

# HEALTH MATTERS

## Hospital known for 'Raising the Dead'

Lucky ones get hearts resuscitated

(AP) -- When Michael Jackson went into cardiac arrest, rescuers took him to a place known for bringing the dead back to life. A world-renowned surgeon at the UCLA Medical Center has pioneered a way to revive people that most doctors would have long written off, including a woman whose heart had stopped for 2 1/2 hours.

Tested on a few dozen cardiac arrest patients, 80 percent survived. Usually, more than 80 percent perish.

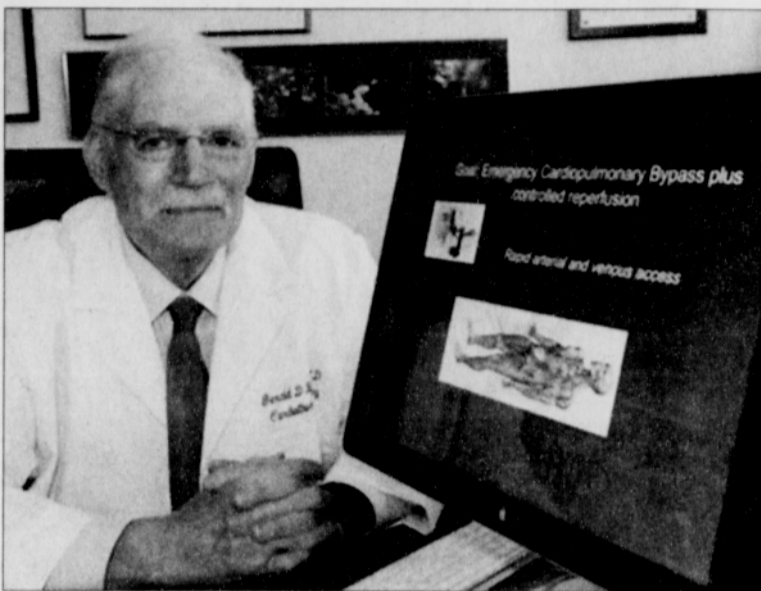
"They took people who were basically dead, not all that different than Michael Jackson, and saved most of them," said Dr. Lance Becker, an emergency medicine specialist at the University of Pennsylvania and an American Heart Association spokesman.

Could Jackson, too, have been saved?

It's impossible to know. Doctors at the hospital worked on him for an hour. The UCLA expert, cardiothoracic surgeon Dr. Gerald Buckberg, said he was not personally involved in Jackson's treatment, and that too little is known about what preceded it.

"We have no idea when he died versus when he was found," Buckberg said.

However, the results in other patients show that "the window



Dr. Gerald Buckberg, a cardiac surgeon at the UCLA Medical Center in Los Angeles sits next to a computer that illustrates how a heart-lung machine is used in an emergency room setting to keep blood and oxygen moving through the body. (AP photo)

is wide open to new thinking" about how long people can be successfully resuscitated after their hearts quit beating, Buckberg said. "We can salvage them way beyond the current time frames that are used. We've changed the concept of when the heart is dead permanently."

They call it "the Lazarus syndrome" for the man the Bible says Jesus raised from the dead.

Let's be clear: No one is saying that people long dead without medical attention can be revived. The lucky ones in Buckberg's study received quick help, and the reason they suffered cardiac arrest was known and could be fixed: blocked arteries causing a heart attack, in most cases.

Buckberg's method requires prompt CPR — rhythmic chest compressions — to maintain blood pressure until the patient gets to a hospital; use of a heart-

lung machine to keep blood and oxygen moving through the body while doctors remedy what caused the heart to quiver or stop in the first place, such as a drug overdose or a clogged artery; and special procedures and medicines to gradually restore blood and oxygen flow, so a sudden gush does not cause fresh damage.

Without all three elements, patients might suffer brain damage if they survive at all.

"You can save the heart and lose the brain," Buckberg explained.

