

# HEALTH



## Magazine on Black Health

The official release of the nationally distributed Black Health Magazine hit store shelves this month. Black Health will be published monthly as a source for health awareness. It will address the holistic health concerns within the African American community as well as the community at large. The magazine's goal is to provide the answers to vital questions about health and serve as an empowerment tool of new generational health within the African American community and to other readers.

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## Program Offers Free Prescriptions for Poor

The Partnership for Prescription Assistance has passed its two year anniversary of focusing attention on patient assistance programs that provide free or nearly free medicine to struggling Americans who are uninsured or underinsured.

Sponsored by America's pharmaceutical research companies, the PPA says it has already helped more than 3.6 million people nationwide, with millions of additional people that could potentially qualify for assistance.

"We are 100 percent committed



to finding ways to help Americans live longer, healthier and more productive lives," said Billy Tauzin, President and CEO of the Pharmaceutical Research and Manufacturers of America.

Through a toll-free number (1-888-4PPA-NOW) and the Web site www.pparx.org, the PPA provides a single point of access to more than 475 public and private patient assistance programs that could offer help on more than 2,500 prescription medicines, including a wide range of generics.

## Local Vets Cautious on Pet Food Supply

*continued from Metro*  
northeast Portland, spokesman David Lytle said he was surprised the shelter has not been overwhelmed with inquiries.

Instead, he said, the public relies on retailers to get the bad foods off the shelf.

Healthy Pets Northwest, which has three Portland locations, has long since dealt with higher-end pet foods, so the question of "what's in my pet's food?" is nothing new to founder Julie Cantonwine.

But Cantonwine's partner and

owner of the Alberta Street store, Laura Amiton, said the brands recently recalled only reflect a small percentage of the overall market.

"There are still so many companies with high standards, in terms of what types of ingredients they use and where their food is produced," she said.

Amiton said Healthy Pets only sells food that contains protein, vegetables and/or grain considered for human consumption. But she warns against buying foods containing grain.

"Pets really don't need a lot of grain in their diets unless it's a

whole grain," she said. "Anything outside that tends to be filler."

So how do consumers know which foods are healthiest for their pet? An easy way is to choose foods with simple ingredient lists that start out with whole foods like chicken or sweet potatoes.

If there are lots of chemicals or the list begins with water, by-product meat or grain, you know it's a bad food, she said.

She says the price of high-end and organic foods isn't as prohibitive as people assume.

"Yes, you will pay a little more

upfront for human-grade food, but they need less volume of food per day," she said. "I hear from customers consistently 'thank you so much, I don't have to buy as much food anymore.'"

Pet food retailers and medical experts all agree that if you decide to change your pet's food, it's best to go about it slowly — over three or four days — by blending the old and new foods together.

For updates on pet food recalls, visit the U.S. Food and Drug Administration website at www.fda.gov.

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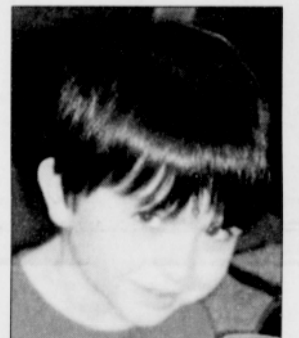
## Have you seen me?

### Missing and Exploited Children 1-800-THE-LOST

#### Endangered Missing



**Indigo Viola Revander**  
Current Age: 11



**Donovan Roy Revander**  
Current Age: 6

Date Missing: March 24, 2007  
Missing from: Kalispell, MT

The FBI believe that the children may be with their non-custodial Mother in the Seattle, WA or Portland, OR area.

If you have any information please contact:  
The National Center for Missing and Exploited Children  
**1-800-THE-LOST (1-800-843-5678)**

This public service announcement provided by the Portland Observer Newspaper.

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