

HEALTH

Heart Health for Teen Athletes

Teen athletes and their parents will learn about heart health and find out whether they may be at risk of an undiagnosed heart condition at The Children's Hospital at Legacy Emanuel's annual Teen Athlete Cardiac Screening on Saturday, Oct. 1, at the Memorial Coliseum from 8:30 a.m. to 1:00 p.m.

One parent or guardian is required to be present during the screening process.

The Teen Athlete Cardiac Screening will serve 400 students ages 13-19. The screening fee is just \$10.

Pre-registration is required. Register by calling Legacy Health at 503-335-3500 or 360-487-3500 in Washington or email lrs@lhs.org.

Nutritional Therapy Emerges as Career

PCC offers accredited program

A new program at Portland Community College designed to teach diet, nutrition and lifestyle-wellness skills opened this fall at the PCC CLIMB Center for Advancement, 1626 S.E. Water Ave.

Accredited by the National Association of Nutrition Professionals, the instruction allows graduates of the program to take the association's exam in holistic nutrition.

"The career options are numerous," said Sharmila Bose, coordinator of Nutritional Therapy. "They can freelance, set up their own consulting business as a nutritional therapist, work for one of the health food stores, a chiropractor, a naturopathic physician, or start teaching. There are really lots of options once

they finish."

Courses are taught over the duration of four terms. Most courses are on Saturdays and Sundays for a total of 16 hours.

"This course is designed specifically for the adult learner, and the schedule accommodates those with busy lives," said instructor K.P. Khalsa, who teaches nutritional assessment and food therapy and has been in the natural-healing field for 40 years.

"Nutritional Therapy is an emerging profession, and there is no clearly defined career path, so graduates will need to be able to carve out their respective professional niche in the field," Khalsa said.

For more information, visit pcc.edu.



Sharmila Bose oversees the new Nutritional Therapy program at Portland Community College.



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 2: CHIROPRACTORS: Just how qualified are they to take care of your health?

Q: I know that physicians need four full years of medical school to become doctors. How much training do Chiropractors actually get?

A: Following our under-graduate college training, Chiropractors must also complete an extremely demanding four-year curriculum. By the time we graduate, we've received a degree of competency in anatomy, chemistry, bacteriology, toxicology, pathology, physiology, diagnosis and x-ray. In fact, today's doctor of Chiropractic have as many hours of government approved classes in these health-related subjects as

any doctor graduating from medical school. Most importantly for you, we also spend *four full years* studying the spine, joint relationships and adjustment procedures. What's more, Chiropractors stay up to date with the latest health care developments by attending on-going seminars.

Q: Will my health insurance help me pay for Chiropractic

care?

A: It varies from one insurance carrier to another. But for many people, Chiropractic care is covered. Check with your company's personnel department. Or feel free to call us. In fact, for answers to *any* questions you might have about your health, just call us at the number below.

Flowers' Chiropractic Office

2124 NE Hancock,

Portland Oregon 97212

Phone: (503) 287-5504

HEALTH WATCH

Mind Body Health Class -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

Red Cross Certification -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

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.

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.

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.