

HEALTH MATTERS

Smoke Free Law Improved Health

Led to major drop in heart attacks

(AP) -- A smoking ban in one Colorado city led to a dramatic drop in heart attack hospitalizations within three years, a sign of just how serious a health threat secondhand smoke is, government researchers said.

The study, the longest-running of its kind, showed the rate of hospitalized cases dropped 41 percent in the three years after the ban of workplace smoking in Pueblo, Colo., took effect. There

was no such drop in two neighboring areas, and researchers believe it's a clear sign the ban was responsible.

The study suggests that secondhand smoke may be a terrible and under-recognized cause of heart attack deaths in this country, said one of its authors, Terry Pechacek of the U.S. Centers for Disease Control and Prevention.

At least eight earlier studies have linked smoking bans to decreased heart attacks, but none ran as long as three years. The new study looked at heart attack hospitalizations for three years following the July 1, 2003 enactment of Pueblo's ban, and found declines as great or greater than those in earlier research.

"This study is very dramatic," said Dr. Michael Thun, a researcher with the American Cancer Society.

"This is now the ninth study, so it is clear that smoke-free laws are one of the most effective and cost-effective to reduce heart attacks," said Thun, who was not involved in the CDC study released Thursday.

Smoking bans are designed not only to cut smoking rates but also to reduce secondhand tobacco smoke. It is a widely recognized cause of lung cancer, but its effect on heart disease can be more immediate. It not only damages the lining of blood vessels, but also increases the kind of blood clotting that leads to heart attacks. Reducing exposure to



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smoke can quickly cut the risk of clotting, some experts said.

In Pueblo, the rate of heart attacks dropped from 257 per 100,000 people before the ban to 152 per 100,000 in the

three years afterward. There were no significant changes in the two other areas.

Black-and-White Twins, Again!

(AP) -- A mixed-race British couple has defied the odds — twice — by producing two sets of twins in which one sibling appears to be black and the other white.

Dean Durrant's newborn daughter Miya has dark skin like him. Twin sister Leah has fair skin like her blue-eyed, red-haired mother, Alison Spooner.

Their older siblings Lauren and Hayleigh, born in 2001, also have strikingly different skin tones and eye colors.

Both sets of twins are fraternal rather than identical, meaning they are the product of two separately fertilized eggs, so it is not unusual that they don't look alike. Miya's skin color was more influenced by her father's genes, while Leah takes after her mother.

But scientists say it's rare for a couple to have two sets of twins, and even rarer for them to have such different appearances.

"Even non-identical twins aren't that common," Dr. Sarah Jarvis of Britain's Royal College of General Practitioners told Sky. "Non-



identical twins from mixed parents, of different races, less common still. To have two eggs fertilized and come out different colors, less common still. So, to have it happen twice must be one in millions."

The phenomenon is so uncommon that there are no statistics to illustrate its probability, although it is thought likely to become more common because of the growing number of mixed-race couples.

Twins Hayleigh (left) and Lauren Durrant hold their new siblings Leah (left) and Miya. Scientists say the odds of having two sets of fraternal twins with strikingly different skin tones and eye colors is 'one in millions.'

Mixed race couple defies odds

Computer, TV Recycling Begins

Area residents can now recycle, free of charge, old computers and television sets.

The Oregon Department of Environmental Quality has worked with manufacturers, collectors and recyclers to establish drop-off stations, giving life to a bill passed during the 2007 Legislature.

The cost is covered by producers who must pay the state a

fee based on their Oregon market share or operate their own recycling program.

The DEQ is estimating more than 12 million pounds of electronic waste will be recycled over the coming year.

Recyclers can log onto oregonrecycles.org or call 1-888-532-9253 to find their nearest collection center.

Deadly Blood Pressure Disparity

(AP) -- The lives of nearly 8,000 black Americans could be saved each year if doctors could figure out a way to bring their average blood pressure down to the average level of whites, a surprising new study found.

The gap between the races in controlling blood pressure is well-known, but the resulting number of lives lost startled some scientists.

The study is being called the first to calculate the lives lost due to racial disparities in blood pressure control.

High blood pressure, often

called the silent killer because it has no symptoms, increases a person's chances for heart disease, stroke and other serious problems. But it's easy to check for and usually can be controlled through exercise, diet and medicine.

For decades, doctors have noted that a higher percentage of black Americans have high blood pressure than whites. The reasons for that include poverty and cultural habits. Both can prevent people from exercising, eating healthy foods and getting in to see a doctor.

Free Hospice Volunteer Training -- Fridays and Saturdays, Jan. 30, 31 and Feb. 6, 7, from 9 a.m. to 4:30 p.m. No previous experience is required. For more information, call Melinda Smith at 503-215-5774.

Helping Babies Communicate Before They Can Talk -- Wednesdays, Feb. 4 thru Feb. 25, from 9:15 a.m. to 10:15 a.m. The workshop will teach the basic baby sign language, opening a line of communication between parents and infants; \$55 fee. To register, call 503-335-3500.

Raising Our Daughters -- Learn skills to support daughters, understanding their social lives, social pressures, and effective communication skills, with Kathy Masarie, pediatrician and life coach; Feb. 4, 7 p.m. to 9 p.m.; \$5. To register, call 503-335-3500.

Journey through Grief -- Fridays, Jan. 9 thru Feb. 13, the six-session class is for those who are grieving a loss through death, addressing coping skills, resources and more. Classes are free, pre-registration required. Call David Schmitt at 503-215-4622.

Red Cross Continuing Education -- The Oregon Trail Chapter Red Cross, now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

Polycystic Ovary Syndrome Information -- Thursday, Feb. 5, from 5 p.m. to 6:30 p.m. \$20

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fee. To register, call 503-221-0161, extension 2254.

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.

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.

Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For 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.

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.

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.

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Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 1. CHIROPRACTIC: For the best in natural healing, hearing is believing.

Q: How did Chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated vertebra. To relieve

the patient's pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily functions.

By making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature, intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

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