

# HEALTH MATTERS

## HEALTH WATCH

**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.

**Parenting Classes** -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

**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.

**Smoke-Free Support Group** -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

## Ready for Red Celery?

Unique product coming to local stores

(AP) -- Is America ready for red celery? Florida and California growers think so and have bet consumers will bite on the colorful crunch of its new product.

Red celery will hit selected supermarkets Dec. 1 — in time to add some eye-catching color to holiday tables, said Dan Duda, president of Duda Farm Fresh Foods.

The celery has the same flavor and crunch of regular green celery. It was nearly 20 years in the making, he said. One of the family owned company's celery breeders, Larry Pierce, started developing it in 1991, working off a European heritage variety using natural breeding methods.



Celery breeder Larry Pierce holds red celery in a Salinas, Calif., field. The celery, which will be test marketed on the west coast and in the northwest and southwest, has the same flavor and crunch of regular green celery. (AP Photo)

Jean Ronnei, who oversees the award winning school meal programs of the St. Paul public schools, said the new celery could be a "perfect fit" for her cafeterias, which run "coolest new veggie" contests to encourage students to try fresh produce.

"We do eat with our eyes," Ronnei said, adding that she hoped it would be priced low enough for the school lunch market.

"If there are efforts under way to jazz up veggies, I'm all for that," she said.

## HIV and AIDS Risks Remain High

(AP) -- Health officials estimate that 1 in 22 black Americans will be diagnosed with the AIDS virus in their lifetime—more than twice the risk for Hispanics and eight times that of whites.

The Centers for Disease Control and Prevention reported the numbers Thursday. The report

says the lifetime risk is 1 in 52 for Hispanics, and 1 in 170 for whites.

Asian-Americans had the lowest lifetime risk, at about 1 in 222.

The data is not considered surprising. Earlier research has shown blacks, especially, have

a high risk of HIV infection.

The estimates are based on 2007 death certificates, population figures and HIV surveillance data from 37 states and Puerto Rico.

They update similar calculations reported 2 years ago.

Shirlene Carson, Owner

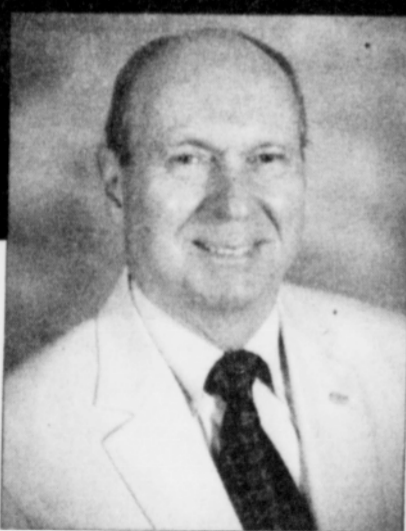
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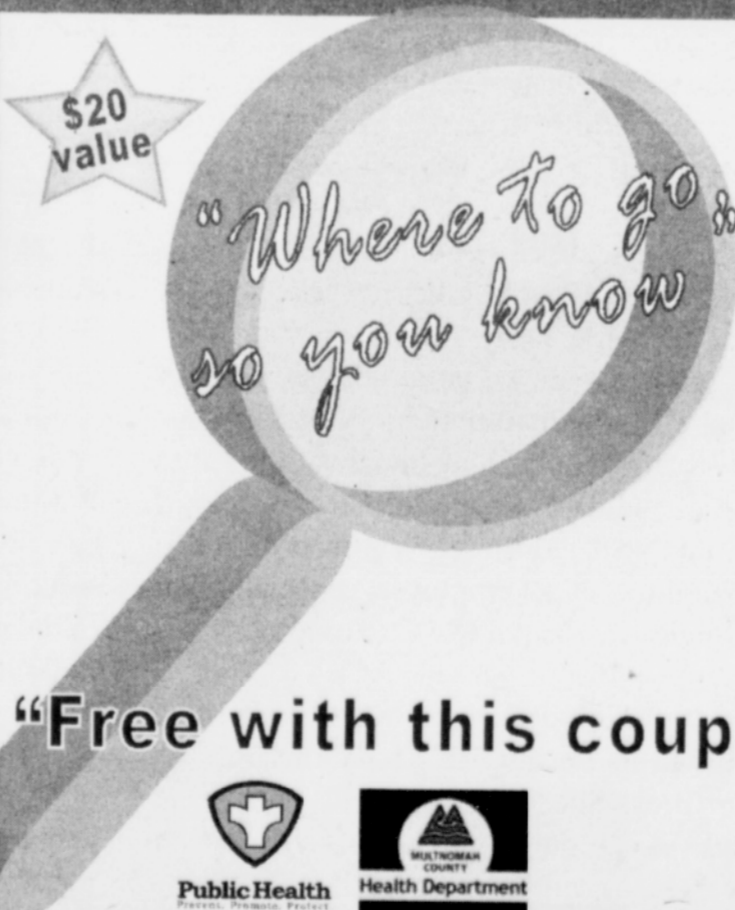
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**Take Action. Get Tested!**



Multnomah County Health Department's  
HIV Community Test Site offers  
**confidential** HIV testing  
with or without your name  
at these locations:

**Downtown Community Test Site**

Call 503.988.3775 for an appt.

Mon | Thurs | Fri

426 SW Stark St., 6th Floor,

Portland, 97204

**Northeast Health Center**

Just walk in

Tuesdays | 5:30 - 7:15 pm

5329 NE MLK Jr. Blvd, 2nd Floor,

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Se habla español: other interpretation by appointment.