



Officials said a pan left on the stove of a downstairs unit caused a fire that killed a woman in an upstairs unit at the Normandy Apartments at Northeast 46th and Killingsworth.

## Women Dies in Northeast Fire

An elderly woman died and two others were injured after a fire broke out Thursday in a northeast Portland apartment building.

The fire broke out around 11 a.m. at the Normandy Apartments at 46th and Killingsworth, where firefighters battled 1,000 degree temperatures.

When fire crews arrived on the scene, the residents of two apartment complexes filled the parking lot. Two people jumped from a second story

window to escape the fire.

Mary Jackson, 88, died after being trapped by flames in an upstairs unit, officials said. The stairwell to her apartment was engulfed with flames.

Officials determined the fire was caused by a pan that was left on top of a stove in a downstairs unit.

About 50 firefighters fought the fire, fighting it from the roof and from the unit below.

# HEALTH

For Your Health

## Sickle Cell Awareness

BY DR. JAMES N. MARTIN JR.



An estimated 100,000 people in the U.S. have sickle cell anemia, an inherited, lifelong disorder that affects the red blood cells. While the disease is most common among African Americans, it also occurs in people of Hispanic, Indian, Caribbean, Mediterranean, Middle Eastern, and South Asian descent.

Red blood cells move oxygen from the lungs throughout the body. Normal red blood cells are round, doughnut-shaped, and able to move easily through the blood vessels. They live for about 120 days.

In contrast, sickle cells are abnormal, crescent-shaped red blood cells. Stiff and sticky, they have a tendency to block blood flow in the blood vessels of the limbs and organs which can lead to pain, serious infections, and organ damage. Sickle cells are also fragile, dying after just 10 to 20 days and leaving the blood with a lower than normal amount of

red blood cells (anemia).

An estimated two million people in the U.S. are sickle cell carriers, meaning that though they have no symptoms, they have inherited one sickle cell gene from a parent and could pass it along to their children.

When two sickle cell carriers have a child together, there is a 25 percent chance that the child will be born with the disease. Most states routinely test newborns for sickle cell disease before they leave the hospital.

Symptoms of sickle cell disease include swelling in the hands and feet (often the first sign of sickle cell anemia in babies), episodes of pain, frequent infections, delayed growth in babies and children and late onset of puberty in teens, vision problems, and an increased risk of stroke. Classic symptoms of anemia such as weakness, tiredness, a pale or washed out complexion, and yel-

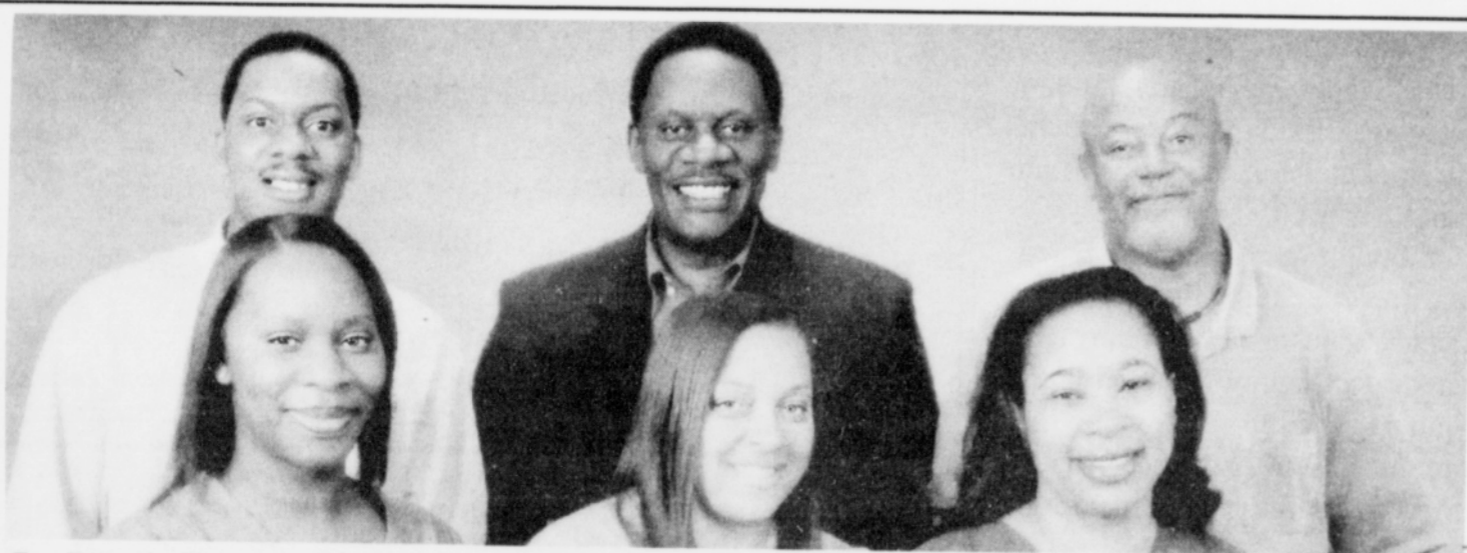
lowing of the skin and whites of the eyes (jaundice) may also be present.

Sickle cell disease can worsen during pregnancy and increase the risk of preterm birth and low-birth-weight babies. Special prenatal care is needed, so women with sickle cell disease who are pregnant or considering pregnancy should consult with their doctors.

Daily antibiotics for infants and children from two months to five years of age, routine childhood immunizations, blood transfusions, and medications are commonly used treatments. Eating right, staying hydrated, exercising, getting enough sleep, and developing a pain management plan are important strategies for improving quality of life. Blood and marrow stem cell transplants may cure sickle cell disease in some individuals, but the procedure is risky and success is not guaranteed.

People with sickle cell anemia may have a reduced life expectancy, though with the medical advances and treatments available today, many live into their 40s, 50s, and beyond.

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



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 4. Stress: How Chiropractic can help ease life's day-to-day pressures.

**Q:** I hear a lot about stress these days. Just how serious is it?

**A:** Stress causes high blood pressure, which in turn is a major cause of strokes and heart disease. It can lead to asthma, arthritis, insomnia and migraines. It impairs the immune system and is estimated to cost the nation over \$100 billion each year in lost productivity, absenteeism and health care costs. That's pretty serious.

**Q:** I have a very stressful job. How can Chiropractic help me?

**A:** Modern Chiropractic care can help de-stress your body. By helping your nervous system work more smoothly, Chiropractic helps assure that all your body functions (including the ones negatively affected by stress) are working prop-

erly. What's more, today's Chiropractors can also help you with natural relaxation techniques such as yoga, massage and visualization. For less stress, or more answers to any questions you might have about your health, you'll find that Chiropractic is often the answer. Call us for an appointment today.

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## America Loses Weight, a Little

The percentage of Americans who are overweight or obese fell slightly in the third quarter of this year, but they still make up a majority of the population, a Gallup poll showed Friday.

Some 36.6 percent were a normal weight, up a percentage point from a year earlier, while 35.8 percent were overweight, down from 36.0 percent, and 25.8 percent were obese, down from 26.6 percent.

Black Americans, the middle-aged and those earning less than \$36,000 a year remained most likely to be obese -- but even in those categories, said Gallup in a statement, the trend was either stable or declining.

"Although the majority of Americans are still overweight or obese, it is an encouraging sign that obesity rates are trending downward in the U.S. and among demographic subgroups," the pollsters said.

## HEALTH WATCH

**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.

**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. Marcelite Failla at 503-228-6140.

**Tenderfoot Care --** Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

**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.