

HEALTH MATTERS

HEALTH WATCH

Newborn Care -- Tuesday, Dec. 18, from 6 to 9 p.m. Learn what to expect and how to care for your new baby; \$45 fee per couple. To register, call 503-256-4000.

Joint and Arthritis Pain -- Thursday, Dec. 20, from 6:30 to 8 p.m., learn about treatment options for degenerative joint disease, including total hip- or knee-replacement surgery, exercise and medication regimens. Call 503-692-2411 to register for this free class.

Active Living Every Day -- Beginning, Tuesday, Jan. 15, the "evidence-based" national 20-week program changing America's outlook on physical activity (not an exercise class) will spark a new way of thinking. To register, call 503-241-0359

Welcome to Medicare -- Thursday, Jan. 17, from 7 to 9 p.m., clear up the confusion about Medicare options this free class will answer your questions; to register call 503-491-7522 or visit mhcc.edu.

Mammography Screening -- Early detection is a key factor in the prevention of breast cancer. Call 503-251-6137 to schedule your high-tech, soft-touch mammogram.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Vegetarian Starter Kit -- Healthy vegetarian eating made easier with informational resources, samples, coupons and delicious recipes. Kits are \$7.50 each (includes shipping). To order, call 503-256-4000.

Nutritional Seminars -- New Seasons Market is presenting a series of nutritional seminars at various store locations along with a nutritional help line. For more information, email askthenutritionist@newseasonsmarket.com.

Maternity Orientation -- Thursdays, Dec. 6, and Dec. 20, this free class will help to familiarize expectant parents with the Maternity Unit and answer any question they may have. For more information, call 503-574-6595.

Senior Aerobics -- A low-impact workout geared

specifically toward seniors. Call 503-449-0783 for current schedule.

Cardiac-Rehab Exercise Classes -- A medically supervised exercise program for people dealing with heart conditions. For more information, call 503-251-6260.

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

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

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.

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.

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.

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 Tuesday, 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.

Heart Talk Support Group -- meets on the second Monday of each month; from 6 to 8 p.m. For more information, call 503-251-6260.

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

Scientists Cure Mice

By making stem cells from skin

Scientists have the first evidence that "reprogrammed stem cells" have the potential to treat disease: They used skin from the tails of sickle-cell anemia by turning the skin cells of adult mice into cells that mimic embryonic stem cells, called master cells because they can turn into any type of tissue.

Thursday, scientists in Alabama and Massachusetts reported that they used the technique to give mice with sickle-cell anemia a healthy new blood supply.

The study, published in the journal *Science*, doesn't bring this potential therapy closer to people just yet. Big hurdles remain, including a risk of cancer from the reprogramming method.

Tim Townes, molecular-genetics chief at the University of Alabama, Birmingham, said, "It's the first example of actually completing the cycle and curing a disease."

Townes had created a strain of mice bearing the human genes for sickle cell, a devastating inherited disease of deformed red blood cells that can't carry enough oxygen.

Townes paired with prominent stem cell scientist Rudolf Jaenisch of the Whitehead Institute in Cam-

bridge, Mass., to reprogram skin from those mice into embryonic-like stem cells. They coaxed the newly engineered cells to grow into blood-producing cells. Then they replaced the sickle-cell-causing gene with a healthy version and infused the new cells.

The mice started producing healthy blood, and their sickle-cell symptoms vanished.

Townes next is testing whether human skin cells from sickle-cell patients can be similarly reprogrammed.

But it may take several years of additional research to create a safe enough reprogramming method to test such an approach in people.

Heavy Kids Face Hefty Heart Risks

Problems can develop as teens grow up

(AP) -- The chicken nuggets are coming home to roost. By the time today's teens are middle age, the rate of heart disease could be 16 percent higher because of the extra pounds they are carrying around today, a U.S. study suggests.

