

HEALTH MATTERS

County Adopts Menu Labeling

Consumers will start seeing calorie counts

Fast food and chain restaurants in the Portland area will soon be required to display caloric content on their menu items.

Multnomah County Commissioners unanimously approved the new rules last week after a public comment period.

"This is an important step for consumers to make informed choices about what they eat and a powerful tool in our efforts to reduce obesity, a significant public health challenge," said Lillian Shirley, Health Department director.

Following a 30-day notification period, the restaurants will have a nine month grace period for compliance.

The policy applies to restaurants with at least 15 or more outlets nationwide and who offer substantially the same menu items. It does not affect smaller establishments, seasonal menu items or items on the menus for 90 days or less.



Subway and other chains have already added calorie information to their menu boards in New York City. The menu labels will soon be required at chain restaurants in Multnomah County.

Approximately 550 restaurants in Multnomah County will be impacted by the new rules.

High calorie diets can lead to obesity, which contributes to increased rates of diabetes and

heart disease. In the last 10 years, obesity in Oregon has increased by 57 percent with as many as two thirds of Multnomah County residents considered obese, health de-

partment officials said.

The new menu labeling policy follows similar measures passed in Seattle, New York City, Philadelphia and California.

Tasty Diets for Cancer Prevention

Making low fat foods appealing

A national nonprofit dedicated to advancing cancer prevention through education and research, is offering a free, four-session cooking course designed to help Portland residents prevent and survive cancer through proper diet and nutrition.

"The single easiest and best thing most of us can do to prevent cancer or its recurrence is to eat right," says Jennifer

Reilly, a senior nutritionist for The Cancer Project.

Reilly said the prescription for better health is a low-fat vegetarian diet.

"Load up on fruits, vegetables, and whole grains," she said, "They're naturally low in fat, chock-full of fiber, and filled with cancer-fighting antioxidants and phytochemicals."

People are urged to cut down on fatty foods and added

fats and oils, particularly saturated fats, which have been linked to an increased risk of breast, colon, and prostate cancer. Likewise, look for healthy substitutes for dairy products such as milk, cheese, and yogurt, which have been implicated in the occurrence of breast and colorectal cancers.

The challenge, Reilly acknowledges, is not only to teach people which foods are good for them, but also to show them how to make the foods

taste good.

Each class centers on important cancer-nutrition topics as local cooking instructor Julie Hasson guides students through the preparation of tasty and easy-to-prepare recipes.

The sessions will be held Feb. 19 to March 12 at Adventist Hospital, 10123 S.E. Market St. To register, contact the hospital at 503-256-4000.

Oxycodone Pill Killed Student

Investigators say a high school senior who died suddenly at a Gresham home in December, overdosed on an oxycodone pill that she ingested by smoking it with friends.

Two 18-year-olds and a Troutdale man are in custody, accused of selling or arranging

the sale of the lethal dose.

Gresham detectives say 33-year-old Ronald Zaloznik had a prescription for the drug. He's accused of selling the pills through his younger brother and his brother's friends to pay for living expenses.

The Drug Enforcement Administration warns the un-

lawful use of the prescription drug Oxycodone among teens and adults, is on the rise throughout the Northwest.

Gresham Police Chief Craig Junginger believes the abuse of Oxycodone is a serious problem in our region, and is a priority for the Gresham Police Department.

Vaccine Link to Autism Rejected

(AP) In a big blow to parents who believe vaccines caused their children's autism, a special court has ruled that the shots are not to blame. The court said the evidence was overwhelmingly contrary to the parents' claims — and backed years of science that found no risk.

"It was abundantly clear that petitioners' theories of causation were speculative and

unpersuasive," the court concluded in a Feb. 12 ruling.

More than 5,500 claims have been filed by families seeking compensation through the government's Vaccine Injury Compensation Program. The claims are reviewed by special masters serving on the U.S. Court of Claims.

"Hopefully, the determination by the special masters will help reassure parents that vaccines

do not cause autism," the Department of Health and Human Services said in a statement.

But the head of one consumer group that questions vaccine safety, the National Vaccine Information Center, said the court's ruling will do little to change the minds of most parents who suspect a link between vaccines and autism. She said more studies are needed.

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"Martin Luther King Jr. was all about opportunity and equal rights for all people. We're starting to see changes in our country, but there is work to be done as far as communication and people's voices being heard. That is what his message was all about, that everyone would have an opportunity to make it in this world."

CELEBRATING BLACK HISTORY MONTH

JOIN US AS WE RECOGNIZE THE 2009 PORTLAND TRAIL BLAZERS BLACK HISTORY MONTH HONOREES DURING THE FEBRUARY 22 TRAIL BLAZERS VS. CLIPPERS GAME

Pastor Fred Woods - A native Oregonian, has a passion for humanity and lives to serve those in need.

Daphne Bussey - A second grade teacher at Rosa Parks Elementary School and champion for under served youth.

Avel Gordly - The first African-American woman elected to the Oregon Senate in the history of the state and community advocate.

Tina Myers - An extraordinary student leader from the Harriet Tubman Leadership Academy for Young Women.

Howard White - Founder of the Believe to Achieve program encouraging youth to believe in themselves and linking adults to mentorship.

make it better For ticket info and to find out how the Trail Blazers are celebrating Black History visit trailblazers.com/makeitbetter

HEALTHWATCH

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.

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.

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.

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.

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.

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.

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

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.