

## HEALTH WATCH

**Irregular Heartbeat** -- Thursday, Oct. 11, from 6:30 to 7:30 p.m., at 9205 S.W. Barnes Road, take a moment for this free class titled "How to Keep a Steady Rhythm." To register, call 503-574-6595.

**Healthy Kids Fair** -- Saturday, Oct. 13, from 10 a.m. to 2 p.m., bring the kids to this free event to introduce children to hands-on health and safety tips. Call 503-692-2656 for more information.

**Don't Let Colds & Flu Catch you** -- Tuesday, Oct. 16, from 1 to 2 p.m., learn the early warning signs and symptoms with Lisa Shaver, N.D., at Everyday Wellness, 1033 S.W. Yamhill, fee \$5. Visit Oasisnet.org or call 503-241-3059 for more information.

**Birthing Naturally** -- Thursday, Oct. 25 begins the six-week series for couples wanting to experience natural childbirth. Fee is \$80 per couple, with early registration recommended by calling 503-256-4000.

**Cancer Care Resources** -- Monday, Oct. 15, begins the six-week seminar to assist individuals living with cancer to have a productive and positive experience while dealing with the disease. For more information, call 503-528-5236.

**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.

**Dealing with Anger** -- Monday, Oct. 15, learn to identify your triggers and techniques to deal with anger in this two-session class charging \$10. To register, call 503-335-3500.

**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.

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

**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 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 2nd Monday of each month, from 6 to 8 p.m. Call 503-251-6260 for more information.

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

# HEALTH MATTERS

## Scanners Find Hidden Heart Disease

But test has downsides

(AP) — What if your doctor could swipe a wand over your neck and reveal whether you have hidden heart disease?

That is now possible in places other than the sickbay of the starship Enterprise.

Miniature ultrasound machines are starting to make their way into ordinary doctors' offices, where they may someday be as common as stethoscopes and EKGs. A pocket-sized one weighing less than two pounds hit the market last week.

Some of these devices can make images of neck arteries, which offer a "window" to heart arteries that cannot easily be seen. If the neck vessels are clogged, doctors know that those around the heart probably are, too, and that treatment or more testing is needed.

The new ultrasound machines offer a relatively cheap, painless way to screen people with no symptoms of heart problems for signs of hidden trouble.

Is that a good thing? Many doctors say yes, because for one-third of heart disease sufferers, the



An ultrasound device for imaging the heart is starting to be used for taking images of arteries to determine risk of heart disease. (AP photo)

first symptom is dropping dead of a heart attack. Finding these people early and treating them could save lives. The test may be especially good for women, who often have few traditional signs.

But there are potential downsides to more people doing this testing without extensive training. Suddenly, small-town family doctors could see scary-looking artery buildups and rush to treat some that might never be life-threatening.

And while patients who see the pictures may be motivated to quit smoking, lose weight or go on cholesterol drugs, some might suffer side effects from unnecessary treatment.

Ultrasounds also are being advertised directly to consumers — the latest "peace of mind" test like whole-body CT scans and MRIs. Some drugmakers are promoting wider testing because it could boost cholesterol pill sales.

American Heart Association says testing with traditional ultrasound machines can help certain patients, but does not endorse widespread screening with the small devices because proof of benefit is lacking.

## Study Links Pregnancy and Depression

A new Kaiser Permanente study, the first comprehensive survey of maternal depression, shows that more than one in seven women are depressed at some time during the nine months before becoming pregnant, during pregnancy, or in the nine months after childbirth.

The study also found that

nearly three-quarters of women who experienced postpartum depression were also depressed before becoming pregnant.

"These findings show we need to pay more attention to depression before pregnancy," said Dr. Evelyn Whitlock, senior investigator at the Kaiser Permanente Center for Health Research and co-author of the study. "Doc-

tors and the public tend to focus more on postpartum depression because of the huge gap between a new mother's joyful expectations and the crushing reality of depression."

The consequences of postpartum depression, which affects 400,000 women in the United States, can be devastating. It can inhibit a woman's ability to bond

with her infant, relate to the child's father, and perform daily activities.

"While postpartum depression clearly is an important concern," Whitlock added, "we also need to consider the mental health and treatment needs of the many women who are depressed right before or during their pregnancies."

## Flu Shots Significantly Improve Health

Lower rates of hospitalization

(AP) — Flu season is almost here, and a new study finds that skipping that annual flu shot could have serious consequences for older people.

The 10-year study of seniors included those from the Portland area. It found that vaccination against influenza was associated with a 27 percent decrease in the

risk of hospitalization for influenza or pneumonia — a common complication of the flu. The risk of death fell 48 percent.

Roughly 60 percent of adults older than 65 are vaccinated against influenza each year, according to the federal Centers for Disease Control and Prevention, well below the national goal of 90 percent.

Manufacturers have shipped more than 400,000 doses of influenza vaccine to Oregon, and

health officials want high-risk groups to protect themselves against the virus.

The elderly are more at risk of serious complications from the flu because they are more likely to suffer from chronic lung or heart problems, said Gary Oxman, health officer for Multnomah, Washington and Clackamas counties.

An estimated 450 Oregonians die of influenza each year, according to the Oregon Health Division. Each year, between 5

percent and 20 percent of the U.S. population gets the flu, and about 36,000 people die, according to the Centers for Disease Control and Prevention.

The CDC recommends seeking vaccinations in October or November.

Influenza, a contagious respiratory disease caused by a virus that changes year to year, is characterized by high fever, headache, sore throat, cough and muscle aches. It can be spread through contact with an infected person a day before that person experiences any symptoms, and it is contagious for as long as five days after symptoms appear.

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# HOMECOMING CELEBRATION

Friday, October 12

Honoring the  
50th Anniversary  
'57 & '58 State  
Football Champs  
featuring

# MEL RENFRO

2pm: Tailgater  
7pm: Game w/group photo at halftime  
9pm: Sock Hop

For more information call  
**503-331-7507**

**THE SPINAL COLUMN™**

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

**Part 7. CHILDREN & CHIROPRACTIC:**  
Start off early in life for a lifetime of health

**Q:** When will my children be old enough to benefit from seeing a Chiropractor?  
**A:** Children of Chiropractors often receive their first spinal adjustments the day they are born. Using special techniques for infants, Chiropractors are able to correct spinal misalignments caused by the traumatic and turning of childbirth. What's more, we're frequently able to alleviate infant problems like colic that often keeps both babies and parents up all night.

**Q:** I have a friend who takes her children to a Chiropractor even when they aren't sick. Why would she do this?  
**A:** Actually, there are more reasons for children to see a Chiropractor regularly than there are for adults. First of all, because of their activities in school and out, children naturally take more spills than an average adult. This is one of the most common reasons people bring their children to a Chiropractor. But the best reason of all is so that with regular Chiropractic care, children can develop a nearly perfect spine. Not only to help them do better in school, but to gain increased strength, health and vitality throughout their adult lives. To find out all the ways Chiropractic can help your children experience a lifetime of good health, please call us at the number below.

**Flowers' Chiropractic Office**  
2124 NE Hancock,  
Portland Oregon 97212  
**Phone: (503) 287-5504**

**Free Class for Caregivers**

Caring for an older relative can take its toll on caregivers in a variety of subtle or obvious ways. A community education class at the Maywood campus of Mt. Hood Community College will help address these issues.

"Powerful Tools for Caregiving" (HOM5CA) will teach caregivers how to take care of themselves, whether they are taking care of a parent, spouse or friend who lives at home, in a nursing home or across the country. An optional book is available for \$25.

To register, visit mhcc.edu.

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