

HEALTH MATTERS



For Your Health

BY LARRY LUCAS

Shape Your Future Heart Health

Your heart is the very center of your well-being. Without the heart's pumping action, blood can't circulate within your body to get oxygen and nutrients to your organs. But for many, our heart health is at risk. About every 26 seconds, an American will have a coronary event, and about one every minute will die from it.

In the African-American community, cardiovascular disease, which includes heart attack and stroke, is the leading cause of death for men and women. Each year it takes more than 100,000 people from their loved ones and families far too soon. Nearly 50 percent of all African-American adults have cardiovascular disease.

When you think of someone having a heart attack, you might think of a middle-aged man. The truth is cardiovascular health isn't just a "man's issue." Did you know that women account for more than half of the total heart-disease deaths? Surprised? You're not

alone. Many women believe that cancer is more of a threat to their well-being, but they're wrong. Nearly twice as many women in the United States die of heart disease and stroke as from all forms of cancer, including breast cancer.

Much of the burden of heart disease and stroke could be elimi-

not the least of which is heart disease. Even the ways you respond to stress may play a role in your cardiovascular health because unhealthy responses to stress may lead to other risk behaviors like smoking and overeating.

The average age of first heart attack is 66. But it's not just those

cases decades for those bad habits to catch up with us. Young people need to know their future heart health is shaped by the choices they make today.

Visit your physician regularly so any irregularities are caught early. Just because you look great on the outside doesn't mean your insides are keeping up. Awareness is the first step in combating heart attacks and stroke, and its precursors such as hypertension.

Patients who need help accessing their prescription medicines can turn to the Partnership for Prescription Assistance, a national clearinghouse of patient-assistance programs.

In just two years the program has helped connect more than 3.5 million patients in need to programs that provide either free or nearly free medicines. For more information, patients can call 1-888-4PPA-NOW or visit pparx.org.

Larry Lucas is a vice president for the Pharmaceutical Research and Manufacturers of America (PhRMA).

It takes years and in some cases decades for those bad habits to catch up with us.

nated by reducing its major risk factors. Those risk factors include high blood pressure, high blood cholesterol, smoking, diabetes, lack of exercise and poor nutrition.

You've heard it before, but I'm going to say it again - lifestyle choices, like what you eat and how much you exercise, play such a critical role in preventing all kinds of potentially devastating diseases,

with gray hair that need to know how to keep their hearts healthy. In a recent survey, researchers were surprised to find that most young adults did not know the major risk factors for heart disease. Many bad habits that are risk factors for developing heart disease later in life, like diet and exercise patterns and tobacco use, begin when we're young. It takes years and in some

Weight Study Finds Sleep Helps

(AP) -- Children lacking enough shut-eye face a greater risk of becoming obese than kids who get a good night's sleep, according to a new study.

Each extra hour of sleep cuts a child's risk of becoming overweight or obese by nine percent, according to an analysis of epidemiological studies by researchers from Johns Hopkins Bloomberg School of Public Health.

By contrast, children who got the least sleep had a 92 percent higher change of being overweight or obese than children who slept enough, said the study published in the journal Obesity.

"Our analysis of the data



Children work out at a fitness center. Children lacking enough shut-eye face a greater risk of becoming obese than kids who get a good night's sleep, according to a new study.

shows a clear association between sleep duration and the risk for overweight or obesity in children. The risk declined with more sleep," said Youfa Wang, a senior author of the study.

"Desirable sleep behavior may be an important low-cost means for preventing childhood obesity and should be considered in future intervention studies," Wang said in a news release.

Some research recommends that children under five sleep 11 hours or more a day, while children five to 10 should get 10 or more hours of sleep, and children older than 10 should sleep at least nine hours.

HEALTH WATCH

Heart Awareness -- 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.

Newborn Care for Multiples -- Saturday, March 1, from 1 to 5 p.m., parents of twins or multiples learn about caring for the infants after birth; \$45 per couple. To register, call 503-574-6595.

Feeding for Multiples -- Sunday, March 2, from 5 to 8 p.m., new parents will learn the basics of feeding twins or multiples; \$42 per couple. To register, call 503-574-6595.

Making Sense of Medicare -- Wednesday, March 12, from 10:30 a.m. to noon, Oasis hosts a free informational session about Medicare at the Legacy Mt. Hood Medical Center Board Room.

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.

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.

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. Call 503-215-4622.

Smoke-Free Support Group -- meets Mondays, 7 to 8 p.m. For more information, 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 make 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.

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.

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.

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.

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.

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.

Chronic Pain Support Group -- meets the first Wednesday from 4 to 5:30 p.m. and the third Wednesday of each month, from 7 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 to 8 p.m. For more information, call 503-251-6260.

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