

HEALTH MATTERS

Look for Whole Grains for Heart Health

The nutrients and fiber help with weight loss

Cutting calories helps people lose weight, but doing so by filling up on whole grains may be particularly heart-healthy, new research suggests.

In a study of obese adults at risk of heart disease, researchers found that those who trimmed calories and increased their whole-grain intake shed more belly fat and lowered their blood levels of C-reactive protein or CRP.

CRP is a marker of chronic, low-level inflammation in the blood vessels, and both abdominal fat and CRP, in excess, are linked to heart attack and stroke.

In contrast, dieters in the study who

mainly ate refined grains, like white bread, were able to lose weight, but they trimmed less fat from the middle and showed no change in CRP.

The findings offer yet more incentive for Americans to opt for whole grains over highly processed versions, according to the researchers.

"This is the first clinical study to prove that a diet rich in whole grains can lead to weight loss and reduce the risk of several chronic diseases," Dr. Penny Kris-Etherton, the senior researcher on the study, said in a statement.

She and her colleagues at Pennsylvania State University report the findings in the American Journal of Clinical Nutrition.

In general, experts recommend eating whole grains -- such as oatmeal, brown rice and barley -- rather than refined grains, like white bread and other products made



Paul Helton poses with whole-grain foods and the refined foods used in a study that shows how cutting calories helps people lose weight, but doing so by filling up on whole grains may be particularly heart-healthy.

from white flour. Whole-grain foods retain more of the nutrients and fiber components of the grain.

This fact might explain why dieters in the current study showed added benefits when they ate whole grains, according to the researchers. For example, fiber-rich foods may have kept participants' blood sugar levels more stable throughout the day, and this, in turn, may have lowered their CRP levels.

Alternatively, CRP might have dropped because of the antioxidant nutrients that are present in whole grains but depleted in refined ones.

Researchers recommend that consumers look at labels and be careful to choose products that are good sources of whole grain. Products that put health claims about whole grains on their labels are required to contain at least that much whole grain.

Hearing Loss Epidemic Strikes Military

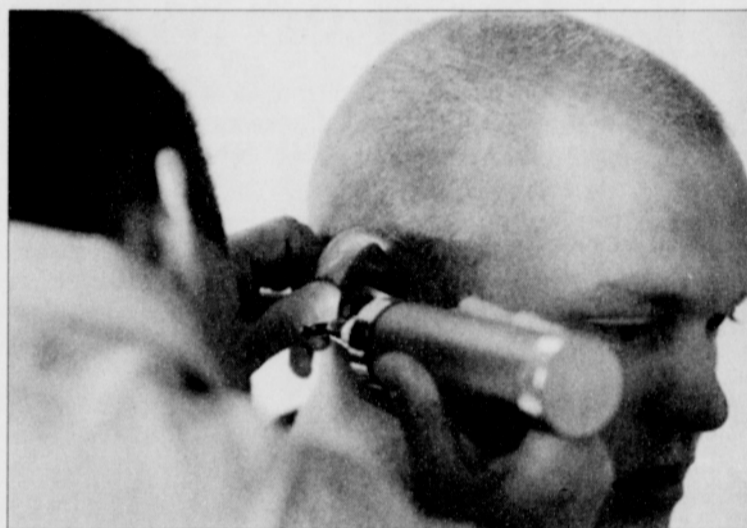
No. 1 disability in war on terror

(AP) -- Soldiers and Marines caught in roadside bombings and firefights in Iraq and Afghanistan are coming home in epidemic numbers with permanent hearing loss and ringing in their ears, prompting the military to redouble its efforts to protect the troops from noise.

Hearing damage is the No. 1 disability in the war on terror, according to the Department of Veterans Affairs, and some experts say the true toll could take decades to become clear. Nearly 70,000 of the more than 1.3 million troops who have served in the two war zones are collecting disability for tinnitus, a potentially debilitating ringing in the ears, and more than 58,000 are on disability for hearing loss, the VA said.

One major explanation given is the insurgency's use of a fearsome weapon the Pentagon did not fully anticipate: powerful roadside bombs. Their blasts cause violent changes in air pressure that can rupture the eardrum and break bones inside the ear.

