

# HEALTH

## Health Centers Offer HIV Tests

Planned Parenthood will offer free HIV tests on Monday, June 28 to anyone who visits one of its six Oregon health centers. The services will be offered as part of National HIV Testing Day.

"Over the past several years, there have been tremendous strides in diagnosing and treating HIV disease and related infections, but

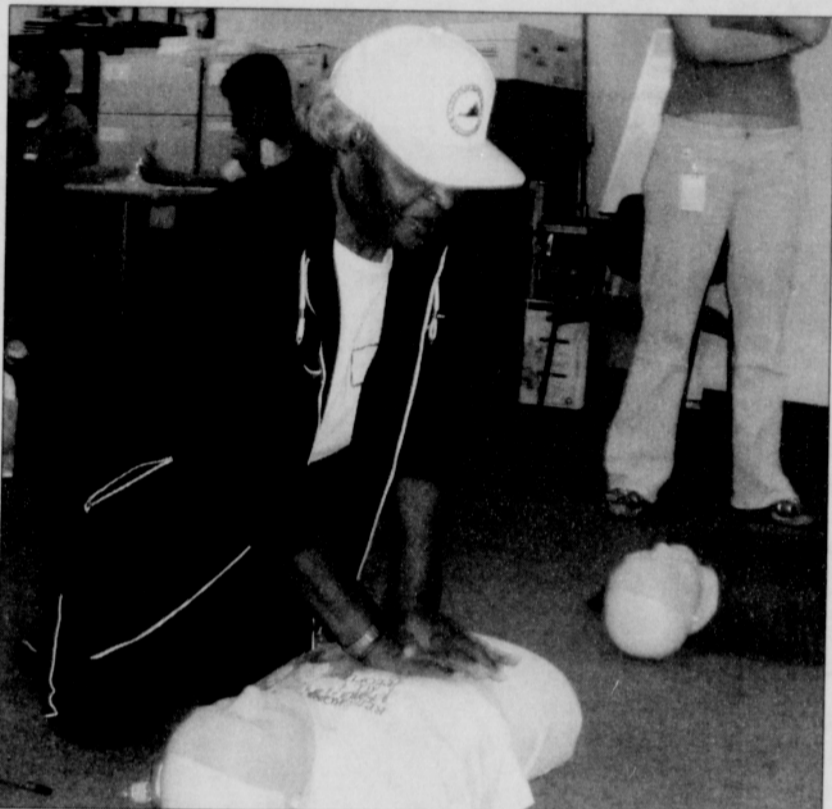
these advances mean little if people are not getting tested," said Linda Bryant of Planned Parenthood. "For those people that have shared needles or had unprotected sex with multiple partners, getting tested is the first step in taking control of their life."

Approximately one in four of the people with HIV/AIDS living in the

United States does not know they are infected.

Planned Parenthood will be offering the OraQuick Rapid HIV-1 antibody test that provides results in as little as 20 minutes. Patients can get directions to a Planned Parenthood health center at [www.ppcw.org](http://www.ppcw.org) or by calling 1-800-230-PLAN.

## First Aid Techniques Save Lives



Marge Moore, representing the Vancouver Avenue Baptist Church, practices CPR at a Community Cross Training session conducted by the American Red Cross Oregon Trail Chapter.

A group of inner-city residents received vital lifesaving training this month at the American Red Cross in northeast Portland.

Nearly 30 people paid only \$3 to learn first aid and CPR with Community Cross Training. Such training typically costs \$44.

Nonprofit local businesses located in or serving north and northeast Portland were invited to participate in a training program to

contribute to the safety and well-being of the community.

"With the slow economy we faced in recent years, some local businesses and organizations may have had to cut lifesaving training from their budgets," said Jeff Jobe, general manager of the Heathman Hotel, where the training was held. "I believe Community Cross Training helped people get training so they can be ready to respond dur-

ing an emergency situation."

Participants included Community Cycling Center, Urban League of Portland, Community Energy Project, Ride Connection, Albina Headstart, Sierra Club, Vancouver Avenue Baptist Church, Early Head Start Family Center, Sisters of the Road, CEC, Inc., AmeriCorps, Cancer Care Resources, Friends of Trees, the Eritrean Center and the Rebuilding Center.

## Doctors Urged to Test for Alcohol Misuse

All adults, including pregnant women, should be screened by their physicians for alcohol misuse and referred for counseling if necessary, according to an updated recommendation issued today by the U.S. Preventive Services Task Force.

The independent panel of experts based its conclusion on a report from a team led by Dr. Evelyn P. Whitlock and a consortium of clinicians and researchers from Oregon Health and Science University, Kaiser Permanente's Center for Health Research and the

Portland Veterans Affairs Medical Center.

Women who drink more than seven drinks a week or more than three drinks per occasion, and men who drink more than 14 drinks a week or more than four drinks per occasion are considered to be risky or hazardous drinkers, according to the Task Force.

Harmful drinking is defined as behavior exhibited by individuals who are experiencing physical, social or psychological harm from alcohol, but who do not meet the criteria for alcohol dependence as

outlined in the *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*.

"Alcohol misuse, tobacco use, poor diet and physical inactivity accounted for almost 40 percent of deaths in the United States in 2000," said Whitlock, senior investigator at Kaiser Permanente's Center for Health Research. "We found that the research supporting behavioral interventions delivered in primary care to reduce risky and harmful alcohol use is second in quality and relevance only to that for tobacco interventions."

