

HEALTH

Once is Enough to Hook Some Smokers

For some people, one cigarette is all it takes to become hooked on nicotine, while others are repelled by it.

Researchers in Canada have found a region in the brains of rats that may be the key to these differences.

By manipulating specific molecular doorways into brain cells called receptors, they were able to control which rats in the study enjoyed their first exposure to nicotine and which were repelled by it.

"Our findings may explain an individual's vulnerability to nicotine addiction and may



For some people, one cigarette can get you hooked.

point to new pharmacological treatments for the prevention of it and the treatment of nicotine withdrawal," said Dr. Steven Laviolette of the University of Western Ontario, who reported

his findings in the Journal of Neuroscience.

Several studies have found that certain people are especially responsive to the effects of nicotine.

One, published last October in the journal Pediatrics, found teens who felt relaxed after their first drags on a cigarette were far more likely to become addicted to smoking.

"During the early phase of tobacco exposure, many individuals find nicotine highly unpleasant and aversive, whereas others may become rapidly dependent on nicotine.

Blocking Drug May Help Alcoholics

An experimental drug that blocks the euphoric feelings associated with drinking may prevent alcoholics from relapsing. The finding, the result of a mouse study at Oregon Health & Science University, could lead to human clinical trials within the next year.

"We showed we could block behavior in mice that resembles this increased euphoria even after the animals had been given a lot of alcohol," said Tamara Phillips, Ph.D., professor and vice chair of the behavioral neuro-

science department at OHSU and a research scientist at the Portland Veterans Affairs Medical Center. "That's what you want in a treatment, because we don't get to people until after they become addicted to alcohol."

Earlier research has shown that some people's brains become sensitized as a result of chronic exposure to alcohol. This change in the brain does not subside after people quit drinking. So when they begin consuming alcohol again, "they get a bigger jolt," Phillips said.

Mental Illness Factor in Deaths

Oregonians with serious mental illness are dying years earlier than their neighbors in the general population, and a grassroots health movement is under way to reverse this trend.


The Oregon Department of Human Services Addictions and Mental Health Division has teamed with consumers of mental health services and their families, health care professionals and others to implement a statewide wellness initiative aimed at improving mental and physical health and longevity.

Death comes before age 50 for one third of those treated for

mental health problems, according to results of a seven-year mortality study. A staggering 89 percent of people treated for both mental illness and substance abuse die before age 50.

The early death toll among this segment of Oregonians falls in line with similar results from national and state studies.

More importantly, it brings into focus what many individuals with mental illness already knew; by taking charge of their health, habits and lifestyle they can add years — and quality — to their lives, said Bob Nikkel, DHS assistant director for addictions and mental health.



6th Annual AAHC HEALTH Walk

Please Join
Chip Shields, Oregon State Representative &
Ken Coleman, former contestant on NBC's Biggest Loser
for the
6th Annual AAHC HEALTH Walk!

Saturday, Aug. 16th at 9:00 AM
in Dawson Park (at N. Vancouver & Stanton)

1.5 mile loop and 5K Walk!
Music, food, & fun!

\$20 registration,
children under 6 FREE (must be accompanied by an adult)!

Interested in forming a team? Discounts available!
Contact the AAHC
at 503.413.1850 or www.aahc-portland.org

6th Annual AAHC HEALTH Walk Registration

first name	last name	Participant Number: <input style="width: 80%;" type="text"/>
address		
city	state	zip code
phone number		
email		

***2008 AAHC HEALTH Walk T-shirt**

*One free T-shirt with paid registration. Please check T-shirt size.

small
 medium
 large
 X large
 XX large
 XXX large

Non-refundable registration fee is \$20.00 per person. Please send registration and check to: African American Health Coalition, Inc. 2800 N. Vancouver Ave. Suite 100 Portland, OR 97227 ph: 503-413-1850 To pay by credit card go to www.aahc-portland.org

Amount paid for registration fee(s) \$	Tax-deductible donation to AAHC \$
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signature of participant	date
signature of parent or legal guardian (for participants under age 18)	date

BACK-TO-SCHOOL

Education and Health Fair

Saturday, August 23, 1:00 - 4:00 PM

Reflections Coffeehouse & Bookstore
 446 NE Killingsworth Street, Portland

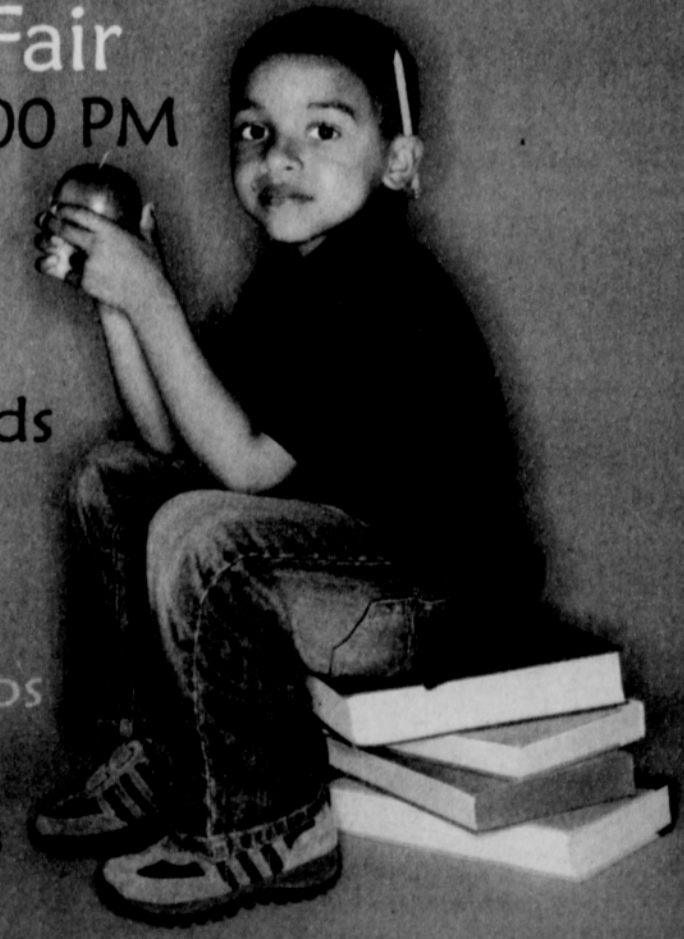
Free Family Entertainment

*Free Food - *Free Gifts for Kids

*while supplies last

African Storytelling
 Face Painting & Balloons
 Kids' Nutrition and Fitness Tips
 Education and Childcare Info

Sponsored by Portland Metro Mocha Moms
www.portlandmochas.org



HEALTH WATCH

Medicare Options Explained --

If you are confused by Medicare, Mt. Hood Community College can help with a free class called "Welcome to Medicare." The course will be offered on Thursday, Aug. 14 from 7 p.m. to 9 p.m. at the MHCC Bruning Center, 1484 N.W. Civic Dr. in Gresham. A second session will be held Saturday, Aug. 16 from 10 a.m. to noon in Room 1266 on the MHCC campus.

Newborn Care --

Saturday, Aug. 16 from noon to 5 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

Newborn Care and Feeding for Multiples-Two Session Class --

Saturday, Aug. 16 from 1 p.m. to 5 p.m. and Sunday, Aug. 17 from 5 p.m. to 8 p.m., this class series is designed for parents expecting two or more babies teaching the basics of feeding, caring and establishing routines. To register, call 503-574-6595.

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.

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.

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.