

HEALTH MATTERS

Tainted Pet Food Blamed:

For source of salmonella outbreak in kids

Fido's food may be making kids sick, a government report warns, detailing the first known salmonella outbreak in humans, mostly young children, linked to pet food.

The outbreak sickened 79 people in 21 mostly eastern states, between 2006 and 2008. Almost half of the victims were children aged 2 and younger.

Dry pet foods are an under-recognized source of salmonella infections in humans, and it's likely

other illnesses since then were unknowingly caused by tainted pet food, said Casey Barton Behravesh, the report's lead author and a researcher at the federal Centers for Disease Control and Prevention.

At least six unrelated pet food recalls have been issued this year by manufacturers because of possible salmonella contamination, Food and Drug Administration data show. FDA spokesman Ira Allen said there have been no reported salmonella illnesses linked to pet food since the 2006-08 outbreak.

A report about the outbreak was published online Monday by the medical journal Pediatrics.

There have been no known cases

of human salmonella linked with wet pet food.

The outbreak was blamed on salmonella bacteria found in several brands of dry dog and cat food produced at a Mars Petcare US plant in Everson, Pa., including Pedigree and Special Kitty.

While young children were most often affected, there's no evidence that they got sick by eating pet food, Behravesh said. They probably became infected by touching affected animals or dirty pet food dishes, and then putting their hands in their mouths, she said.

Symptoms included bloody diarrhea and fever. At least 11 people were hospitalized; none died.

Dealing with Mental Illness

Course helps families cope

A free, 12-week course for people whose adult family members live with mental illness is sponsored by the Multnomah Chapter of the National Alliance on Mental Illness. Evening classes start Sept. 9 at Legacy Emanuel Hospital; Saturday morning classes begin Sept. 11 at Providence Portland Medical Center. Classes are offered at other locations in the metro area.

The course, described as "life-changing" by former participants, is designed for parents, spouses, children, siblings and friends of persons with mental illness. The nationally recognized curriculum is taught by specially trained volunteers whose own family members live with mental illness.

Classes meet for two and a half hours each week for 12 weeks.

Classes cover the biology of brain disorders; dealing with crisis and relapse; diagnostic criteria for the major mental illnesses; medications and how they work; co-occurring mental illness and addiction disorders; problem solving; empathy with those who are ill; and communication and coping skills for family members.

"This class helps families to see that mental illness is a disorder of the brain, just as asthma and diabetes are disorders of other organs of the body. It helps families to separate their loved one from the illness that affects their loved ones," said Margaret Brayden, executive director of the Portland chapter.

Registration is required. To register, call 503-203-3326.

Report: Poor Still Smoking

A new report shows fewer people are smoking in Oregon except for people with low incomes, whose rate has not changed.

The state Department of Human Services report shows the smoking rate in Oregon has dropped signifi-

cantly since the state began its Tobacco Prevention and Education Program in 1996.

But the report says smoking among lower-income people "has stub-



bornly remained at around 35 percent."

Overall, the smoking rate declined from 24 percent of Oregonians in 1996 to 17 percent smoked in 2007.

Public Service Message by the Portland Observer

A Monthly Childbirth Preparation Workshop



Held at: ICTC — every third Saturday
August 21st, September 18th, 2010
October 16th, November 20th, December 18th
2823 N. Rosa Parks Way
Portland, OR 97217
503-460-9324

Time: 10:00AM — 2:00PM

Information Learned:

Hour 1
Introduction
Healthy Pregnancy

Hour 2
Nutrition
Prenatal Movement

Hour 3
Signs of Labor
Labor Management
Pain Relief
Delivery

Hour 4
Breastfeeding
Postpartum
Newborn Care
Closing

If you're able to, please bring two pillows and your support person.
Light refreshments are served

ALL ARE WELCOME

Registration is required

For more information call 503-460-9324

Obesity a Risk to Unborn

(AP) — Women who gain too much weight during pregnancy have big babies, putting their children at risk of becoming heavy later on, a new study says.

American researchers followed all births in Michigan and New Jersey between 1989 and 2003. They then focused on women who had more than one child, to exclude the possibility that women who were genetically predisposed to be obese were simply passing those genes

onto their babies.

Among the more than 513,000 women and their 1.1 million infants studied, scientists found that women who gained more than 53 pounds during their pregnancy made babies who were about .3 pounds heavier at birth than infants of women who gained only 22 pounds.

The study was published in the medical journal Lancet and was paid for by the U.S. National Institutes of Health.

HEALTHWATCH

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.

Free Body Basics — This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.