

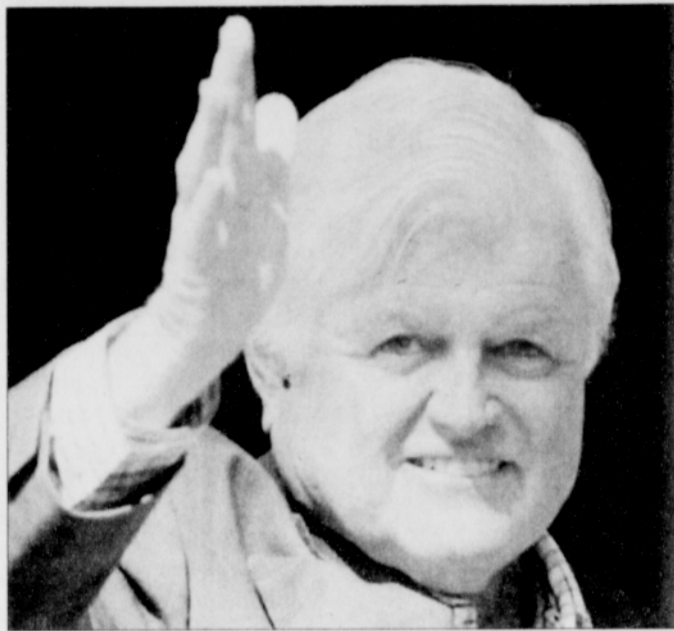
HEALTH MATTERS

After Cancer Goal was Quality of Life

Kennedy carried on the best he could

(AP) -- He lived 15 months with an incurable brain tumor, a little longer than usual for a patient in his late 70s. Perhaps equally important is that Sen. Edward M. Kennedy lived those months well — able to work almost to the end, to sail the choppy New England waters he adored, to help elect a president he supported, and even to give him a dog.

Time is important to any cancer patient. Quality of life, not just how much life they can squeeze out, is increasingly the focus for people with a terminal illness, cancer specialists say. It also is one of the chief goals of treat-



Sen. Edward Kennedy waves as he walks out of Massachusetts General Hospital in Boston, Mass., on May 21, 2008. He had been hospitalized after suffering a seizure at his home and was diagnosed with brain cancer.

ments for brain tumors, since "The advances that we've made in prolonging survival aren't as big as we've liked

them to be, but people have stayed at a good quality of life right up to the end," said Dr. Matthew Ewend, neurosurgery chief at the University of North Carolina, Chapel Hill.

Even after treatments can no longer control tumor growth for patients, "we can usually keep their quality of life pretty good with medicines for brain swelling, and then the end is usually pretty graceful," Ewend said.

There is much to be admired in how Kennedy spent his final months, said Dr. Len Lichtenfeld, deputy chief medical officer of the American Cancer Society.

"This is a man who had a serious and fatal illness and he knew that. Despite his illness, he carried on as best he could," Lichtenfeld said.

He noted that celebrities "are public representatives of mil-

lions of people who deal with these issues on a daily basis." When one gets recommended treatments and is able to live life to its fullest, it gives hope to other patients, Lichtenfeld said.

Kennedy was diagnosed with a malignant glioma, a cancerous brain tumor, after suffering a seizure at his home in May 2008. He had surgery two weeks later, followed by chemotherapy with the drug Temodar during and after radiation, his family has said.

Median survival for the type of tumor Kennedy is believed to have had is 12 to 15 months, but the range is wide, said Dr. Mark Gilbert, a brain tumor expert at the University of Texas M.D. Anderson Cancer Center in Houston.

"Treatments are keeping the cancer under control for a

longer time," Gilbert said. Without the tumor continuing to grow, patients "maintain their function and with that, their quality of life," he said.

Cancer research is a cause Kennedy championed long before his illness, the cancer society's chief executive, John Seffrin, said in a statement.

Kennedy helped overhaul the 1971 National Cancer Act, "rein in the tobacco industry" with a bill giving the federal Food and Drug Administration authority to regulate tobacco products, and backed expansion of the Children's Health Insurance Program with an increase in the tobacco tax, the statement said.

