

HEALTH MATTERS

Swine Flu Shots Readied

(AP) -- U.S. swine flu vaccinations could begin in October with children among the first in line — at their local schools — the Obama administration said Thursday as the president and his Cabinet urged states to figure out now how they'll tackle the virus' all-but-certain resurgence.

"We may end up averting a crisis. That's our hope," said President Barack Obama.

No final decision has been made on whether to vaccinate Americans, Health and Human Services Secretary Kathleen Sebelius stressed. That depends largely on studies with experimental batches that are set to start the first week of August — to see if they're safe and seem to work and to learn whether they require one or two doses.

But if all goes well, the federal government will buy vaccine from manufacturers and



A scientist prepares a DNA test for the H1N1 virus. A vaccine for swine flu could be ready for testing next month and ready for mass distribution by October.

share it for free among the states, which must then "try and get this in the arms of the targeted population as soon as possible," Sebelius said.

First in line probably will be school-age children, young adults with risky conditions such as asthma, pregnant women and health workers,

she said. Unlike regular winter flu, the swine flu seems more dangerous to these groups than to older people.

Ha! Laughter Comes in Two Types Giggle with glee or cackle to send a message

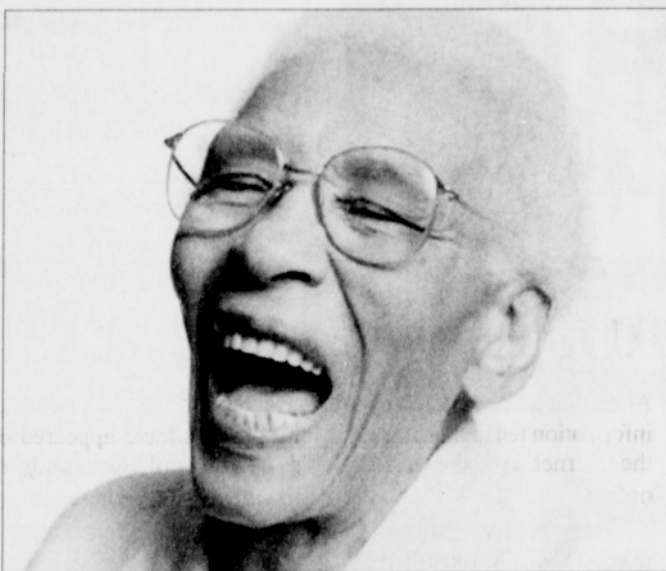
A cackle and a giggle can mean different things.

Scientists say there are two types of laughter: the kind that comes from pure glee, and the kind that's meant to send a social message.

Laughter probably predates human speech by millions of years, scientists think. It likely evolved as an early form of communication to help people negotiate group dynamics and establish hierarchy, said William Hudenko, a psychologist at Ithaca College who led the new study.

Babies usually learn to laugh before they learn to speak.

People are about 30 times more likely to laugh in the presence of others than alone, reinforcing the idea that laughter is a social phenomenon.



We laugh "to kind of grease the social wheels," said William Hudenko, a psychologist at Ithaca College.

And though we associate laughter with humor, a large proportion of laughs aren't in

response to anything remotely funny. Rather, they are often just affirmations, communications, or expressions of joy.

Laughter mainly comes in two types, researchers think: voiced, and unvoiced.

Voiced laughter is the belly-laugh type that is usually spontaneous. We create the sound with our vocal chords and usually laugh this way naturally and spontaneously.

Unvoiced laughter, however, is more of a conscious expression. We make these panting, grunting, snorting noises when we are trying on purpose to laugh, usually for a social purpose, such as to ease conversation or make friends.

For adults, each type of laughter represents about 50 percent of the total. Young children may express more voiced than unvoiced laughter, as they haven't yet learned to purposely laugh.

Local Grown Produce Marketed

Safeway has launched a campaign to significantly increase its focus on locally grown produce.

The initiative is designed to draw customer attention to the company's wide selection of locally grown produce in-

cluding the quality, freshness and sustainability benefits of the product.

