

HEALTH MATTERS

Health Plan Call Center Opens

Taking new applications

A 60-line call center began taking calls Monday from low-income Oregon adults wanting to put their names on a reservation list for possible healthcare coverage.

Operators will staff the phones 12 hours a day, Monday through Friday, through Feb. 29, after which a computer will randomly draw names from the reservation list to receive applications for the health plan's Standard benefit plan. The number to call is 1-800-699-9075.

The state insurance program for low-income residents who do not qualify for traditional Medicaid is being offered for the first time in several years. The first 3,000 applications will be mailed in March, with declining numbers mailed in several subsequent months.

"By the end of February, we are expecting tens of thousands of Oregonians will have put their names on the reservation list," said Jim Edge,

state Medicaid director in the Oregon Department of Human Services.

With 60 lines, the call center expects callers will either reach a live operator or have their call sent to voicemail, where they can leave a callback message or provide the required information (full name, mailing address and date of birth). In addition to the phone lines, people also may pick up a request form at a DHS office or send a request form from the DHS website at oregon.gov.

The Standard benefit package covers physician services, prescription drugs, chemical dependency and mental health services, emergency medical services and limited dental, hospital and vision benefits. Enrollees pay monthly premiums of \$0 to \$20, depending on income and number of people in the household.

Someone may call for another individual by providing the individual's full name, mailing address and date of birth. The call will require 10-20 minutes to complete.

YMCA's Anti-Obesity Crusade

(AP) — With a diverse clientele in mind, the YMCA is redefining itself with a new strategic plan to become America's paramount fitness and anti-obesity crusader.

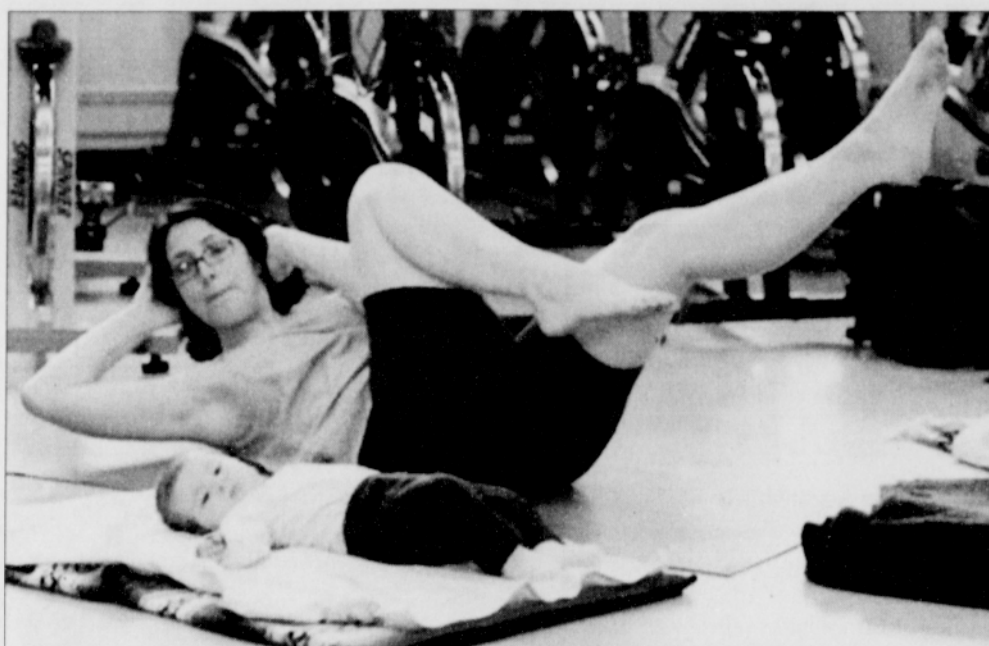
While maintaining its varied youth programs and vast child-care network, the Y is aggressively expanding health-related initiatives, notably through a program called Activate America.

Officials are retraining staff, redesigning facilities and revising activities to better serve the millions of Americans who find it hard to stick with weight-loss and fitness regimens.

"Our history has been one of taking a lead on key issues facing our society," said Neil Nicoll, who since May 2006 has been president of the YMCA of the USA — the parent group that coordinates activities of the 967 independently run YMCA associations across the country.

Founded in Britain in 1844 by Christian evangelicals, the YMCA opened its first U.S. branch in Boston in 1851 and soon adopted as a goal "the improvement of the spiritual, mental, social and physical condition of young men."

One by one, barriers to participation fell — women and non-Christians were welcomed, and in the 1960s the Y greatly expanded inner-



Kathryn Cahill practices yoga with her 4-month-old son Jack during the "Mom and Baby" yoga class at the Park Slope YMCA in Brooklyn, N.Y.

city operations. By the 1980s, it was embracing the fitness boom, and building many new facilities.

Now, more than 370 of its associations al-

ready have joined Activate America, which Nicoll said is targeted at the 40 percent of Americans who crave a healthier lifestyle but waver in their pursuit of it.



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HEALTH WATCH

Infant/Child CPR and First Aid -- Friday, Feb. 1 from 9 a.m. to 4 p.m., the Youth Employment Institute, 1704 N.E. 26th Ave., will host this great training class. Fee \$52. To register, call 503-888-2756.

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.