For these and other achievements, he was given the Society's Medal of Honor and National Distinguished Advocacy Award.

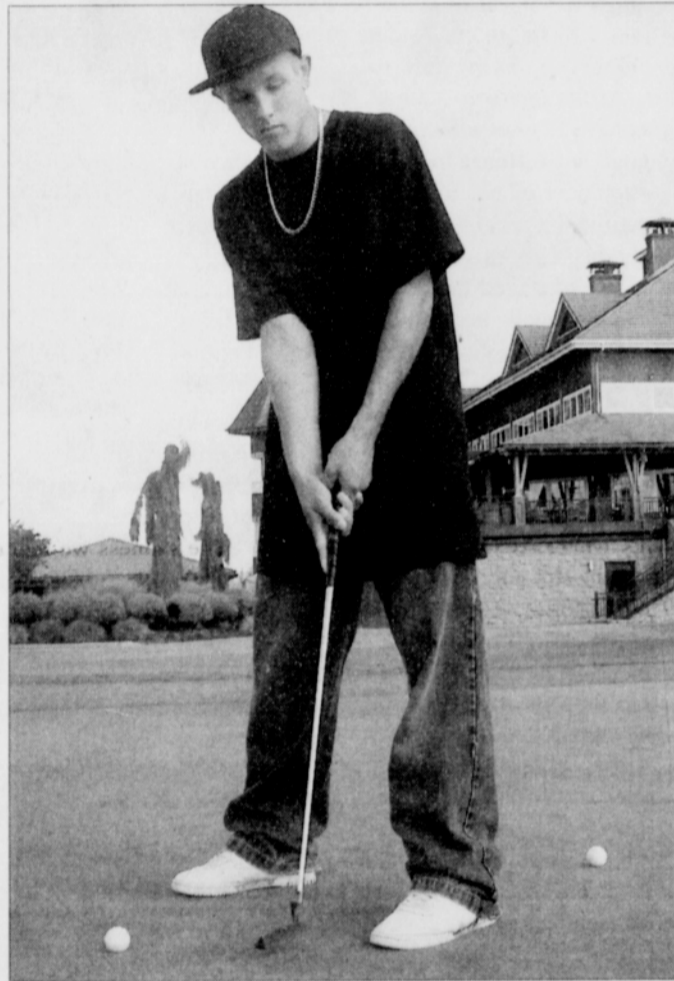
Tournament Helps People in Need

Providing vital health services

The loss of sight or hearing can have a devastating impact on a person's life and livelihood. Every year, the Oregon Lions Sight & Hearing Foundation helps over 120,000 youth and adults in Oregon with sight or hearing needs that might otherwise fall through the cracks in our healthcare system.

People like Melissa who since the age of 15 was diagnosed with cornea problems. Year after year, her eye sight slowly worsened until this year, at the age of 27, the eye pain, constant irritation and blurry vision became too much to bear. Her husband works two part-time jobs and is the sole provider for their family of three, but neither job offers health insurance benefits.

Through the Oregon Lions Sight & Hearing Foundation's Patient Care Program and the generous donation of a cornea by the Lions Eye Bank of Oregon, Melissa's plea for assis-



Robby Cole, visually impaired student at Washington School for the Blind, aspires to be a professional golfer.

tance was answered. Earlier this year Melissa underwent a successful 90-minute corneal transplant.

Thanks to the Foundation and its innovative Patient Care program, Melissa's corneal transplant was paid for and she is now able to care for her 3-year-old son. The Patient Care program, which saved Melissa's vision, is one of the Foundation programs funded in part through the Scramble for Sight golf tournament.

The 7th Annual Oregon Lions Sight and Hearing Foundation Scramble for Sight Golf Tournament and Junior Golf Clinic for visually impaired youth, will be held on Monday Sept. 21 with a 10:30 a.m. shotgun start at The Reserve Vineyards and Golf Club in Aloha — one of Oregon's premier golf courses.

For more information, call the Foundation at 503 413-7399 or download a registration form at orlions.org.

Back to School Health Tips

Summer is winding down and thoughts are migrating toward "back to school". Most parents are excited; most kids are not. With the start of school, bad habits that accumulated in the summer will have to change. Some of these are bed times, homework guidelines, eating patterns and hygiene.