UCLA and hospitals in Birmingham, Ala.; Ann Arbor, Mich.; and in Germany tested Buckberg's method on 34 patients who had been in cardiac arrest for an average of 72 minutes. All had failed resuscitation methods with standard CPR and defibrillation to try to shock their hearts back to beating.

Only seven died. Only two survivors were left with permanent neurological damage. Results were published in 2006 in the journal Resuscitation.

Dr. Constantine Athanasuleas, a surgeon at the University of Alabama at Birmingham, treated one man in the study who had been in cardiac arrest for about an hour and a half. The man's wife, a nurse, did CPR until a helicopter brought him to the hospital.

"He was flatlined," with a heart "as still as your dining room table," Athanasuleas said.

Doctors put him on a heart-lung machine, whisked him to the catheterization lab to see if he had artery blockages, then did bypass surgery to detour around them.

"The guy went home and was neurologically perfect" at least two years later, the doctor said.

## School Nursing Law Approved

### Implementing new nurses-to-student ratio

Lawmakers have passed legislation to strengthen school nursing services in Oregon.

The approved bill, HB 2693, implements the recommendations of the 2007 Task Force on School Nurses by establishing standards for nurse-to-student ratios based upon the health needs of students.

"School nurses are essential to address the short term medical needs of students," said Rep. Tina Kotek of north and northeast Portland, the bill's chief sponsor. "There is nothing that can substitute for the services that school nurses provide to our children and our school communities."



According to the task force, Oregon ranks 49th in the nation for nurse-to-student ratios. The average school nurse is responsible for some 3,500 students, compared to the recommended ratio of one nurse to every 750 students. In 54 Oregon school districts, no school nurses were available. In all, 60,023 students in Oregon have access to no or less than half time school nursing services.

"We need to address this shortage. These nurses are the first responders in our schools, often the first people to notice that something is amiss in a child's classroom wellbeing," Kotek said. "Children learn better in healthy environments, and this bill is a positive step toward improving wellness in our schools."

The bill provides implementation timelines to reach the recommended ratio by 2020.

## National Health Coverage at 50 Year Low

(AP) -- The percentage of Americans with private health insurance has hit its lowest mark in 50 years, according to two new government reports.

About 65 percent of non-elderly Americans had private insurance in 2008, down from 67 percent the year before, according to preliminary data released Wednesday by the

U.S. Centers for Disease Control and Prevention.

"It's bad news," said Kenneth Thorpe, a health policy researcher at Emory University.

In the 1970s and early 1980s, nearly 80 percent of Americans had private coverage, according to CDC officials.

Some experts blamed the faltering economy and corporate decisions to raise health insurance premiums — or do away with employee coverage — as the main drivers of the recent data. They say coverage statistics for 2009 may look even worse.

However, public coverage of adults is rising in some

states, due to programs like Medicaid expanding eligibility. So not all the adults without private coverage are uninsured, Thorpe said.

Indeed, the CDC estimated that about 44 million Americans were uninsured last year — nearly the same as CDC estimates for other recent years.

### HEALTHWATCH

**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.

**Bereavement Support Groups** -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

**Parenting Classes** -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: [providence.org/classes](http://providence.org/classes).

**Powerful Tools For Caregivers** -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

**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.

**Stroke Alert Screening** -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule

screening, call 503-251-6137.

**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.

**Cardiac-Rehab Exercises** -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

**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](http://pdxinfo.net).

**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.

**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.

**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.

**Smoke-Free Support Group** -- meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

**Managing Chronic Hepatitis C** -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

**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.

**Lead Poisoning Prevention** -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

**Family Caregiver Support Group** -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care

to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

**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.

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**THE SPINA COLUMN™**  
 An ongoing series of questions and answers about America's natural healing profession.

**Part 27. Chiropractic VS Migraines: Saying goodbye to the most menacing of headaches**

**Q:** Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

**A:** I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20 years for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all here for only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

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