Also, much of the fighting consists of ambushes, bombings and firefights, which come suddenly and



Dr. Michael Hoffer, a Navy captain and inner-ear specialist, left, checks the ears of U.S. Army Sgt. Ryan Kahlor at Balboa Navy Medical Center in San Diego, Calif.

unexpectedly, giving soldiers no time to use their military-issued hearing protection.

In addition, some servicemen on patrol refuse to wear earplugs for fear of dulling their senses and missing sounds that can make the difference between life and death. Others were not given earplugs or did not take them along when they were sent into the war zone. And some Marines weren't told how to use their specialized earplugs and inserted them incorrectly.

Hearing damage has been a battlefield risk ever since the intro-

duction of explosives and artillery, and the U.S. military recognized it in Iraq and Afghanistan and issued earplugs early on. But the sheer number of injuries and their nature -- particularly the high incidence of tinnitus -- came as a surprise to military medical specialists and outside experts.

The military has responded over the past three years with better and easier-to-use earplugs, greater efforts to educate troops about protecting their hearing, and more testing in the war zone to detect ear injuries.

Medical Costs for Retirees Grow

(AP) -- A couple retiring this year will need about \$225,000 in savings to cover medical costs in retirement, according to a new study by Fidelity Investments.

The figure, calculated for a couple age 65, is up 4.7 percent from a year earlier, the Boston-based financial services company said. And it is

similar to other projections for health care costs in retirement -- daunting figures given that longer life spans also are requiring workers to increase retirement nest eggs.

A separate study released last month by the Center for Retirement Research at Boston College estimated that an individual needs to

go into retirement with some \$102,000 earmarked just for health care coverage, while a couple needs about \$206,000.

Given current levels of retirement savings, the center said, six in 10 older workers are "at risk" of being unable to maintain their standard of living in retirement.

HEALTH WATCH

Colorectal Cancer Discussion -- Wednesday, March 19, from 7 to 8:30 p.m., join surgical oncologist Dr. Katherine Morris and medical oncologist Dr. Anupama Kurup, to discuss prevention, colonoscopy procedures and latest treatment options, including robotic surgery at Legacy Good Samaritan, 1040 N.W. 22nd Ave.

Tools for Caregivers -- A six-week educational series is 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.

Maternity Orientation -- Thursday, March 20, from 7:45 to 8:45 p.m., this class is to familiarize expectant parents with the maternity unit and answer any questions you may have prior to labor and delivery. To register, call 503-574-6595.

Helping Babies to Communicate -- Wednesdays, April 2 thru April 23, from 9:15 to 10:30 a.m., Dawn Prochovnic, Creator of SmallTalk Workshops will present the tips and tricks and the art of teaching sign language to babies before they even begin to talk; \$70 per couple. To register, call 503-335-3500.

Peer-to-Peer Recovery -- The peer-to-peer education recovery course is a free, nine-week course on the topic of recovery for any person with a serious mental illness. The courses are led by mentors who are recovering from mental illness and are trained to teach coping strategies to others. For more information, call 503-228-5692.

What About Boys -- Wednesday, April 23, from 7 to 9 p.m., Legacy Meridian Park Hospital, 19300 S.W. 65th Ave., will host a forum discussing the developmental perspectives of raising young boys, and the problems they are facing today; \$5 fee at the door. To register, call 503-335-3500.

Health Inequities -- The public is invited to join in the dialogues with community members, organizations, business leaders and local elected officials to discuss the root causes of health inequities as well as long-term solutions in a this seven-part series. For neighborhood locations, dates, and times visit mchealth.org/healthequity.

