HEALTH

Low-Cost Sports Physicals

Low-cost physicals for school sports will be offered to the public on Saturday, May 14 from 8 a.m.to noon at the Oregon Health and will screen athletes for a vathopaedics and Rehabilitation Clinic at Cornell West, 1500 N.W. Bethany Blvd.

gram are volunteering their time, company their child to the visit. Science University's new Or- riety of medical issues that might From that fee, OHSU will give put athletes at risk during sports. No appointment is necessary; physicals will be given on a first- the fee.

Physicians and staff from come, first-served basis. Par-OHSU's Sports Medicine pro- ents are encouraged to ac-

> The physicals will cost \$30. \$10 to the high school athletic program of the athlete paying

Cut the Diet Soda

their low-calorie choice is who drank regular soda. healthier, but a new study suga person's risk of stroke.

The study found a 61 percent

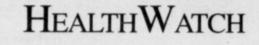
Diet soda drinkers may think soda drinkers compared to those

Coffee, on the other hand, gests diet drinks might increase appears to lower one's risk of having a stroke.

In a separate study, women higher stroke risk among diet who had one to five cups of

coffee a day reduced their stroke risk by as much as 25 percent.

Stroke is the third leading cause of death in America. It strikes nearly 750,000 Americans each year, killing an estimated 170,000 people. But 80 percent of strokes are preventable.



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 helps professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

Weight Loss Help -- Take Off Pounds Sensibly (TOPS) meetings are held every Wednesday from 8:45 to 10 a.m. at the Hollywood Senior Center, 1820 N.E. 40th Ave. Anyone interested is invited to visit and learn more. For details, call 503-287-0731.

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.

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.

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.

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.

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.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE

An ongoing series of questions and answers about America's natural healing profession.

Part 17. Understanding Pain: Why do you have it? How can you get rid of it?

takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions? : You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the pain but will do nothing to take the stress off the spine and ner-

"Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left untreated can cause ill-

: My friend constantly vous system. When the body yells, health in other areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs...Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out...for good!

> **Flowers' Chiropractic Office** 2124N.E. Hancock Street, Portland Oregon 97212 Phone: (503) 287-5504

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.

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.