

HEALTH MATTERS



Red Cross Donors Dream of Vacation

Nurse Regina Palmer-Johnson helps Horizon Air employee Mike Higgason with a blood donation at the American Red Cross in north Portland. Between now and Jan. 31, blood-drive donors have the chance to win two round-trip, coach-class airline tickets to anywhere Alaska Airlines or Horizon Air fly thanks to a public-service campaign by the airline. Appointments can be made by calling 1-800-GIVE-LIFE.

Tips to Ease Holiday Overindulgence

And avoid the hangover headache

Celebrating the New Year can be joyous, but it can also provide the danger of drinking more than usual.

To help avoid or lessen the suffering associated with hangover headaches that often accompany these annual festivities, the National Headache Foundation offers some advice.

If you choose to drink alcohol, do so in moderation. Try to sip your drink slowly. Mixed drinks containing fruit or vegetable juices will probably have less effect than straight alcohol. Avoid red wine, which contains naturally occurring chemicals called congeners.

Eat some honey. Honey supplies fructose, a sugar that helps the body metabolize alcohol, is rich in vitamin B6 and can reduce hangover symptoms. Two tablespoons of honey on a cracker or piece of toast, before or after drinking, may prevent a hangover. Tomato juice, another good source of fructose, also allows the body to burn alcohol faster. The sugar in fruit and fruit juices may also reduce some symptoms of hangover, so consumption of these products can be beneficial.

Drink fluids containing minerals and salts. Liquids rich in minerals and salts offer relief from the dehydration caused by alcohol consumption. A cup of broth or bouillon, for example, will replace fluid.

Drink a cup of coffee. Caffeine may provide some relief in alleviating the headache symp-



toms and decreasing the duration of pain.

Take ibuprofen. While aspirin is okay, ibuprofen is typically less irritating to the stomach and can also ease the pain of hangover headache.

Alternate non-alcoholic beverages with alcoholic beverages. Drinking one non-alcoholic beverage between each alcoholic beverage reduces overall alcohol consumption and helps replenish fluids. An easy way to achieve this is asking for a glass of water in addition to your alcoholic beverage of choice when ordering a drink at the bar.

Eat greasy food before consuming alcohol. While it is wise to be health-conscious and avoid too much of these foods in general, this is a situation where eating fatty foods may be helpful. If consumed prior to drinking alcohol, these foods help line the intestines, which causes alcohol absorption to take longer.

HEALTH WATCH

Families Living With Mental Illness -- A free 12-week life changing course designed for the family of mentally ill family members, teaching coping skills, how to deal with crisis and relapse and more, begins Jan. 10, from 6 to 8:30 p.m. To register, call 503-890-4805 by Dec. 30.

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

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.

Breastfeeding Preparation -- Thursday, Jan. 10, from 6:30 to 9:30 p.m., this class is prepare expectant parents on the strategies and techniques of breastfeeding; \$42 fee per couple, to register, call 503-574-6595.

Babysitting Training -- Thursday, Jan. 3 from 9 a.m. to 4:30 p.m., the Youth Employment Institute, 1704 N.E. 26th, will host a first-aid training class for teens; participants will receive a first-aid kit for a \$40 fee. To register, call 503-888-2756.

Adult CPR/First Aid Class -- Friday, Jan. 4, from 9 a.m. to 3:15 p.m., the Youth Employment Institute, 1704 N.E. 26th Ave., will host the adult training; class participants will receive a first aid kit for a \$47 fee. To register, call 503-888-2756.

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.

Give Life -- Through Jan. 31, blood-drive donors have the chance to win two round-trip airline tickets to anywhere Alaska Airlines or Horizon Airfly thanks to a public-service campaign by the airline. Appointments can be made by calling 1-800-GIVE-LIFE.

For Big Brothers & Big Sister-To-Be -- Saturday, Jan. 19, from 10 a.m. to 11 a.m., special sibling class for children ages 3 to 6 helping to prepare for their role as an older sibling; \$20 fee (2 adults, 1 child), to register call 503-574-6595.

Newborn Care -- Saturday, Jan. 19, from noon to 5 p.m., expectant parents will learn tips and techniques for caring for their newborn; \$45 fee per couple. To register call 503-574-6595.

Welcome to Medicare -- Make informed Medicare choices, attend the free class to explain Medicare options, Jan. 17, and Feb. 21, from 7 p.m. to 9 p.m., at the Bruning Center in Gresham, 1484 N.W. Civic Dr. For registration information, call 503-491-7572.

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.

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

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m., the informative session led by a registered nurse to help manage side effects of medications and dosage preparations and administration; doctors referral required to register call 503-251-6313.

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.

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.

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.

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.

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.

Better Breathers -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. 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 p.m. to 8:30 p.m. For more information, call 503-256-4000.

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

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