

HEALTH

Interested in Adoption?

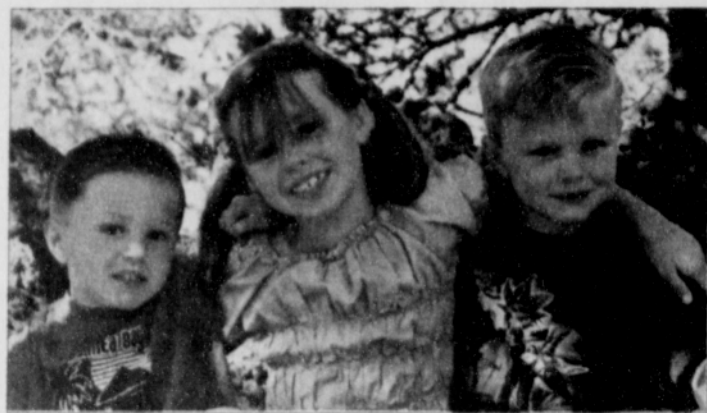
Meet Katelynne, Fred and Bailey, ages 6, 5, and 3

Katelynne, Fred and Bailey are endearing siblings waiting for an adoptive family to give them the chance to grow up together.

Katelynne is a very bright, outgoing girl. She loves looking at books, playing with dolls, coloring, swimming and horses. She also enjoys playing with her foster sisters and wants more siblings, plus a mom and a dad.

Fred is a generally happy child with an "awesome" smile. He enjoys basketball, baseball, football, running and hula-hooping. Fred likes to please and loves to help out around the house.

Bailey is a typically busy and



Bailey (left), Katelynne and Fred are looking for a stable and loving home.

curious three-year-old. He loves to be outside and enjoys playing with cars, trucks, puzzles, games, and Legos. Bailey likes animals and enjoys gathering eggs on the farm.

Counseling has helped these children through some difficult transitions and they are now ready to

bond with their new family.

These children are among approximately 300 Oregon children available for adoption. For more information contact the Special Needs Adoption Coalition or DHS at 503 542-2392 or 1 800 331-0503.

Questions and Answers About Stroke

Know the warning signs

BY DR. TED LOWENKOPF, PROVIDENCE STROKE CENTER

What is a stroke? A stroke is a "brain attack," an injury to the brain that occurs when blood flow to the brain is interrupted, usually because a blood vessel is ruptured or blocked.

What is a transient ischemic attack or "mini-stroke"? It's a sudden but temporary interruption of the blood supply to the brain, resulting in symptoms that typically last for several minutes, but not more than 24 hours. Treat a TIA the same as a stroke - call 9-1-1 to get to the hospital quickly.

What do I do if I see someone having a stroke? Call 9-1-1 immediately to get them to the hospital quickly.

one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; sudden, severe headache with no known cause.

Can early treatment reverse the effects of a stroke? Very early treatment is the key. Once the blood supply to the brain is interrupted, the brain tissue begins to die rapidly. The sooner treatment begins, the greater the chance of reducing or completely reversing the injury - time is brain. Your chances of walking away from a stroke greatly increase if you and those around you know how to recognize stroke and

of this disease, the third leading killer and the leading cause of adult disability in this country. Stroke can affect anyone, young or old, even if otherwise healthy, so it is important to recognize the warning signs of a stroke and call 9-1-1 should they occur. Some people are at higher risk for stroke, although "modifiable" risk factors can be controlled with the help of a physician. Risk factors within control include smoking, high cholesterol and diabetes. Unmodifiable risk factors are an age greater than 55, a family history of stroke or heart disease, a

previous history of stroke and race. African Americans and Hispanic people are at higher risk

Is it true that Oregon has a high mortality rate from stroke? The death rate in Oregon from stroke is the 3rd highest in the nation. The reasons are unclear, and for the past two



Recovery after the brain injury from a stroke generally occurs for up to one year.