One of the most important habits for children and adolescents that are often overlooked is good oral hygiene. Since so many illnesses like diabetes, heart disease, and others now being shown to link to oral health, it makes sense to establish healthy

patterns while persons are young. These efforts will pay off in an individual's overall health in years to come.

Some oral health routines for parents to establish in their children are to avoid sugar sweetened beverages and sugar laden foods; to brush teeth twice a day and floss between teeth once a day.

Children can benefit from early healthy oral habits that parents can inspire by modeling and establishing a routine. As an adult, individuals will more likely continue the healthy oral hygiene they established as children and will be less likely to become sick.

Happy Birthday Gary Washington
from your family -- We love you!

Low Risks in Weight Loss Surgery

In the first federally funded, multicenter clinical trial to evaluate the overall risks, benefits and long-term impact of bariatric surgery, researchers have found the overall risk of death and other adverse outcomes is low and varies considerably from patient to patient.

Oregon Health & Science University and Legacy Good Samaritan Hospital were participants in the national study conducted to help doctors and patients better evaluate treatment for extreme obesity.

Researchers followed 4,776 first-time bariatric surgery patients for 30 days. Gastric bypass surgery (Roux-en-Y) was performed in 3,412 patients, laparoscopic adjustable gastric banding was performed in 1,198 patients, and 166 patients underwent other procedures that were not included in the final

analysis. At 30 days post-surgery, the researchers found the death rate among patients who underwent a Roux-en-Y gastric bypass or laparoscopic adjustable gastric banding was .3 percent, and a total of 4.3 percent of patients had at least one major adverse outcome.

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HEALTHWATCH

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 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 information.

Cholesterol Profiles -- Calls helps you keep an eye on your cholesterol and other indicators of heart health; educational material provided. For information, call 503-261-6611.

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For information, call 503-251-6260.



Dr. Billy R. Flowers

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 36. Healing Time

Q: How long will it take until you get well?

A: Your body possesses tremendous healing powers. In fact, by correcting the subluxations which interfere with healing, your chiropractor helps make you well again.

However, your body establishes its own priorities of healing. It is now uncommon for a patient to come in with a history of allergies, sinus trouble, headaches, low back pain, constipations and menstrual irregularity. All at once.

Q: Can you imagine your body healing them all at once?

A: You need to be patient. But, to help you understand which priorities your body may select, your chiropractor will want to know which problems developed first, which bother you the most and whether any might be hereditary.

Your diet and sleep habits could be hindering. Anyone who smokes two packs of cigarettes a day can understand why their lungs aren't clearing up. However, with proper diet, sleep and chiropractic adjustments, you can be sure you're

doing everything possible to help your body help you.

And now that you'll understand the role your body plays in healing, you'll understand the role in healing, you'll understand the role your chiropractor plays.

There are three basic phases of treatment.

1. Eliminating the pain.

Though your chiropractor does not treat pain per se, he or she will work very hard to eliminate any pain you might have. In many instances, it is impossible to make any corrective adjustments on your spine until the pain has been eliminated. During this phase, your chiropractor will need to see you often.

2. Helping your body help itself.

This second phase of treatment is very important. This is when your chiropractor corrects your subluxations, allowing your body to start making the necessary repairs. Ligaments will begin to tone up, muscles will start to provide support again and tissues will cleanse themselves. You may find yourself more alert, less depressed and

even desiring healthier food. During this phase of treatment, you will need to see your chiropractor less often. But be patient and keep all your appointments. Remember, your body is going to repair the worst damage first and even though a different problem may seem more urgent to you, your body will get to it in time.

3. Preventative Maintenance

During this phase, you will probably have forgotten the aches and pains of Phase 1. The important thing, though, is not to forget the need for regular checkups. To protect the investment you have made in good health and make sure you haven't gotten any new subluxations, which would start the process all over again.

By this time, you will obviously know and appreciate the benefits of proper chiropractic care. And if you're like most people, you want to make sure your friends and loved ones share the same healthy advantage too.

Without drugs. Without surgery. Without question.

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