

HEALTH

Medical Marijuana Clinic Opens in the Pearl

A medical marijuana clinic has opened in the Pearl district.

Portland Alternative Clinic, Inc. is a family owned company that provides patients an opportunity to consult with its full time physician, Dr. Sandra Camacho, about the legal medicinal use of marijuana.

The clinic specializes in caring for patients seeking alternatives to traditional pharmaceutical and surgical remedies.

As of April, nearly 39,000 Oregonians were registered medical marijuana cardholders, according to state statistics. About 6,000 of those cardholders live in Multnomah County.

End of Life Directives Differ by Race

Minorities more willing to spend all for cancer care

(AP) -- Blacks and other minorities with cancer are more likely than whites to say they would spend everything they have on aggressive treatments that might prolong their lives, a study found.

Researchers don't know why this is so and didn't ask, but some think it may reflect differences in beliefs about miracles, distrust of doctors among minorities, and a misunderstanding of just how ugly and painful end-of-life care can be.

About 80 percent of blacks said they were willing to use up all their money to extend their lives, compared with 72 percent of Asians, 69 percent of Hispanics and 54 percent of whites.

The findings, published online Tuesday by the journal *Cancer*, were based on telephone surveys of more than 4,100 people newly diagnosed with lung and colon cancer. About 17 percent of the colon cancer patients and 31 percent of the lung cancer patients were in the most advanced stages of their disease.

Those two cancers were chosen because they are common and deadly when diagnosed in late stages. Patients with breast or prostate cancer — the most common types in women and men, respectively — were not included, and it's unknown if their attitudes would differ.

The cost of cancer care has soared in recent years, with many treatments priced at \$100,000 or more sometimes adding only a few months of life.

Final days under aggressive treatment can be grim. Patients might

have tubes in the nose and down the throat and be unable to eat or talk. They may be in pain or barely coherent.

The study asked: Would you want treatment that extended your life as long as possible, even if it caused you to go broke? Or would you opt for less expensive treatment that did not keep you alive as long?

Researchers gave no examples of what aggressive care could involve — surgery or chemotherapy, for instance — and did not specify how much longer the patient might live.

The results revealed racial differences even when other factors were taken into account.

For example, people with spouses and children to support were generally less willing than single people to exhaust their financial resources for their own care. But among these family people, blacks were the most

willing to go for broke.

The same racial pattern held regardless of how sick patients were, their income and savings, age, time since diagnosis and how long they thought they had left to live.

The study found blacks more often had a "try it" attitude. That seems to contradict previous studies that have indicated blacks have a greater distrust of the medical system.

But distrust could still be a factor. Perhaps a higher proportion of minorities worry that doctors might withhold care from them, and so they might be seeking the most aggressive options available, McCarthy said.

Faith may be another factor. The study did not assess how religious the participants were, but other studies have found that very devout people tend to want and get life-prolonging treatment.



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 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

Q: I always know when my back hurts. But I rarely know why.

A: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to simple strain or sublux-

ation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous system to

function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504



The King Farmers Market draws area residents with farm-fresh produce, baked goods, meats, cheeses, seafood and other specialty foods.

King Farmers Market Opens on Sunday

Portland Farmers Market, the nonprofit operated by a small staff and numerous volunteers, is getting set for the season opening of two of its neighborhood markets: King Portland Farmers Market and Buckman Portland Farmers Market.

Both markets are welcoming new vendors and offering Fresh Exchange, the community-based nutrition incentive program hosted by Portland Farmers Market. The program provides a dollar-for-dollar match (up to \$5) to SNAP participants using their benefit cards to purchase \$1 tokens to spend on

fresh food at the market.

King Portland Farmers Market kicks off its third season on Sunday, May 1. The market will be open Sundays from 10 a.m. to 2 p.m., near the intersection of Northeast Seventh Avenue and Wygant Street, in the parking lot adjacent to King School Park.

The Buckman Market reopens on Thursday, May 5. Formerly called the Eastbank Farmers Market, the site will be open Thursdays from 3 p.m. to 7 p.m., at Southeast 20th at Salmon, between Belmont and Hawthorne.