HEALTH MATTERS

Tobacco May Claim 1 Billion Lives

Prevention policies urged

(AP)—The World Health Organization warned in a new report that the "tobacco epidemic" is growing and could claim 1 billion lives by the end of the century unless governments dramatically step up efforts to curb smoking.

In its first comprehensive report on tobacco use in 179 countries, the U.N.'s health agency said governments around the world collect taxes every year but spend less than one-fifth of 1 percent of that revenue on tobacco control.

nity is being urged to step up HIV

beth Glaser Pediatric AIDS Foun-

dation. "Knowing your HIV status

among pregnant women.



Smoking tobacco will lead to unprecedented levels of disease and early death, according to a new report from the World Health Organization.

Testing Critical in AIDS Fight for Pregnant Woman

more than \$200 billion in tobacco to dramatically increase efforts to and protect nonsmokers from ex- ban tobacco advertising, promo-

High rates of HIV infection in the

alarming. According to the U.S.

of new HIV/AIDS diagnoses.

The rate of AIDS diagnosis for

The report calls on all countries posure to second-hand smoke.

It urges governments to adopt prevent young people from begin- six "tobacco control policies" ning to smoke, help smokers quit raise taxes and prices of tobacco;

tion and sponsorship; protect people from second-hand smoke; warn people about the dangers of tobacco; help those who want to quit smoking; and monitor tobacco use to understand and reverse the epidemic.

Dr. Douglas Bettcher, director of the World Health Organization's Tobacco Free Initiative, said WHO estimates 5.4 million smoking-related deaths a year, rising to more than 8 million a year by 2030 if nothing is done. That adds up to 175 million between 2005 and 2030. Beyond that, he said, deaths will continue to rise and statistical projections put the death toll at near 1 billion by the end of the century.

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HIV/AIDS infection among Afsimplest ways to help save an HEALTH WATCH

The African-American commu- infant's life."

testing and counseling, especially African-American community are

"Getting an HIV test takes cour- Centers for Disease Control and

age, but it is a tremendous act of Prevention, blacks make up approxi-

compassion and hope," said Pamela mately 13 percent of the U.S. popu-

is the essential first step to eradiblack women was nearly 23 times

cate this disease and one of the the rate for white women.

Heart Awareness -- Wednesday, Feb. 20 at 4:30 p.m., Dr. David J. P. Barker presents a talk on how nutrition in the womb affects heart disease. On Wednesday, Feb. 27 at 4:30 p.m., Dr. Maureen Mays lectures on the topic 'Heart Healthy Everyday.' Registration is required by calling 503-418-3748.

Tools for Caregivers -- Six-week educational series are offered to help family caregivers take care of themselves while caring for a relative or friend with a chronic illness. The classes are being held at several locations and dates. Call 503-413-6465 for more information.

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 Sisters-To-Be -- Saturday, Feb. 16, from 10 to 11 a.m., special sibling classes for children ages 3 to 6 are offered to help them to prepare for their role as an older sibling. \$20 fee (2 adults, 1 child). To register, call 503-574-6595.

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.

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.

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 to 8:30 p.m. To register, call 503-256-4000.

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

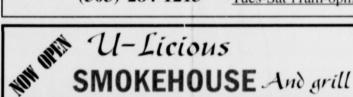
Testing is a key component of HIV prevention, and testing of pregnant women is one of the most W. Barnes, president of the Eliza- lation, but accounted for 49 percent effective ways to reduce mother- and HIV testing are the most effecto-child transmission.

> powerless to stop it, Barnes said. HIV status, and give them the cal advances, it is now possible for and the health of their babies.

> rican-American infants is high as an HIV-positive woman to give birth well. Of the 141 infants infected to a healthy, HIV-negative baby. with HIV in 2006, 65 percent were This is why it is so important that all pregnant women get tested early, so we can stop HIV before it moves into the next generation."

Universal, routine counseling tive ways to increase the number of "The good news is we are not pregnant women who know their "Thanks to groundbreaking medi- chance to protect their own health





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Have carpal tunnel syndrome? Interested in magnets? The Helfgott Research Institute in collaboration with the Oregon Health & Science

University is conducting a study to determine the best strength magnet to use for carpal tunnel syndrome

To participate in the study, you must meet these requirements.

Be between 18 and 65 years old

· Have hand or wrist pain with tingling or numbness . Be willing to have a nerve conduction test

 Not be pregnant or nursing, and haven't had a baby in the last three months · Not have any implanted electronic devices (such as a pacemaker)

Participants will wear one of three strength magnets for six weeks. You will attend four study visits at the Clinical and Translational Research Center of Oregon Health & Science University and three visits at the Orthopaedics and Rehabilitation Clinic. The study will last about 5 months. You will be compensated at the completion of each phase of the study, up to a possible total of \$300 for the entire study

For more information, please call $503 ext{-}552 ext{-}1749$

NCNM IRB #81506B OHSU IRB #2935 Principal Investigator A. Colbert, MD Helfgott



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