

HEALTH MATTERS



A man gives himself a dose of heroin in an injection room under the supervision of medical workers in Frankfurt, Germany. In San Francisco, city health officials have taken the first steps towards opening a similar legal facility to combat a high rate of drug overdoses. (AP photo)

Drug Injection Room Considered

To prevent deaths from overdoses

(AP)—San Francisco city health officials have taken steps toward opening the nation's first legal safe-injection room, where addicts could shoot up heroin, cocaine and other drugs under the supervision of nurses.

Hoping to reduce San Francisco's high rate of fatal drug overdoses, the public health department co-sponsored a symposium last week on the only such facility in North America, a four-year-old Vancouver, B.C. site where an estimated 700 intravenous users a day self-administer narcotics under the supervision of nurses.

Organizers of the daylong forum, which also included a coalition of nonprofit health and social-service groups, acknowledge that it could take years to get an injection center up and running. Along with legal hurdles at the state and federal level, such an effort would be almost sure to face political opposition.

Sixty-five similar facilities exist in 27 cities in eight countries, but no other U.S. cities have considered creating one, according to Hilary McQuie, Western director for the Harm Reduction Coalition, a nonprofit that promotes alternative drug

treatment methods.

Drug overdoses represented about one of every seven emergency calls handled by city paramedics between July 2006 and July 2007, according to San Francisco Fire Department Capt. Niels Tangherlini.

Colfax estimated that there are between 11,000 and 15,000 intravenous drug users in San Francisco, most of them homeless men. Like many large U.S. cities, the city operates a clean-needle exchange program to reduce HIV and hepatitis C infections.

While it's too early to tell what the room in San Francisco would look like, Vancouver's InSite pro-

gram is on the upper floor of a low-rise building in a downtown neighborhood where drug users shoot up in the open.

The site, exempt from federal drug laws so users can visit without fear of arrest, has 12 private booths where addicts inject drugs such as heroin, cocaine or crystal. They can use equipment and techniques provided by the staff, and then relax with a cup of coffee or get medical attention in the "chill out" room where they are observed, said program coordinator Sarah Evans.

While 800 overdoses have occurred on the premises, none resulted in death because of the medical supervision provided at InSite.

Tips on Avoiding the Flu

It's time to take precautions

Winter is just around the corner and it's time to start thinking about precautions to stay healthy during the dreaded flu season.

The Portland Clinic has some advise on who needs the flu shot the most and offers tips to staying healthy and dodging the flu this season:

According to the U.S. Centers for Disease Control and Prevention total flu vaccines are up to 132 million doses from last year's 120 million doses and ample supplies will be available this year. Anyone who wants to avoid getting the flu should be vaccinated.

There are several groups of people where getting vaccinated is specifically recommended. Those include children between the ages of six months and five years old; people with diabetes, asthma, heart diseases, kidney diseases, weakened immune system, sickle-cell anemia and other blood diseases, and other chronic illnesses; pregnant women; and people who live or work with high-risk people such as medical professionals, nursing home and day care personnel, family members of high-risk people, or those that live with children younger than six months old (who cannot get the immunization themselves) and people 50 years of age and older.

In addition to getting the flu



National Institute of Health employee Wayne Randolph gets his flu vaccine shot from nurse manager Angela Porter.

shot, the Portland Clinic recommends the following to help maintain a healthy body during the winter season:

1. Wash your hands. Frequent hand washing is a must as viruses and bacteria can live for hours on surfaces touched by an infected person. Wash your hands in warm water with soap for 10-15 seconds and dry with disposable paper towels.

2. Eat smart and exercise a little bit everyday. Eating healthy foods with lots of vitamins, like colorful fruits and vegetables, whole grains and yogurt will keep you staying healthy as well as staying hydrated and keeping your system flushed out. Exercise increases the body's virus-killing cells. Also try exercising outdoors as the fresh air removes you from dehydrating indoor heating systems and recirculated, germ air.

3. If you are feeling under the weather, stay home. If possible,

stay home from work, school, and other activities when you feel run down. It is important to avoid exposing yourself to further germs and bacteria in addition to helping prevent others from catching your illness.

4. Get adequate sleep and relaxation. Your body is more vulnerable to illness when you are run down and short on sleep. It is important to get plenty of rest so take time to relax and unwind at the end of the day.

5. Keep your house disinfected. Use germ-killing cleaning products such as Lysol, bleach or boiling water to disinfect the house regularly. Wipe down phones, computer keyboard/mouse, door handles, toys, countertops and other common surfaces. Another good rule of thumb is to keep hands below the neck whenever possible and avoid touching your eyes, nose and mouth especially when around someone who is feeling sick.



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 9. Low Back Surgery:

The unkindest and most unnecessary cut of all.

Q: Should I try chiropractic for my low back pain or have surgery and get it "fixed right?"

A: We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiropractic requires no drugs, surgery, recuperation or expen-

sive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

Q: Which technique has better results for low back problems, Chiropractic or surgery?

A: According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75 to 99% are unsuccessful. Before

you make any decision, heed the advice of the "father" of low back surgery: "exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine." To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

Flowers' Chiropractic Office

2124 NE Hancock,

Portland Oregon 97212

Phone: (503) 287-5504

HEALTH WATCH

Polycystic Ovary Syndrome -- Thursday, Oct. 25, from 6:30 p.m. to 8 p.m.; acne, facial hair, menstrual problems, infertility and difficulty losing weight may be early warning signs of Polycystic Ovary Syndrome. To register for this free seminar in Beaverton, contact 503-221-0161, extension 2254.

