

HEALTH

HEALTH WATCH

Abdominal Aneurysm Screening -- Free 10 minute health screenings to detect a deadly vascular condition -- called abdominal aortic aneurysm will be offered for Portland-area residents on Saturday, Feb 5 from 8 a.m. to 5 p.m. at the Kmart pharmacy in Tualatin. Advance registration is required by calling 866-371-3592.

Mind Body Health Class -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

Red Cross Certification -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

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.

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.

Chiropractic Auto Injury Clinic, PC

Zchon R. Jones, DC

333 NE Russell St., #200, Portland, OR. 97212

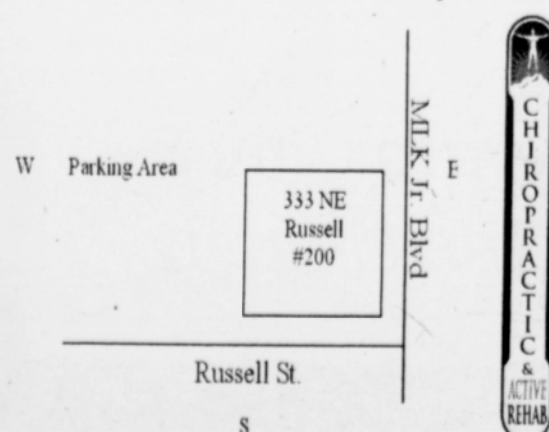
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Tips to Manage Diabetes

Author's guide to living well

The battle with diabetes is at an epidemic rate. More than four million African-Americans have diabetes and thousands more are at risk for the condition.

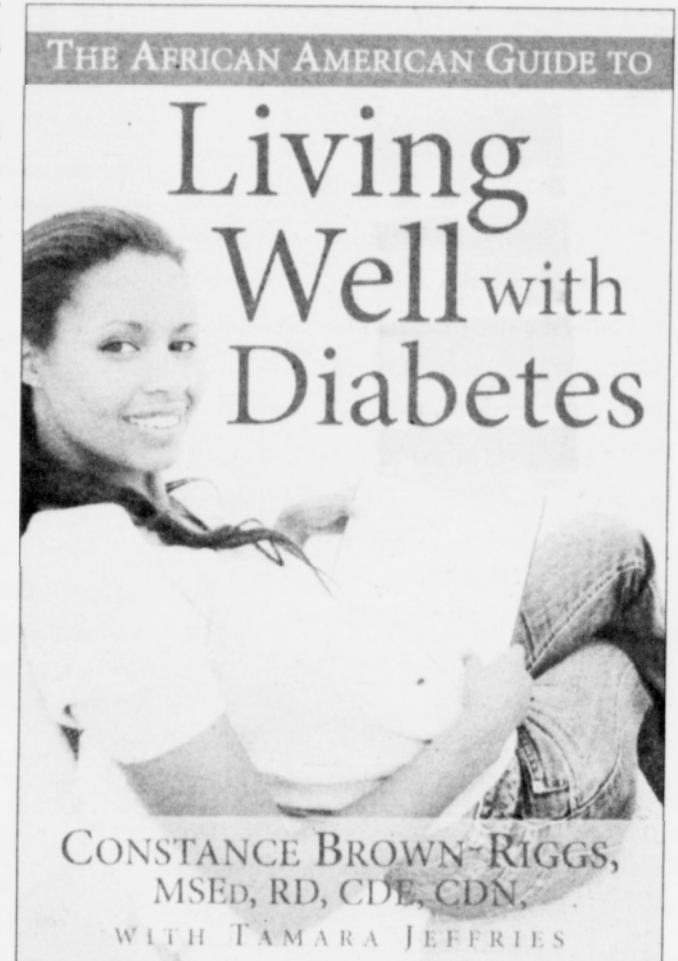
Despite those alarming statistics, there has not been a comprehensive book on the market addressing the unique concerns of African Americans and diabetes -- until now.

The African American Guide To Living Well With Diabetes by Constance Brown-Riggs speaks directly to its audience and lovingly embraces the importance of culture, spirituality, alternative medicine, and diet to manage and live well with diabetes.

Brown-Riggs is a certified diabetes educator, registered dietitian, popular health advocate and author.

"Black folks are predisposed to diabetes; obesity and genetics play an integral role in the disease diagnosis," she said.

Her book provides vital informa-



Constance Brown-Riggs

tion and debunks many myths as it relates to diabetes, medication, diet, family history and soul food.

"Diabetes is manageable, however, if not treated properly can trigger serious complications such as heart disease, dementia, depression, blood pressure and a host of other problems. It's time for us to become informed, empowered and engaged," Brown-Riggs said.

"It's imperative that people with diabetes stay vigilant and educated, an essential step is to stay connected with respective health-care providers such as: primary care physician; optometrist; podiatrist; dietitian; and, make certain the medication, diet, and feet are being managed daily," she added.

Tips from Constance Brown Riggs to empower the mind, body, and soul and live well with Diabetes:

- 1) **Accept diabetes diagnosis;** it's neither a life sentence nor a death sentence; it's about making a few lifestyle changes and accepting a new beginning.
- 2) **Take medication as prescribed by doctors;** if you have questions - ask your healthcare provider immediately. Medication can be the key to preventing diabetes complication.
- 3) **Eat soulfully;** however, be mindful of portions and learn how to cook healthy delicious soul food recipes.
- 4) **Get moving;** it's time to be physical and stop putting off exercise.
- 5) **Learn how to relax and meditate;** your thoughts impact your health.