

HEALTH MATTERS

Staying Healthy into Golden Years Starts with a Physical

Medicare covers exam for seniors, disabled

New to Medicare? Had a physical exam lately? Medicare welcomes people that are newly enrolled in the health program with a physical. Don't miss out on this benefit. Make an appointment with your doctor right away. Medicare covers this exam within the first six months after the effective date of one's first Medicare Part B coverage period. During the exam, talk to your doctor about your family health history and how to stay healthy. Your doctor can make sure you are up-to-date on important screenings and shots.

The "Welcome to Medicare" visit is a complete exam that checks your blood pressure, weight and height. Your doctor will also give you, or order, an Electrocardiogram (EKG) and a simple vision test. Your doctor will talk to you about how to prevent disease, improve your health and stay well.

During the visit, you may also receive a referral for other preventive services, including an ultrasound screening for an Abdominal

Aortic Aneurysm. Talk to your doctor during your visit to see if you are at risk and might qualify for this important screening so you can avoid a problem in the future.

Preventive services are critical to your overall health and can help you prevent diseases or find them early, when treatment works best.

By visiting MyMedicare.gov on the web, you can see a description of your covered preventive services, the last date that service was

performed and the next date you are eligible for that service. If you don't have a computer, ask a family member or loved one if they do. Or, your local library or senior center may be able to help you look at this information.

Start taking steps toward prevention today. These three easy steps can put you on the road to better health:

STEP 1: Know your health history
STEP 2: Talk to your doctor about

the Medicare preventive services that are right for you

STEP 3: Register at MyMedicare.gov on the web

Look for a "Healthier US Starts Here" event in your area to learn more about Medicare preventive services. Or, get free copies of "Staying Healthy: Medicare's Preventive Services" and "Your Guide to Medicare's Preventive Services" by visiting www.medicare.gov on the web.

HEALTH WATCH

Lead Poisoning Prevention Workshop -- Thursday, Sept. 13, and Tuesday, Sept. 25, from 6:30 p.m. to 8 p.m. This free workshop focuses on protecting your family from lead poisoning. Participants receive a free testing and cleaning kit. Call 503-284-6827 to register.

Breast Feeding Classes -- Thursday, Sept. 13, from 6:30 p.m. to 9:30 p.m., Adventist Medical Center, provides expectant parents the opportunity to learn the benefits of breast feeding. Cost \$30 per couple. To register, call 503-256-4000.

Babysitter's Training -- Saturday, Sept. 15, from 9 a.m. to 3:45 p.m., children 11 and up learn basic first-aid and emergency procedures while earning an American Red Cross certificate; \$35 registration fee. Call 503-280-1440 to register.

Adult First Aid -- Saturday, Sept. 15, from 1 p.m. to 7:15 p.m., learn heart attack signals, adult CPR, emergency response techniques for choking and basic first aid while earning an American Red Cross certificate; \$47 registration fee. Call 503-280-1440 to register.

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.

Role of Natural Medicine in Cancer Treatment -- Thursday, Sept. 20, from 6:30 p.m. to 8:30 p.m., Providence St. Vincent Medical, teaches safe and scientifically natural therapies that may help to remain cancer free. Call 503-574-6595 for more information.

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 a free educational workshop to assist families in providing physical care for loved ones dealing with cancer. To register, contact 503-528-5236; to learn more, visit cancerresources.org.

Aerobics and More -- For a healthy body, you need a complete body workout. Classes available include 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.

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 to 5:30 p.m. and the 3rd Wednesday of each month, from 7 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. Call 503-251-6260 for more information.

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

Social Skills Give Humans Edge

The ability to learn by observing others enables human children to develop social and physical skills, say researchers reporting in the magazine *Science*.

Researchers at the Max Planck Institute for Evolutionary Anthropology in Leipzig, Germany studied 230 subjects, including 100 chimpanzees, 30 orangutans and 100 human children 2.5 years old.

As part of one of a social learning tasks, the researchers demonstrated how to pop open a plastic tube to retrieve the food or toy inside. The children watched and copied the researcher; the apes attempted to break the tube or pull it apart with their teeth.

All of the subjects performed equally well in terms of the physical, cognitive management of space and in understanding concepts such as quantities and causality. However, the children were cor-

rect in three out of four of the social-learning tests, while the two ape species were correct only one out of three times.

According to the researchers, the results of the study support the theory that human social skills give humans an evolutionary edge. A second theory argues that humans differ in skill levels from apes as a result of being generally more intelligent.