- Dr. Ted Lowenkopf

Care must begin immediately. What are the effects of stroke? Depending on the location of the stroke, it can cause devastating damage, including paralysis or muscle weakness, vision loss, difficulty in speaking or swallowing, memory loss and even death.

What are the warning signs of stroke? If you or someone you know experiences any of the following symptoms, it may be a stroke: Sudden numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion, trouble speaking or understanding; sudden trouble seeing in

immediately call 9-1-1. Can I fully recover from a stroke? Yes. Recovery after the brain injury from a stroke generally occurs for up to one year. Rehabilitation involves different therapies that address a patient's specific areas of disability. Aggressive rehabilitation increases the chance for recovery and returning to a productive and independent life. Most stroke survivors are left with some disability, but many recover completely or have only mild impairments.

Who should be concerned about stroke? Everyone should be aware

years I have helped to co-direct a study that has looked at how we care for stroke patients in Oregon and why Oregonians seem to be at higher risk. The Centers for Disease Control and Prevention (CDC) awarded us a two-year grant to study this question. The hope is that based on the data we've collected, combined with data from other states with stroke registries, that the CDC will create a national stroke registry.

Dr. Lowenkopf is the medical director of the Providence Stroke Center, based at Providence St. Vincent Medical Center.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 14. Scoliosis Exam: The most important test your kids will take all year.

Q: My kids already get back-to-school check-ups. Why should I bother with yet another one?

A: Scoliosis, a lateral curvature of the spine, is one test probably not included in your children's back-to-school physical checkups. And yet, it is disturbingly common among teenage girls. If left untreated, scoliosis often leads to painful arthritis of the spine. But if the disorder is detected by age eight, before the adolescent growth spurt, there is better than 50% chance for complete recovery.

Q: How can I tell if my daughter might have scoliosis?

A: The most common visible symptom is very prominent shoulder blade higher than the other. However, the best check for scoliosis is an annual pre-school checkup with a Chiropractor. The one professional best

trained to detect and correct spinal disorders. It's a simple, painless, inexpensive procedure that can save your children years of discomfort and disfigurement later in life. For a scoliosis checkup, or for answers to any questions you might have about your own health, call us at the number below.

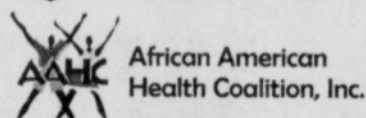
Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland, Oregon 97212

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You must register to vote every time your address changes or your name changes. To check if your registration is current, drop by Multnomah County Elections at 1040 S.E. Morrison St. or call 503-988-3720.

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A Healthy Community Starts with You: Community-Driven Strategies to Reduce Cardiovascular Disease Among African Americans

Join Us for the 9th Annual Wellness Village
Saturday, October 16, 2004
from 9 a.m. to 4 p.m.
at The Blazers Boys & Girls Club
5250 N.E. Martin Luther King Jr. Blvd.

- Activities Include:
- ♥ Gospel Choir
 - ♥ Wellness Walk
 - ♥ Exhibits
 - ♥ Cooking Demo
 - ♥ Salsa Dancing
 - ♥ Door Prizes
 - ♥ Health Screenings
 - ♥ Children's Hut



For more information contact AAHC at 503-413-1850 or kareng@aahc-portland.org



The Portland Harbor Superfund Site

FIELD DAY

at Cathedral Park
Under the St. Johns Bridge

Learn more about the environmental cleanup of the Lower Willamette River

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FOR MORE INFORMATION:
www.portlandharborcag.org or
http://yosemite.epa.gov/R10/CLEANUP.NSF/sites/ptldharbor



SAT, SEPT 18
1-4 pm

Join your neighbors and their families!

- Free prize drawings!
- Fun activities for kids!
- Learn about river cleanup activities
- Learn how to safely prepare Willamette River fish
- Harbor tours*

*Hourly harbor-area boat tours will be available on a first-come-first served basis. Space is limited. Call 503-229-5457 to reserve your spot. Must be 18 or older for boat tours. All other events will be open to all ages.

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