

# HEALTH MATTERS

## Protect Children from Lead

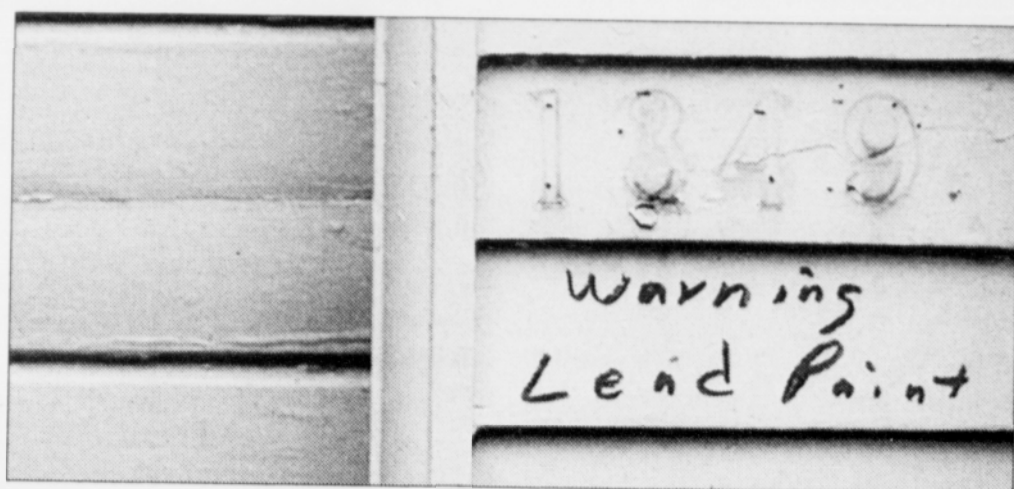
Kids 6 and younger are most at risk

Every year, Oregon children are exposed to hazardous levels of lead in their homes.

The Multnomah County Health Department estimates that thousands of local children are at risk of lead poisoning due to dangerous levels of lead in their homes.

Lead poisoning can damage the nervous systems of young children, leading to speech, language, and behavior problems, developmental delays, and damage to hearing and kidneys. Children age 6 and under are at higher risk for lead poisoning because they are more likely to put lead-containing sources such as soil, dust, or paint chips in their mouths.

Lead poisoning in pregnant women can harm the baby and make the mother ill. In adults, lead poisoning can cause high blood pressure, nerve disorders, problems with memory and concentration, muscle



After it was discovered that paint used on the siding and windows of this older Michigan home was lead-based, warnings were written every few feet to alert future contractors who might work on the house.

pains, problems with the digestive system, and fertility problems in both men and women.

Homes or apartments built before 1978, when the federal government outlawed lead-based paint, may contain lead-based paint. Lead-based paint is not necessarily a threat if it is kept in good condition. The risk of lead exposure comes when lead-based paint deteriorates by cracking, chipping, or peeling.

Soil around the home may also contain lead from paint that has fallen off from the outside of the home.

Here in Portland, families are remodeling older homes in inner-city neighborhoods and may be exposing their children to lead without realizing it. The greatest risk is in homes built before 1950.

Pregnant women and families with children six and younger should take special care to avoid exposure to lead. The first step is to identify lead hazards in the home. While chipping paint, dust, and contaminated soil are common lead sources, other sources include household

plumbing with lead solder that can leach lead into drinking water, painted toys and furniture, and lead-glazed ceramic ware.

"A blood test is the only way to find out if a child has lead poisoning. Not all medical providers will routinely test children for lead, so you may need to ask specifically about lead testing," says Lila Wickham, manager of Multnomah County Environmental Health.

There are free lead screening clinics at Multnomah County Health Department Community Immunizations, 503-988-3828, and Josiah Hill III Clinic, 503-802-7389.

Childcare centers that are interested in offering lead testing to groups of children can contact the Multnomah County Leadline at 503-988-4000 to arrange on-site testing clinics.

You can also visit the health department's website for tips on protecting your children from lead poisoning at [leadline.org](http://leadline.org).

## H1N1 Flu Cases Down

(AP) – H1N1 flu cases are down, but health officials say the disease's cumulative impact has grown to 57 million U.S. illnesses, 257,000 hospitalizations and 11,690 deaths.

The Centers for Disease Control and Prevention released the new estimates Friday. They represent cases from the time H1N1, also called swine flu, was first identified in April through mid-January — the first nine months of the pandemic.

The numbers represent increases of about 4 percent from the CDC's last estimates, which covered the first eight months. New H1N1 flu cases peaked in October but declined since, and have not been widespread in any state for more than a month.

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## Health Watch

**Cholesterol Profiles** -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

**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.

**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.

**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.

**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.

**Mind Body Health Class** -- 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.

**Red Cross Certification** -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit [pdxinfo.net](http://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.

**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.

Black History Month events at

## REED COLLEGE

[WWW.REED.EDU/BHM/INDEX.HTML](http://WWW.REED.EDU/BHM/INDEX.HTML) Events are free unless otherwise noted.

### Reed Celebrates Black History Month



LECTURE: FEBRUARY 19  
7 P.M., VOLLUM LECTURE HALL

**Melissa Harris-Lacewell**

Melissa Harris-Lacewell is an associate professor of politics and African American studies at Princeton University. She is the author of the award-winning book *Barbershops, Bibles, and BET: Everyday Talk and Black Political Thought* (Princeton, 2004).



ROMP! CONVERSATION: FEBRUARY 20  
2 P.M., PSYCHOLOGY 105

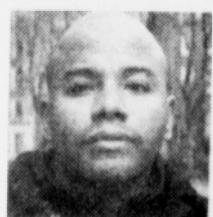
**Imani Winds**

Grammy-nominated Imani Winds has carved out a distinct presence in the classical music world. In conjunction with Black History Month, the members of Imani Winds will discuss their musical tribute to iconic African American entertainer Josephine Baker. The conversation, part of ROMP! and moderated by Reed professor of music Mark Burford.

CHAMBER MUSIC NORTHWEST & ROMP! CONCERT: FEBRUARY 20  
7:30 P.M., KAUL AUDITORIUM

**Imani Winds**

Imani Winds presents a program influenced by tango and Cuban music. Tickets: \$10-48; call 503/294-6400.



LECTURE: FEBRUARY 27  
7 P.M., VOLLUM LECTURE HALL

**Peniel E. Joseph**

Peniel E. Joseph is a professor of Africana studies at Brandeis University and an expert on the black radical tradition, pan-Africanism, black social movements, and African American feminism. Joseph's first two books, *Waiting 'Til the Midnight Hour: A Narrative History of Black Power in America* and *The Black Power Movement: Rethinking the Civil Rights-Black Power Era*, were published in 2006.

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