

# HEALTH MATTERS

## Safeguard for Carbon Monoxide

### Lethal gas produced by burning fuels

What's invisible, odorless and colorless but can really make you sick? You guessed it—carbon monoxide (CO)!

This potentially lethal gas is created when fuels, such as gasoline, wood, coal, natural gas, propane, oil, and methane, burn incompletely. And the danger is no joke—according to the National Safety Council, 200-300 unintentional-injury deaths a year are due to CO poisoning.

Symptoms of CO Poisoning shortness of breath, nausea, diz-

ziness, light headedness or headaches.

To protect against CO Emergencies, install CO alarms in a central location outside each sleeping area and test monthly; never use your oven to heat your home; don't run a fuel-burning vehicle or generator indoors, even if garage doors are open; only use barbecue grills—which can produce CO—outside. Never use them in the home, garage or near building openings.

When camping, remember to use battery-powered lights in tents, trailers, and motor homes.

If your CO alarm sounds:

Immediately move to a fresh air location and call for help. Remain at the fresh air location



Properly maintained appliance and heating equipment is the first step in safeguarding against carbon monoxide poisoning.

until emergency personnel say it is OK.

If the audible trouble signal sounds, check for low batteries or other trouble indicators.

If you suspect that gas heating equipment or appliances are emitting carbon monoxide, call the appropriate repair service or NW Natural immediately at 503-226-4211.

"Properly maintained appliances and heating equipment is the first step to safeguarding against CO poisoning," said Jenna Cooper-Gross NW Natural spokesperson.

If a natural gas range or other gas equipment stops working, customers shouldn't attempt to re-light them. Contact NW Natural.

## Working for Lupus Awareness, Cure

### Fund offers giving opportunity

Millions suffer from lupus, a painful, debilitating disease, that is more common than most diseases, yet is one of the least recognized.

An autoimmune disorder that allows the body to ravage itself, thinking that normal organs and tissues are invading foreign bodies. It's frightening, unbelievably painful at times and without a cure.

This disease primarily strikes women, for reasons unknown, and one local Portland woman with lupus is working tirelessly for the lupus community for a cure and for awareness.

Molly McCabe started Molly's Fund Fighting Lupus, and she is asking those who have family members, friends, loved ones or someone they know with lupus to give a donation, a gift during the holiday season, so she can continue her fight.

The hard truth about lupus is that it is more common than leukemia, multiple sclerosis, cys-



Portland resident Molly McCabe was diagnosed with lupus in 2007. She co-founded Molly's Fund with her mother Debbie to educate the community about lupus, to push for earlier, life-saving diagnoses for those afflicted, and to spur governments and foundations to fund research toward a cure.

tic fibrosis and muscular dystrophy combined. More than 1.5 million Americans suffer from this disease, yet it is one of the least recognized and difficult to diagnose.

Lupus symptoms include fevers, intense fatigue, loss of appetite, constant rashes, hair

loss, swollen glands, sensitivity to light, joint and chest pains, and ulcers in the mouth and nose.

Supporting Molly's Fund will help raise awareness about the disease, continue the foundation's monthly support groups, their online referral sys-

tem, lobbying efforts with state and local officials, and educating doctors and nurses about the

disease. To make a donation, visit the website [MollysFund.org](http://MollysFund.org).

### - DEPRESSION - THE INVISIBLE TOXIC CONTAMINANT



**December 12th – from 9:00 AM to 10:30 AM at Emmanuel Church Community Center – Pastor Franklin A. Alvey, Ph.D., Th.D., a 30 plus year member and senior counselor of Emmanuel Church, with a history of 51 years in marriage, will present a forum on the subject of Depression and its effects on the individual and family. This will include the whys of feeling depressed, hopeless and helpless. He will also provide some prescriptions for ridding people of this soul destroyer. This no charge forum will be held in Emmanuel's Community Center at 1033 North Sumner Street. Seating is limited due to outside media coverage.**

**Some subjects to be discussed will be the whys of:**

- Persisting sadness, anxiousness or moods of emptiness.
- Feelings of depression due to overwhelming financial strain.
- Feelings of guilt or worthlessness.
- Trouble sleeping; difficulty in rising or subject to over sleeping.
- Tendencies to rely heavily on sleeping medications.
- Thoughts of suicide or "they'd be better off without me."
- If God really loves me why doesn't he heal me of this problem?
- Depression brought on by abuse or rejection.
- Being mentally held captive due to another's mind control.
- Some proscriptions for overcoming depression.

For more information call **503.287.2223** from 9 AM through 4:30 PM Tuesday through Friday or online at