

# HEALTH MATTERS

## Get Talking, Get Tested

Planned Parenthood Columbia Willamette Joins MTV, the Kaiser Family Foundation, and the Centers for Disease Control and Prevention to urge young people to GYT: Get Yourself Talking and Tested.

As many as one in two sexually active young people will contract an sexually transmitted disease (STD) by age 25—and most won't know it.

The Get Yourself Talking and Tested campaign encourages people under the age of 25 to talk with health care providers and their partners about getting tested for STDs.

According to the CDC, this age group represents half of the estimated 19 million cases of STDs occurring in the United States each year. When left untreated, STDs can lead to an increased risk of HIV infection, infertility and cancer.

Planned Parenthood Columbia Willamette offers STD testing and treatment at all 10 of its health centers throughout Oregon and southwest Washington. Patients can schedule appointments for testing, or walk-in to any of the health centers during business hours.

## Benefit Supports Kidney Transplant

With food, entertainment and fun

A local dad is hosting a benefit Sunday for his son who is in need of a kidney transplant.

Demarcus L. Henry (Keller) of Portland, son of Rhonda Henry and Joe "Bean" Keller, was diagnosed with Lupus in 2002. Due to complications from the disease, he was hospitalized and was diagnosed with kidney failure. Then while running tests, doctors found a problem with one of his aortic heart valves. In March, he underwent open heart surgery to repair the valve, only

to find he suffered another heart defect that required surgery.

Now recovering from the surgery, Demarcus will need a kidney transplant to resume a healthy life.

Sunday's benefit at Joe Bean's Studio, 2627 N.E. Martin Luther King Jr. Blvd., starting at 5 p.m., will feature a barbecue and live entertainment, including music by Joe Bean Keller and Friends, The Gretchen Mitchell Band, the Liv Warfield Band, D.J. Mike Morris and more.

The website located at



Demarcus Henry Keller

akidney4demarcus.com is designed to assist in the process of finding a matching living kidney donor for

Demarcus so that when it is time for his kidney transplant, the family will have a list of potential donors.

Demarcus has been through a lot in his life at the age of 31. He lost his older brother Deontae J. Keller in an officer-involved shooting in 1996. He lost his daughter at the age of three months due to heart and medical complications.

Now you can help him live a productive life and be the father he would like to be to his kids.

For more information, call Joe Bean Keller at 503-490-6837 or visit akidney4demarcus.com.

## Healthy Kids Sign-up Campaign Expands

The Urban League of Portland is expanding its efforts to enroll children into the Oregon Health Plan as part of the Healthy Kids program.

Healthy Kids is free or low-cost health care coverage for Oregon children who don't have health insurance.

A child must be 18 years of younger, live in Oregon and be a legal resident. Household

income can't be more than 300 percent of the federal poverty level; which is \$66,000 for a family of four. Health care is free for families whose income is less than \$44,000 for a family of four. Premiums are subsidized on a sliding scale for incomes between \$44,000 and \$66,000.

"Healthy Kids will provide greater opportunities for preventive care and early interventions. We are urging parents to act now to make

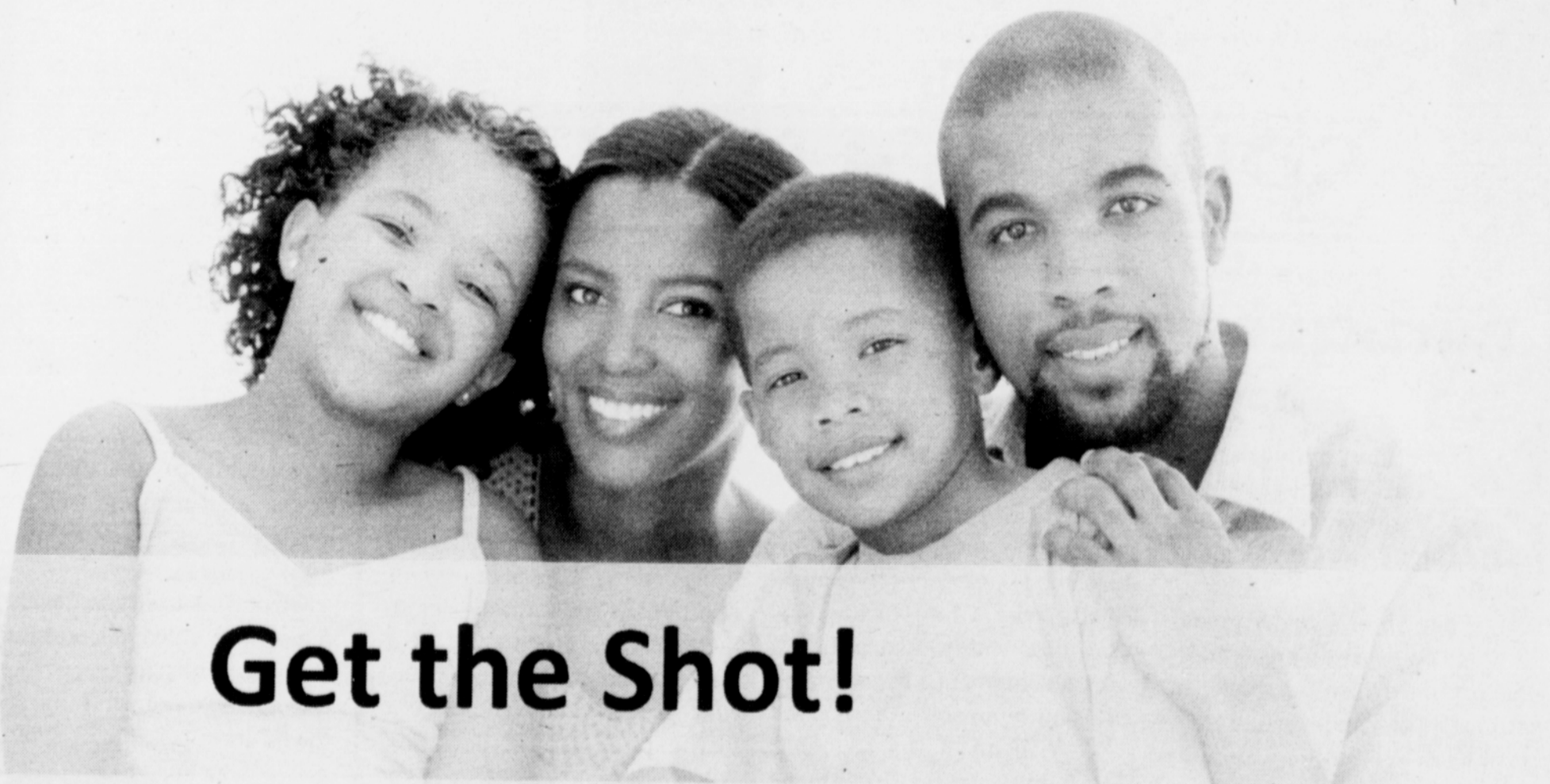
sure their kids are covered," said Robin Wisner, Urban League Healthy Kids client advocate.

You can visit the Urban League office at North Russell Street and Williams Avenue for enrollment assistance on Mondays, Wednesdays and Fridays from 3 p.m. to 5 p.m.; and Wednesday evenings from 5:30 p.m. to 8 p.m. For an appointment contact Bridget Uphoff at 503-280-2362.

WARNING! H1N1 is still Alive



## Let's Keep H1N1 Under Control



### Get the Shot!



African American Health Coalition, Inc.

Call 503-413 1850 M-F 8:30AM-5:00PM

Or visit: 2800 N Vancouver Suite 100 Portland, OR 97227

www.aahc-portland.org