

HEALTH WATCH

Newborn Care -- Saturday, July 12 from 1:30 p.m. to 6 p.m., expectant parents get a complete look at preparing for the new arrival, topics include bathing, diapering, safety and answers to common questions; \$45 fee per couple. To register, call 503-574-6595.

Infant CPR -- Monday, July 14, from 6 p.m. to 8 p.m., this class will teach families how to perform rescue breathing, CPR and choking maneuvers for infants 1 to 12 months old; \$34 fee. For more information and to register, call 503-574-6595.

Childbirth Preparation -- Tuesdays, beginning July 15, and Thursdays, starting July 31, from 7 p.m. to 9 p.m., are the launch dates for a four-week series to help first-time parents prepare for a more comfortable labor and delivery with lectures, practice and discussions; \$85 per couple. To register, call 503-574-6595.

"Vegetarian Soups and Salads" -- Thursday, July 17 from 6 p.m. to 8:30 p.m., Mt. Hood Community College will offer a course teaching the art of cooking low-fat, cholesterol-free nutritious pure vegetarian soups and salads for any season; \$34 fee. To register, call 503-491-7572.

Big Brother & Big Sisters -- Saturday, July 19 from 10 a.m. to 11 a.m., this special sibling class is for ages 3-6, helps siblings prepare for their new role as a big brother or sister. Parents must be present; fee \$20. To register, call 503-574-6595.

Bringing Baby Home -- Saturday's, July 19 and July 26, parents-to-be can learn how to be the best parenting-team possible in a relaxed and supportive environment with a trained facilitator in these two six-hour sessions; \$40 fee per couple. For registration and information, call 503-215-6377.

Welcome to Medicare -- Thursday, August 14 from 7 p.m. to 9 p.m. and Saturday, August 16 from 10 a.m. to noon, Mt. Hood Community College will provide a free two-hour class to help participants understand the fundamentals regarding various benefit options. To register, call 503-491-7572.

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.

Chronic Pain Support Group -- meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, 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. For information and registration, call 503-215-4622.

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.

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.

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.

Heart Talk Support Group meets -- on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

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.

Cardiac-Rehab Exercise Classes -- A medically supervised exercise program for people dealing with heart conditions. For more information, call 503-251-6260.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

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.

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.

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

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 aksthenutritionist@newseasonsmarket.com.

Senior Aerobics -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

Bereavement Support -- A bereavement support group meets each 2nd and 4th Tuesdays, from 10 a.m. to 11:30 a.m. To learn more, call 503-251-6192, extension 5670.

Better Breathers -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For more information, call 503-251-6830.

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.

Peer-to-Peer Recovery -- Peer-to-peer education recovery is a free 9-week course for mental health patients. Mentors who are recovering from mental illness are trained to teach coping strategies to others. For more information, call 503-228-5692.

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.

HEALTH MATTERS

Boost in Global AIDS Fight Coming

Congress works toward compromise

(AP) -- Senate negotiators have reached a tentative agreement on a key obstacle to one of the most ambitious federal health initiatives ever, a \$50 billion act to combat AIDS, malaria and tuberculosis in Africa and other countries hard-hit by those diseases.

The agreement sets the stage for the Senate to vote in the near future on the five-year bill that would more than triple the size of the \$15 billion global AIDS bill that Congress passed in 2003.

Senate Majority Leader Harry Reid said they had an "agreement in principle" with several Republican senators, led by Sen. Tom Coburn of Oklahoma, who had voiced opposition to aspects of the bill.

Coburn, a medical doctor who



Singer Kelly Rowland is tested for the HIV at Kenyatta Hospital in Nairobi. Rowland is the 2008 Ambassador for MTV. (AP Photo)

has treated AIDS patients, held up the bill over his demands that a fixed percentage of funding go to treatment programs. The 2003 bill stipulated that 55 percent of funds go to treatment, but that figure was taken out of the bill that overwhelmingly passed the House last April.

Writers of the new bill argued that caregivers on the ground would be better able to determine how to allocate money on prevention and treatment programs, but Coburn said there was a danger of money being diverted into unrelated development and poverty programs.

Under the tentative agreement, "more than half" of bilateral AIDS funding would be spent on treatment.

Senate Foreign Relations Committee Chairman Joe Biden, D-Del., welcomed the deal, saying HIV/AIDS alone claimed 2 million lives last year and "it is our moral obligation to lead the effort to fight these diseases."

The current PEPFAR act, operating mostly in sub-Saharan Africa, has been one of the major successes of the Bush administration's foreign policy, supporting anti-retroviral treatment for about 1.5 million. It is on target to prevent 7 million new infections and provide care for 10 million, including orphans and vulnerable children.

The new and expanded bill has been promoted by the White House, which actively engaged in the negotiations, and supported by presumed presidential nominees Sens. Barack Obama, D-Ill., and John McCain, R-Ariz.

Study Finds Some Need Smaller Stomachs

Reveals benefit in bariatric surgery

(AP) -- Morbidly obese patients who undergo weight-loss surgery greatly reduce their risk of cancer, according to a new study on health benefits from these increasingly common operations.

Researchers from McGill University in Montreal found that the people who underwent bariatric surgery saw reductions in particular in the risk for breast and colon cancer. Many people see dramatic weight loss after such surgery.

People who are deemed morbidly obese typically are at least 100 pounds overweight. The researchers tracked 1,035 such patients who had bariatric surgery for five years. They also monitored 5,746 patients who matched the surgery group in age, sex and weight but did not

percent and colon cancer by about 70 percent, those who underwent bariatric surgery also saw reductions in the risk for pancreatic cancer, skin cancer, uterine cancer and non-Hodgkin's lymphoma, the researchers said.

The study buttresses findings published last year in the New England Journal of Medicine that obese people who have bariatric surgery have a lower risk of death from heart disease, diabetes as well as cancer compared to obese people who do not have such surgery.

Bariatric surgery alters the digestive system's anatomy to cut the volume of food that can be eaten and digested.

Most of the study's patients had gastric bypass surgery, which

a lot of them develop weight-related health problems that shorten their lives. What we see in all these studies is that when people

lose the weight, their health gets better," said Dr. Daniel Gagne of the Western Pennsylvania Hospital in Pittsburgh.



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A passenger waits for a delayed flight at the Heathrow airport in London.

have this surgery.

Those who underwent bariatric surgery had about an 80 percent lower risk of developing cancer, the study showed.

In addition to cutting the incidence of breast cancer by about 85

leaves the stomach smaller and permits food to bypass part of the small intestine.

"There's an old misconception that this is cosmetic surgery. But actually, people who are overweight don't live as long because

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4th of July Blood Drive

The Red Cross Portland Donor Center, 3131 N. Vancouver Avenue, will host its annual Celebrate Freedom blood drive on Friday, July 4 from 7:30 a.m. to 2 p.m.

One of the most popular blood drives of the year, the Celebrate Freedom event helps give an important boost to the community blood supply going into the difficult summer collections season.

During the summer, blood shortages are common, but with a shelf life of 42 days, the blood collected around the holiday can help sustain the inventory of blood.

The Rose City Clowns will be on hand to provide fun and entertainment for those waiting for a donating friend or family member. The Oregon Beef Council will also sponsor a free hotdog barbecue during the blood drive.

Appointments for this event can be made by calling 503-284-4040 or by visiting Givelife.org.

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