

HEALTH MATTERS

HEALTH WATCH

Renew Your Lifestyle -- The Community Learning Center, 4212 N.E. Prescott St., begins a program on Sunday, Sept. 30 covering nutrition, weight management, high blood pressure and cholesterol, diabetes, heart disease and stroke. Cooking demonstrations, food samples and handouts are included with the \$35 registration fee, plus \$10 per session. Call 503-281-8596.

Lead Poisoning Prevention -- 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.

Comprehensive Wellness Screening -- Thursday, Sept. 20, Legacy Good Samaritan Hospital, 1015 N.W. 22nd 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.

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 you to remain cancer free. Call 503-574-6595 for more information.

Diabetes Awareness Day -- Saturday, Sept. 22, from 11 a.m. to 3 p.m., the American Diabetes Association and the Miss Black Oregon USA Pageant host this free health screening at Marantha Church, 4222 N.E. 12th St. Contact 503-736-2770 for more information.

When I'm In Charge -- Saturday, Sept. 22, from 9 to 11:30 a.m., the American Red Cross course teaching children ages 8 to 11, how to prepare for situations that might arise while they are home alone, such as basic first aid, internet safety and more. Call 503-280-1440 to register.

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

Nutritional Seminar: Hunt for Health Food -- Wednesday, Sept. 26, from 7 to 8:30 p.m., New Season's Market, NE 33rd and Killingsworth, will host this free nutritional seminar. Limited seating available. To reserve your seat, call Marissa at 503-413-1850.

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.

LaBelle: Give Blood for Life

Singer Patti LaBelle is promoting Sickle Cell Anemia Awareness Month, a perfect time to make an appointment to give blood in support of the thousands of people across the country suffering from this disease. One in every 12 African Americans carries the trait for sickle-cell disease.

"Giving blood is an easy way to help someone in need and feel good about doing it," said LaBelle, a Red Cross national



Patti LaBelle

celebrity-cabinet member. "With so many people in our community suffering from sickle cell anemia, it's also the right thing to do to help our neighbors and friends in need."

One of the most common treatments for sickle-cell anemia, which causes red blood cells to form an abnormal crescent shape, is regular blood transfusions to help reduce the risks of stroke, damage to major organs that can lead to severe

infections and other complications that can arise from the disease.

Additionally, African Americans are more likely to have blood type O and B than other populations. These types are particularly in need, so scheduling a donation can also help alleviate blood shortages around the country.

To schedule an appointment to donate blood, call 1-800-GIVELIFE, or visit givelife.org

Sharing Latest on Prostate Health

Prostate-cancer survivors and others will gain insight into coping with the disease during a conference on Saturday, Sept. 29, in the Oregon Health Sciences University Auditorium (Old Library Building) from 7:30 a.m. to 4:30 p.m.

The session is intended for patients with prostate cancer,

their families and loved ones, men at risk for prostate cancer, advocates for progress in beating prostate cancer and all members of the public with an interest in prostate cancer.

The conference will provide state-of-the-art updates on prevention and early detection of prostate cancer, treat-

ment of localized prostate cancer, medical management of advanced prostate cancer and current status of knowledge about the role of nutrition in prostate cancer.

In addition, the program will provide insights into coping with the diagnosis of prostate cancer and address sexuality in pros-

tate-cancer survivors. Highlights of recent scientific progress and a survey of current clinical trials likely to change the standard care in the coming years will be featured.

The cost is \$35. For registration or more information, call 503 494-4393 or visit ohsucancer.com/prostate.

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OHSU Goes Tobacco Free

Oregon Health & Science University has become Oregon's largest employer to initiate a tobacco-free policy for its Portland-area facilities.

A policy prohibiting the use of all tobacco products in or around OHSU's campuses and off-campus buildings went into effect Monday. The new policy applies to employees, students, visitors, patients and patient family members.

"Our knowledge about the health risks of tobacco led us to set the highest standard in maintaining a healthy environment for our patients and employees," said Dr. Joe

Robertson, OHSU president. "This policy is crucial to our commitment to health on our campuses and a healthy lifestyle for all Oregonians, and we hope we will be a model for others."

OHSU will offer patients and their visitors who smoke support to manage their nicotine cravings. Support methods include counseling, free nicotine lozenges and other medications to relieve the stress of withdrawal.

Patient-care staff is also being trained to best help patients and families to cope with the new policy.

Crocs Get Caught in Elevators

Transit stations, malls issue warning

(AP) -- At rail stations and shopping malls around the world, reports are popping up of people, particularly young children, getting their toes caught in escalators. The one common theme seems to be the clunky soft-soled clogs known by the name of the most popular brand, Crocs.

One of the nation's largest subway systems -- the Washington Metro -- has even posted ads warning riders about wearing such shoes on its moving stairways. The ads feature a photo of a crocodile, though they don't mention Crocs by name.

Four-year-old Rory McDermott got a Croc-clad foot caught in an



The clunky soft-soled clogs known by the name Crocs are getting caught up in escalators, bringing warnings at rail stations and shopping malls.

escalator last month at a mall in northern Virginia. His mother managed to yank him free, but the nail on his big toe was almost completely ripped off, causing heavy bleeding.

At first, Rory's mother had no idea what caused the boy's foot to get caught. It was only later, when someone at the hospital remarked on Rory's shoes, that she began to suspect the Crocs and did an Internet search.

"I came home and typed in 'Croc' and 'escalator,' and all these stories came up," said Jodi McDermott, of Vienna, Va. "If I had known, those would never have been worn."

According to reports appearing across the United States and as far away as Singapore and Japan, entrapments occur because of two of the biggest selling points of shoes like Crocs: their flexibility and grip. Some report the shoes get caught in the "teeth" at the bottom or top of the escalator, or in the crack between the steps and the side of the escalator.

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MISS BLACK OREGON USA
 SCHOLARSHIP PAGEANT

TAKE IT SERIOUS!
 Diabetes Kills!
 Amputations, Blindness, Cardiovascular Disease, Kidney failure, DEATH!

DIABETES AWARENESS DAY!

FREE EVENT! PUBLIC SERVICE!

Date: Saturday, September 22, 2007 Time: 11:00 am - 3:00 pm
 Location: **Marantha Church**
 4222 NE 12th Avenue Portland, OR 97212

Activities: Screening; blood sugar, vision, hearing and blood pressure. Individual consultations with local health care providers and diabetes experts.

Product and Service Exhibits: highlighting local programs, information about diabetes and related health issues (high blood pressure, high cholesterol, quitting smoking, mental health, etc.) and prevention efforts. Prevention efforts to include demonstrations of being active and healthy eating.

Food: fruits, vegetables and other healthy, delicious options.

Music: activities for kids, an open microphone, 'Edutainment' and fun.

For Further Info:
 American Diabetes Association (503)-736-2770
 Miss Black Oregon USA (971)-409-8687
 Marantha Church (503)-288-7241

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In short, he got that healthy happy feeling of Chiropractic. If you have knee pain or if you have any question concerning your health at all, call us today. Isn't it time you stepped up to Chiropractic?

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