Marisol Garcia (left) and Bethlehem Zerabruk play together on a spinning play structure at a Head Start program in Hillsboro. (AP photo)

Northwest Spiders: Wanted Dead or Alive

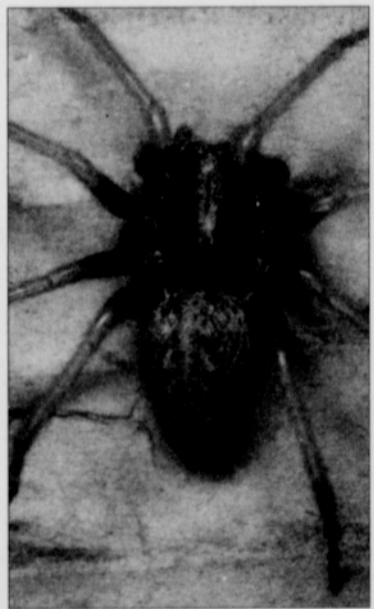
Poison center evaluates spider bites

The Oregon Poison Center at Oregon Health & Science University hopes to better understand spider bites in the Northwest by determining which spiders bite, which cause skin loss (ulcers), and specifically whether the much-maligned hobo spider does either.

Spider bites have been the subject of much folklore in medicine, but evidence directly linking spider bites to ulceration or infection is thin. Often a person will see a red mark on their skin, see a spider nearby and attribute the mark to the spider.

The Northwest native hobo spider has been implicated as a source of ulcers and skin infections for many years. Its venom has been demonstrated to cause tissue death when injected into the skin of animals, but there is debate about whether the spider ever bites or is even capable of biting humans.

"There isn't a single documented case of actually seeing a hobo spider bite a human that resulted in ulceration," said Dr. Rob Hendrickson, the study's principal investigator. "However, the hobo spider has been presumed to be the only spider in



The hobo spider is a native species to the Northwest.

the Northwest capable of causing ulceration."

The Oregon Poison Center currently takes about 1,200 calls a year from Oregonians concerned about possible spider bites. The center has decided to take the next step by asking all Oregonians who actually see a spider bite them to call 1-800-222-1222.

Poison-center staff will offer medical advice as usual and then make follow-up calls during the next several weeks to check for signs of ulceration and infection. The caller also will be sent a postage-paid package in which to send the spider to the poison center.

State Farm®
Providing Insurance and Financial Services
Home Office, Bloomington, Illinois 61710



Ernest J. Hill, Jr.

Agent
4946 N. Vancouver Avenue, Portland, OR 97217
503 286 1103 Fax 503 286 1146
ernie.hill@statefarm.com
24 Hour Good Neighbor Service®



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 22. Chiropractic and Health A way of Life...not just a passing diagnosis.

Q: Following a thorough check-up my doctor says that I'm "fit as fiddle." If this is true, why do I often suffer pain?

A: It is indeed interesting that a doctor can give a "thorough checkup" and yet fail to fail to evaluate the spine and nervous system. I'm sure that while in school your doctor learned that the nervous system controls every other organ and function in the body. Doesn't it make sense then that a truly thorough checkup should include

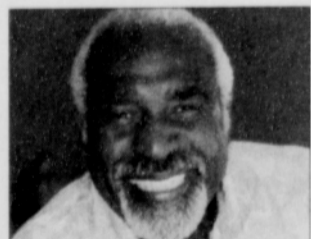
not only blood pressure, weight, chest and eye exam, etc but should also and primarily include a detailed evaluation of the nervous system? In Chiropractic

We study the nervous system and the spine completely to assure you that we find the cause of your problem. If you have persistent

aches, pains or fatigue, there is a reason for it. If you haven't had a Chiropractic evaluation, you have NOT been examined completely. For the sake of your health now and in the future, call today. Isn't it time you stepped up to Chiropractic?

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212
Phone: (503) 287-5504



Dentures Worth Smiling About!

- Professional Services
- Affordable Prices
- Payment Plans: OAC
- Over 20 years experience
- Full & Partial Dentures
- Natural Appearance
- Full Service Lab
- Accepting Oregon Health Plan

Melanie Block, L.D.

DENTURIST

503-230-0207

1020 NE 2nd Ave., Suite 205

Off MLK on NE Multnomah

Free parking

Advertise with diversity in *The Portland Observer*
Call 503-288-0033 ads@portlandobserver.com

Disparity in Breast Cancer Explained

(AP) -- A new study gives a possible explanation for why breast cancer is more deadly in black women: they are more likely to have tumors that do not respond to the hormone-based treatments that help many others with the disease.

The study is the largest yet to link a biological factor to the racial disparity, which also has been blamed on black women getting fewer mammograms and less aggressive treatment.

"This puts biology more to the forefront," said Dr. Julie Gralow, a cancer specialist at the University of Washington School of Medicine familiar with the work. "It's not just access to care, access to treatment and other factors that have been implicated in the past."

Breast cancer is the most common cancer in American women. An estimated 178,480 new cases and 40,460 deaths from it are expected in the United States this year.

Blacks are less likely than whites to develop breast cancer but are more likely to die from it, doctors have long known. Blacks also are diagnosed at younger ages and at later stages of the disease.