

HEALTH MATTERS

Injury Death Rate Declines

According to a new report issued by Multnomah County Health Department, African American and Hispanic unintentional injury death rates declined significantly over the past decade.

The African American rate declined from 49 per 100,000 to 34 per 100,000 and the Hispanic rate declined from 42 per 100,000 to 25 per 100,000.

Rates of motor vehicle-related deaths have declined by 19 percent in Multnomah County for all racial and ethnic groups.

Unintentional injury is the lead-

ing cause of death among adolescents, the second leading cause of death among children and is one of the top five leading causes of death among adults in Multnomah County. The most frequent causes are motor-vehicle accidents, poisoning, fires, drowning and falls.

In Multnomah County homicide rates have been consistently higher among African Americans than among other race/ethnicities; however, the rate among African Americans has declined more than 50 percent since the early 1990s.

HEALTH WATCH

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.

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.

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.

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.

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, Aug. 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.

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.

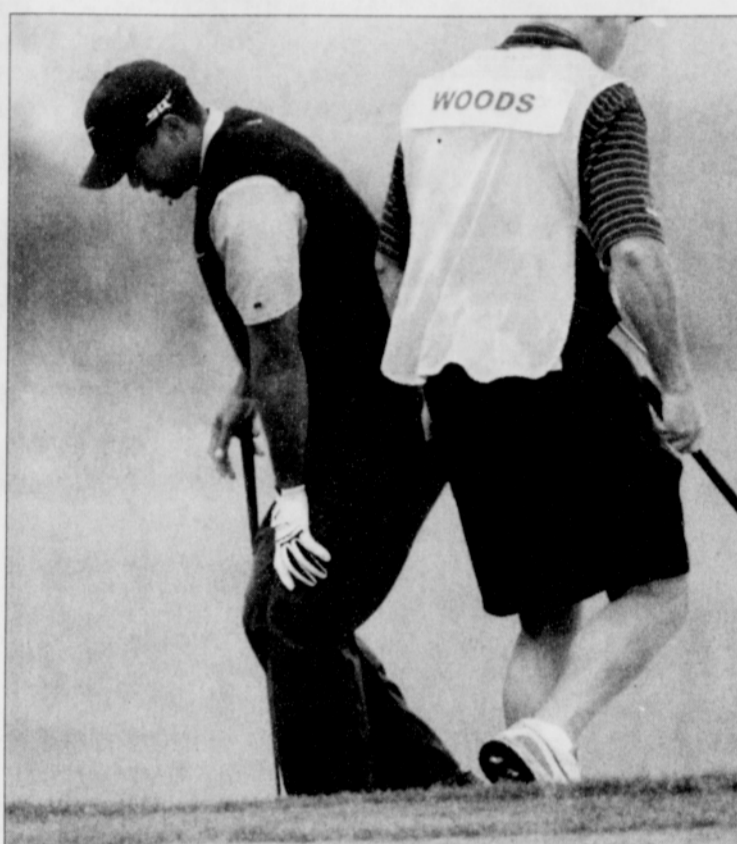
OSHU Looks at Regenerating Cartilage

Research reveals important clues

A strain of mice with the natural ability to repair damaged cartilage may one day lead to significant improvements in treatment of human knee, shoulder and hip injuries, according to researchers at Oregon Health & Science University.

"We think there is something special about these mice," said Jamie Fitzgerald, Ph.D., OHSU assistant professor of orthopedics and rehabilitation. "They have the ability to regenerate cartilage."

"Knee pain is one of the most common musculoskeletal complaints that bring people to their doctor," Fitzgerald said. Cartilage is a key culprit. "Human cartilage injuries heal poorly and can lead to cartilage degeneration and osteoarthritis. This is an enormous clinical problem. It is estimated that one quarter of the adult population will have some kind of arthritis by 2020." Knee injuries are a significant



Tiger Woods grimaces as he touches his knee during the U.S. Open last month in San Diego. OHSU research reveals important clues to significantly improve treatment of human injuries – such as Tiger Woods' damaged knee cartilage.

issue for professional athletes. The National Football League Charities provided the initial grant to launch the study. "Cartilage injuries can be career-ending for football players," Fitzgerald said.

Greg Oden missed his rookie season with the Blazers because of a cartilage injury. Although it's not his primary injury, champion golfer Tiger Woods was sidelined for two months this spring after surgery to deal with damaged cartilage in his left knee.

Fitzgerald and his fellow OHSU studied knee injuries in 150 mice. Three months after the cartilage in their knees was damaged, male MRL mice had replaced a significant amount of the injured tissue with healthy cartilage.

The next step is understanding why these mice are able to restore the cartilage in their knees.

"If we can identify what genes or proteins are necessary for cartilage to heal, we can work toward finding similar genes and proteins in humans," Herzka says. An actual treatment, however, "is many years away."

Neglected Woman Dies on Hospital Floor

Video shows no one coming to help her

(AP) – A New York City hospital has agreed to implement reforms at a psychiatric ward where surveillance footage showed an African-American woman falling from her chair, writhing on the floor and dying as workers failed to help for more than an hour.

Esmine Green, 49, had been waiting in the emergency room for nearly 24 hours when she toppled from her seat at 5:32 a.m. on June 19, falling face down on the floor.

She was dead by 6:35 a.m., when someone on the medical staff, flagged down by a person in the waiting room, finally approached, nudged Green with her foot, and gently prodded her shoulder, as if to wake her. The staffer then left and returned with someone wearing a white lab



Esmine Green (top right) is shown waiting for care in the psychiatric ward of the Kings County Hospital in Brooklyn, N.Y. before she toppled from the chair and died after waiting 24 hours for in the emergency room.

coat who examined her and summoned help.

Until the staffer's appearance, Green's collapse barely caused a ripple. Other patients waiting a few feet away didn't react. Security guards and a member of the hospital's staff appeared to notice her prone body at least three times, but made no visible attempt to see if she needed help.

One guard didn't even leave his chair, rolling it around a corner to stare at the body, then rolling away a few moments later.

The New York City Health and Hospitals Corporation, which runs the hospital, said six people have been fired as a result, including security personnel and members of the medical staff.

"We are all shocked and distressed by this situation," HHC's president, Alan Aviles, said in a statement.

Skilled Nurses Honored

The intensive care unit at Providence St. Vincent Medical Center is filled with the latest technology to help critically ill patients fight for survival. But the unit's greatest asset is the registered nurses who are skilled at detecting and managing any potential problem that might hamper a patient's successful recovery.

The American Association of Critical-Care Nurses has recognized that and selected the Providence St. Vincent intensive care unit as one of 19 in the nation to receive the Beacon Award for Critical Care Excellence.

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Q: I have been having a lot of pain in my neck. The doctor said that it was osteoarthritis and that I would have learn to live with it. What is your opinion?

A: As you might know, there is a tremendous amount of health research going on today. Much relates to the spine and nervous system. You might ask your doctor if he has read the latest study on osteoarthritis. The study showed that there was no correlation between the amount of osteo-arthritis and the amount

of pain a person suffers. In fact it has been found that pain and osteoarthritis are both caused by the same problem. Mechanical stress on the bone and joints is the biggest cause of pain and also the cause of that deformity of the joint your doctor calls osteoarthritis. In Chiropractic we evaluate where the

joint and bones are stresses. Our chief purpose then is to remove the stress or irritation from the joint (and nerves) – not only to reduce pain but to allow the bones to be as healthy as possible as well. If you have joint pain, isn't it time you stepped up to . effective Chiropractic?

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