

HEALTH MATTERS

HEALTH WATCH

Fat Smart -- Wednesday, Oct. 3, from 7 to 8:30 p.m., this free seminar teaches diabetics to eat Fat Smart. To register, call 503-335-3500.

Healing from Anxiety and Depression -- Thursday, Oct. 4, from 7 to 9 p.m., a practical session to help individuals to stabilize moods and achieve a higher degree of emotional well-being (fee \$12); to register, call 503-256-4000.

Cancer Care Law and Finances -- Saturday, Oct. 6, from 9 a.m. to 3 p.m., Pacific Oncology Center, 15700 S.W. Greystone Court in Beaverton, will host this seminar to educate patients and family members of their rights and financial planning while undergoing cancer treatment. To register, call 503-528-5236.

Comprehensive Wellness Screening -- Saturday, Oct. 6, at 1015 N.W. 22nd Ave., participants receive a non-invasive extensive health screening for the early detection of heart disease and stroke (fee \$175). To register, call 503-335-3500.

Newborn Care -- Sunday, Oct. 7, from 6 to 9 p.m., couples can learn what to expect and how to care for the new baby (\$45 per couple). To register, call 503-256-4000.

Acupuncture and Arthritis -- Tuesday, Oct. 9, from 1 to 2 p.m., Stephanie Petrix leads the everyday wellness clinic, at 1033 S.W. Yamhill, demonstrating the benefits of acupuncture in dealing with arthritis (fee \$5). For more information, call 503-413-5563.

Positive Attitudes, Positive Aging -- Four Tuesday sessions, Oct. 9-Oct. 30, from 10:30 to 11:30 a.m., Judy Tibbles will explore four key areas of positive successful aging in Lake Oswego, at 505 G Avenue (fee \$15). To register, call 503-413-5563.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Lead Poisoning Prevention -- Saturday, Oct. 6, from 11 a.m. to noon, at 12350 S.W. Fifth St. in Beaverton; this free workshop focuses on easy ways you can be protecting your family from lead poisoning. Participants receive a free testing and cleaning kit. Call 503-284-6827 to register.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

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.

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

Chronic Pain Support Group -- meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third 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 second Monday of each month, from 6 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.

Working to Address Health Disparities

BY LARRY LUCAS

As school children, we are often told that America is the land of opportunity, a place where anything is possible if you work hard enough. However, for thousands of Americans, the "land of opportunity" is a merely a mirage. According to the latest data from the Kaiser Family Foundation, over half of all African Americans, Hispanics and American Indians are living at or near poverty.

Poverty often leads to shorter lives, higher cancer rates, more birth defects and a higher incidence of chronic diseases like asthma and diabetes, according to the National Institutes of Health.

Nothing affects a person's quality of life more dramatically than one's health -- and according to the Centers for Disease Control, for many health conditions, African-Americans bear a disproportionate burden of disease, injury, death and disability.

Why is this? One reason is access to quality health care: statistics show that far too many African Americans simply do not have health insurance, and the lack of health insurance can result in disturbing health outcomes.

Consider, for instance, that Columbia University Medical Center researchers recently found that African-American women with early stage breast cancer are less likely to finish chemotherapy treatment, further contributing to lower survivor rates.

Even if you do have health insurance, you still might not be receiving quality care. A report by the Institute of Medicine points out alarming trends: In some cases, patients cannot obtain a referral for their conditions; in others, patients might be passed up for a transplant or an operation like coronary-bypass surgery.

We all have a role to play in helping to eliminate health disparities and it can start with something as simple as donating blood. For example, did you know that while 37 percent of U.S. patients are African American, only nine percent of people who donate blood are African American?

According to the Red Cross, one out of 12 African Americans is diagnosed with sickle-cell anemia; patients who receive blood transfusions from donors with the same antigens, usually from similar racial and ethnic groups, have a better chance of survival.

There is good news to consider. Harvard researchers recently analyzed records from 1.5 million patients in 183 Medicare managed-care plans from 1997 to 2003. The study suggests that better medicine can close racial gaps, doctors said.

We know a pill helps no one if a patient cannot afford it because of a lack of adequate health insurance. Fortunately, there is help available.

The Partnership for Prescription Assistance (pparx.org or 1-888-4PPA-NOW) is a single point of access to more than 475 patient assistance programs that provide free or nearly free prescription medications. Sponsored by America's pharmaceutical research companies, which also sponsor nearly 200 of the assistance programs, the PPA has so far helped almost 4 almost million patients.

African Americans need better access to the same quality health care that other Americans already enjoy. Anything less is simply not acceptable. The key to this is better access to quality health insurance and prescription-drug coverage. That also means referrals, screenings, operations -- and medicines -- for everyone who needs them.

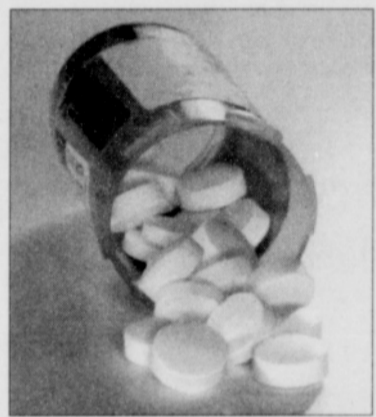
Larry Lucas is a vice president for Pharmaceutical Research and Manufacturers of America (PhRMA).

