

# HEALTH MATTERS

## HEALTHWATCH

**Get Me Through the Holidays** -- A series of free forums to hear 10 strategies on coping with a loss during the holiday season and any other days that hold special meaning are being held during November by Providence Hospice. For more information and to register, call Anne Kister at 503-215-4636.

**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.

**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.

**Loving with Hope and Promise** -- Lung cancer patients and their families are invited to a free day of learning about treatment as well as emotional and psychological tools to support patients and caregivers, Saturday, Nov. 7 from 9 a.m. to 2 p.m. at the Providence Cancer Center, 4805 N.E. Glisan. Registration is required by calling 503-574-6595.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

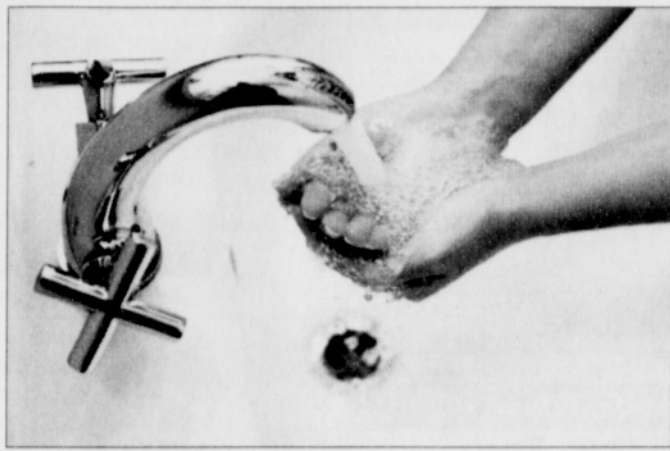
**Cardiac-Rehab Exercises** -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

**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.

**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.

## Preparing for H1N1 Flu

Simple things to avoid infection



Washing hands with soap and water is one of the basic health practices to help prevent the spread of the flu.

The H1N1 (swine flu) virus is a potentially serious health issue for families, schools and businesses across the country and the world. While the government is uncertain how widespread or severe the H1N1 flu virus will be this year, the American Red Cross says that there are simple things that people can do now to prepare for it.

The federal government estimates that as many as 40 percent of the country's population could become ill with the flu this fall and winter. Parents should review flu plans at their children's schools and day care centers. Employees should ask about

work policies on tele-working or staying home when a relative is sick with the flu or a child's school is closed.

The American Red Cross recommends that people follow common sense public health practices and store extra supplies when possible. These

steps are helpful for both H1N1 virus and the seasonal flu virus each year:

Follow basic public health practices to help prevent the spread of the flu:

Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer,

and avoid touching your eyes, nose and mouth.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow.

Minimize contact with people who are sick as much as possible and stay home when you are sick.

Get flu shots for both seasonal flu and H1N1 virus. Get the seasonal flu shot early.

Try to stock homes with extra food, water and supplies to reduce the need to go out in public when taking care of a sick loved one or if schools and business have temporarily closed due to widespread outbreak.

More information can be found at the federal government's flu.gov website or by going to redcross.org.

## Health Reform's Moral Dimensions

Forum to address issues

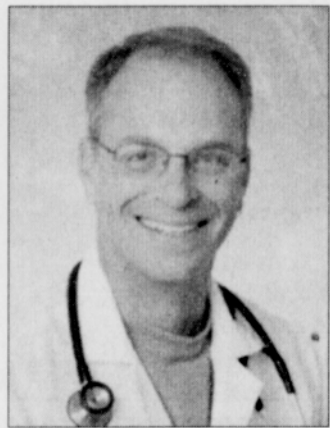
In the midst of the current national debate over health reform, the Oregon Interfaith Health Justice Campaign is convening a free public forum on "Faith, Health Reform & Our Community," to be held Saturday, Nov. 7, from 9:30 a.m. to 11:30 a.m., at Maranatha Church, 4222 N.E. 12th Ave.

The forum will allow the general public, faith leaders, and others to grapple with the ethical moral, and policy questions involved in creating a just health care system.

Reflections from faith leaders and discussion among doctors,



Tricia Tillman



Dr. Evan Saulino

policy experts and advocates will provide vital perspectives on the health system. Forum participants will also have the opportunity to discuss their own perspectives on the issue

in group discussions.

Participants will be welcomed to the church by the Rev. Dr. T. Allen Bethel who will give a brief reflection on the religious roots of concern for health care

reform.

Dr. Bethel's comments will be complemented by further remarks and an interfaith discussion including Imam Mikal Shabaz, director of the Oregon Islamic Chaplain Organization and Rev. Lynne Smouse Lopez of Ainsworth United Church of Christ.

A panel discussion on health reform policy will feature Dr. Evan Saulino, a physician and member of the Oregon Academy of Family Physicians, Tricia Tillman of the Oregon Office of Multicultural Health and Services, Liz Baxter of the Archimedes Movement, JoAnn Bowman of Oregon Action, and Ellen Pinney of the Oregon Health Action Campaign.

## Diabetes Increases Heart Failure Risk

Diabetes increases by 26 percent the likelihood that women will develop atrial fibrillation, a potentially dangerous irregular heart rhythm that can lead to stroke, heart failure, and chronic fatigue.

These are the findings of a new Kaiser Permanente study, published in the October issue of Diabetes Care, a journal of the American Diabetes Association.

While other studies have

found that patients with diabetes are more likely to have irregular heart rhythms, this is the first large study to isolate the effect of diabetes and determine that it is an independent risk factor for women.

Men with diabetes are also at higher risk, but the association between the two conditions is not as strong. For men, obesity and high blood pressure are bigger risk factors from diabetes."

## Safe Disposal of Drugs Urged

The public is invited to bring expired or unused prescription drugs to a safe disposal event on Saturday, Nov. 7 from 10 a.m. to 4 p.m. at Gresham City Hall, 1333 N.W. Eastman Parkway.

"No questions will be asked about who the prescription was made out to or the type

or amount brought in," said Chief Craig Junginger. "This is a public safety issue. We want to keep unused prescription drugs from being misused and we also want help keep them out of the water supply."

There has been a dramatic increase nationwide in the

number of poisonings and even deaths associated with the abuse of prescription and over the counter drugs. According to the Partnership for a Drug Free America:

Drugs from households can also reach waterways from excretion and dumping drugs down the toilet or drain.

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

### Part 9. Low Back Surgery: The unkindest and most unnecessary cut of all.

**Q: Should I try chiropractic for my low back pain or have surgery and get it "fixed right?"**

**A:** We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiropractic requires no drugs, surgery,

recuperation or expensive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

**Q: Which technique has better results for low back problems, Chiropractic or surgery?**

**A:** According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75 to 99% are

unsuccessful. Before you make any decision, heed the advice of the "father" of low back surgery: "exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine." To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

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