

HEALTH

Children Need Diagnosis, Treatment

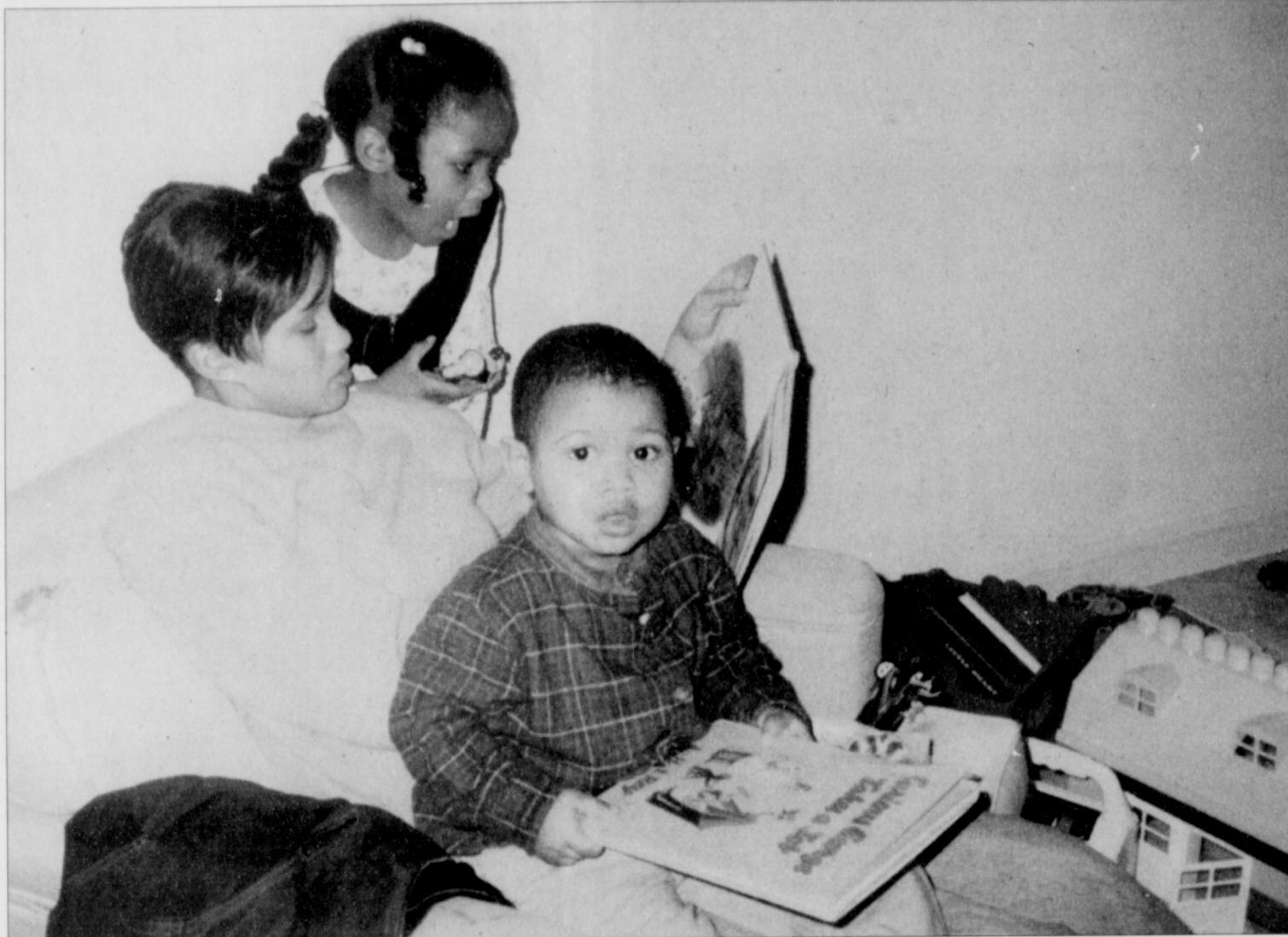
ADHD research pays off for local families

"It took 8 years to get my son diagnosed. He had bad grades, referrals for bad behaviors, detention, distraction, couldn't stay on task, they kept passing him over ... finally a teacher suggested he get evaluated for ADHD. That made all the difference. I used to pray before we started working on his homework at night ... Now I give him his medication and just pray when I need it."