Yoga for Relaxation -- Wednesdays, beginning Oct. 31, from 5:15 p.m. to 6:30 p.m. learn the centuries-old techniques of deep breathing and stretching to reduce stress levels, and improve your sense of well-being in this six week class series (\$49 fee); to register call 503-574-6595.

Body Basics -- This physician-recommended class is appropriate for all ages and health conditions. Plan to attend one session and learn safe exercise guidelines, including stretching; for scheduling and registration call 503-256-4000.

Breast Health -- Thursday, Oct. 25, from 7 p.m. to 9 p.m., Women of all ages are invited to attend this free seminar to educate women on the importance or early detection and how to recognize problems; to register contact 503-335-3500.

Senior Aerobics -- A low-impact workout geared specifically toward seniors; call 503-449-0783 for current schedule.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure; fee \$40, to schedule an appointment call 503-251-6137.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30, to schedule an appointment call 503-261-6611.

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk; fee \$40, to schedule a screening call 503-251-6137.

Rock Against Diabetes NW -- Saturday, Nov. 10, from noon to 10 p.m., McMenamin's Kennedy School, 5736 N.E. 33, will host the concert to benefit

Juvenile Diabetes Research foundation; \$20 donation at the door. Visit rockagainstdiabetes.net to learn more.

Why Am I So Tired: Women and Fatigue -- Tuesday, Nov. 13, from 7 p.m. to 8:30 p.m., expert will be discussing ways for women to combat fatigue and what may be causing it; to register call 503-574-6595.

Cervical and Breast Cancer Screening -- Beginning Friday, Nov. 16, from 4 p.m. to 8 p.m., women with or without insurance are eligible for this free screening program to promote early detection and healthier living. To schedule an appointment (required) call 503-346-1212.

Prepared Childbirth -- Sundays, beginning Oct. 28, from 5:30 p.m. to 8 p.m., this six week series prepares new parents for labor; optional breast feeding seminar available (\$30).. Six week series fee \$85 per couple (includes lunch); to register call 503-256-4000.

Birthing Naturally -- Thursday, Oct. 25 begins the six-week series for couples wanting to experience natural childbirth. Fee \$80 per couple. Register early at 503-256-4000.

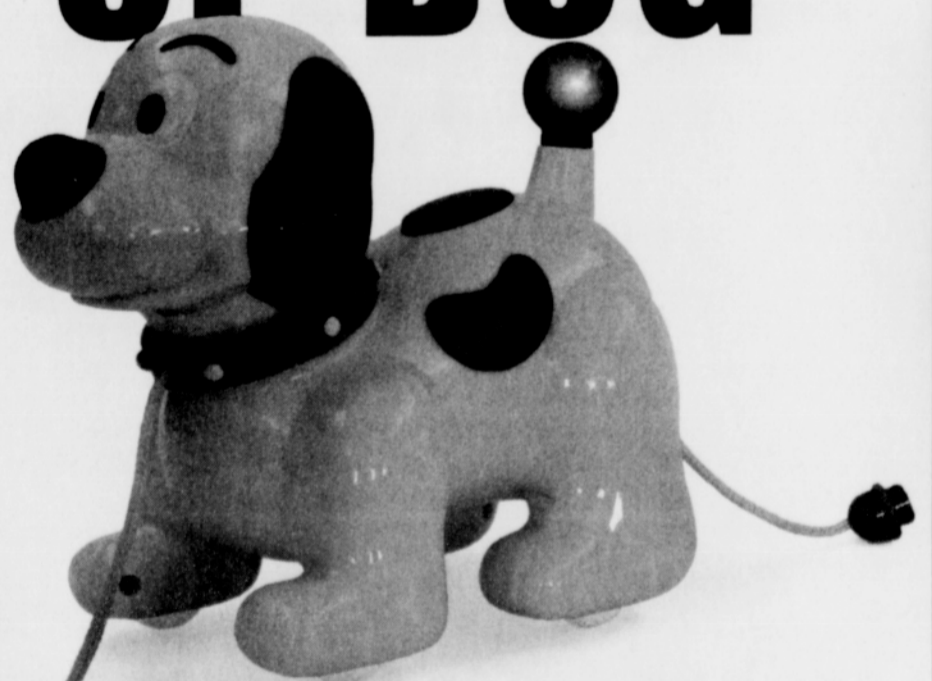
Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

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.

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.

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 and computer access for those dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

BEWARE OF DOG



There's a hidden danger in many toys - lead. Lead poisons one out of every 50 children in Multnomah County every year causing serious health problems. Even low levels of lead can cause permanent IQ loss, behavioral problems and learning disabilities.

But the bigger danger to children's health is lead-based house paint. This bad dog has been banned for 30 years, but still present in many older homes.

Lead Safe Families Coalition is Sponsoring LEAD SAFE PORTLAND

Sunday, October 28, 2007, Noon - 2 p.m.

Matt Dishman Community Center, 77 NE Knott Street

Free lead screening for toys • Free blood lead testing

LEAD-FREE TOY GIVE-A-WAY

Free food, crafts and much more! For information, call the LeadLine at 503-988-4000.

Multnomah County Health Dept., Portland Development Commission, OR Dept. of Human Services, Josiah Hill III Clinic, Portland Water Bureau, Community Alliance of Tenants, Community Energy Project