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# HEALTH

## HIV Increases for Black Men

The number of Americans newly infected with the AIDS virus each year has been holding steady at about 50,000, according to a new report. But a U.S. health official said just keeping the number stable was unacceptable, noting a dramatic increase in new HIV cases among young gay and bisexual black men. "We've made accomplishments

in driving down the rate of new infections," said Dr. Kevin Fenton, the AIDS prevention chief for the Centers for Disease Control and Prevention. "The charge now is to continue that trajectory and take that 50,000 down further."

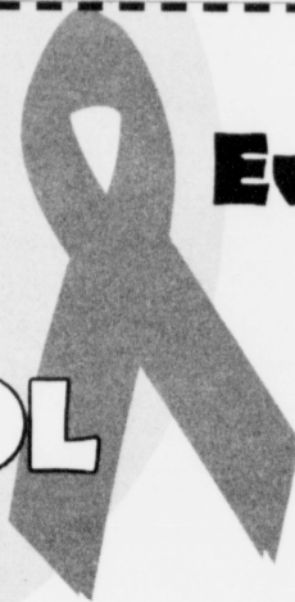
Gay and bisexual men account for the majority of the new cases — nearly two-thirds in 2009. Heterosexuals accounted for 27 percent and injection drug users represented

9 percent of new infections.

The only increase over the four years was in young gay and bisexual men, driven by a 48 percent increase among blacks ages 13 to 29. Fenton said that's one of the areas where prevention efforts need to be focused.

"The reality is that we just cannot allow another generation of gay men to be lost to what is essentially a preventable disease," he said.

Take the  
**TEST**  
Take  
**CONTROL**



**Every Tuesday**

5:30 - 7:15 pm

**Just walk in**  
Northeast Health Center  
5329 NE MLK Jr. Blvd.  
2nd Floor

Bring or mention this ad to get a  
**FREE & ANONYMOUS or**  
**CONFIDENTIAL test for HIV!**



## Back to School Immunizations

With school starting in just a few weeks, now is a good time for parents to schedule their children for back-to-school immunizations. Several immunizations are required before children can attend public school or child care.

Call your health care provider now for an appointment and bring your child's immunization record.

"Immunizations save lives and

protect against serious and preventable illnesses such as whooping cough, chickenpox, and measles—all of which we've seen this year in Clark County," said Dr. Alan Melnick, Clark County health officer. "Unimmunized children are more likely to catch and spread vaccine-preventable diseases, some of which have no cure or treatment."

## HEALTH WATCH

**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.

**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.

**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.



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 31. Treatment for Lower Back Injury

**Q:** My lower back has been aching for months. But I'm afraid of chiropractors, so I haven't seen a doctor. What should I do?

**A:** Back pain is one of the most common medical complaints for people ages 45 to 65. It's also one of the most common reasons people miss work. Fortunately, not many people need back surgery because non-invasive treat-

ments help control most back pain. If you have recurring back pain that makes it difficult or uncomfortable to complete your day-to-day activities, experts suggest you see a doctor who specializes in spine diseases

and injuries, and who works closely with other specialties related to the spine. A chiropractor will first rule out any serious conditions, and then work with you to determine the best way to treat your pain.

### Flowers' Chiropractic Office

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