

HEALTH MATTERS

Cooking for Good Health; Chef Puts Kids on Track

Bon Appétit chefs are giving back to the community by providing cooking classes for middle school students.

At the invitation Interfaith Food and Farms Partnership, a program of Ecumenical Ministries of Oregon, the restaurant management company's chefs have been working to make nutritious, seasonal produce and food education accessible to all.

The students are part of Expressions, a Hacienda Community Development Corporation after school and summer enrichment program at the Ortiz Community Center, 6736 N.E. Killingsworth St.

Designed to increase family participation and school attendance and reduce youth risk factors such as gang involvement, dropping out of school

and alcohol abuse, Hacienda CDC works with community organizations throughout the summer to provide activities for the kids.

As well as its teaching chefs, Bon Appétit has donated supplies and food for the classes to give back to the community and to empower youth to build a better food system.

A parent himself, Chef Micah Cavolo recognizes that many kids don't understand how the food system works.

"I feel that to have a successful sustainable future, you need to engage and nurture the future, and in my world I do that through food," Cavolo says. "The only thing more rewarding than being a chef is being a teacher also—lucky for me they are rolled up into one job."



The cooking classes use some of the vegetables the kids have been growing in a community garden, reinforcing the connection between the garden and their plate. Many studies have shown that kids involved in a gardening program are more likely to eat healthy and appreciate the natural processes of life.

While the participants get the chance to learn new skills, eat healthy food, and get inspired by chefs who love their work, organizers also hope the healthy recipes will be tried at home with their parents.

◀ Kids learn about healthy eating by participating in cooking classes at the Ortiz Community Center, 6736 N.E. Killingsworth St.

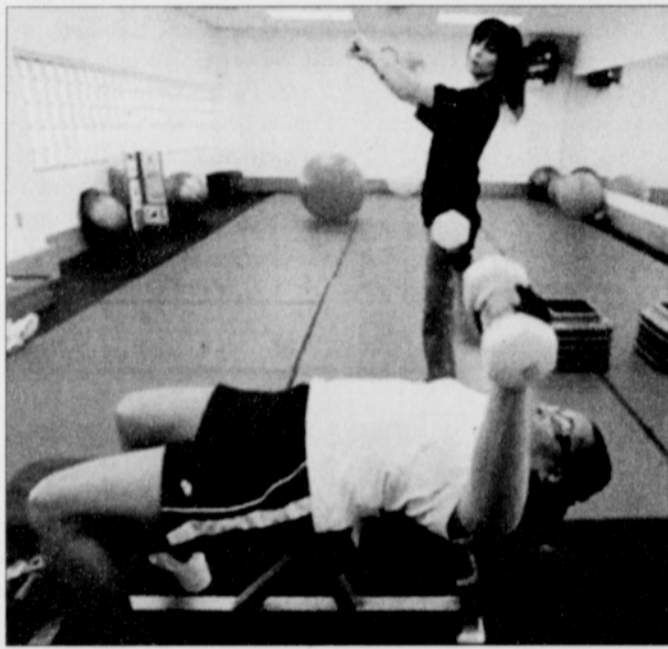
Weights Promote Healing

Helping breast cancer survivors

(AP) -- Breast cancer survivors have been getting bum advice. For decades, many doctors warned that lifting weights or even heavy groceries could cause painful arm swelling. New research shows that weight training actually helps prevent this problem.

More than 2.4 million Americans are breast cancer survivors, and the study could mean a big difference in their quality of life. Cancer treatment-related arm swelling now appears to be one of many ailments made better by exercise — not worse.

Women who have had ra-



A weight lifting exercise helps cancer survivor Gay McArthur reduce swelling the hands and arms.

diation to the armpit, or lymph nodes removed to check for cancer, can suffer lymphedema — a buildup of fluids that causes painful and unsightly swelling of the arms or hands.

Lifting weights — which boosts mood, muscle mass, bone strength and weight control — was thought to be a bad

idea for women prone to lymphedema. That notion was challenged with a small study several years ago, finding that weight training did not make lymphedema worse.

The new study from the University of Pennsylvania is the first one large and long enough to give clear proof that weightlifting can help.

Aspirin Fights Colon Cancer

(AP) -- Score another win for the humble aspirin. A study suggests colon cancer patients who took the dirt-cheap wonder drug reduced their risk of death from the disease by nearly 30 percent.

Aspirin already is recommended for preventing heart attacks and strokes, along with its traditional use for relief of minor aches and pains. Its merit in colon cancer prevention has been tempered by its side effects, bleeding from irritation of the stomach or intestines.

The new study suggests patients who already have colon cancer may benefit from taking aspirin along with surgery and chemotherapy. Only those with the most common



Aspirin may reduce the risk of death from colon cancer.

type of tumor, those that overproduce the Cox-2 enzyme, saw a benefit.

"The paper is absolutely incredible, and I don't gush normally," said Dr. Alfred Neugut of Columbia University Medical Center in New York who has done similar research but was

not involved in the new study.

"This is certainly something patients would want to discuss with their doctors," said Dr. Andrew Chan of Harvard Medical School in Boston, who led the study, which appears in the Journal of the American Medical Association.

Vaccines Protect Children

Shots needed before school starts

With school about to start, now is a good time to schedule children for a vaccine update.

Vaccinations are important because they protect against serious and preventable illnesses, some of which have no cure or treatment. Vaccinations not only protect those receiving them, but the children around them as well, including younger siblings.

Children starting kindergarten must get two doses of the chickenpox (Varicella) vaccine or provide proof (doctor's note) they've had the disease. Children in the first grade and

sixth grade must get one dose of chickenpox vaccine or provide proof they've had the disease. Children 19 months to kindergarten age who attend licensed child care or preschool must also be vaccinated against chickenpox.

Children entering sixth grade should be vaccinated with the Tdap vaccine if they are 11 or older and if it has been five years since they last received a tetanus vaccine. The Tdap vaccine protects against tetanus, diphtheria, and Pertussis (whooping cough). Young children receive a vaccine that pre-

vents these same diseases, but protection starts to wear off in the early teen years. If your child is starting sixth grade, ask your health care provider whether the Tdap vaccine is needed.

Health officials say parents should also consider the human papillomavirus (HPV) vaccine for girls under 19 as protection against cervical cancers and genital warts. This vaccine is not required for school admission.

Also recommended for children 11 to 18 is the meningococcal vaccine to prevent meningitis, a serious infectious disease.

HEALTH WATCH

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Change from the Inside Out -- Get to the root of your weight problem by identifying thoughts and feelings that affect your eating and activity patterns. In a group setting, you'll learn new skills to overcome emotional eating patterns. The class, offered by Providence, lasts 10 weeks and begins Sept. 8. Fee \$195. Call 503-216-5641 for more information.

Coping with Parkinson's -- A Providence Brain Institute neurologist offers tips for living with Parkinson's disease, Thursday, Aug. 20 from 7 pm. to 8:30 p.m. at Crowne Plaza, 1488 Kruse Oaks Drive, Lake Oswego. The presentation is free but registration is requested by calling 503-574-6595.

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.

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 helps 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.

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.

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