

HEALTH MATTERS

For Your Health



BY DR. RICHARD N. WALDMAN

We know that one in eight women will develop breast cancer in their lifetime. And while we can't predict who those women will be, research has shown that certain lifestyle habits play a significant role in lowering breast cancer risk. Help protect yourself against breast cancer by taking the following steps:

Maintain a healthy weight. Women who gain excess weight, especially after menopause, are more prone to breast cancer. Extra body

fat produces estrogen, which can fuel certain cancers, such as some breast and endometrial cancers.

Become active. Women who exercise regularly have a 20-30 percent reduction in breast cancer risk. Physical activity keeps weight in check and may have a positive effect on harmful factors that can raise the risk of cancer, such as inflammation and metabolic hormones. Thirty minutes of walking each day is a good start and may be enough to provide

some protection. As your strength and stamina increase, add more time, intensity, and variety to your workout schedule.

Drinking less. Despite the oft-touted cardiovascular benefits of moderate alcohol consumption, drinking has been linked to a higher risk of breast cancer. If you choose to drink, limit it to one drink or less per day. And avoid supersizing—remember that 5 oz. of wine, 1.5 oz. of hard liquor, or one 12-oz. beer equals one drink.

Eating Healthier. Aim to eat a balanced diet rich in a wide variety

of colorful fruits and vegetables, whole grains, lowfat dairy, and lean protein. By filling your plate with healthy whole foods, you have less room for foods that are high in fat, sodium, and processed sugar. Substances found in healthy foods, including omega-3 fatty acids (in fatty fish such as salmon, mackerel, and lake trout) and vitamin D (in fish and fortified milk and dairy products, cereals, and juices), may also offer some protection against breast cancer.

The American Institute for Cancer Research estimates that almost

40 percent of breast cancer cases in the U.S.—roughly 70,000 cases a year—could be prevented if women stayed within a healthy weight, exercised more, and cut down the amount of alcohol they consumed. The good news is that every woman has control over all of these factors.

Make a conscious effort to understand the habits that may raise your health risks and then try your best to reduce them.

Dr. Richard N. Waldman is president of the American Congress of Obstetricians and Gynecologists

Toy Drive for Doernbecher

Spirit Mountain Casino in Grand Ronde is designating its annual holiday Toy Drive to benefit Doernbecher

Children's Hospital. New, unwrapped toys or games will be accepted at the casino Coyote Club desk.

In exchange, Spirit Mountain will give \$10 in free slot play for every toy or game donated (maximum of \$30 in bonus play per person).

Donations will go directly to

Doernbecher Children's Hospital in Portland.

"This is our third year of helping make Christmas a little brighter at Doernbecher," said Rodney Ferguson, Spirit Mountain chief executive officer. "Our guests have stepped up in the past, even during tough economic

times to bring a smile to a child's face and we hope we can replicate last year's donation, which was our largest number of toys yet."

Last year, a semi-trailer, donated by TP Freight Lines of Portland helped haul more than 50 pallets of toys to the receiving dock at Doernbecher.

HEALTHWATCH

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.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques -- People have left these classes joyful and with a peaceful view of their lives. Call Dr. Marcelitte Failla at 503-228-6140.

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.

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

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

Chronic Pain Support Group -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

Cholesterol Profiles -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.



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 28. Industrial Injuries:

What to do if you are hurt on the job

Q: I was lifting a heavy object on the job site and my back just collapsed on me. I have since gone to several company doctors only to get yet another pain pill. One doctor has mentioned surgery. What do you think I should do?

A: You should immediately request to see a Chiropractor. Approximately 90% of back injuries have the capacity of being helped through Chiropractic. Our

office has an excellent track record with helping problems like yours. We make every attempt possible to get you back on the job safely as soon as possible -- often within a few days. This is obviously beneficial not only to you but your company as well. It is not uncommon for a workmen's compensation back surgery to run

\$100,000. I'm sure your employer would just as soon not have expenses like that. Speak to your employer today about having a Chiropractic consultation. If you have had a lifting injury or suffer from pain, why don't you call us today. A life of suffering is indeed a wasted life. Don't let it be yours.

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