

HEALTH MATTERS

Experts Work to Slow Spread of Swine Flu

Public health system responds

Oregon's state and local public health officials are working together and with federal officials to slow spread of the H1N1 swine flu and to continue to protect the public.

"I know Oregonians are concerned and want to know what they can do to protect themselves and their families," said Dr. Mel Kohn, head of the Oregon Public Health Department. "This doesn't change our advice — wash your hands, cover your cough and if you are sick stay home."

He said these are actions people can take to prevent the

spread of the flu:

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.

Cover your coughs and sneezes with a tissue or your sleeve, not with your hand; Stay home if you are sick;

Try to avoid contact with people who are ill; and practice other good health habits such as eating a balanced diet, exercising regularly, getting sufficient rest and not smoking.

The Oregon Public Health website flu.oregon.gov is up-



Laura Tsaknaridis extracts a suspect flu virus specimen at the Oregon Public Health Lab.

dated regularly to provide information such as how to identify swine flu, prevent its spread as well as materials that employers, medical providers, schools, parents and others may use.

Swine flu is a respiratory disease in pigs whose spread to humans has been historically rare in the U.S.

Its symptoms are similar to those of normal seasonal influenza such as fever, lethargy, lack of appetite and coughing, sometimes accompanied by runny nose, sore throat, nausea, vomiting and diarrhea.

Eating pork that has been properly handled and cooked will not transmit the virus.

Ageless Inspiration Gerontology program honors activist

The gerontology program based at the Sylvania Campus of Portland Community College recently hosted its annual "Careers in Aging" networking event in which a local activist was honored.

PCC Faculty Chair Jan Abushakrah presented the "Ageless Inspiration Award" to Alberta Simmons for her longtime work to create affordable housing in north and northeast Portland, especially for seniors.

Linda Gerber, Sylvania Campus president, also spoke and gave accolades to Simmons for her tireless dedication.

Simmons shared her life's story with soon-to-be graduates of the gerontology pro-



Portland Community College Sylvania Campus President Linda Gerber (left) pays tribute to local activist Alberta Simmons (right) during a gerontology program careers in aging event for Simmons' dedication to creating affordable housing, especially for seniors.

gram. Gerontology the study of the social, psychological and biological aspects of aging. It is distinguished from geriatrics, which is the branch of medicine that studies the disease of the elderly.

Earlier in the PCC program, John Bowling, visiting assistant professor within the Management of Aging Services program at Southern Oregon University, spoke to the crowd about trends and opportunities in the gerontology field.

Diet Pill Damages Liver

(AP) -- Government health officials have announced the recall of the popular weight loss pill Hydroxycut, after reports of liver damage and other health problems.

Food and Drug Administration officials said Friday the manufacturer of Hydroxycut

has launched a nationwide recall of the dietary supplement, used by people trying to shed pounds and by body builders to sharpen their muscles.

Hydroxycut is advertised as made from natural ingredients. It accounts for about 90 percent of the market for weight

loss supplements, with sales of about 1 million bottles a year.

Dietary supplements are not as tightly regulated by the government as medications. Manufacturers don't need FDA approval ahead of time before marketing their products.

What to take for arthritis pain?



Take a walk. A bike ride. A swim. Studies show that 30 minutes of moderate physical activity three or more days a week can relieve pain and help you move more easily. You can break it up, doing 10 to 15 minutes at a time. To make it fun, do it with a friend. Stick with it, and in four to six weeks you could hurt less and feel better.

Physical Activity. The Arthritis Pain Reliever.

Call the Arthritis Foundation at 503-245-5695 for information about exercise and aquatics classes near you.

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION • THE ARTHRITIS FOUNDATION • THE DEPARTMENT OF HEALTH & HUMAN SERVICES



Less Salt for Healthy Hearts

Government health experts say people in the United States consume more than twice the recommended amount of salt, raising their risk for high blood pressure, heart attacks and strokes.

They found nearly 70 percent of U.S. adults are in high-risk groups that would benefit from a lower-salt diet of no more than 1,500 mg per day, yet most consume closer to 3,500 mg per day.

"It's important for people to eat less salt. People who adopt a heart-healthy eating pattern that includes a diet low in sodium and rich in potassium and calcium can improve their blood pressure," Dr. Darwin Labarthe of the Centers for Disease Control and Prevention said in a statement.

"People need to know their recommended daily sodium limit and take action to reduce sodium intake," Labarthe said.

The study in CDC's weekly report on death and disease used national survey data to show that two out of three adults should be consuming no more than 1,500 mg of sodium per day because they are black

or over the age of 40 — which are considered high-risk groups.

Yet studies show most people in the United States eat 3,436 mg of sodium per day, according to a 2005-2006 CDC estimate.

Most of the sodium eaten comes from packaged, processed and restaurant foods.



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For a complete class listing & schedule, or to register call 503-281-8596 or visit our website at www.thehealthchallenge.org

ORIENTATION
 Sunday, May 17, 2009 at 3:30pm

LOCATION
 Community Learning Center
 4212 NE Prescott St • Portland

Make a choice for your health today

It's time to stop procrastinating about making changes for better health. Wise health choices can decrease your risk of heart attack, stroke, diabetes, cancer, obesity, high blood pressure, high cholesterol and other health problems. SIGN UP NOW for weekly classes that promote a healthy lifestyle, taught by health professionals and educators.

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