

# HEALTH

## Nelly Kicks Off Bone Marrow Drive

### Rap artist helps others while helping stricken sister

BY BERNICE POWELL JACKSON

Most of us who don't have friends or relatives in need of healthy kidneys or livers or lungs or hearts or bone marrow don't think about donation of organs. Now the rap artist Nelly is showing the kinder face of rap music, while helping many young fans, especially those of color, to understand the critical need for organ donation in our communities.

It seems that Nelly's sister, Jackie, is fighting for her life and he is determined to help her succeed. Jackie has leukemia and needs a stem cell transplant but so far has been unable to find a match. In his efforts to help Jackie, Nelly has kicked off a nationwide bone marrow donor drive this summer and fall.

So far more than a thousand new donors have been identified, but that is still far below the 3,000 needed at any one time by patients searching for matches. Like

organ donations, these bone marrow transplants require matching certain tissue traits, which are inherited and most likely to match those within racial/ethnic groups.

Nelly has highlighted a special need in communities of color which others have been working on for some time. The fact is that many communities of color have a low donation rate despite critical needs of patients of color.

Some of that hesitancy is due to past mistrust of the medical community and a fear that racism will mean their organs will more likely go to whites or that doctors won't work as hard to save them if they know the patient is an organ donor. Some is due to religious beliefs or misunderstandings about organ donation. Some is just due to lack of community awareness about the desperate need for organ donors from people of color for thousands of our brothers and sisters on waiting lists across the nation.

Happily, this last reason is changing as more people become aware of the need and are signing up to become donors. But we need more donors of color.

Talking about organ donation is difficult for many of us because it forces us to think about our own death and that of those we love. But not all organ donations have to be done after death. In the case of bone marrow donation, for instance, it only requires a surgical procedure. In other cases, people are choosing to donate one of their kidneys to a loved one because we can live with one kidney.

But even when it comes to talking about organ donation after death, our doing so may offer someone else the gift of life. What if, like Nelly, it was your sister who needed an organ or tissue donation to live. Wouldn't you understand the urgency of such a conversation in a new way?

More information on organ and tis-



Rap artist Nelly has kicked off a nationwide bone marrow donor drive as part of an effort to help his sister, who suffers from leukemia, find a stem cell transplant.

sue donation is available on the Internet at [www.shareyourlife.org](http://www.shareyourlife.org) or [www.organdonor.gov](http://www.organdonor.gov). Bernice Powell Jackson is the executive minister for Justice and Witness Ministries for the United Church of Christ.

## Stroke Prevention, Recovery Addressed

"Survive Stroke: Before, During and After," a public forum for people interested in learning the latest about stroke prevention, risk factors, treatment and recovery, will be held Saturday, Sept. 27 from 9 a.m. to noon at the Doubletree Hotel Lloyd Center, 1000 N.E. Multnomah. The event is hosted

by the American Stroke Association and presented by the Providence Stroke Center.

No one wants to believe a stroke will ever strike their family or loved ones. But a stroke can happen to anyone, with deadly or disabling effects. In fact, Oregon has the fifth highest death rate

from stroke in the nation. Attend this free forum to learn how people can avoid stroke, as well as steps to take during and after a stroke to help chances for recovery.

For reservations, call 503-233-0100 or 1-800-452-9445, or visit <http://local.strokeassociation.org>.

## Making Healthy Food Choices

### Breakfast can start your day off right

What's your excuse for skipping breakfast? "I don't have time," "I'm fine with coffee," or "I'm not hungry when I get up" are all excuses licensed dietitian Valerie Edwards hears often. "It's hard when you don't usually eat a morning meal to make it part of your daily routine," says

Edwards, a dietitian with Providence Portland Medical Center.

"But if you keep experimenting and find out what works best, you'll enjoy the many benefits from eating a healthy breakfast."

According to the American Dietetic Association, eating breakfast can help you control weight, think clearer and help lower cholesterol, which reduces the risk of heart disease.

Think you're cutting calories

by skipping breakfast? Chances are you'll be starved by lunch, which may lead you to overeat later in the day.

"Breakfast helps jumpstart your metabolism in the morning," says Edwards. "Normally, you're more active during the day, and the calories you consume in the morning will burn off more quickly than those you eat later when your body tends to be resting."

## Help us Prevent CANCER!

We need **women** to take part in a **breast** cancer research study using an investigational medication to find out its effectiveness and safety in the prevention of post-menopausal breast cancer. This important study is supported by the National Cancer Institute.

**We Need Your Help!**

To find out if you or someone you know may qualify call:

**503-216-6267**  
**800-677-6752**  
(x-66267)

[www.cropor.org](http://www.cropor.org)



## Black Women Get Less Heart Care

(AP)—Black women are twice as likely as white women to suffer heart disease, yet are less likely to be given certain standard drugs, a study found.

The findings, published in the American Heart Association journal *Circulation*, show that black women also are twice as likely suffer heart attacks and deaths from heart disease. The gap, is partly because black women have more severe heart disease and risk factors such as high cholesterol and high blood pressure, the study said.

## Black Dear Abby Comes to The Portland Observer

Tired of reading lame, watered down advice columns that don't embrace or apply to multicultural populations? Searching for an advice column not afraid to use black terminology, address African-American issues and is dedicated to being fearless and keeping it real?

Look no further because Ask Deanna! the minority advice column that celebrates and embraces the African-American experience is now part of The Portland Observer newspaper.

Deanna is a syndicated columnist and former on-air personality from Los Angeles. She enjoys giving advice on every subject under the sun and you can write to her at Ask Deanna! PO Box 88847, Los Angeles, CA 90009 or by e-mail at [askdeanna1@yahoo.com](mailto:askdeanna1@yahoo.com).

**Ask Deanna!**  
Real People, Real Advice

### Snooping for Trouble

**Dear Deanna!**  
I'm a 42-year-old woman stuck in a relationship of 5 years. My boyfriend cheats on me and I keep taking him back. I found out about the latest affair when I checked his phone bill and saw his ex-girlfriend's number so I called her. She said she hadn't talked to him but called him at the end of our conversation. This isn't the first time we've been through this and he gets mad when I call these women. Tell me if I'm right or wrong for staying with him and for making these calls? --**Heartbroken Again; Memphis, TN**

**Dear Heartbroken:**  
Kick telephone Don Juan to the curb. If you've been dealing with this for 5 years, he's not going to change. You can do more with your time than check his phone bill for numbers to his women. You know he's not faithful and you deserve better. It's never right to snoop and go through other people's stuff. Like the saying says, if you go looking for trouble you'll find it.

**Dear Deanna!**  
I have a horrible mother-in-law. She constantly criticizes me in front of my husband. She calls me fat, tells people that my house is dirty and she has issues with everything I do. My husband is happy, he doesn't complain about me and he ignores his mother and feels I should do the same. I speak my mind and I am getting ready to curse her out. --**Hot In Here; Virginia Beach, VA**

**Dear Hot:**  
Your mother-in-law from hell can be tamed. Firmly tell her you don't appreciate how she puts you down. Let her know that you're on her team and can work together as a family for the sake of her son, your husband. If she chooses not to accept your offer, then oh well. As long as your marriage is doing well, join your husband on the bandwagon and turn a deaf ear.  
*Ask Deanna is written by Deanna M. Write Ask Deanna! Email: [askdeanna1@yahoo.com](mailto:askdeanna1@yahoo.com) or write: Deanna M, P.O. Box 88847, Los Angeles, CA 90009*

## 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	Stretching/Body Sculpting 7-8am Lois Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown	Stretching/Body Sculpting 7-8am Lois Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown	African Dance 10:00-11:00am Addo
<b>Salvation Army</b> 5325 N Williams	Salsa Beginning in September	Water Aerobics Contact AAHC 503-413-1850	Tai Chi 6:30 - 7:30pm Lyles	Water Aerobics Contact AAHC 503-413-1850		
<b>Wild Oats Market</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 (meet inside Lloyd Center in front of Sears)		Walking Group 6:00-7:00 pm Nickerson (meet inside Lloyd Center in front of Sears)		Walking Group 12:30pm Nickerson
<b>Halbury Avenue Christian Church (Gym)</b> 126 NE Alberta	Aerobics 5:30-6:20pm and 6:30-7:30pm Nickerson		Aerobics 5:30-6:20pm 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 II 6:00 - 7:00am 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.

2800 N. Vancouver Ave., Suite 100 • Portland, OR 97227 • Phone: 503-413-1850  
E-mail: [kdempsey@aahc-portland.org](mailto:kdempsey@aahc-portland.org) • Web: [www.aahc-portland.org](http://www.aahc-portland.org)

## Break free from what's holding you back.

If you're tired of a career that seems to be going nowhere and a salary that depends more on the whim of your boss than on the work you do, American Express can help. When you join us as a financial advisor, you'll soon see you'll have a long-term career growth and your rewards match your efforts. The more you grow your practice, the more you'll grow your income. You'll also have control over how you start your career and expand your practice.

To find out how to use your skills in a new way and become part of a group of financial advisors that's almost 10,000 strong, visit us at: [americanexpress.com/advisorcareers](http://americanexpress.com/advisorcareers) or contact:

<p><b>Ron Aschoff - Recruiter</b> American Express Financial Advisors IDS Life Insurance Company 1499 SE Tech Center Place, Suite 220 Vancouver, WA 98683 Phone: (360) 882-7488 ext. 241 Fax: (360) 882-7507 email: <a href="mailto:ronx.aschoff@aexp.com">ronx.aschoff@aexp.com</a></p>	<p><b>Alexandra Rikker</b> Assistant to the Field Vice President American Express Financial Advisors IDS Life Insurance Company 10200 Greenburg Road, Suite 110 Portland, OR 97223 Fax: (503) 452-5855</p>
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