

### Oregon Health Plan Openings

Applications are now being accepted from low-income Oregonians for enrollment into the Oregon Health Plan.

The state has funding to cover an additional 35,000 adults out of the approximately 140,000 Oregonians whose incomes would qualify them for this health insurance coverage.

Applicants will be added to a reservation list, which will be the source of monthly drawings for coverage until the budgeted monies are exhausted.

To add your name to the list, visit the Internet site [oregon.gov/DHS/](http://oregon.gov/DHS/)

open or call 1-800-699-9075. You can also go to a local Department of Human Services office to request a reservation packet. Local county health departments, most hospitals and health care clinics also have reservation packets.

Once a person's name is drawn, he or she will be sent an application packet to apply for the health plan.

Eligibility is based on strict income limits of less than the federal poverty level, which is based on the number of people in a household. For example, the limit is \$903 for an individual or \$1,526 for a family of three.

### Sitting May Shorten Lifespan

A new study suggests that every hour of the day you spend in front of the television or sitting at a computer increases your risk of dying from cardiovascular disease.

You can reduce that risk by tak-

ing the stairs instead of the elevator, or squeezing in a walk during lunch.

Experts at the Providence Health and Vascular Institute suggest that you incorporate activity into even the busiest of schedules.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 23. Chiropractic And Knees:

#### Knees need to know how Chiropractic helps too.

**Q:** My right knee hurts terribly all of the time. It has been swollen several times to the point of needing to be drained. Can Chiropractic help?

**A:** Your case sounds familiar. It reminds me of one case in particular. A man once came to my office for consultation. He wanted to show me his knee but his slacks were so tight from swelling in his knee that he could not pull his pant leg up to show me. I talked to him about his knee and

showed him graphs of the nervous system and how it affects the knee. He decided to become a Chiropractic patient and has had no problem with his knee since. Within days the swelling was out of his knee. Like so many patients, he had an added bonus. His back was stronger and

healthier than it had been in years. His headaches disappeared. In short, he got that healthy happy feeling of Chiropractic. If you have knee pain or if you have any question concerning your health at all, call us today, Isn't it time you stepped up to Chiropractic?

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We celebrate the wisdom of collaboration and the strength in diversity.

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