BY ANN K. BECKETT

The African-American community is growing in its recognition of the value of mental health care. Statements like the one above illustrate how essential it is for us to get the appropriate interventions for our children so that they may receive help that allows them to function at their highest capacity.

We are losing too many of our children, and appropriate measures need to be identified and utilized for them to be successful in this competitive society. I am by no means, supporting the belief that all children who get into trouble have diagnosable mental health prob-



Erika Jones finds time to support two kids with a reading lesson. Support for mothers is an important part of an OHSU study.

lems, but what I want to emphasize is that many of our children have problems that can be helped with the proper diagnosis and treatment.

All treatment for Attention Deficit Hyperactivity Disorder doesn't have to be with medication. Our research team

learned from the previous study that what is most needed is support- support for mothers

who have the main responsibility of caring for children on a day-to-day basis. When this support is available, we can be

assured the family has a better chance to improve the child's functioning.

As a mother, grandmother and clinician, I recognize the challenges that exist in trying to understand and help our children!

Many readers of the Portland Observer participated in the previous study: ADHD, Ethnicity and Environment. I am pleased to say that as a result of what we learned from those participants, we were able to get funding for a follow-up intervention study that provides a case management-style of intervention that gives families support in helping children who are diagnosed with ADHD.

We need your participation in this new study to demonstrate how this type of intervention is of value. If you are the parent of a child who has been diagnosed with ADHD, I invite you to join our study and help us learn more about what families need.

Please call me at 503 494-5057 or our Project Director, John Horvick at 503 418-3603.

Ann K. Beckett, PhD, RN, is an assistant professor in the Mental Health Nursing Division at Oregon Health Sciences University.

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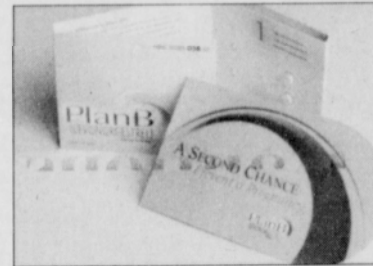
Pharmacies Stock Emergency Contraception

Plan B now available over-the-counter

Oregon pharmacies are changing the way emergency contraception is dispensed as a result of a U.S. Food and Drug and Adminis-

tration decision last August.

"If you're over age 18, emergency contraception can now be purchased as an over-the-counter phar-



Emergency contraception is now available for over-the-counter purchase.

macy item," said Katherine Bradley, administrator of family health programs in the Oregon Department of Human Services Public Health Division. "This improved access will help prevent unintended pregnancies."

There is extensive research showing that intended pregnancies produce healthier babies and mothers and stronger families. The Public Health Division's family planning program encourages women and men to plan healthy, well-timed and intended pregnancies.

The FDA decision is that women and men age 18 and older can now obtain emergency contraception, also known by its brand name, Plan B, without a prescription. Women under age 18 will still need a prescription.

Most Oregon retail pharmacies

currently stock Plan B and the cost is approximately \$40 for one dose of two pills.

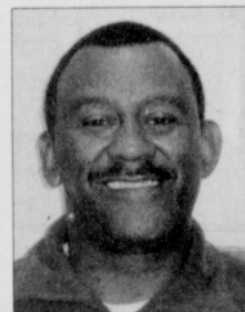
Previously, a prescription was needed to purchase emergency contraception, no matter what your age. Obtaining prescriptions and getting them filled created delays in getting the medication, particularly if it was on the weekend. Plan B is most effective when taken 24 to 72 hours after unprotected intercourse, so timely acquisition is critical to its effectiveness.

Emergency contraception contains the hormones found in regular birth control pills and has been available since the early 1970s. It is not an abortion pill, but works like other birth control to prevent pregnancy, primarily by suppressing the release of an egg from the ovary.

Although it is a safe and effective back-up birth control method that can prevent pregnancy after unprotected intercourse or if contraception fails, it is not a substitute for regular contraception.

"It is important that women have information and access to contraception," Bradley said. "Almost half of all Oregon pregnancies are unintended and about 40 percent of those pregnancies end in abortion. They can be prevented."

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Q: I have a very stressful job. How can Chiropractic help me?

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10:00AM to 2:00PM

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