HEALTHMATTERS

HEALTHWATCH

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 4p.m.

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.

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.

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

Staggering Heart Failure Rate

(AP) -- One in 100 black men and may be at risk, some experts said. women develop heart failure before age 50, according to one of the first long-term studies to look at the lifethreatening condition in younger adults. The research suggests blacks in that age group suffer the condition at a rate 20 times higher than whites do - an astounding difference more pronounced than earlier studies had indicated.

However, those findings are based on a very small number of heart failure cases, the authors said, so more study is needed.

The takeaway message is that doctors should be more aggressive about treating young blacks who

"Usually this is a disease of the elderly," said Dr. Kirsten Bibbins-

Domingo, one of the study's authors. "When this disease happens in 30 and 40 year olds, it's quite dramatic." Heart failure occurs when the

heart loses its ability to pump sufficient blood through the body. It's often fatal, but not always - some suffer disabling shortness of breath, fatigue and retention of fluids in their legs or lungs.

Earlier studies of heart failure, focused mainly on older people, showed heart failure rates were two to three times higher in blacks than



A copper-lined room glows bright in the future home of the world's most advance MRI coming to Providence St. Vincent Medical Center. Pictured are project manager Ken Brooks (left) and Providence St. Vincent associate administrator Alex Jackson.

Births Break1950s Record

United States in 2007 than any year in the nation's history, topping the peak during the baby boom 50 years earlier, federal researchers recently reported.

The birth rate rose slightly for women of all ages, and births to unwed mothers reached an all-time high of about 40 percent, continuing a trend begun years ago. More than three-quarters of these women were 20 or older.

The new numbers suggest the second year of a baby boomlet, with U.S. fertility rates higher in every racial

More babies were born in the group, the highest among Hispanic women. On average, a U.S. woman has 2.1 babies in her lifetime. That's the "magic number" required for a population to replace itself.

Countries with much lower rates such as Japan and Italy - face future labor shortages and eroding tax bases as they fail to reproduce enough to take care of their aging el-

But it's not clear the boomlet will last long. Some experts think birth rates are already declining because of the economic recession that began

Copper-Lined MRI Room Glows

It's the glow. The first thing you notice when you walk into Providence Brain Institute's new operating suite – is that it is fully lined with copper.

The shiny suite at Providence St. Vincent Medical Center will soon be home to the world's most advanced MRI. Right now, crews are preparing for the arrival of the device's giant magnet. They've used nearly 1.15 million square inches of copper and 15-thousand feet of solder to make the copper shield, which helps keep signals such as radio waves from interfering with the MRI's magnet.

Providence St. Vincent will be the first medical center on the West Coast – and one of only 16 in the world - to have this advanced neurosurgical imaging sys-

The new technology allows surgeons to safely image patients in the operating room during brain surgery – allowing them to be even more precise.



The Portland Observer

presents The 4th Annual



Joyce Washington Classic 2009

Joyce Washington Scholarship 2009 Women's All-Star Teams

St. Mary's

St. Mary's

Franklin

Home Team (Gray) Head Coach: Floyd Hall

PLAYERS HIGH SCHOOL Jude Schimmel Franklin Shoni Schimmel Franklin Mariah Ladd St. Mary's Jefferson Denaya Brazzle Ariel Reynolds Jefferson Kristen Swim Franklin Mikayla Elliiott Franklin Hannah Munger Newberg **Bailee Jurgenson** Franklin Aliyah Green **Jefferson**

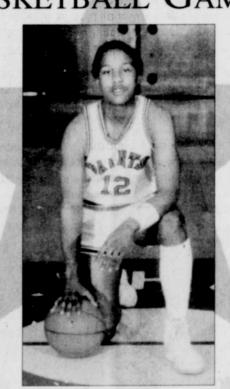
Zoie Sheng Marin Hobson Visiting Team (Blue)

Shan'nice Story

PLAYERS HIGHSCHOOL Kay Phosakham Benson Tyrisha Blake **Jefferson** Jacque Shaw Grant Monique Carlson Roosevelt Krystal Forthan **Jefferson** Cleveland Razja Goodman Diamond Ferguson Benson Kiarra Berry Grant Maddy May Cleveland Cleveland **Brittany Raz**

Mia Robinson De La Salle Women's Coach of the Year: Cecille Moses Franklin High School

HIGH SCHOOL ALL-STAR BASKETBALL GAMES



In memory of Cory Neal Washington, 1965-1991

Joyce Washington Scholarship 2009 Men's All-Star Teams

Home Team (Gray) Head Coach: Paul Kelly

HIGHSCHOOL Jefferson Terrence Jones Larry Richards Roosevelt Derrick Hayes Wilson Nick Kunis Franklin Vlad Bahjak Franklin Max Snodderly Franklin David Jordan Roosevelt Dominique Gilles Marshall Tyrone Phillips Jefferson Ryan Robertson Wilson Ashton Murdock Roosevelt **Donta Harris** de La Salle

VISITING TEAM (BLUE)

Head Coach: Michael Holton Assistant Coach: Michael Mangum

PLAYERS HIGHSCHOOL Mike Moser Grant Michael Holton JR Sunset Mike Fendall Grant **Damarcus Davis** Benson Terrell Manlley Roosevelt Perry Dinyain Benson Cleveland Joe Owen Sunset Anthony Holton Grant Lucas Shaw Cleveland Jack Hollowell Zachary Minden Cleveland JD Esters Lincoln

Men's Coach of the Year: Pat Strickland, Jefferson High School

Come see the best of high-school basketball players! Be there to support your school!

May 9th at Self Enjancement Inc., 3920 N. Kerby, Portland Doors Open at 3:00 p.m. • Dunk Contest at 3:30 p.m.

Girls Classic at 4:30 p.m. • Boys Classic at 5:30 p.m.

Tickets can be purchased at The Portland Observer (4747 N.E. Martin Luther King Blvd.) \$5 for adults, \$2 for kids (age 7-17) & Seniors. *Kids 6 and under free.

Proceeds raised go to the Joyce Washington Memorial Scholarship Fund For information, call Mark Washington at 503-288-0033 or email markw@portlandobserver.com

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