

HEALTH MATTERS

Weight Management for Kids

Experts guide program

Providence Health and Services is now accepting registration for Healthy 'n Fit, a pediatric weight management program targeted to children eight to 15 years old.

The 10-week program, under the guidance of a pediatric dietitian and an exercise specialist, aims to teach families how to develop healthy lifestyle habits to be sustained over the

long term. At least one parent is required to attend.

Children and their families receive nutrition counseling on topics such as portion control, healthy snacking, emotional eating and increasing physical activity. The initial consultation with the dietitian, along with weekly classes, provides an opportunity for parents to create individualized meal plans and exercise routines to help reach and maintain a healthy weight — all in a supportive environment.

A physician referral is required to participate, as well as lab work to assess the child's current nutritional status. A pre-class nutritional assessment is also required to determine your child's individual nutrition needs and goals. These requirements are not included in the class fee.

To register, call 503-574-6595. For more information, contact Providence Neurodevelopmental Center for Children at 503-215-2233.



Kids with healthy snacks help themselves develop healthy lifestyles.

HIV Tests Not Routine

People are infected and don't know it

(AP) -- Two years after the government urged making HIV tests as common as cholesterol checks, there are

small gains but scientists say one in five people infected with the AIDS virus still don't know it.

Eleven states that once required special consent for HIV testing have changed their laws, a key step to making an HIV test part of the standard battery that patients expect.

Other barriers include physician confusion about the ease of today's rapid tests, which can cost as little as \$15.

No more than 100 of the nation's

5,000 emergency rooms routinely test for HIV in patients who aren't critically ill, said Dr. John Bartlett of Johns Hopkins University. Yet because so many HIV patients are poor or uninsured, ERs are the health-care setting most likely to find them.

And while every pregnant woman is supposed to be tested so steps can be taken to protect her unborn baby, about 40 percent aren't, he added.

"Those are what we call missed opportunities," Bartlett said. Today,

the test is "much better, it's much easier, it's much cheaper. The treatment is really great now"

Just over 1.1 million Americans are estimated to have HIV and 232,000 don't know it, according to the Centers for Disease Control and Prevention.

The CDC for years recommended routine testing mainly for people at high-risk, such as intravenous drug users. Then, finally, came drugs potent enough to keep HIV patients

healthy for years, postponing the slide into full-blown AIDS.

Yet nearly half of new infections still were being discovered too late for patients to benefit. Not to mention that people who don't know they're infected unwittingly spread the virus.

So in September 2006, the CDC recommended routine testing for everyone ages 13 to 64, whether they think they're at risk for HIV or not.

HEALTH WATCH

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.

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.

Cholesterol Profiles -- Keep an eye on your cholesterol and other indicators of heart health; educational material provided. For more information, call 503-261-6611.

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.

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

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 information, call 503-251-6830.

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.

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.

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.

For Your Health

BY MAYTE PRIDA



Overcoming Fear to Win the Battle

There are few illnesses that we fear more than cancer. From diagnosis to recovery, cancer brings to mind frightening thoughts of hair loss, surgery and — yes — even death.

Fear prevents us from getting the potentially life-saving early screening tests we need. In fact, we each need the exact opposite of fear. We need hope.

For someone facing breast cancer, as I have, hope is a lifeline to a better tomorrow, a breakthrough treatment, a cure. Hope is for everyone facing cancer — patients, their friends and families, survivors.

In the Hispanic community, the hope to win the fight against breast cancer is particularly profound. Breast cancer is the most commonly diagnosed cancer and

the leading cause of cancer death among women in our community.

That's why it's so critical that women do monthly self-examinations and get regular mammograms as directed by their physicians. Mammograms — an x-ray picture of the breast — are the best way to find out if you have breast cancer because they can show cancer when it's too small for you or your doctor to feel.

All women starting at age 40 should get a mammogram every one to two years. Talk to your doctor if your mother or sister had breast cancer, as you may need to start getting mammograms earlier. Early detection can make a life or death difference.

Overcoming fear with hope is particularly critical. Today, there are 2.5 million breast cancer survivors in the United States, according to the American Cancer Society. I am lucky to be one of them.

As a survivor, I live with the knowledge that one day the cancer could come back. But I am focused on truly living life to the fullest. The Susan G. Komen Foundation says getting back to all the things you used to do — even if it takes some time — will help you

feel better.

I can tell you that keeping up with a healthy lifestyle that includes good diet and exercise habits, as well as continued health screenings, can help your mind and body.

More than ever before, medicines also have the power to provide hope to cancer patients. Patients who need help accessing their prescription medicines can turn to the Partnership for Prescription Assistance. Since its launch in April 2005, more than 5 million patients have received free or nearly free medicines.

For more information, patients can call 1-888-4PPA-NOW or visit pparx.org.

As we remember those who have won and lost the battle against breast cancer, let us rise above fear to find the hope for a new treatment that helps save a life, ushering in a cure to cancer forever.

Mayte Prida, a television personality, producer and author, is a national spokeswoman for the Partnership for Prescription Assistance.

New Prices Effective May 1, 2007

Martin Cleaning Service
Carpet & Upholstery Cleaning
Residential & Commercial Services

Minimum Service CHG.	\$45.00
Carpet Cleaning	
2 Cleaning Areas or more	\$30.00 Each Area
Pre-Spray Traffic Areas (Includes: 1 small Hallway)	
1 Cleaning Area (only)	\$40.00
(Includes Pre-Spray Traffic Area • Hallway Extra)	
Stairs (12-16 stairs)	\$25.00
(With Other Services)	
Heavily Soiled Area:	Additional \$10.00
ADDITIONAL SERVICES	
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• Spot & Stain Removal Service	
• Scotchguard Protection	
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