

HEALTH

Take Action. Get Tested!

\$20 value

"Where to go so you know"

Multnomah County Health Department's HIV Community Test Site offers **confidential** HIV testing with or without your name at these locations:

Downtown Community Test Site

Call 503.988.3775 for an appt.
Mon | Thurs | Fri
426 SW Stark St., 6th Floor,
Portland, 97204

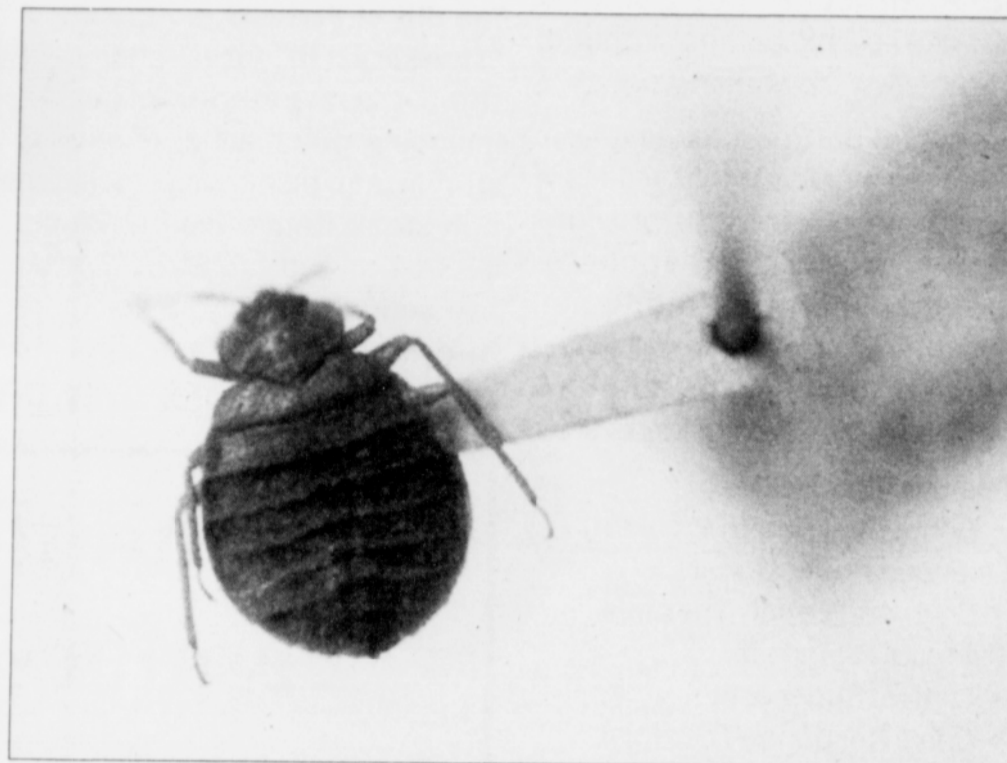
Northeast Health Center

Just walk in
Tuesdays | 5:30 - 7:15 pm
5329 NE MLK Jr. Blvd, 2nd Floor,
Portland, 97211

"Free with this coupon"



Se habla español: other interpretation by appointment.



A bed bug is displayed at the Smithsonian Institution National Museum of Natural History in Washington, D.C.. Canadian scientists detected drug-resistant staph bacteria in bedbugs from three hospital patients from a downtrodden Vancouver, B.C., neighborhood. (AP Photo)

Bedbugs with 'Superbug' Germ Found

Combination alarms health officials

(AP) -- Hate insects? Afraid of germs? Researchers are reporting an alarming combination: bedbugs carrying a staph "superbug." Canadian scientists detected drug-resistant staph bacteria in bedbugs from three hospital patients from a downtrodden Vancouver, B. C., neighborhood.

Bedbugs have not been known to spread disease, and there's no clear evidence that the five bedbugs found on the patients or their belongings had spread the MRSA germ they were carrying or a second less dangerous drug-resistant bacteria.

However, bedbugs can cause itching that can lead to excessive scratching. That can cause breaks in the skin that make people more susceptible to these germs, noted Dr. Marc Romney, one of the study's authors.

The study is small and very preliminary. "But it's an intriguing finding" that needs to be further re-

searched, said Romney, medical microbiologist at St. Paul's Hospital in Vancouver.

The hospital is the closest one to the poor Downtown Eastside neighborhood near the city's waterfront. Romney said he and his colleagues did the research after seeing a simultaneous boom in bedbugs and MRSA cases from the neighborhood.

Five bedbugs were crushed and analyzed. MRSA, or methicillin-resistant Staphylococcus aureus, was found on three bugs. MRSA is resistant to several types of common antibiotics and can become deadly if it gets through the skin and into the bloodstream.

Two bugs had VRE, or vancomycin-resistant Enterococcus faecium, a less dangerous form of antibiotic-resistant bacteria.

Both germs are often seen in hospitals, and experts have been far more worried about nurses and other health care workers spreading the bacteria than insects.

It's not clear if the bacteria originated with the bedbugs or if the bugs picked it up from already infected people, Romney added.



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 18. Chiropractic And Prevention:

Life doesn't have to be a series of emergencies anymore

Q: It seems that I am always sick. I do what my doctor says but if anything my colds and flu attacks are getting worse. What do you think?

A: Constant colds and influenza indicate that the immune system (and the body in general) is highly stressed. Did you know that recently leading scientists have discovered that the entire immune system is an out-growth of the nervous system? If your nervous system is stressed and irritated, the immune system can-

not work properly either. People who have regular Chiropractic checkups report that they get fewer colds and influenza. They keep the stress off their nervous systems. Keeping irritation off the nervous system also helps you avoid morning backache and head-aches and allows you to cope with stress bet-

ter. And you'd be amazed at the energy you have with preventive Chiropractic checkups. If you'd like to trade in your colds for a bounce in your step, call us for an appointment today. It could be the healthiest call you have ever made. Isn't time you stepped up to Chiropractic?

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504

Herbs for a Healthy Heart

People often think food without the flavor of salt is bland. However, by replacing herbs and spices for salt in your cooking, you may be able to significantly reduce your sodium intake and lower blood pressure.

When cooking, use three parts fresh herb to one part dried herb and

discover the variety of flavors offered through spice!

Experts at Providence Health encourage you to talk to your health care provider about the benefits of reduced sodium intake and how much salt should be included in your daily diet for good heart health.