

HEALTH MATTERS

HEALTHWATCH

Beating Breast Cancer -- Health experts at Providence offer free seminars on how nutrition and exercise choices can reduce the risk and improve survival from breast cancer. Visit providence.org/integrativemedicine.

Mind Body Health Class -- Your thoughts, feelings and habits have tremendous impact on your physical and mental health. Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

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.

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 dietician 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.

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.

Philadelphia CMB Church



Pastor's According To My Heart
from Jeremiah 3:15

Celebrating 15 years Pastoring

Rev Roy E Clay, Sr. • Rev 1st Lady Lottie Clay

Featuring Guest Speakers:

Bishop Freddie Brown & Pastor Alvin Ellerby

Sunday Sept 6th @ 3:30 Pm

238 NE Mason ST., Portland OR 97217

503-281-6017 • 503-249-7291

Northwest Voice For Christ Ministries

"A Community Church"



Bishop H. L. Hodge, PhD
Pastor/Teacher/Revivalist

"The Voice Speaks"

Worship Service: Sundays- 8:00 A.M.

Seminars: Bible Themes- Wednesdays- 6:00 P.M.

"God, The Father"; "God, The Son"; and "God, The Holy Spirit"

Bishop Hodge and Congregation invite you to join us at our appointment with Jesus.

We Reach, Teach, & Preach in Jesus' name!!!

Location: 4800 NE 30th Ave.
Portland, Oregon

To inquire about our Church or Ministry call **503 863-6545** or email hodgehspks@msn.com

Employers Urged to Fight Flu

Keeping sick employees home

(AP) -- Government officials are calling on U.S. businesses to help manage swine flu this fall by getting vaccines to vulnerable workers and encouraging employees with symptoms to stay home.

Commerce Secretary Gary Locke said employers should develop plans for managing both seasonal and swine flu. Businesses should encourage employees who are at-risk for swine flu to get the vaccine as soon as it becomes available. First in line are pregnant women, health care workers and younger adults with conditions such as asthma.

The government is trying to prepare for the possibility of a widespread outbreak this fall, which could hurt businesses along with the broader economy by keeping workers home. Unlike regular seasonal flu, the H1N1 virus which causes swine flu has not retreated during the hot and hu-

mid summer months, and so far has infected more than 1 million Americans.

Locke briefed reporters Aug. 19 on recommendations for U.S. businesses at a press conference alongside Homeland Security chief Janet Napolitano and Health and Human Services Secretary Kathleen Sebelius.

The three cabinet secretaries said each company must develop its own unique plan. The officials declined to give more detailed instructions, explaining the scope of a potential outbreak is still unclear.

About 45 million doses of swine flu vaccine from GlaxoSmithKline, Novartis and several other companies are expected to be available by mid-October. Federal officials plan to begin shipping vaccines out to the states when they become available.

The World Health Organization has estimated that up to 2



Gary Locke

billion people could be sickened during the swine flu pandemic, which already is known to be responsible for more than 1,400 deaths.

"The government can't do this on its own," Locke said. "For this effort to be successful we need businesses to do their part."

Guidelines posted online recommend businesses develop plans for operating with re-

duced staff, in the event of a flu pandemic.

Employers also should consider allowing employees to work staggered shifts or from home if an outbreak becomes severe, the government officials said.

Workers with flu symptoms should be encouraged to stay home and remain there at least 24 hours after they no longer have a fever, the government recommends.

"If an employee stays home sick, it's not only the best thing for that employee's health, but also his co-workers and the productivity of the company," Locke said.

Other recommendations for companies include: keeping work areas clean, stocking up on hand sanitizers and other supplies, and sending employees home at the first sign of flu symptoms.

"In some areas there may be a lot of flu," Sebelius said. "In other areas, very little."

Seasonal Flu Vaccines Arrive at Safeway

Safeway announced last week that it has begun offering seasonal flu vaccines.

The stores will provide the seasonal vaccines on a "walk-in" basis at most stores, and through scheduled flu vaccine

clinics at others. The shots are offered at discount prices to help consumers and businesses control health care spending in a challenging economy, company officials said.

The Centers for Disease

Control and Prevention predicts an unusually severe flu season, elevating the urgency for certain groups and demographics to receive the vaccine.

Safeway also is working with

state, local and federal health authorities to obtain a supply of the vaccine to combat against the H1N1 "Swine Flu" virus. The vaccine is expected to be available in the United States in late October.

