

HEALTH MATTERS

Men get Breast Cancer Too KISS drummer promotes awareness

(AP)—Lying in bed one night in 2007, Peter Criss felt something strange: a small lump on his left breast.

"I thought, 'It's a nodule, I'm a guy, I don't think it's anything more than that,'" he said. "The more I messed with it, the bigger it got and the more it hurt, and that started really scaring me."

The former Kiss drummer went to the doctor, underwent some tests and a surgical procedure to remove the lump. A week later, the doctor called. It was breast cancer.

"My heart hit my stomach and my knees buckled," Criss recalled.

The good news was that Criss had caught the disease at its earliest stage. After a second surgery to remove it in March 2008, he would not need chemotherapy, radiation or medication.

Now, the once-costumed rocker who performed in his Catman makeup is speaking out about his illness to encourage other men to get tested for breast cancer - a disease more



Former Kiss drummer Peter Criss, posing for a portrait in New York last October, had a mastectomy in March 2008 following a cancer diagnosis.

commonly associated with women, who are routinely urged to get regular mammograms at a certain age - the moment they suspect something might be amiss.

"You need to immediately tell your wife, your girlfriend, your boyfriend, whatever," he said. "The more you sit around and say, 'Well, it's going to go away,' that time could be the time that you save your life."

Men account for only 1 percent of all breast cancer cases, but about 2,000 men develop it each year, and 440 die from it, according to the National Cancer Institute.

Dr. Alexander Swistel, who treated Criss, praised his decision to get checked out immediately after sensing something

was wrong. "He's a great spokesperson, and he's very bright about this kind of thing," Swistel said. "To have someone like him come

forward and show that there's life after this is a wonderful thing. Rather than be the typical guy and say, 'Ah, forget it,' he moved on it right away."

Mammograms Policy Unchanged

U.S. health officials have distanced themselves from controversial new breast cancer screening guidelines that recommend against routine mammograms for healthy women in their 40s and said federal policy on screening mammograms had not changed.

In a move likely to reassure American women, U.S. Health and Human Services Secretary Kathleen Sebelius said in a statement last week that the U.S. Preventive Services Task Force that issued the guidelines did not set federal policy and did not affect what services the government would pay for.

Critics of the new guidelines said they would lead to more cancer deaths and expressed fear insurance companies would use them to justify denying coverage for mammograms to women in their 40s.

But Sebelius said she would be very surprised if any private insurance company changed its mammography coverage.

The proposed changes address healthy women with an average risk of breast cancer, not women who have a family history of breast cancer or some other special risk.

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.

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.

HEALTHWATCH

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.

Hall Excels at Lehigh

A former Jefferson High School standout is earning top accolades as he enters his senior year at Lehigh University in Bethlehem, Penn.

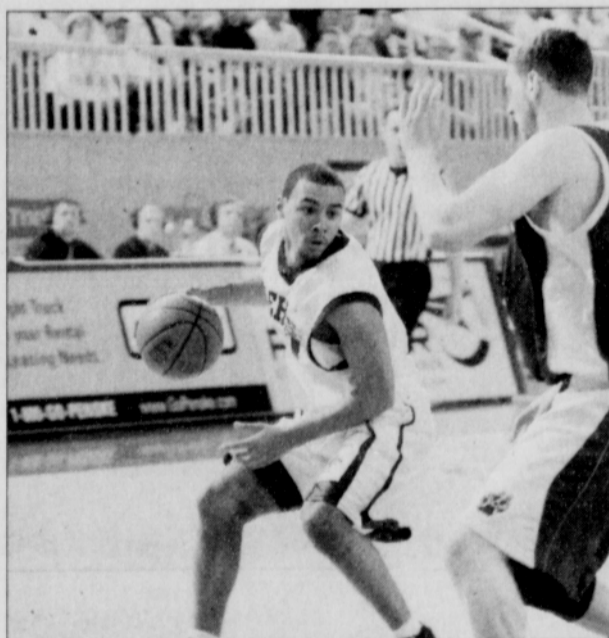
Marquis Hall was recently named the Patriot League Preseason Player of the Year as well as one of the top student-athletes in the country.

"It's a great honor to be recognized as the preseason Player of the Year," Hall commented. "I just hope I can live up to the expectations."

Hall said he's trying to be more of a leader and help the team's younger players.

"We have lots of talented guys on our team; it's just a matter of putting it all together and being consistent throughout the year," he said.

As a candidate for the Lowe's Senior CLASS Award, Hall wins acclaim for focusing on the "Four C's" of classroom, character, community and competition.



Former Jefferson High School standout Marquis Hall continues his success at Lehigh University where the senior was recently named Patriot League Preseason Player of the Year.

Holiday Meals for Seniors

Loaves & Fishes will deliver hot turkey dinners to homebound seniors on Thanksgiving, Thursday, Nov. 26. The organization will also host community Thanksgiving dinners at several locations.

"A traditional holiday meal with turkey and all the trimmings will be delivered by

volunteers to our most frail and isolated seniors on Thanksgiving Day," said Loaves & Fishes Executive Director Joan Smith. "We are so grateful for the community volunteers who spend part of their holiday making the day brighter for these seniors." The community is invited to

join with others for a Thanksgiving Day dinner between 11 a.m. and 1 p.m. at Beaverton Loaves & Fishes, 5550 S.W. Hall Blvd.; Belmont Loaves & Fishes, 4610 S.E. Belmont St.; Elm Court Loaves & Fishes, 1032 S.W. Main St., and Tigard Loaves & Fishes, 8815 S.W. O'Mara.

New Prices Effective May 1, 2007

Martin Cleaning Service
 Carpet & Upholstery Cleaning
 Residential & Commercial Services

Minimum Service CHG. \$45.00

Carpet Cleaning
 2 Cleaning Areas or more \$30.00 Each Area
 Pre-Spray Traffic Areas (Includes: 1 small Hallway)
 1 Cleaning Area (only) \$40.00
 (Includes Pre-Spray Traffic Area • Hallway Extra)
 Stairs (12-16 stairs) \$25.00 (With Other Services)
 Heavily Soiled Area: Additional \$10.00

ADDITIONAL SERVICES

- Area & Oriental Rug Cleaning
- Auto/Boat/RV Cleaning
- Deodorizing & Pet Odor Treatment
- Spot & Stain Removal Service
- Scotchguard Protection

UPHOLSTERY CLEANING

Sofa	\$79.00
Loveseat	\$59.00
Sectional	\$109 - \$139
Chair or Recliner	\$35 - \$49
Throw Pillows	\$5.00

(With Other Services)

See Flyers for Additional Prices
 Call For Appointment
(503) 281-3949

Thanksgiving is a family holiday...

No one understands the importance of family more than us. We are a family, serving families... and that goes a long way toward appreciating what a holiday like Thanksgiving means. As your family gathers this holiday season, remember to give thanks for these precious moments together.

TERRY FAMILY FUNERAL HOME

2337 N Williams Ave
 (503) 249-1788
 www.terryfamilyfuneralhome.com

MY FATHER'S HOUSE MINISTRIES
 "Helping Families • Transforming Lives"

Presents
PROJECT Christmas Blessing
 Saturday, December 19 • 10pm - 1pm
 We will be giving away tennis shoes and toys.
 WHILE SUPPLIES LAST.

New Song Community Center
 2511 NE MLK Blvd.
 Corner of NE MLK Blvd and Russell Street
 ALL CHILDREN AND TEENS MUST BE ACCOMPANIED BY A PARENT.

For directions or more information, call
503-488-5481
 www.mfhmportland.com