

# HEALTH

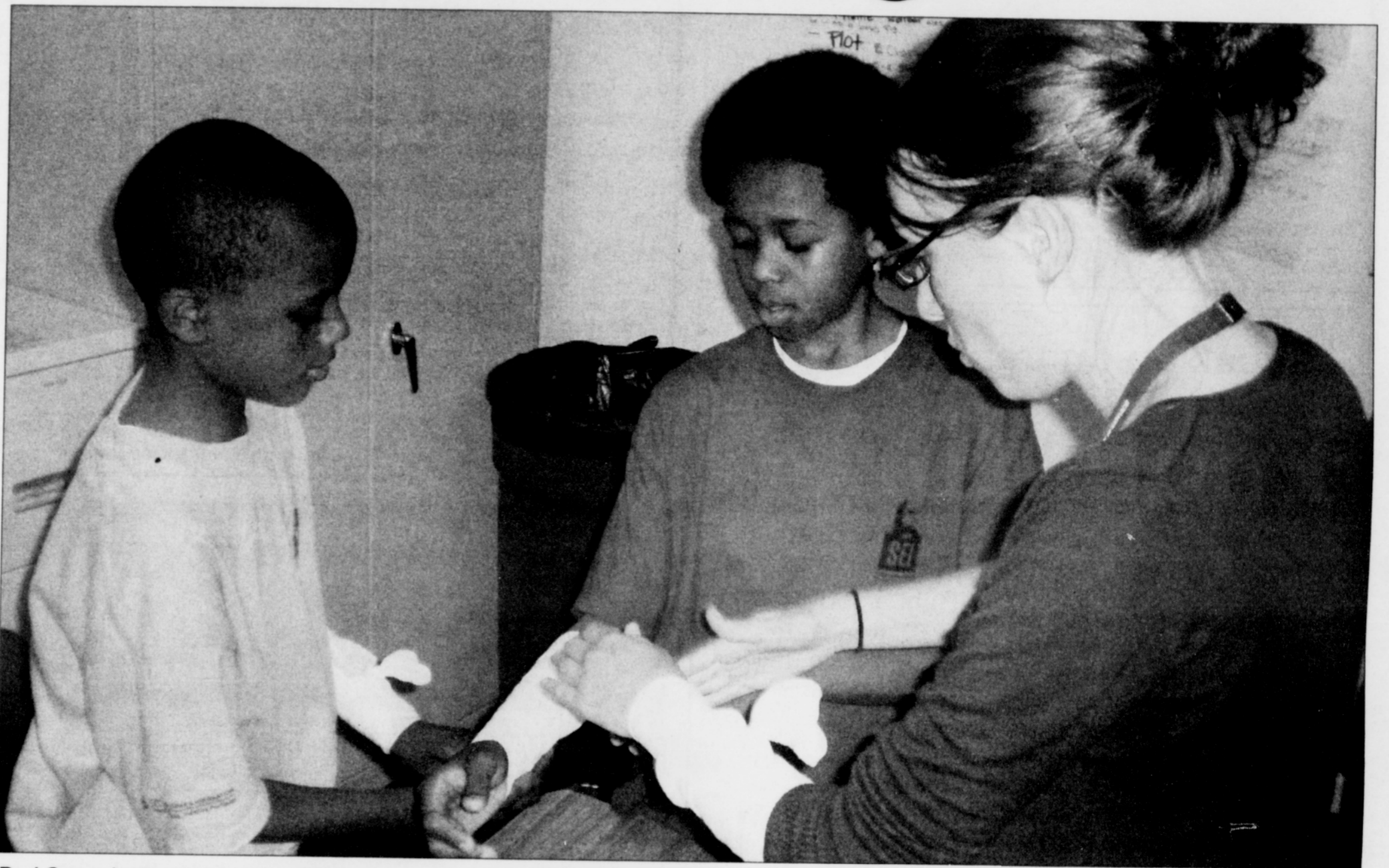
## Learning Life Saving Skills

For the fourth summer, hundreds of Portland students will learn life-saving skills, thanks to collaboration between the Oregon Trail Chapter of the American Red Cross and Self Enhancement, Inc.