Breast Cancer Recovery through Wellness and Exercise -- Wednesday, Feb. 6, from 10:30 a.m. to noon, this free informational class is for newly diagnosed breast-cancer patients, with family and friends providing resources to support both emotional and physical needs during this challenge; to register contact 503-574-6595.

Food Myth Busters: Good Nutrition for a Heart-Healthy Life -- Thursday, Feb. 7, from 6:30 to 7:30 p.m., take a moment for your heart in this free educational series to take charge of your heart and vascular health with health experts. To register, call 503-574-6595.

A Morning for Your Heart -- Saturday, Feb. 9, from 11 a.m. to 4 p.m., the Clackamas Town Center, will host this free expo with blood pressure checks and expert advice to improve the health of your heart.

Feeling Forgetful; Women and Memory Loss -- Monday, Feb. 11, from 7 to 8:30 p.m., a neurologist will help women to sort out simple memory loss from something possibly more serious at this free women's wellness forum. For information on additional location and times and to register, call 503-574-6595.

Food for Life: A Cooking and Nutrition Series -- Learn about the influence of diet on cancer, including cooking demonstrations, food samples and more. This four part series begins Thursday, Feb. 21 from 6:30 p.m. to 8:30 p.m. To register, call 503-256-4000.

Newborn Care -- Saturday, Feb. 16, 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, Feb. 16, 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.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, contact 503-215-4622.

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.

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 and dosage preparations and administration; doctor's 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.

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.

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.

Are you a Woman with Asthma?

Receive \$50 for being in a Focus Group Discussion about Asthma

- For African American women
- Focus group lasts 90 minutes
- Portland location in February – date & location TBA
- Part of a research study to develop a computer-based program to help women manage their asthma

CALL toll-free 1-877-366-3119 for info & to sign up

Research study funded by the National Institutes of Health; program developed by Oregon Center for Applied Science (Eugene)

For Your Health Cervical Cancer and HPV

BY LARRY LUCAS

Now is a time when many people resolve to do better for themselves in the year ahead — we promise to lose weight, be more patient, volunteer. This year, make a resolution to keep: Encourage the women in your life to get a Pap smear once a year.

A Pap smear is a microscopic examination of cells found on a woman's cervix, performed through a routine pelvic examination. USA Today recently reported this one test has led to a 70 percent drop in the U.S. cervical cancer death rates over the past six decades.

Worldwide, cervical cancer is the third most common type of cancer in women. Up to 80 percent of all American women with newly diagnosed invasive cervical cancer have not had a Pap test in the past five years, and many of these women have never had a Pap test.

There is no excuse for skipping out on this important health screening that takes only minutes and is relatively painless. Both cervical and breast cancer testing is now more available to medically underserved women through the

National Breast and Cervical Cancer Early Detection Program.

This program offers cervical cancer early detection testing to women without health insurance for free or at very little cost. Contact the Centers for Disease Control and Prevention at cdc.gov or 1-800-CDC-INFO for information about screening programs in your area.

Cervical cancer is frequently caused by the human papilloma virus, the most common sexually-transmitted virus in the U.S. In fact, it's so common that at least 80 percent of women will have acquired genital HPV infection by age 50. Don't panic: Most HPV infections go away naturally, and having HPV doesn't mean you'll get cancer; you are simply at a higher risk.

There are hundreds of types of HPV and only certain, high-risk strains can sometimes cause cancer if they persist and change cells over many years. But you can't know if you have HPV, and if so, what type of HPV, unless you get appropriate screening tests. Most often, HPV is without noticeable symptoms.

Smoking also will double your

chances of getting cervical cancer, so in conjunction with the pelvic exam, women can dramatically reduce their chances of getting this potentially deadly cancer by avoiding tobacco.

A new vaccine protects against four types of HPV, which together cause 70 percent of cervical cancers, according to the CDC. The Food and Drug Administration recently approved this vaccine for use in girls and women between the ages of 9 and 26.

For those who need help affording their prescription medicines, including the HPV vaccine, there are programs that can help. The Partnership for Prescription Assistance (1-888-4PPA-NOW or pparx.org), a national program sponsored by America's pharmaceutical research companies, provides a single point of access to information on 475 patient assistance programs. More than 2,500 brand-name and generic prescription medicines are available through the participating programs. So far, the program has already helped more than 4.5 million people in need nationwide.

Larry Lucas is a vice president for Pharmaceutical Research and Manufacturers of America.



Dr. Billy R. Flowers

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Part 3. ALLERGIES: Why Chiropractic often works more effectively than drugs.

Q: Nothing else has ever really helped my allergies. What can Chiropractic possibly do?

A: First, take a look at the word itself. "Allergy" is a shortened form of "altered energy." Way back when patients first complained of allergic symptoms, it was obvious to the physician who coined the term that somehow, the body's energy configuration had shifted and caused the problem. Chiropractors now know that

the central nervous system controls the body's flow of energy. We also know that when the spinal column is out of alignment, it interferes with the central nervous system's flow of energy. When those nerves leading to the eyes or nose or throat are being interfered with, "altered energy" symptoms result. By correcting the source of the problem, not just

the symptoms, Chiropractic can often provide complete, lasting relief. Without drugs or drowsiness. For help with your allergy-related problems or answers to any questions you might have about your health, your will find that Chiropractic is often the answer. Call us for an appointment today.

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