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HEALTH

New Treatments Fight Breast Cancer



Radiation therapy provides an alternative to surgical removal with breast cancer.

Radiation therapy found to be less invasive

Breast cancer is the most common cancer among women. This year, 213,000 women and 1,700 men will learn they have the disease. If caught early, breast cancer can be readily treated and often cured.

Years ago, the only treatment for breast cancer was surgical removal of the entire breast (mastectomy). Now, doctors can allow most

women with early-stage cancer to keep their breasts by performing a lumpectomy (surgical removal of the tumor) and following up with radiation therapy and sometimes chemotherapy. Studies have shown that breast-conserving surgery plus radiation therapy is just as good as a mastectomy and may be preferred by many women.

After a lumpectomy, most pa-

tients will undergo external beam radiation therapy, which involves a series of daily outpatient treatments to accurately deliver radiation to the entire breast. Each treatment lasts less than 30 minutes; treatments are given five days a week for five to seven weeks.

In a few parts of the country, doctors are testing ways to deliver radiation to only the part of the breast where the tumor was removed. Breast brachytherapy involves placing flexible plastic catheters or a balloon into the breast. Over the course of one to five days, the catheters or bal-

loons are connected to a machine that briefly delivers high doses of radiation to the affected area of the breast.

Radiation oncologists also are testing ways to deliver external beam radiation to only part of the breast or to give radiation during surgery.

These new treatments are still being studied and are not recommended for everyone.

Before undergoing any treatment for breast cancer, talk with several cancer specialists, including a radiation oncologist, to find out what treatments are available.

Tobacco's Health Impacts Addressed

African Americans focus of grant

LifeWorks NW, a provider of mental health and addiction services in the metro area, has been awarded a grant from the Oregon Department of Human Services to create an African American Tobacco Prevention and Education Network.

The program will engage adult and youth community leaders to aid in reducing the negative health impact of tobacco on the

African American community.

"We look forward to working with the leaders, including alcohol and drug counselors and physicians, within the African American community to have a positive impact," said Mary Monnat, LifeWorks NW president and chief executive officer.

Yugen Fardan Rashad has been hired as program coordinator for the local effort. Rashad has served the community as a journalist, director of an at-risk teen intervention program for the Albina Ministerial Alliance and as a community liaison to State Sen. Avel Gordly.

"African Americans who smoke menthol cigarettes have a much higher incidence of lung cancer disease than do Caucasians, even though they smoke fewer cigarettes on average than their white counterparts," says Rashad. "Billboard ads selling menthol cigarettes appear to disproportionately feature black models and tend to be placed in inner-city neighborhoods in an apparent attempt to influence African Americans to purchase more menthol cigarettes. I am honored to help educate the African American community about the health risks of smoking."

Medicare Drug Options Soon to Arrive

The state of Oregon is seeking volunteers to help seniors and people with disabilities on Medicare understand their options with the new Medicare Prescription Drug Program.

It is estimated that more than 500,000 Oregonians will be eligible for Medicare Prescription Drug Plans beginning Jan. 1 and available to anyone who has

Medicare, regardless of income.

Like other insurance, individuals will pay a monthly premium, a deductible and a co-payment for their prescriptions. Costs will vary depending upon the drug plan chosen since each plan will have its own formulary (list of available drugs).

The federal government has approved 21 different prescrip-

tion drug plans in Oregon.

The enrollment period for the program is Nov. 15 until May 15. While enrollment is voluntary, individuals who choose to enroll after May 15 may incur a penalty.

The Senior Health Insurance Benefit Assistance program and the Department of Human Services are working with volun-

teers across the state to help people understand the options available to them. However, with the number of potentially eligible seniors and people with disabilities, the need for additional volunteers is great.

If people are interested in becoming a volunteer for all or part of the enrollment period, please call 1-877-585-0007.



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If you are a small business owner interested in doing business with the government, this event is for you! This is your one opportunity each year to untangle the complex system of bidding on government contracts. Meet with government buyers; learn firsthand how other small businesses found success in competing for government contracts. Expand your business opportunities!

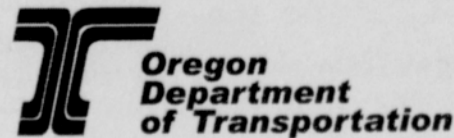
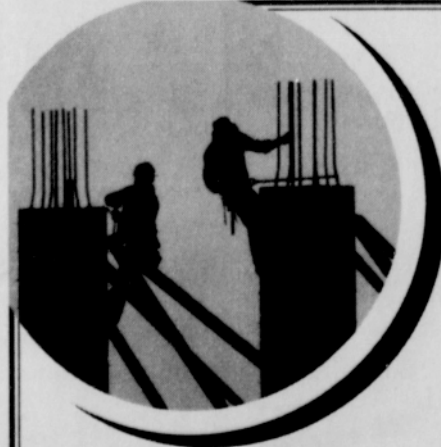
KEYNOTE SPEAKER: Former Governor, Barbara Roberts

WORKSHOPS:

- Networking Know-How: "Marketing Your Business Through Interpersonal Relationships"
- Basics of Doing Business with the Government: "What Government Buyers are Looking For"
- Technology Tools: "Making the Internet Work for You!"
- Get Up-to-date with Purchasing Rules and Procedures: "What's New in Government Purchasing?"
- How to Get Started: "A Beginner's Guide to Doing Business with the Government"
- Information Session: "ODOT - Oregon's Billion Dollar Business Boom"
- How to Survive and Thrive in the Growth Phase: "Getting In - Staying In"

ONE ON ONE SESSIONS:

- Participate in buyer one on one meetings and visit government booths
- Get individual advice on responding to RFPs or bidding on projects
- Learn who has upcoming contracts, and how to do business with the agency or entity you know is looking for your business



ODOT BOOSTS APPRENTICESHIP, DIVERSITY, AND TRAINING GOALS

Oregon will soon reach record levels of highway construction. Without an immediate effort to identify, recruit, and train a new, more diverse, and larger workforce, there simply won't be enough workers to get the job done.

To meet the need for construction workers, the Oregon Department of Transportation recently unveiled its Workforce Development Plan that is designed to:

- Boost diversity in employment
- Provide apprenticeship opportunities
- Increase training resources
- Offer opportunities for highway construction jobs

To learn more about the ODOT Workforce Development Plan and how you can get involved, visit ODOT's web site:

http://egov.oregon.gov/ODOT/HWY/OTIA/bridge_delivery.shtml

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OREGON TRANSPORTATION INVESTMENT ACT