

# HEALTH MATTERS

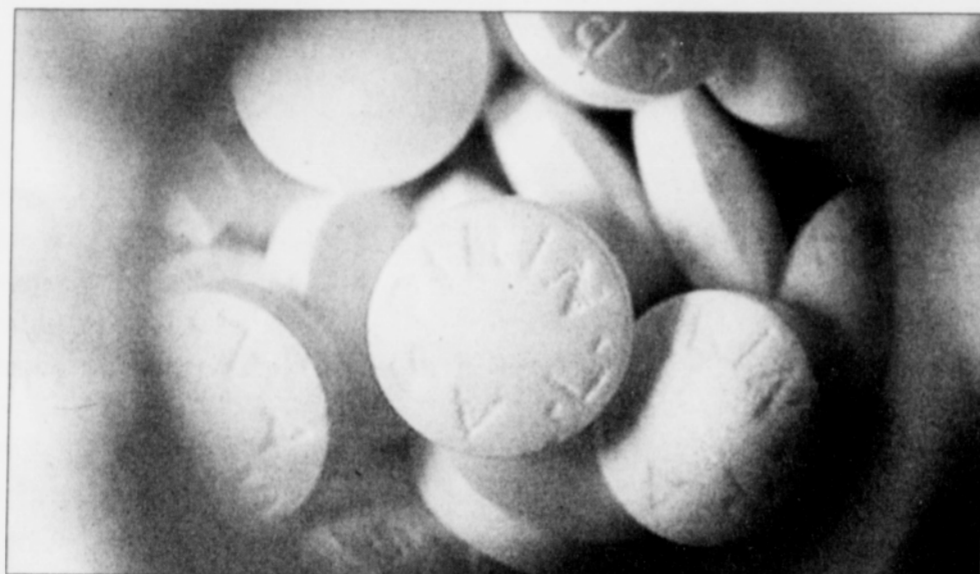
## Low-Dose Aspirin Fights Cancer

Long-term use of a daily low-dose aspirin dramatically cuts the risk of dying from a wide array of cancers, a new investigation reveals.

Specifically, a British research team unearthed evidence that a low-dose aspirin (75 milligrams) taken daily for at least five years brings about a 10 percent to 60 percent drop in fatalities depending on the type of cancer.

"These findings provide the first proof in man that aspirin reduces deaths due to several common cancers," the study team noted in a news release.

But the study's lead author, Prof. Peter Rothwell, stressed that "these results do not mean that all adults should immediately start taking aspirin."



A small, daily dose of aspirin significantly diminishes the risk of death from a wide range of cancers, according to a landmark study.

"They do demonstrate major new benefits that have not previously been factored into guideline recommendations," he added, noting that "previous guidelines have rightly

cautioned that in healthy middle-aged people, the small risk of bleeding on aspirin partly offsets the benefit from prevention of strokes and heart attacks."

## Website on Health Launched

The Men's Health Project of Portland has unveiled a new health information website for the community.

OurHealthAlliance.org provides accurate, up-to-date articles on

health issues that are particularly relevant to African-Americans and Africans in an easy-to-use format.

Funded by a grant from the State of Oregon's Office of Multicultural Health and Services, the website includes articles of interest to all community members, not just men.

The information comes mostly from the National Institutes of

Health's extensive "Medline Plus" consumer health site and includes articles on diabetes, stroke, heart disease, nutrition and many other topics. It also has links to national and local health organizations and a directory of local low-cost and no-cost health clinics and Women, Infant and Children (WIC) offices.



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 33. Osteoporosis and Bone Loss Reversal

**Q:** I have osteoporosis and now my back has a more "rounded" look. What is this?

**A:** You might have started to develop a "dowager's hump" or an abnormal outward curving of the vertebrae of the upper back. Bones become brittle with osteoporosis and the upper vertebrae can collapse on each other, causing a rounded appearance.

To help stop and even reverse bone loss:

- Develop good body mechanics through exercises to improve your posture.

- Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

- Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely perform.

- Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

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## For Your Health



### AIDS Can Infect Anyone

I have friends who say they don't like to watch the news because it's depressing or focuses too much on things that don't impact them. But when it comes to the HIV/AIDS crisis, we can't afford to simply tune it out. There are more than 33 million people living with HIV across the globe, and the United States has the highest adult incidence rate in North America.

AIDS – Acquired Immunodeficiency Syndrome – is caused by infection with a virus called human immunodeficiency virus (HIV). The virus is transmitted genetically, through blood-to-blood and sexual contact, but can infect anyone – young and old, black and white. According to the World Health Organization and UNAIDS, nearly 3 million people were newly infected in 2008 alone, and 2 million AIDS patients died the same year. And these numbers are only growing – especially in developing countries that have little access to effective medicine and treatments.

Here in the U.S., the Centers for Disease Control & Prevention estimates that more than 1 million people are living with HIV. One in five of those don't know they have it. Fortunately, new and innovative treatments are helping many with the disease live longer, healthier lives. But many of these treatments are more effective if you begin them before the disease has advanced; that's why screenings are so important. It can help save your life and that of your partner.

For those living with the disease now, their reality differs significantly from those diagnosed in the 1990s. According to a recent Canadian study, a 20-year-old diagnosed with

HIV can now expect to live 13 years longer than the same person diagnosed with the virus in 1996. Scientific advancements like highly active anti-retroviral therapies have accounted for a more than 70 percent drop in the annual number of deaths in the U.S. due to AIDS, according to the CDC.

There is still more work to be done. Currently, America's biopharmaceutical research companies have 97 medicines in development to treat HIV and AIDS. These drugs are either in human clinical trials or awaiting approval by the U.S. Food and Drug Administration.

This is especially great news for many in our community. African Americans, who make up just 13 percent of the U.S. population, account for more than half of new HIV diagnoses, according to the CDC.

But developing medicines that can one day help AIDS patients across the globe doesn't do anything for patients who need them now. America's biopharmaceutical research companies have contributed more than \$9 billion in improving health care in developing countries, especially those dealing with the global AIDS crisis.

AIDS is not an issue we can ignore. If you or a loved one needs information about HIV/AIDS, including testing locations, please contact the CDC 24 hours a day, 365 days a year at 1-800-CDC-INFO or visit [cdc.gov/hiv](http://cdc.gov/hiv).

Larry Lucas is a retired vice president for the Pharmaceutical Research and Manufacturers of America.

## Shield Kids from Flu Arsenal starts with shots, hygiene

There are a number of ways parents can protect their children during flu season, experts say.

The best defense is to get children vaccinated, according to doctors at Cincinnati Children's Hospital Medical Center and the American Academy of Pediatrics. They also offered other tips on how to prevent the spread of flu germs:

Cough and sneeze into a tissue. If a tissue isn't handy, bend your arm and sneeze or cough into it. Teach your children to do this.

Use tissues to wipe runny noses and throw tissues in the garbage

after each use. People who are coughing or sneezing frequently should wear a mask.

Don't kiss your child on or around the mouth or face if either of you are ill.

Always thoroughly wash your hands with soap and warm water before and after coming into close contact with someone with the flu.

Don't allow children to share pacifiers, cups, spoons, forks, washcloths or towels. Never share toothbrushes.

Use hot, soapy water or the dishwasher to wash dishes and utensils.