

# HEALTH MATTERS

## 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 4 p.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 women develop heart failure before age 50, according to one of the first long-term studies to look at the life-threatening 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

may be at risk, some experts said.

"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 whites.



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 Break 1950s Record

More babies were born in the 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

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 elders.

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 in late 2007.

## 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 system.

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

## HIGH SCHOOL ALL-STAR BASKETBALL GAMES

## Joyce Washington Scholarship 2009 Men's All-Star Teams

### Home Team (Gray)

Head Coach: Floyd Hall

#### PLAYERS

Jude Schimmel  
Shoni Schimmel  
Mariah Ladd St.  
Denaya Brazzle  
Ariel Reynolds  
Kristen Swim  
Mikayla Elliott  
Hannah Munger  
Bailee Jurgenson  
Aliyah Green  
Shan'nice Story  
Zoie Sheng  
Marin Hobson

#### HIGH SCHOOL

Franklin  
Franklin  
Mary's  
Jefferson  
Jefferson  
Franklin  
Franklin  
Newberg  
Franklin  
Jefferson  
St. Mary's  
St. Mary's  
Franklin

### Visiting Team (Blue)

#### PLAYERS

Kay Phosakham  
Tyrisha Blake  
Jacque Shaw  
Monique Carlson  
Krystal Forthan  
Razja Goodman  
Diamond Ferguson  
Kiarra Berry  
Maddy May  
Brittany Raz  
Mia Robinson

#### HIGHSCHOOL

Benson  
Jefferson  
Grant  
Roosevelt  
Jefferson  
Cleveland  
Benson  
Grant  
Cleveland  
Cleveland  
DeLaSalle

**Women's Coach of the Year:**  
Cecille Moses Franklin High School



In memory of  
Cory Neal Washington,  
1965-1991

### Home Team (Gray)

Head Coach: Paul Kelly

#### PLAYERS

Terrence Jones  
Larry Richards  
Derrick Hayes  
Nick Kunis  
Vlad Bahjak  
Max Snodderly  
David Jordan  
Dominique Gilles  
Tyrone Phillips  
Ryan Robertson  
Ashton Murdock  
Donta Harris

#### HIGHSCHOOL

Jefferson  
Roosevelt  
Wilson  
Franklin  
Franklin  
Franklin  
Roosevelt  
Marshall  
Jefferson  
Wilson  
Roosevelt  
de La Salle

### Visiting Team (Blue)

Head Coach: Michael Holton

Assistant Coach: Michael Mangum

#### PLAYERS

Mike Moser  
Michael Holton JR  
Mike Fendall  
Damarcus Davis  
Terrell Manley  
Perry Dinyain  
Joe Owen  
Anthony Holton  
Lucas Shaw  
Jack Hollowell  
Zachary Minden  
JD Esters

#### HIGHSCHOOL

Grant  
Sunset  
Grant  
Benson  
Roosevelt  
Benson  
Cleveland  
Sunset  
Grant  
Cleveland  
Cleveland  
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 Enancement 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

Sponsored by:

