

HEALTH MATTERS

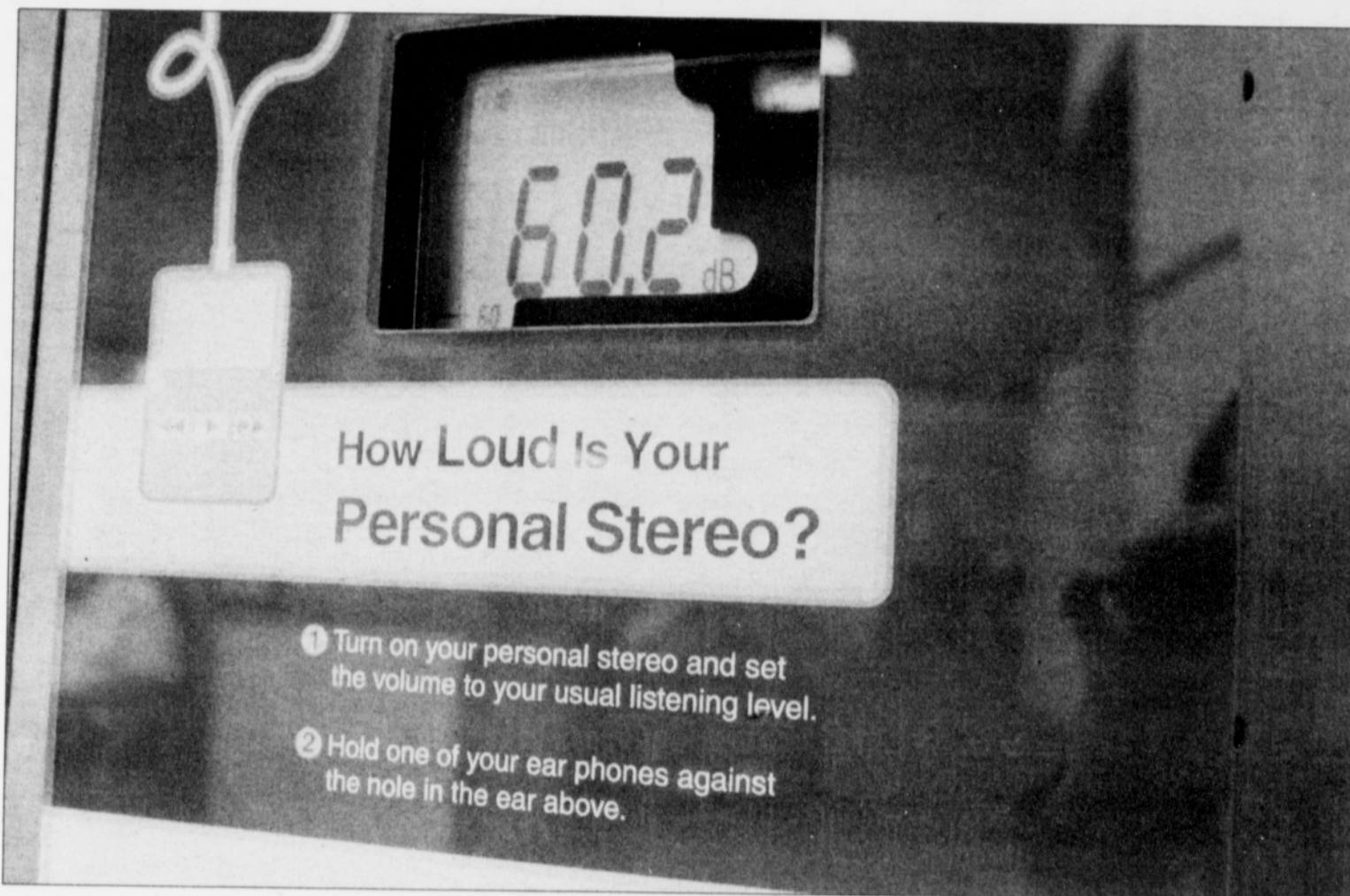
VA Medical Center Targets Hearing

Testing booth opens to the general public

The National Center for Rehabilitative Auditory Research at the Portland VA Medical Center has unveiled a computer-based, multimedia hearing loss prevention education program to encourage and teach Veterans and Soldiers to protect their hearing.

The project is collaboration between the Department of Veterans Affairs and the Department of Defense.

"The idea is to provide an interactive self-administered testing platform for Veterans and active duty Soldiers to learn about noise induced hearing loss and tinnitus and how to prevent further damage to their hearing," said Dr. Robert Folmer. "Hearing loss and tinnitus



Visitors to the Portland VA Medical Center can find out how loud their music is on their iPods or MP3 players as part of a new hearing loss prevention booth.

are the two most prevalent service-connected disabilities in the VA system and the two most prevalent service-connected disabilities suffered by troops returning from Iraq and Afghanistan."

Inside the booth, one participant at a time can use a computer touch screen to select among activities including a hearing screening test, how loud sounds damage hearing, types of hearing protection and several other interactive programs.

On an outside wall of the booth, visitors can find out how loud their music is on their iPods or MP3 players.

"Any sustained exposure to noise levels above 80 decibels can cause permanent hearing loss," Folmer said. "Hearing loss is not a reversible condition."

Anyone can visit the booth located at the VA center's specialty care clinic area located at 3710 S.W. Veterans Hospital Rd.

Disposal of Old Prescriptions Urged

Collection drives on Saturday

On Saturday, Sept. 25, law enforcement agencies will help remove potentially dangerous controlled substances from our nation's medicine cabinets by collecting old prescriptions at the Interstate Fred Meyer store in north Portland and the Multnomah county Sheriff's Office, 12240 N.E. Glisan.

The collection activities will take place from 10 a.m. through 2 p.m.

Prescription drug abuse is on the rise across the country. The

National Take-Back Day provides an opportunity for the public to turn in expired, unwanted, or unused pharmaceutical controlled substances and other medications for destruction.

These drugs are a potential source of supply for illegal use by children and adults and are an unacceptable risk to public health and safety.

The program is anonymous. Prescription and over the counter solid dosage medications, like tablets and capsules will be accepted. Intravenous solutions, injectables and needles will not be accepted.

Illicit substances such as marijuana or methamphetamine are not a part of the collection drive.

Brain Power for Kids

Nutrition and learning go hand in hand.

As kids go back to school, Providence dieticians say children who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn.

Don't forget a good breakfast,

but also pack meals that are easy to prepare and fun to eat, as well as healthful, safe and nutritious.

For example, sandwiches, raw veggies, crackers, string cheese, whole fruit and pudding are fun foods that still supply good nutrition.

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