O'Rourke		Yoga 7:30-8:30pm O'Rourke		Body Conditioning 9:30-10:30am Nickerson
<b>Peninsula Park</b> 700 N Portland		Walking Group # 6:00-7:00pm Nickerson		Walking Group # 6:00-7:0 pm Nickerson		Walking Group 12:30pm Nickerson
<b>Salvation and Deliverance</b> 5736 N Albina	Low Impact Aerobics 7:15 - 8:15pm Norris	Low Impact Aerobics 7:15 - 8:15pm Norris				Community Prayer Walk 9:00 - 10:00am lrbj
<b>Mallory Avenue Christian Church (Gym)</b> 126 NE Alberta	Aerobics 5:30-6:20pm (starting 5/12/03) and 6:30-7:30pm Nickerson		Aerobics 5:30-6:20pm (starting 5/12/03) and 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson	
<b>Highland United Church of Christ</b> 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	Aerobics 6:00-7:00am Pierce	
<b>Whitaker Track</b> 42nd & Killingsworth		Wt. Management/ Conditioning 9:00 - 10:00am Hasan		Wt. Management/ Conditioning 9:00 - 10:00am Hasan		

\*\*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. #meet inside Lloyd Center in front of Sears



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