Starting Monday, the organizations will partner on emergency preparedness and injury prevention classes specifically designed for grades 3 through 12. While the classes are only open to SEI students, they'll take place at Ockley Green Elementary, Tubman Middle School and Benson, Jefferson and Grant High schools.

"At SEI, we believe it's our responsibility is to keep children safe," said Miki Hunnicutt, manager of Social and Life at SEI. "The Red Cross provides first aid, CPR and safety training, while having fun, teaching life skills and building strong relationships. Both SEI and the Red Cross believe in saving lives and do it with honor, integrity and respect."

Courses run through August and include lessons in citizen or "hands-only" CPR, emergency preparedness and first aid.



Red Cross instructor Jessie White shows SEI students how to bandage an arm using first aid skills.

### For Your Health



BY DR. JAMES N. MARTIN JR.

## Addressing Urinary Tract Infections

Urinary tract infections are a common problem that affect up to 60 percent of women. They can be painful and may cause serious illness, especially if the infection spreads to the kidneys.

UTIs usually occur when bacteria that live on the skin near the rectum or in the vagina enter the urinary tract. The urinary tract consists of four parts: the kidneys which produce urine; the ureters which take urine from the kidneys to the bladder; the bladder, where urine is stored; and the urethra, which takes urine out of the body. Sexual contact or wiping back to front can transport bacteria to the urethra. The bacteria can then spread to the bladder, ureters, and kidneys.

UTIs may also be caused by a

blockage (stone) in the kidneys, bladder, or ureters; a narrowed tube or kink in the urinary tract; or problems with the bladder wall, urethra, or pelvic muscles or nerves.

A UTI can cause a strong urge to urinate that cannot be delayed, an urge to urinate very frequently, or a sharp pain or burning in the urethra as you urinate. Your urine may look cloudy, have a strong odor, or be tinged with blood. Additionally, if you have back pain, chills, fever, nausea, or vomiting, the infection may have spread to your kidneys. Kidney infections must be treated right away. Contact your doctor if

you experience any of these symptoms.

UTIs can be quickly diagnosed with a urine test. Your doctor will prescribe an antibiotic to clear up the infection. Most symptoms go away in a day or two, but it is important to finish all of the prescribed medication to lower the risk of the infection coming back. Recurrent infections may signal other problems with the urinary tract, and your doctor may need to perform more tests to make sure there is not a more serious problem.

You may be at higher risk for UTIs if you are obese, diabetic, have had UTIs before, have sickle cell trait, are postmenopausal, have diabetes, use a diaphragm or spermicide for contraception, have intercourse frequently, or have a new partner.

*These tips may help prevent UTIs:*

- Always wipe front to back after bowel movements and urination
- Avoid using douches, powder, and deodorant sprays
- Drink plenty of fluids, including water and cranberry juice
- Empty your bladder as soon as you get the urge, about every 2-3 hours

- Try to empty your bladder before and after sex
- Wear cotton underwear

For more information, the Patient Education Pamphlet "Urinary Tract Infections" is available in English and Spanish at [acog.org/publications/patient\\_education](http://acog.org/publications/patient_education).

*Dr. James N. Martin Jr. is president of the American Congress of Obstetricians and Gynecologists.*

## Summer Meal Sites for Kids Open

Portland Public Schools, SUN Community Schools and Portland Parks and Recreation Sites are now offering free summer meals for children and teens ages 1 to 18 at selected parks, schools, pools and community centers.

The Summer Food Service Program started Monday and runs

through Aug. 26.

All children and teens from 1 to age 18 are welcome to eat at no charge. No application or paperwork is necessary. Some locations will offer breakfast as well as lunch.

Sites may offer fun activities such as games, swimming, and arts and crafts along with the free meals.

The summer food program is an important safety net for families who are trying to stretch a limited food budget in tough economic times.

Information on location and meal times is available by calling Oregon Safe Net at 1-800-SAFENET (723-3638) or visiting the website [summerfoodoregon.org](http://summerfoodoregon.org).



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