

HEALTH MATTERS

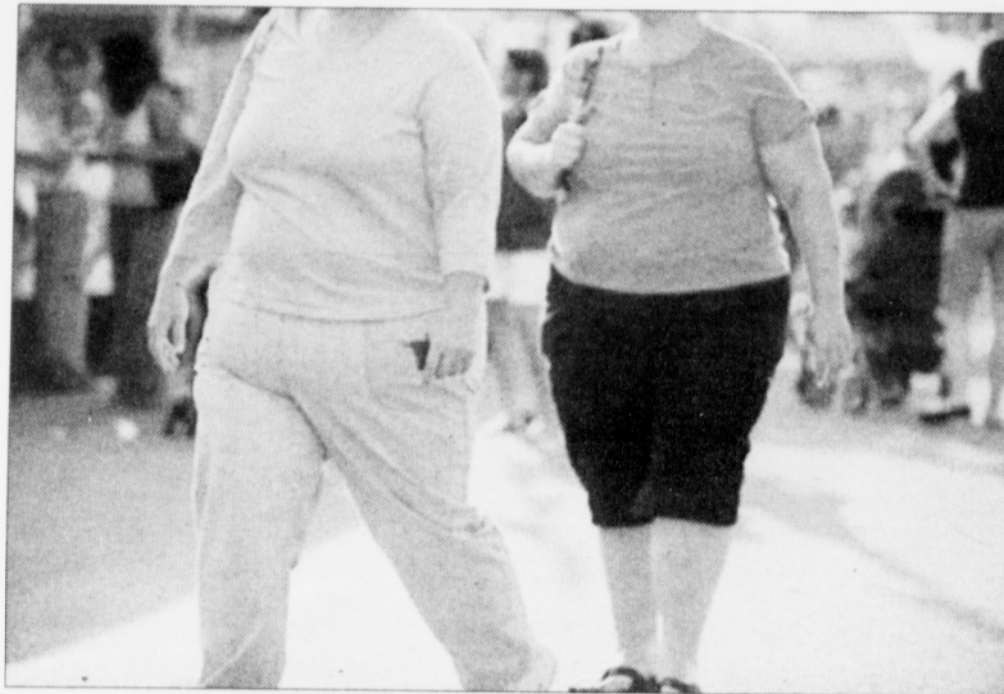
Belly Bulge Increases Health Risks

Deadly dangers for older adults

(AP)-- If your pants are feeling a bit tight around the waistline, take

note: Belly bulge can be deadly for older adults, even those who aren't overweight or obese by other measures.

One of the largest studies to examine the dangers of abdominal fat



Obesity in the United States has grown "faster than anyone could have imagined," doubling in adults and tripling in children in recent years, said a leading US health official.

suggests men and women with the biggest waistlines have twice the risk of dying over a decade compared to those with the smallest

tummies.

Surprisingly, bigger waists carry a greater risk of death even for people whose weight is "normal" by the body mass index, or BMI, a standard measure based on weight and height.

"Even if you haven't had a noticeable weight gain, if you notice your waist size increasing that's an important sign," said lead author Eric Jacobs of the American Cancer Society, which funded the study. "It's time to eat better and start exercising more."

Other research has linked waist size to dementia, heart disease, asthma and breast cancer.

Bulging bellies are a problem for most Americans older than 50. It's estimated that more than half of older men and more than 70 percent of older women have bigger waistlines than recommended. And it's a growing problem: Average waistlines have expanded by about an inch per decade since the 1960s.

To check your girth, wrap a tape measure around your waist at the navel. No fair sucking in your bulge. Men should have a waist circumference no larger than 40 inches. For women, the limit is 35 inches

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Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

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

Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

Q: I always know when my back hurts. But I rarely know why.

A: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to simple strain or sublux-

ation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous system to

function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504

HEALTHWATCH

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.

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.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

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.

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.

Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

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.