

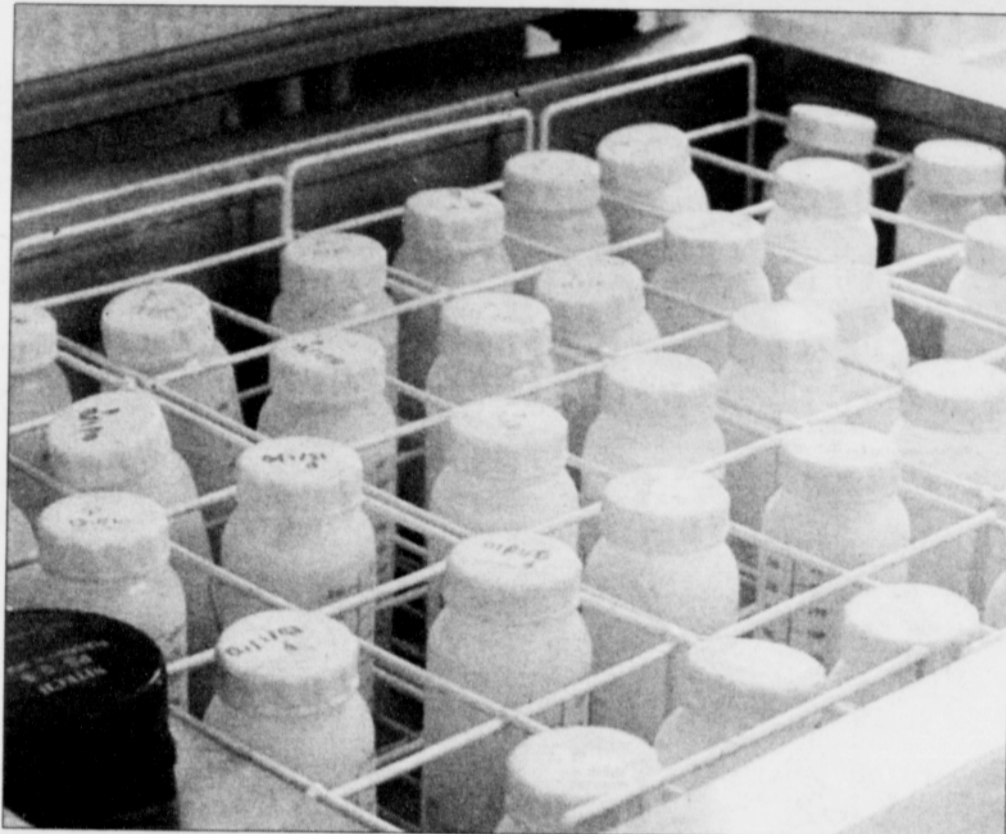
HEALTH

Mothers Milk Donation Site Opens

A resource for critically ill babies

Breastfeeding moms who produce more breast milk than their child requires for optimal health now can donate the precious resource to infants, babies and toddlers with life-threatening diseases or conditions at a new breast milk drop-off site at the OHSU Doernbecher Specialty Pediatrics - Westside practice in Beaverton's Bethany neighborhood.

"We are thrilled to be able to provide this service and already have a number of moms who are ready to donate today," said Ruby Jason of the OHSU Doernbecher Children's Hospital.



Breastfeeding moms can help critically ill children by donating excess milk to the OHSU Doernbecher Specialty Pediatrics-Westside clinic in Beaverton.

The site is named in honor of Ashleigh Mackay Aldersea, a premature infant who died in 2001 at the age of 13 months. Despite a thriving start, Ashleigh died from associated with necrotizing enterocolitis, an intestinal disease common in premature infants.

Research has shown that feeding medically fragile infants breast milk helps prevent the condition. The nutrient-rich milk also eases digestion, promotes growth and development, and helps to prevent infection.

Healthy breastfeeding moms who would like to donate their excess milk will be screened through the San Jose Mother's Milk Bank. Applicants will be asked to provide a brief medical history and get consent from their and their baby's physicians, ensuring both mom and

baby are getting enough nutrients. They also will need to get a blood test, paid for by San Jose mother's Milk Bank. Approved donors will receive an ID number, which they will use when making arrangements to drop off their milk.

"When my own daughter was born six weeks early, I was grateful that I was able to provide breast milk for her. I feel it is one of the reasons she has done so well. It is a privilege for me to be in a position to help other babies in our community," said Neysa Larson, 35, the first breastfeeding mom registered to donate at the new Beaverton site.

Breastfeeding moms interested in becoming a breast milk donor can call OHSU Lactation Services, 503-494-2768, or visit the San Jose Mother's Milk Bank website for more information.

HEALTH WATCH

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.

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.

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.

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.

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.

R&B Star Joins Cancer Fight

Atlantic Records Recording Artist Musiq Soulchild has a new role as an ambassador for the Susan G. Komen for the Cure foundation and its Circle of Promise, a movement designed to further engage black women around the globe in the fight against breast cancer.

Soulchild hopes to raise awareness about breast cancer so that younger women know the importance of early detection and why it's important to pay attention to their bodies.

"Early detection is the key to winning the fight against breast cancer," he said. "Too often, black women are diagnosed in stage three and four when breast cancer is most difficult to treat. Some women are afraid to seek treatment for fear of losing their breasts or their hair. One's physical appearance is much less important than the will to live. It's time to remove the stigmas that are attached to this disease."

Soulchild will feature a group of



Musiq Soulchild

breast cancer survivors in his upcoming music video, "YES." The production features Musiq as a man who loves and supports his girlfriend through her battle with breast cancer.

Musiq said this cause is so dear to him, because his largely female fan base has been so instrumental in his success.

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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

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