## Avoiding Sexually Transmitted Diseases

### Women are often at greater risk than men

By Dr. Jennifer Wider

If you're having sex, pay close attention. Sexually transmitted diseases are on the rise in this country and it seems that people aren't protecting themselves properly. A new survey conducted by the American Social Health Association reveals that a large number of people fail to use protection regularly when having vaginal, anal and oral sex.

This new finding has serious implications for women. Women are at greater risk than men for acquiring STDs from heterosexual intercourse.

In addition, STDs often cause more severe and frequent health problems for women than they do for men. Symptoms may appear right away, but more often for women recognizable symptoms don't appear at all. As a result, many women do not receive proper medical attention until severe problems have occurred.

High-risk behavior including failing to use a condom, sex with many

partners, and a partner who has had many sexual experiences, significantly raises a person's chance of contracting an STD. STDs can be caused by viruses and include: herpes, HIV, human papillomavirus (HPV) and hepatitis B; or by bacteria and include: chlamydia, gonorrhea and syphilis.

Chlamydia can have devastating effects on women and can result in pelvic inflammatory disease and infertility. Roughly 70 percent of chlamydia infections produce vague symptoms or no symptoms.

Roughly one out of every four Americans will be diagnosed with an STD at some point in their lifetime with younger people affected disproportionately. According to the National Institutes of Health, nearly two-thirds of all STDs occur in men and women under the age of 25.

But older Americans are not immune. According to the American Social Health Association, adults over the age of 65 are in one of fastest-growing AIDS rates segments of the population. Seniors have not received formal sex education the way younger people have and there are gaps in knowledge that can lead to riskier behavior

later in life, especially for widows and divorcees.

Dr. Jennifer Wider represents the Society for Women's Health Research, a non-profit group based in Washington, D.C.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

### Part 3. ALLERGIES: Why Chiropractic often works more effectively than drugs.

**Nothing else has ever really helped my allergies. What can Chiropractic possibly do?**

First, take a look at the word itself. "Allergy" is a shortened form of "altered energy." Way back when patients first complained of allergic symptoms, it was obvious to the physician who coined the term that somehow, the body's energy configuration had shifted and caused the problem. Chiropractors now

know that the central nervous system controls the body's flow of energy. We also know that when the spinal column is out of alignment, it interferes with the central nervous system's flow of energy. When those nerves leading to the eyes or nose or throat are being interfered with, "altered energy" symptoms result. By correcting the source of the

problem, not just the symptoms, Chiropractic can often provide complete, lasting relief. Without drugs or drowsiness. For help with your allergy-related problems or answers to any questions you might have about your health, your will find that Chiropractic is often the answer. Call us for an appointment today.

**Flowers' Chiropractic Office**  
2124 N.E. Hancock Street  
Portland, Oregon 97212  
**Phone: (503) 287-5504**

**AAHC African American Health Coalition, Inc.**  
Presents for your health,  
**Wellness Within REACH Activity Calendar**

**Aerobics**  
Mallory Ave. Christian Church  
Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm, Granville • 6:30-7:30pm, Nickerson

**Pilates** (Contact AAHC)  
Matt Dishman  
Tue, 8-9pm

**Low Impact Aerobics**  
Daniel's Memorial Church  
Tue, 7:15-8:15pm, Granville

**Stretching/Body Sculpting**  
(Class courtesy of Matt Dishman)  
Matt Dishman  
Tue, Thu, 7-8am, Lois

**Water Aerobics** (Contact AAHC)  
Columbia Pool, Matt Dishman, Salvation Army

**Tai Chi** (Contact AAHC)  
St. John's Community Center  
Tue, 6:30-7:30pm

**African Dance**  
Matt Dishman  
Sat, 10-11am, Addo

**Walking Group**  
Peninsula Park  
Sat, 12:30pm, Woods  
**NEW LOCATION!**  
Lloyd Ctr, 1st Fl. in front of Sears  
Tue, Thu, 6:30pm, Woods

**Body Conditioning**  
Wild Oats Market  
Sat, 9:30-10:30am, Nickerson

**Weight Mgmt./Conditioning**  
Whitaker Track  
Tue, Thu, 9-10am, Hasan

**Chicago Step**  
Matt Dishman  
Fri, 6:30pm, Kendrick

**Yoga**  
Wild Oats Market  
Tue, Thu, 7:30-8:30pm, O'Rourke

**Kickboxing**  
Humboldt Elementary  
Tue, Thu, 6-7pm, Keller

Columbia Pool, 7701 N Chautauqua  
Daniel's Memorial Church, 1234 NE Killingsworth  
Humboldt Elementary, 4915 N Gantenbein  
Mallory Ave Christian Church (Gym), 126 NE Alberta  
Matt Dishman, 77 NE Knott

Peninsula Park, 700 N Portland  
Salvation Army, 5325 N Williams  
St. John's Community Center, 8427 N. Central  
Whitaker Track, NE 42nd & Killingsworth  
Wild Oats Market, 3535 NE 15th

\*\*Must be 18 or older to participate. Please contact AAHC before showing up to the first class and for more information at 503-413-1850 or [kdempsey@aahc-portland.org](mailto:kdempsey@aahc-portland.org). Please receive approval from your doctor before beginning exercise class.

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

Contact AAHC at 503-413-1850 or visit our web site at [www.aahc-portland.org](http://www.aahc-portland.org)

**Get the word out.**  
Get tested.  
Get treated.  
Stay healthy.

426 SW Stark St., 8<sup>th</sup> Floor  
Downtown Portland

Call for an appointment  
Limited walk-ins  
Sliding-scale fee  
No one turned away for inability to pay

Multnomah County Health Department

**STD Clinic**  
503-888-3700

**HIV Community Test Site**  
503-888-3775