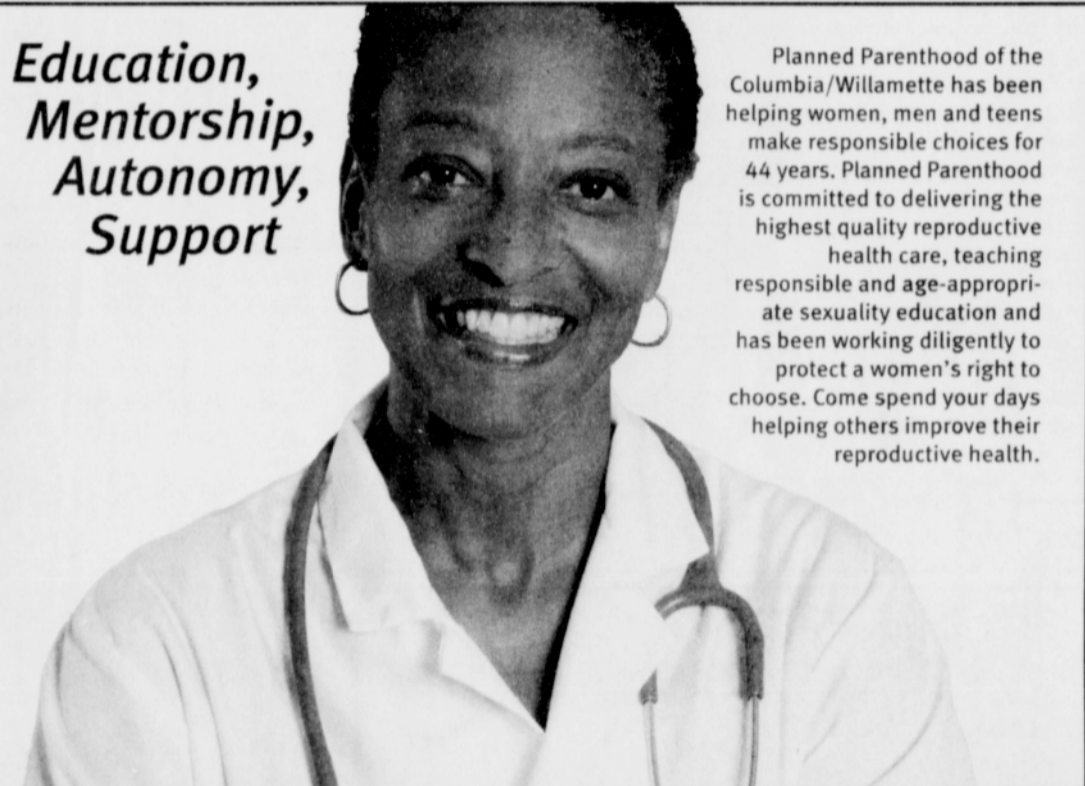
Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

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, call 503-215-4622.

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.

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.

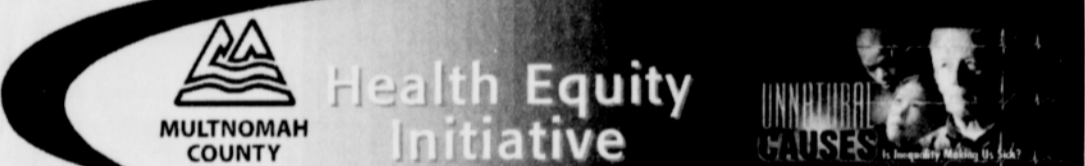
Education, Mentorship, Autonomy, Support



Planned Parenthood of the Columbia/Willamette has been helping women, men and teens make responsible choices for 44 years. Planned Parenthood is committed to delivering the highest quality reproductive health care, teaching responsible and age-appropriate sexuality education and has been working diligently to protect a women's right to choose. Come spend your days helping others improve their reproductive health.

Planned Parenthood of the Columbia/Willamette

www.ppcw.org • jobs@ppcw.org



How does poverty, housing or discrimination affect your health?

Across the country, thousands of people will take part in discussion about the connections between healthy bodies, healthy bank accounts and skin color.

Please join us for a special screening and discussion of *Unnatural Causes*, a PBS documentary which confronts myths and misconceptions about our health.

Portland Community College Moriarty Arts and Humanities Building Auditorium
Saturdays from 1:00 p.m. to 3:00 p.m.
March 8, March 22 and April 12

New Columbia
Saturdays from 1:00 p.m. to 3:00 p.m.
4625 N. Trenton Street
March 29, April 19, May 3 and May 17

For more information and screening locations, visit www.mchealth.org/healthequity or call 503-988-3030 Ext. 22068



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 10. Fatigue: A cure for people sick and tired of being of being sick and tired.

Q: I seem to be tired a lot lately. Does that mean I need iron?

A: The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don't feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It's a subject we'd be happy to discuss with you in detail. Another cause, however is often stress. Many of you have prob-

ably heard of the "Fight Or Flight" syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients' x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often vastly improved. Patients come back well-

rested, telling us they just had their best night's sleep in ages. If you think the stress of everyday life might be wearing you down and preventing your body from warding off illnesses, call us for an appointment. Or if there are any other questions you might have about your health, just call us at the phone number below.

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