

HEALTH

Detecting Breast Cancer Early

I notice the pink touches – the pink bumper sticker on a neighbor's car, the pink lapel pin on the supermarket clerk's vest, or the pink patch on my niece's backpack. With every pink ribbon I see, I'm reminded that each of those little ribbons could represent one of more than 230,000 women who are diagnosed with breast cancer each year – and that breast cancer is just as prevalent today as ever.

Most people know at least one person who has been directly affected by breast cancer. It is the second most common cancer among women in the U.S., and it's the second leading cause of cancer-related deaths. According to the American Cancer Society, the chance of a woman being diagnosed with breast cancer at some point in her life is close to 1 in 8.

As with a variety of other cancers, the African-American community is disproportionately affected by breast cancer. The American Cancer Society reports that, while the overall incidence rate of breast cancer is 10 percent higher in white women than African Americans, women in our community are 37 percent more likely to die from the disease – often because they are less likely to get the care they need to overcome the condition.

Luckily, early detection can vastly improve a woman's chances of survival, and there are easy steps that can be taken to help catch breast cancer early on.

While clinical and self-conducted breast exams are helpful tools for detection, getting a regular mammogram is the best way to catch breast cancer before it spreads.

For Your Health

Mammograms – an X-ray picture of the breast – can show cancer when it's too small for you or your doctor to feel. By helping to detect early-stage cancers, mammograms can identify cancer when it is most treatable.

According to the Centers for Disease Control and Prevention, women over 40 should have a screening every one to two years. However, if you have a family history of breast cancer, you may want to talk to your doctor about beginning annual screenings earlier. Additionally, African-American women are more likely to contract the disease at an early age – about one-third are under the age of 50 – making regular, and early, mammograms all the more important.

If a friend or loved one is diagnosed with breast cancer, there are many ways to provide support. Even little things, like showing up with a homemade meal or accompanying her to a doctor's appointment, can go a long way toward a patient's recovery. In fact, studies show that support from formal and informal sources greatly improves the quality of life for patients battling the disease.

More than ever, medicines also have the power to provide hope to cancer patients. A recent report by the Pharmaceutical Research and Manufacturers of America revealed 900 medicines in development to treat cancer, including 91 for breast cancer.

Patients who need help afford-

BY LARRY
LUCAS



ing their prescription medicines for breast cancer and other conditions can turn to the Partnership for Prescription Assistance. Since its launch in April 2005, the PPA has helped connect more than 5 million patients in need to programs that provide either free or nearly free medicines. For more information, patients can call 1-888-4PPA-NOW or visit pparx.org.

Larry Lucas is a retired vice president for the Pharmaceutical Research and Manufacturers of America.

Dentist to Lead Northwest Program

Kaiser Permanente Northwest has announced its hiring of dentist Kenneth R. Wright as the executive director of dental services. Dr. Wright will lead clinical and financial operations for the Dental Care Program, which serves more than 190,000 members in 17 facilities.