"More than 20 percent of Safeway's Portland Division produce comes from local sources," said Steve Frisby, president of Safeway's Port-

land Division. "This new initiative will direct our customers to our extensive selection of locally grown product at competitive prices."

In addition to the quality benefits, buying locally grown reduces greenhouse

emissions by limiting transportation miles. Sourcing locally ensures the vitality of local farms, which translates into economic opportunities and development for a broad range of related community businesses.

Exam Reminders Improve Care

A reminder program aimed at screening for breast cancer when it is most treatable boosted mammography rates by more than 17 percentage points, according to a new study by Kaiser Permanente.

The program used electronic health records to identify women who would soon be due for a mammogram and reached

out to them via postcards, automated voice messages and personal phone calls.

The study of 35,000 Kaiser Permanente members is the largest to test a reminder program involving this three-pronged approach. By the second year of the program in 2008, mammography rates jumped from 63 to more than 80 percent among

women aged 50-69.

"We know mammograms are effective, but too many women put them off, even when they have health insurance," said study lead author Dr. Adrienne Feldstein, an investigator at Kaiser Permanente's Center for Health Research in Portland. "This study is the first to show that these reminder programs

can be effective in such a large group of women. If we could improve the country's mammography rate by the same amount, we could detect as many as 25,000 additional cases of breast cancer each year."

Abortion Pill Safety Cited

(AP) -- Roughly a fourth of American women getting early abortions last year did so with drugs rather than surgery, statistics show, as a new study reported improved safety in using the so-called "abortion pill."

Some experts predict the percentage of such "medical abortions," which offer more privacy than surgical termination at an abortion clinic or hospital, will rise even more due to the new study.

The research, done at

Planned Parenthood clinics across the country, shows that a new way of giving pills to induce abortion virtually eliminated the risk for a rare but dangerous infection.

"This is the first really huge documentation of how safe and effective medical abortion is," said Dr. Beverly Winikoff, a professor of family health and population at Columbia University. "The technology is very good and very well used in this country, and probably will be used

more and more."

Two pills are used to induce an abortion. The primary drug, Mifeprex, was first approved in the U.S. in 2000. Use has risen steadily, even though manufacturer Danco Laboratories LLC of New York hasn't promoted it and the drug can only be obtained at a clinic or doctor's office, not through a pharmacy. Sales rose 16.5 percent last year, when about 184,000 American women used Mifeprex.

HEALTHWATCH

Mastering Weight Management -- An 8-week program beginning Aug. 13 that integrates a nondieting approach to healthy living and eating. Learn to take control of your food choices and activities and begin to feel better. Registration is required. Call 503-286-6816. Fee is \$120 for Kaiser members and \$150 for nonmembers.

Helping Kids Get Healthy and Fit -- Providence is accepting registration for its fall 2009 Healthy n' Fit class, a pediatric weight management program targeting children 8 to 15 years old. The 10-week program is led by a certified dietitian and exercise specialist. Fee \$250. To register, call 503-215-2233.

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.

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.

Is it ADHD? -- Kaiser Permanente offers a medical evaluation process that can help determine if your child's behavior problems are due to attention deficit hyperactivity disorder. The Aug. 5 forum includes resources and support. Registration is required by calling 503-286-6816. Fee is \$20 for Kaiser couples and \$25 for nonmember couples.

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 a 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.

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.

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Q: I was lifting a heavy object on the job site and my back just collapsed on me. I have since gone to several company doctors only to get yet another pain pill. One doctor has mentioned surgery. What do you think I should do?

A: You should immediately request to see a Chiropractor. Approximately 90% of back injuries have the capacity of being helped through Chiropractic. Our office has an excellent track record with helping problems like yours. We make every attempt possible to get you back on the job safely as soon as possible—often within a few days. This is obviously beneficial not only to you but your company as well. It is not uncommon for a workmen's compensation back surgery to run \$100,000. I'm sure your employer would just as soon not have expenses like that. Speak to your employer today about having a Chiropractic consultation. If you have had a lifting injury or suffer from pain, why don't you call us today. A life of suffering is indeed a wasted life. Don't let it be yours.

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