

HEALTH MATTERS

Free Glaucoma Screenings

Devers Eye Institute at Legacy Health System will conduct free visual field screenings in January as part of National Glaucoma Awareness Month.

The screenings, which are painless and only take a few minutes to complete, will test for glaucoma and other serious diseases of the eye. No appointment is required and everyone is welcome.

"Although there is no cure for glaucoma, early detection leads to earlier treatment which can significantly delay or stop further visual loss," said Dr. G. A. "Jack" Cioffi, at Legacy's Devers Eye Institute. "We strongly urge anyone interested and especially those in high-risk groups such as African-Americans, the elderly and people with diabetes, to take advantage of this free screening service."

The free eye screenings are scheduled Friday, Jan. 25 from 10 a.m. to 2 p.m. at the Legacy Emanuel Hospital & Health Center Atrium; and Tuesday, Jan. 29 from 10 a.m. to 2 p.m. at the Legacy Good Samaritan Hospital & Medical Center Main lobby.

Dangerous Artery Disease Explained

Gwen Williams, a nurse and the executive director of the African Methodist Episcopal Church Health Commission, was surprised to learn she had peripheral arterial disease (PAD) -- clogging of the arteries in the limbs - even though she had two risk factors, high blood pressure and cardiovascular disease.

"I experienced pain in my legs while traveling and immediately went to the doctor," said Gwen. "I had never experienced symptoms until then."

PAD, which affects 8-12 million Americans, is more common in African Americans than any other racial or ethnic group. This may be because some of the risk factors for the disease, such as diabetes and high blood pressure, are more common among African Americans.

The risk for the disease is also increased if you: smoke or used



Gwen Williams, a nurse, was surprised to learn that she had clogging of the arteries, even though she had risk factors of high blood pressure and cardiovascular disease.

to smoke; have high blood cholesterol; or have a history of vascular disease, heart attack, or stroke.

A recent study found that only 1 in 4 people surveyed were aware of PAD and that awareness was even lower among African Americans. Having clogged arteries raises the risk for having a heart attack, stroke, leg amputation or even death.

Not everyone with PAD has symptoms. When present, the typical symptoms include fatigue, heaviness or cramping in the legs during activities that goes away with rest; pain in legs and/or feet at rest; sores or wounds on toes; and feet or legs that heal slowly, poorly or not at all.

If you are over the age of 50 and think you are at risk for PAD, consult your health care provider. For more information, visit aboutpad.org.



FEBRUARY 20, 2008

Shirley Nanette
w/The Mel Brown Quartet

@Jimmy Mak's
221 NW 10th Avenue
Portland, OR
8pm/doors open at 7pm

KMHD 89.1 FM Presents in Celebration of
Black History & Women's History Month
SHIRLEY NANETTE with
The Mel Brown Quartet
Recording Live @ JIMMY MAK'S
Tickets \$25 each

Available at www.brownpapertickets.com,
online at KMHD.FM or at 503-491-7271

Methadone Can Kill Tied to heart attacks even when prescribed

Methadone is a possible cause of sudden cardiac death even when it isn't overdosed but is taken at therapeutic levels primarily for relief of chronic pain or drug addiction withdrawal, a new study by Oregon Health & Science University researchers suggests.

The study's findings, described in the January issue of The American Journal of Medicine, are based on an evaluation of all sudden cardiac deaths in

the Portland area between 2002 and 2006 where detailed autopsies were performed.

The findings lend support to a growing body of individual case reports linking methadone to a rare ventricular arrhythmia, known as torsade de pointes, which can degenerate into ventricular fibrillation leading to sudden death in the absence of medical intervention.

The study's authors conceded

that they could not rule out the possibility that some of the deaths in the first case group actually were due to suppression of breathing, especially during sleep. Previous studies have found that stable patients in a methadone prevention program had more sleep architecture abnormalities and a higher prevalence of sleep apnea.

The therapeutic use of methadone, a synthetic opiate, is increasing steadily not only for drug

addiction but also among cancer patients for managing chronic pain largely because it is less costly than the alternatives and also because it is fast-acting and its effect is long-lasting.

The OHSU study's authors suggested that additional safeguards prior to therapy might be necessary, such as an electrocardiogram and an assessment of the potential risk for respiratory suppression both awake and asleep.

HEALTH WATCH

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

Diabetes and Foot Care -- Friday, Jan. 18, at 2 p.m., the Summerplace Assisted Living Center, 15727 N.E. Russell St., will host the informational free class.

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.

For Big Brothers & Big Sister-To-Be -- Saturday, Jan. 19, from 10 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.

Becoming Smoke-Free, Staying Smoke-Free -- Mondays, Jan. 28

and Feb. 4, from 6 to 8 p.m., gain freedom from nicotine addiction through practical guidance and ongoing support; \$40 fee. To register, call 503-256-4000.

Weight Management for Children and Teens -- Wednesday, Jan. 30, 6:30 to 8 p.m. parents and teens will learn healthy eating and lifestyle changes with dietician Julie Stahl. To register, contact 503-335-3500.

Helping Babies Communicate Before They Can Walk -- Wednesday, Jan. 30, 9:30 to 10:30 a.m., Dawn Prochovnic, creator of SmallTalk Learning will teach the class teaching sign language to infants. To register, call 503-335-3500.

Groovin' a New Weight: Women Only -- Thursdays, Jan. 24 to March 13, from 6:30 to 8:30 p.m. Women will work on food, weight and body issues with a dietitian and fitness specialist in a fun, motivating environment. To register, call 503-574-6595.

Smoke-Free Support Group -- meets Mondays, 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.

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.

Birthing Naturally -- Beginning Tuesday, Feb. 5, from 5:30 to 8:30 p.m., this six-week series prepares new parents-to-be to experience as natural a birth experience as possible. To register, call 503-256-4000.

Osteoporosis Screening -- An ultrasound bone-density screening with personalized education; fee

\$30. To schedule an appointment, call 503-261-6611.

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.

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, 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.

Car + Home = BIG SAVINGS

See me for Car and Home Insurance and save.



Michael David Holton, Agent
7223 SW Macadam Avenue
Portland, OR 97219-3076
Bus: 503-517-9090
Fax: 503-517-9090 Fax: 503-445-1366



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.
Providing Insurance and Financial Services



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 1. CHIROPRACTIC: For the best in natural healing, hearing is believing.

Q: How did Chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated vertebra. To relieve the

patient's pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily functions. By making sure that

the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

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

Second Annual Drum Major Ecumenical Service

Presented By Vancouver Avenue First Baptist Church

Living the Dream

Honoring: Dr. Martin Luther King, Jr.
Coretta Scott King
Rosa Parks
Sunday, January 20, 2008
3:00 PM

Vancouver Avenue First Baptist Church
3138 N. Vancouver Ave., Portland, Oregon

Featuring: Keynote Speaker:
The Honorable Oregon State Senator
Peter Courtney

2008 Drum Major Award Honorees
Sho and Loen Dozono
Beth Nance
Wilma Pitre
Avel L. Gordly

Free Will Offering
To Benefit The Drum Major
Scholarship Program

For Information
Call 503-282-9496
www.vancouveravechurch.org