

HEALTH

Estimated 200 Million Use Illegal Drugs

About 200 million people around the world use illicit drugs, according to a study published on Friday in *The Lancet*.

Cannabis users comprised between 125 and 203 million; users of opioids (heroin and morphine), amphetamines or cocaine totaled 15 to 39 million; and those who injected drugs numbered between 11 and 21 million.

Drug use is more prevalent in rich economies, in drug-producing regions of poor countries, and is often a major health burden, the paper adds.

The report said cannabis use is associated with dependence and mental disorders, including psychoses, but does not seem to substantially increase mortality. Illicit opioid use was listed as a major cause of mortality from fatal overdose and



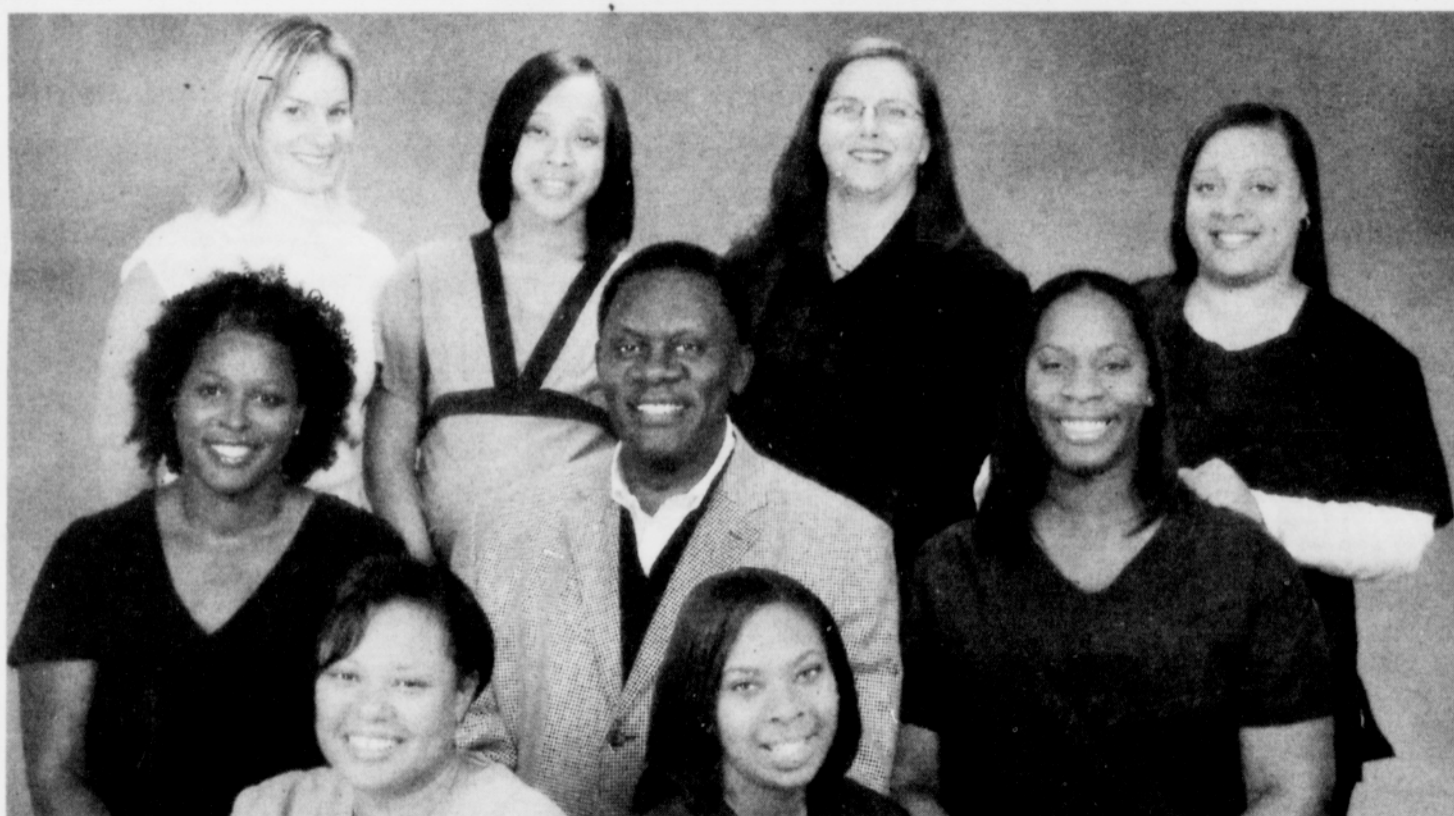
dependence while also bringing specific threats of catching HIV and hepatitis by sharing needles.

