

HEALTH

Boy or Girl? Test Raises Ethical Concerns

(AP) — Boy or girl? A simple blood test in mothers-to-be can answer that question with surprising accuracy at about seven weeks, a research analysis has found.

Though not widely offered by doctors, gender-detecting blood tests have been sold online to consumers for the past few years. Their promises of early and accurate results prompted genetics researchers to take a closer look.

The authors of the study say the results suggest the blood tests could be a breakthrough for women at risk of having babies with certain diseases, who could avoid invasive procedures if they learned their fetus was a gender not affected by those illnesses. But the study raises concerns about couples using such tests for gender selection and abortion.

Couples who buy tests from marketers should be questioned about how they plan to use the results, the study's



authors said.

The analyzed test can detect fetal DNA in mothers' blood. It's about 95 percent accurate at identifying gender when

women are at least seven weeks' pregnant — more than one month before conventional methods. Accuracy of the testing increases as pregnancy advances, the researchers concluded.

Conventional procedures, typically done for medical reasons, can detect gender starting at about 10 weeks.

The new analysis, published in the Journal of the American Medical Association, involved more than 6,000 pregnancies. The testing used a lab procedure called PCR that detects genetic material — in this case, the male Y chromosome. If present in the mother's blood, she's carrying a boy, but if absent, it's a girl.

Tests that companies sell directly to consumers were not examined in the analysis. Sex-detection tests using mothers' urine or blood before seven weeks of pregnancy were not accurate, the researchers said.

'Amazing' Therapy Wipes Out Leukemia

(AP) — Scientists are reporting the first clear success with a new approach for treating leukemia — turning the patients' own blood cells

into assassins that hunt and de-

stroy their cancer cells. They've only done it in three patients so far, but the results were striking: Two appear cancer-free up to a year after treatment, and the

third patient is improved but still has some cancer. Scientists are already preparing to try the same gene therapy technique for other kinds of cancer.

The study, lead by Dr. Carl June at the University of Pennsylvania, involved three men with very advanced cases of chronic lymphocytic leukemia, or CLL. The only hope for a cure now is bone marrow or stem cell transplants, which don't always work and carry a high risk of

death.

June and his colleagues made changes to earlier cancer-fighting techniques using a novel carrier to deliver the new genes into the T-cells and a signaling mechanism telling the cells to kill cancer cells and multiply.

Saturday, Aug. 20th at 8:30 AM
in Dawson Park (at N. Vancouver & Stanton) 1.5 mile loop and 5K Walk!

Registration: \$20 | Music, food, & fun!
Children under 6 FREE (must be accompanied by an adult!)

Interested in forming a team? Discounts available!
Contact the AAHC at 503.413.1850 or www.aahc-portland.org

9th Annual Wellness Walk Registration Form

Participant Number Office Use Only

first name _____ last name _____

address _____

city _____ state _____ zip code _____

phone number _____ email _____

2010 Health Walk T-Shirts
*One free T-shirt with paid registration. Please check T-shirt size

S M L XL XXL XXXL

Tax-deductible donation to AAHC \$ _____
Amount paid for registration fee(s) \$ _____
Non-refundable registration fee is \$20.00 per person.
Please send registration and check to: African American Health Coalition, Inc.
2800 N. Vancouver Ave., Suite 100 Portland, OR 97227 ph 503-413-1850
To pay by credit card go to www.aahc-portland.org

Signature of Participant _____ Date _____

Signature of Parent or Legal Guardian (For Participants Under Age 18) _____ Date _____

Waiver & Release: I agree that participating in a running or walking event, regardless of the distance, includes an element of risk. I understand that I should not enter and participate in the 9th Annual Health Walk "Fundraising" this event on August 20, 2011, unless I am medically able and properly trained. I agree to hold the AAHC harmless from any and all claims, damages, injuries, and expenses, including reasonable attorney's fees, that may be incurred by me, my family, or my estate, arising out of my participation in this event, including but not limited to: illness, accidents, injuries, and other risks associated with participating in this event, including but not limited to: illness, accidents, injuries, and other risks associated with participating in this event, including but not limited to: illness, accidents, injuries, and other risks associated with participating in this event. I also understand and agree that my participation in this event, including but not limited to: illness, accidents, injuries, and other risks associated with participating in this event, is my own responsibility and that I am not eligible for any insurance coverage, including but not limited to: health, life, accident, disability, or any other insurance coverage, that I may be entitled to. I understand and agree that my participation in this event, including but not limited to: illness, accidents, injuries, and other risks associated with participating in this event, is my own responsibility and that I am not eligible for any insurance coverage, including but not limited to: health, life, accident, disability, or any other insurance coverage, that I may be entitled to. I understand and agree that my participation in this event, including but not limited to: illness, accidents, injuries, and other risks associated with participating in this event, is my own responsibility and that I am not eligible for any insurance coverage, including but not limited to: health, life, accident, disability, or any other insurance coverage, that I may be entitled to.

Dates Set for Free Health Screenings

The Oregon Lions Mobile Health Screening program will provide free health screenings to the public in the following areas: visual acuity, hearing, blood pressure, diabetes (with a 3 hour fast) and glaucoma.

Working with the Oregon Lions Sight and Hearing Foundation, the Lions Club strives to combat preventative blindness and deafness in the community through free health screenings. Many community members who

lack primary care are unaware they have health conditions that threaten their sight, jobs, quality of life and potentially their lives.

Two of the club's upcoming free health screenings will take place on Aug. 20, from 9:30 a.m. - 4 p.m. at the Asian Community Health Fair on 3430 S.E. Powell Blvd.; and on Aug. 27, from 10:30 a.m. - 5 p.m. at the Proper Festival at Kenton Park at 8417 N. Brandon Ave.

For more information, visit olshf.org.

Meningitis Vaccinations for Teens

As parents prepare to send their children back to school, they need to know about meningococcal disease — a rare, but serious bacterial infection that can cause meningitis and take an otherwise healthy child's life in just a single day.

Meningitis is spread from person to person, and a recent survey showed that nearly 82 percent of preteens and teens engage in common, everyday activities that increase their risk of getting the disease — such as sharing water bottles, living in close quar-

ters or kissing.

Death rates are up to five times higher among teenagers and young adults compared with younger age groups and up to 1 in 5 survivors are left with serious medical problems.

School nurses are calling on Portland parents to help protect their preteens and teens against meningococcal disease by getting them vaccinated before they return to school.

More information can be found at VoicesOfMeningitis.org.

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