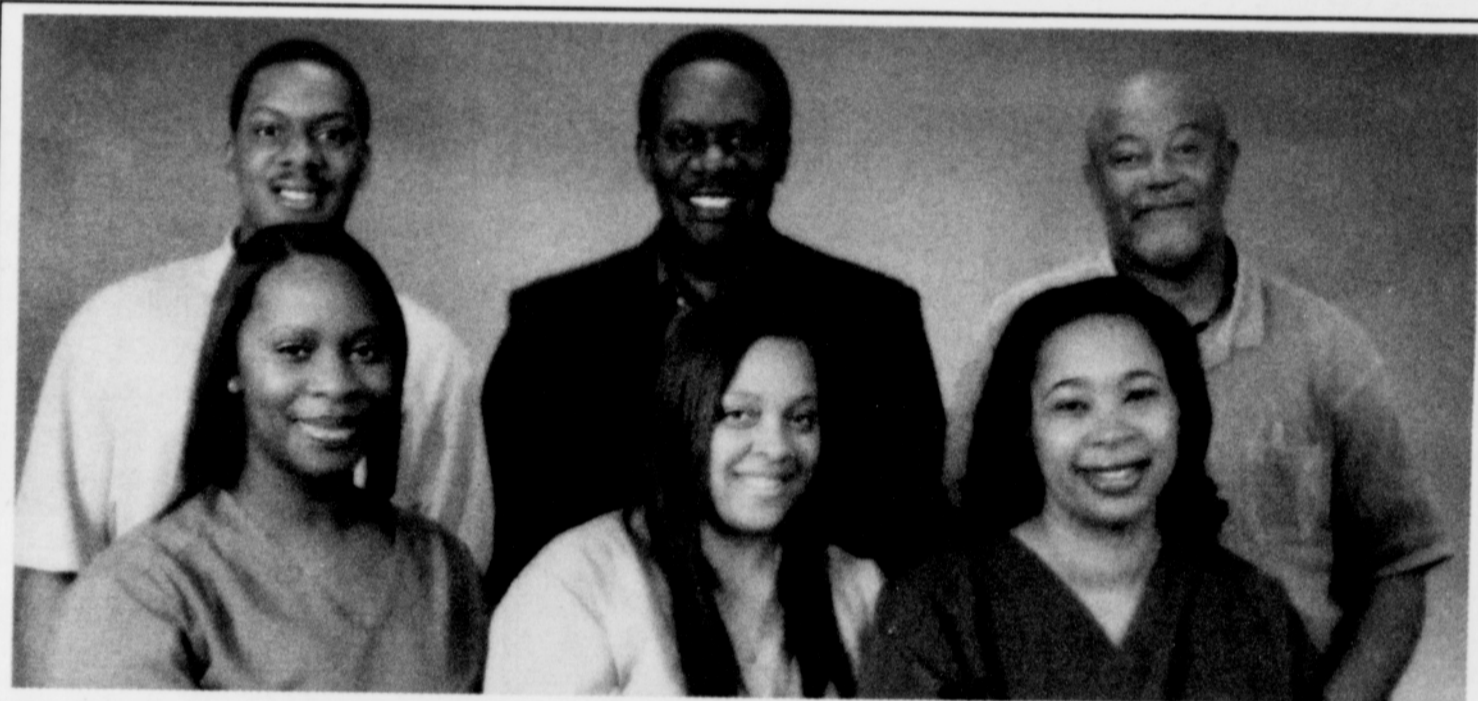
"Kaiser Permanente Northwest has a unique opportunity to integrate dental care along with medical and the other types of specialty care it provides members," said Wright. "The evidence is overwhelming that oral health is connected to overall health, so it's natural that dentists play an important role in our members' health. I look forward to leading the dental program as we continue on our



Kenneth R. Wright

mission to fulfill this goal."

Prior to joining Kaiser Permanente, Wright served as the chief of dental services for Veterans Affairs Medical Center in Alexandria, La. He is a board-certified periodontist.



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 7. CHILDREN & CHIROPRACTIC: Start off early in life for a lifetime of health

Q: When will my children be old enough to benefit from seeing a Chiropractor?

A: Children of Chiropractors often receive their first spinal adjustments the day they are born. Using special techniques for infants, Chiropractors are able to correct spinal misalignments caused by the traumatic and turning of childbirth. What's more, we're frequently able to alleviate infant problems like colic that often keeps both babies and parents up all night.

Q: I have a friend who takes her children to a Chiropractor even when they aren't sick. Why would

she do this?

A: Actually, there are more reasons for children to see a Chiropractor regularly than there are for adults. First of all, because of their activities in school and out, children naturally take more spills than an average adult. This is one of the most common reasons people bring their children to a Chiropractor. But the best reason of all is so that with

regular Chiropractic care, children can develop a nearly perfect spine. Not only to help them do better in school, but to gain increased strength, health and vitality throughout their adult lives. To find out all the ways Chiropractic can help your children experience a lifetime of good health, please call us at the number below.

Flowers' Chiropractic Office

2124NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504

HEALTH WATCH

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

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. Marcelitte 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.