

HEALTH MATTERS

Prostate Cancer Awareness

Avoiding checkups can be life threatening

BY LARRY LUCAS

It's that time of year again — time to get our children and grandchildren ready for school with annual health check-ups and vaccinations. But when it comes to our own adult health, many of us would rather stay on a permanent summer vacation.



more common. Out of every three men who are diagnosed with cancer each year, one is diagnosed with prostate cancer.

Prostate health is particularly important for African-American men. Death rates for this cancer are nearly two-and-a-half times higher in African-American men than white men, making this disease the most common cancer and the second-leading cause of cancer death in black men.

Yet, in a recent study, 55 percent of African-American men gauged their risk of prostate cancer to be zero percent, but a full 70 percent turned out to have prostate cancer.

It is so important to get tested regularly — through regular visits to your doctor. These screening tests can find cancer early, when it's most treatable.

Because approximately 90 percent of all prostate cancers are detected in the early stages, the cure rate is very high — nearly 100 percent of men diagnosed at this stage will be disease-free after five years.

Still, you have to work to main-

tain your health by eating right and exercising.

More than half of African-American adults are overweight or obese. And, a new study found that obese men have an increased risk of prostate cancer recurrence and death after they have completed radiation therapy.

More than ever before, medicines offer hope to those battling prostate cancer. Today there are 50 medicines in development to treat prostate cancer. Several vaccines that attempt to get the body's own immune system to fight the cancer are currently being studied. One potential vaccine in clinical trials has tripled the survival rate of men with advanced prostate cancer.

One new case of prostate cancer occurs every 2.5 minutes and a man dies from it every 19 minutes. Help ensure you don't become a statistic by knowing the status of your prostate health. Consider it your assignment for a healthy school year.

Larry Lucas is the vice president for Pharmaceutical Research and Manufacturers of America.

Obesity Treatment Starts with Pregnancy

Local study first to show benefits

A local study is the first to show that risk of childhood obesity may be reduced by treating pregnant women who have never had diabetes before but who have high blood-sugar (glucose) levels during pregnancy.

Kaiser Permanente's Center for Health Research analyzed the medical records of 9,439 mother-child pairs. This largest study of gestational diabetes and childhood obesity ever conducted shows that mothers' high blood glucose during pregnancy nearly doubles their children's risk of obesity at age 5 to 7.

Children of mothers who had very high levels of blood sugar were 89 percent more likely to be overweight and 82 percent more likely to be obese by the time they were 5-7 years of age, compared to children whose mothers had normal blood sugar levels during pregnancy.

"The good news here is that when pregnant women were treated for gestational diabetes, their children's risk for overweight and obesity dropped considerably," says Teresa Hillier, the research endocrinologist who was the lead author of the study.

The study adjusted for important risk factors for childhood obesity — mother's age, number of previous children, mother's weight gain during pregnancy, mother's ethnicity, child's gender, and weight of the child at birth — to best interpret how the increased risk of childhood obesity could be attributed to the pregnant women's levels of hyperglycemia.

The results suggest that the 'metabolic imprinting' for childhood obesity that results from gestational diabetes in pregnant women may be reversible.

"Hyperglycemia during pregnancy is clearly playing a role in America's epidemic of childhood obesity," Hillier says.

"My advice to pregnant women is three-fold. First, discuss screening for gestational diabetes with your doctor, usually done between weeks 24 and 28 of pregnancy. Second, if the screening tests show you do



A new study shows that high blood-glucose levels during pregnancy nearly doubles a child's risk of obesity.

have gestational diabetes, work with your physician to begin treating your diabetes. Finally, stick with the treatment during your pregnancy. It's the best thing you can do for your own health and for reducing your child's risk of obesity."

New Worldwide Diseases Expected

(AP) -- A ballooning world population, intensive farming practices and changes in sexual behavior have provided a breeding ground for an unprecedented number of emerging diseases, according to a new report from the U.N.

AIDS and 38 other new pathogens are afflicting mankind that were unknown a generation ago, the World Health Organization said.

Though advances in science

could account for the discovery of existing pathogens that were previously unidentified, WHO epidemics expert Dr. Mike Ryan said changes in human behavior and practices have produced more new diseases.

"We've seen a shift in trend that reflects a transition of human civilization," Ryan said. "The relationship to the animal kingdom, our travel, our social, sexual and other behaviors have changed the nature of our rela-

tionship with the microbial world and the result of that is the emergence of new pathogens and the spread of those pathogens around the world.

"We've urbanized a world. We have moved people and food around that world at ever-increasing speed," Ryan said. "We're not saying that's a bad thing. What we're saying is that we must recognize the risk we create in the process and invest to manage those risks."



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

Part 21. Chiropractic VS Fatigue: Climbing the stairs to a new you, two steps at a time.

Q: I feel exhausted all the time. I don't want to take "pep" pills because of addiction possibilities. What can I do?

A: I have a good friend and patient who only a year ago at the age of 61 loved life but has a tremendous concern. He became fatigued so easily that any activity would leave

him exhausted. The interesting point with him was that he practiced excellent health habits. Nonetheless he got to the point where exercise was nearly impossible. He still climbed the steps at work

but would have to stop halfway up to catch his breath before continuing. I persuaded him to look to Chiropractic for increased vitality. At first he could not see a correlation between his nerves and his Energy level. I told him that it was virtually one and the same. Our nerves are the highways of energy

in the body. If the nerves are trapped or irritated, our energy will be drained as well. He took my advice and now instead of stopping halfway, he charges up the stairs, two steps at a time! If your vitality is giving up at the halfway mark, get charged up with Chiropractic. It's a natural!

Flowers' Chiropractic Office

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HEALTH WATCH

Aerobics and More -- For a healthy body you need a complete body workout; including aerobics, Pilates and more designed for all ages. Call Cathy at Adventist Medical Center, 503-449-4000, for a schedule.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Bereavement Support -- A bereavement support group meets each 2nd and 4th Tuesdays, from 10 a.m. to 11:30 a.m. To learn more, call 503-251-6192, extension 5670.

Comprehensive Wellness Screening -- Thursday, Sept. 20, Legacy Good Samaritan Hospital, 1015 N.W. 22 Ave., will offer an extensive heart and stroke screening package aimed at staying healthy through early detection. Pre-registration is required; screening cost \$175. To register, call 503-335-3500.

Better Breathers -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For more information, call 503-251-6830.

Chronic Pain Support Group -- meets the 1st Wednesday at 4 p.m. to 5:30 p.m. and the 3rd Wednesday of each month, from 7 p.m. to 8:30 p.m. Call 503-256-4000 for more information.

Heart Talk Support Group meets -- on the 2nd Monday of each month, from 6 p.m. to 8 p.m. The Sept. 10 meeting features special motivational guest speaker Jeff Hardesty, author of "Make Mine a Triple... Bypass That Is." Call 503-251-6260 for more information.

Smoke-Free Support Group -- meets Mondays, 7-8 p.m.; call 503-256-4000, for more information.

Prepared Childbirth -- Sunday, Sept. 9, from 9:30 a.m. to 6 p.m., Adventist Medical Center, will offer the accelerated one-day class to prepare new parents for labor and delivery. Pre-registration is required; cost is \$85 per couple (lunch included), to register call 503-256-4000.

Family Caregiver Training -- Saturday, Sept. 22, from 8 a.m. to 2:30 p.m. (breakfast and lunch included), the innovative nonprofit Cancer Care Resources group will host this free educational workshop to assist families in providing physical care for loved ones dealing with cancer. Register at 503-528-5236; to learn more visit: cancerresources.org.

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