Wal-Mart Generic \$4 Drug Prices Expanded

(AP) -- Wal-Mart Stores Inc. is expanding its national \$4 generic prescription drug program by about 10 percent.

The world's largest retailer said Thursday it has added drugs covering glaucoma, attention-deficit disorder, attention-deficit-hyperactivity disorder, fungal infections and acne.

Two prescription birth control drugs and one fertility drug were added at \$9, reflecting a



higher cost that the company said could not be brought down further.

The Bentonville, Ark.-based retailer launched the \$4 generics program late last year as it pushed a variety of health and environmental initiatives to counter political pressure led by union groups over its labor practices, including health insurance.

The increase adds about 30 prescriptions, made up of 14 drugs in

various doses, to a list of 331 prescriptions and 143 drug compounds sold under the first phase introduced last year.

Critics including the National Community Pharmacists Association, which represents non-chain pharmacies that compete with Wal-Mart, have called the discounts a publicity stunt that covers only a fraction of the 8,700 generic prescription drugs approved by the

Federal Drug Administration.

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Free Class to Explain Medicare

If you're confused by Medicare and don't know where to turn for answers, the Mt. Hood Community College Community Education department can help with a new class called "Welcome to Medicare."

This course will help participants understand Medicare basics and make informed choices. Topics include: Medi-

care eligibility and enrollment; Parts A, B, C and D; covered services; Medicare insurance policies; and problem resolution. This free course is taught by trained volunteers in cooperation with Multnomah County Aging and Disability Services.

The class will be offered on Thursday, Oct. 25, from 7 p.m. to 9 p.m. and on Saturday, Nov. 3 from 10 a.m. to

noon. Both classes will be held at the Bruning Center for Allied Health Education located at 1484 NW Civic Dr. in Gresham. For



more information or to register, call the MHCC Community Education department at 503-491-7572 or visit mhcc.edu.

Have you seen me?

Missing and Exploited Children
1-800-THE-LOST

Endangered-Missing

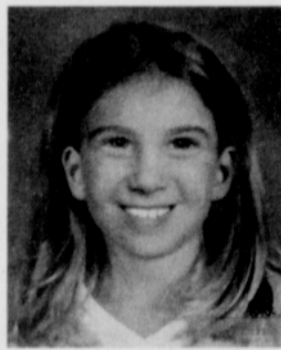


Age: 5 Months

SABRINA AISENBERG

Date Missing: Nov. 24, 1997

Sabrina became missing from her residence sometime in the early morning hours while the family slept. Police believe she was wrapped in the yellow blanket from her bed.



Progressed to Age 8

Current Age: 10

Missing From: Valrico, FL



Age: 10

ASHA DEGREE

Date Missing: Feb. 14, 2000

Family members observed Asha in her bed around 2:30 a.m. At 4:00 a.m., she was seen by passing motorist walking along NC Highway #18 in Shelby. Police believe she may have been sleep-walking when she became lost or injured.



Progressed to Age: 16

Current Age: 17

Missing From: Shelby, NC

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

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Part 6. HEADACHES: Why Chiropractic is nature's long-lasting pain reliever.

Q: I always seem to be plagued with headaches. They come up over my head and seem to stop at my eye. What can Chiropractic possibly do to help me?

A: About 70% of all people experience headaches of one sort or another. The type you describe is quite typical. The pain can range anywhere from moderate to nauseating. The top three nerves in the neck go up over the back of the skull in a very similar pattern to what you describe. Any type of pressure or irritation on these nerves can cause extreme pain. Your problems could be

nerve-related and therefore, stand a very good chance of being relieved by Chiropractic.

Q: Why should I go through a full course of Chiropractic when drugs often relieve my headaches?

A: Drugs work primarily on relieving pain, but not on treating the cause of the headache.

What's more, drugs have serious side effects. The only side effects of Chiropractic are relief from pain and a healing of the cause of pain. To find out how Chiropractic could help relieve your headaches or for answers to any questions you might have about your health, please call us at the telephone number listed directly below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504

Coordinated Drug Assault

Simultaneous broadcast coming Oct. 9

Since methamphetamine first appeared in Oregon, meth addiction has grown and has been considered an epidemic by law-enforcement agencies and concerned communities. To highlight the perils of the drug and reach out to people struggling with addiction, a 30-minute documentary titled "Crystal Darkness" will be aired by most local television stations on Tuesday, Oct. 9 at 7:30 p.m.

Television stations participating in a simultaneous roadblock include KPTV, KPDX, KOIN, KATU, KGW, KRCW and Comcast Cable on channel 14.

The Crystal Darkness Campaign originated as the most watched program in history of Nevada through a unique collaboration between local media, government leaders, schools, law enforcement, recovery specialists, churches and the business community. As in Las Vegas, where hundreds of thousands of students received brochures designed for discussion with parents and friends, the Oregon campaign will distribute nearly two-million pieces of literature.

The initial response to the documentary became dramatic when hundreds of addicts and community members called in for assistance or to seek more information. A fifty-phone call center is being planned for the show's airing.