All three types of drugs seem to be associated with higher rates of mental disorders, road accidents and violence, although information about this is often sketchy.

The estimate is based on data from the UN Office on Drugs and Crime, from national surveys and peer-reviewed studies into the impact of drug use.

Ecstasy, LSD, non-medical use of prescription drugs and anabolic steroids were not included in the estimate.

*A man smokes a joint. About 200 million people around the world use illicit drugs, according to a study published on Friday in *The Lancet*.*



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 18. Chiropractic And Prevention:

Life doesn't have to be a series of emergencies anymore

Q: It seems that I am always sick. I do what my doctor says but if anything my colds and flu attacks are getting worse. What do you think?

A: Constant colds and influenza indicate that the immune system (and the body in general) is highly stressed. Did you know that recently leading scientists have discovered that the entire immune system is an out-growth of the nervous system? If your nervous system is stressed and irritated, the immune system can-

not work properly either. People who have regular Chiropractic checkups report that they get fewer colds and influenza. They keep the stress off their nervous systems. Keeping irritation off the nervous system also helps you avoid morning backache and head-aches and allows you to cope with stress bet-

ter. And you'd be amazed at the energy you have with preventive Chiropractic checkups. If you'd like to trade in your colds for a bounce in your step, call us for an appointment today. It could be the healthiest call you have ever made. Isn't time you stepped up to Chiropractic?

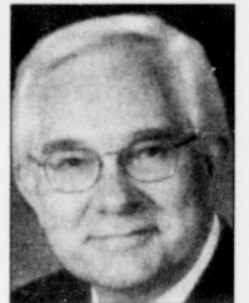
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Preparing for Labor and Delivery

For Your Health



BY DR. JAMES
N. MARTIN JR.

For some women, the thought of labor and delivery causes a lot of anxiety. However, preparing mentally and physically early in pregnancy can help you have a smoother delivery.

Many women choose a childbirth partner. This person can be a spouse, partner, friend, or relative who can provide support through your pregnancy, labor, and delivery.

He or she can accompany you to prenatal visits and childbirth classes. You can practice breathing or relaxation exercises together, and on delivery day, your partner can coach you through contractions and help carry out what you've learned in your classes.

Some women also choose to have a doula, or professional labor assistant. Doulas support both women and their childbirth partners and can take some of the pressure off during a long labor.

Childbirth education classes help prepare women for what to expect in labor and delivery. The techniques taught in popular classes, such as Lamaze, Bradley, and Read, can vary, but the idea is the same—that fear and tension make pain worse. They aim to relieve pain through education, emotional support, relaxation techniques, and touch. Your doctor can give you information on the different types of classes available.

During childbirth classes, you will learn about a number of different ways to approach labor and delivery. Topics that may be ad-

ressed include having a natural childbirth vs. using pain relief medication during labor, episiotomy, breastfeeding after delivery, and who will be in the delivery room.

If you choose to work with a midwife, the American Congress of Obstetricians and Gynecologists recommends using a certified nurse-midwife or certified midwife. Unlike lay midwives, they are accredited, have passed a national certification exam, and are trained professionals. They work with qualified doctors to care for women and their babies through early pregnancy, labor, delivery, and the weeks after birth.

Women must also consider where they will deliver. It is important to be in a setting where trained emergency medical staff are available in case any complications arise that threaten the life or health of the mother or baby. Therefore, it's recommended that all births take place in a hospital setting or a birthing center within a hospital complex.

Discussing these details beforehand can ease confusion at the time of your delivery. You can make a list of options that appeal to you and share them with your doctor for review. He or she can let you know if your preferences conflict with hospital policy.

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