Video Games Take Toll on Health

Survey reveals some negatives

Teens aren't the only ones glued to the video game console. According to a new survey, the average video gamer in the U.S. today is 35 years old -- and not all that healthy physically or emotionally.

According to the survey released this week, the typical adult video game player is overweight, introverted and may be a little bit depressed.

The Internet-based survey involved adults aged 19 to 90 years old from the Seattle-Tacoma area, who were asked various questions about their health, as well as their media habits.

Of the 552 respondents (ages 19 to 90 years), 249 -- a little more than 45 percent -- identified themselves as video-game players -- the majority of them men (56 percent).

In a report in the American Journal of Preventive Medicine, Dr. James B. Weaver III, of the U.S. Centers for Disease Control and Prevention, Atlanta, and colleagues say they found "measurable" associations between playing video games and health risks.

"As hypothesized," the researchers report, a higher body weight and a greater number of "poor mental health days" differentiated adult video gamers from non-gamers.

Men who said they played video games weighed more and used the Internet more than men



Too much playing of video games can take a toll on your physical and emotional health.

who did not play video games, the survey showed.

Women who reported playing video games reported greater levels of depression and poorer overall health than non-gamers.

Adult video gamers also seemed less outgoing, or extroverted, and less social and assertive than non-gamers, consistent with prior research in adolescent video game enthusiasts that tied video game playing to sedentary habits, weight issues and mental health concerns.

Adult video gamers of both sexes relied more on the Internet for social support than non-gamers, which supports prior research suggesting that adult video game players may "sacrifice real-

world social activities to play video games."

Weaver and colleagues suggest that video gaming for adults may be a form of "digital self-medication." Women, in particular, may immerse themselves in brain-engaging digital environments as a means of self-distraction; "in short, they literally 'take their minds off' their worries while playing a video game," the investigators note.

What drives men to the video game console is likely to be different.

In a commentary published with the survey results, Dr. Brian A. Primack of the University of Pittsburgh School of Medicine applauds Weaver and his team for "reminding us that video games are cur-

rently popular not only among young people but also among adults."

The greatest challenge, Primack contends, will be maintaining balance.

He asks: "How do we simultaneously help the public steer away from imitation playlike activities, harness the potentially positive aspects of video games and keep in perspective the overall place of video games in our society?"

Powerful gaming industry giants, warns Primack, "will successfully tout the potential health-related benefits of products they develop. But who will be left to remind us that -- for children and adults alike -- Hide-And-Seek and Freeze Tag are still probably what we need most?"

Health Advocate Leads National Group

Multnomah County Health Department Director Lillian Shirley will lead a national organization representing 3,000

local health departments. Shirley was named vice president of the National Association of County and City



Lillian Shirley

Health Officials at the association's annual meeting in Orlando, Fla. This formally places her in the position of president-elect of the association.

Shirley said the national group was a vital link for policymakers on both the federal and local level who work to protect and improve health. The group also provides local public health officials a forum to share best practices and tools for improving delivery of health services.

The Portland Observer Established 1970
USPS 959-680
4747 NE Martin Luther King, Jr. Blvd., Portland, OR 97211
EDITOR-IN-CHIEF, PUBLISHER: Charles H. Washington
EDITOR: Michael Leighton
DISTRIBUTION MANAGER: Mark Washington
CREATIVE DIRECTOR: Paul Neufeldt
POSTMASTER: Send address changes to Portland Observer,
PO Box 3137, Portland, OR 97208

The Portland Observer welcomes freelance submissions. Manuscripts and photographs should be clearly labeled and will be returned if accompanied by a self-addressed envelope. All created design display ads become the sole property of the newspaper and cannot be used in other publications or personal usage without the written consent of the general manager, unless the client has purchased the composition of such ad. © 2008 THE PORTLAND OBSERVER. ALL RIGHTS RESERVED. REPRODUCTION IN WHOLE OR IN PART WITHOUT PERMISSION IS PROHIBITED. The Portland Observer--Oregon's Oldest Multicultural Publication--is a member of the National Newspaper Association--Founded in 1885, and The National Advertising Representative Amalgamated Publishers, Inc. New York, NY, and The West Coast Black Publishers Association

CALL 503-288-0033 FAX 503-288-0015
news@portlandobserver.com ads@portlandobserver.com
subscription@portlandobserver.com