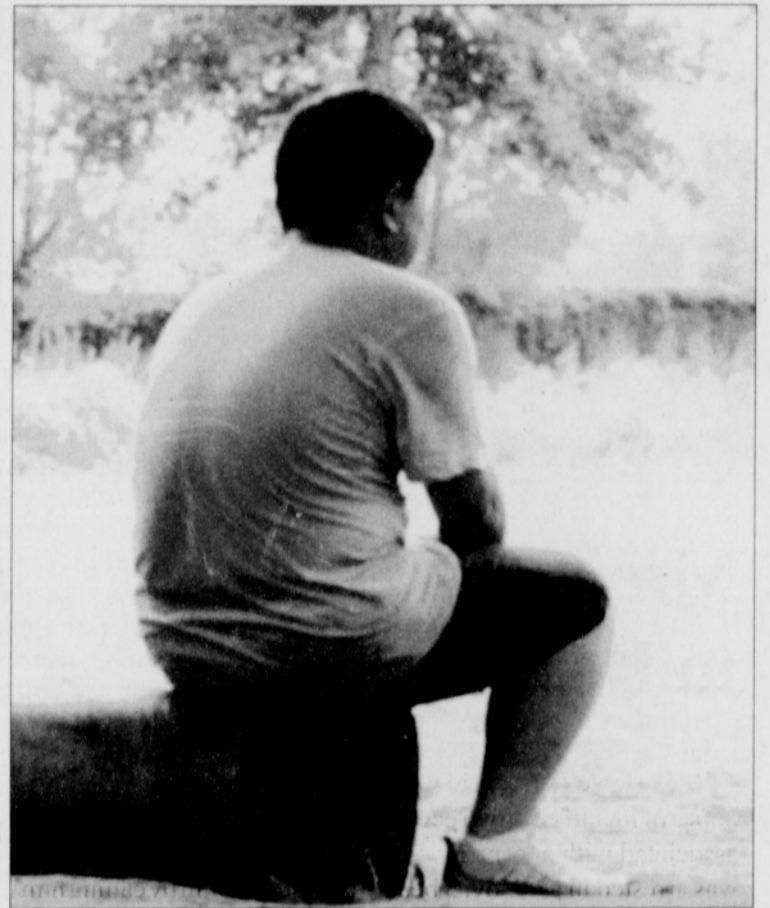
A second study, by Danish researchers, documents a connection between excess weight in even younger kids and heart disease in adults — especially boys.

"We've simply never had a generation that's been this heavy from so early in life, said Dr. David Ludwig, director of an obesity program at Children's Hospital Boston.

While the U.S. projections were based on a computer model, the Danish study is a large, decades-long look at what happened in real life to 277,000 children as they grew up. Some 14,500 of them — twice as many men as women — had heart disease or died from it before age 60.

The researchers found that the more overweight a child was between ages 7 and 13, the greater the risk of heart disease was in adulthood. The relationship was strongest in boys and increased with age.

For example, an average-size 13-year-old boy had a 12 percent risk. But for a boy of the same age and height who weighed about 25 pounds more, the risk went up by one-third, to 16 percent.



The number of obese children will grow dramatically in the coming years and so will their death rates from heart disease, according to a pair of recent studies. (AP photo)

"Our findings suggest that as children are becoming heavier worldwide, greater numbers of them are at risk of having a (coronary heart disease) event in adulthood," said the researchers from the Institute of Preventive Medicine in Copenhagen.

Today, about a third of U.S. youngsters are either overweight or obese.

Increasing numbers of obese children are being diagnosed with

type 2 diabetes, high blood pressure, bad cholesterol and other obesity complications that were seldom seen in children before.

Some of those complications are risk factors for heart disease, which could explain the link between childhood weight and a higher risk of heart disease, the Danish researchers suggest. Or it could be because many heavy children — although not all — become heavy adults, they said.



Dr. Billy R. Flowers

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Part 35. Different Benefits by Age Group

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care. Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of he girls in our society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However,

it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or

being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffered minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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

Flowers' Chiropractic Office
2124 N.E. Hancock Street, Portland Oregon 97212
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Opening Doors to Diversity

continued ▲ from Metro

one graduating with the minimum requisites can receive the journeyman's \$33 and be on their way to what he calls a fulfilling career.

"I didn't have any electrical experience at all," says Warren, who left grocery management for the promise of a better lifestyle. "What I did have was a good attitude and a willingness to learn."

Warren seeks out nonunion electricians to educate on the

benefits of being a union electrician because they get paid a dismally low average compared to the wage and benefit package. Nonunion contractors provide a key link in spreading knowledge on how unions work and how they can benefit from skilled labor forces of professional craftsmen.

"Generally you see our wage package at least \$15 more than non-union," Warren says. "They need to understand the benefits of being involved in a union."



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Alternative History

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company running Portland bus system at the time to hire minorities.

But, not wanting to give the impression that the necessity for civil-rights struggles ended with some African Americans making gains, Flores included a white-owned '60s private railroad car with a black servant remembered only as "Flecher."

"Even if we do allow some opportunity, that doesn't erase all the other stuff and some people are going to end up having to go back to these menial jobs," he says.