

# HEALTH

## Insight on Brain Disorders at OMSI

### Body Worlds Thursday special events

Gunther von Hagens' Body Worlds and the Brain will provide a unique perspective on brain diseases and disorders, including Parkinson's, Alzheimer's and autism on Thursday evenings this month.

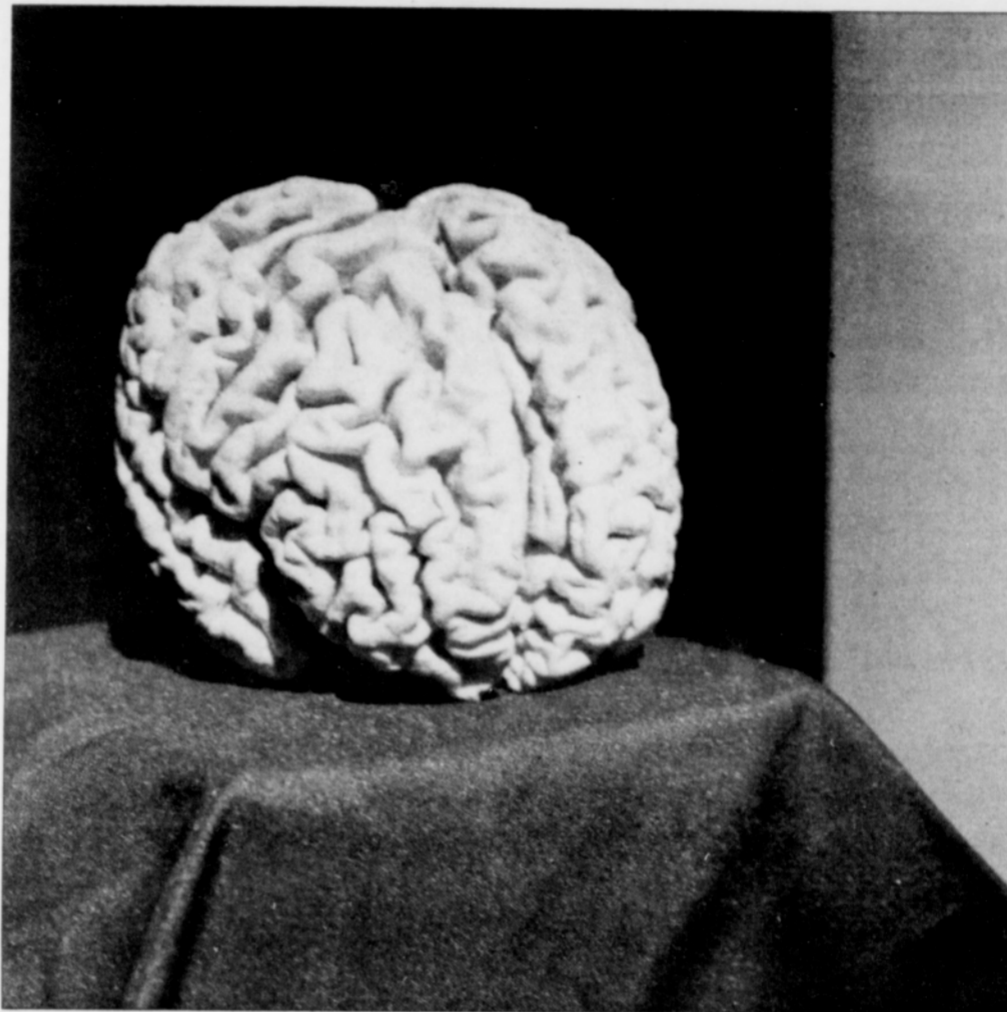
Visitors to the OMSI exhibition will have the opportunity to meet and learn from researchers, doctors, and experts in each field while viewing authentic human specimens.

Parkinson's will be discussed on Jan. 12 with representatives of the OHSU Brain Institute, the Brian Grant Foundation and Parkinson's Resources

of Oregon. Alzheimer's will be the focus on Jan. 19 with the Brain Institute and the Alzheimer's Association; and autism will be the discussion on Jan. 26 with the Brain Institute, Northwest Autism Foundation, and the Autism Society of Oregon. All of the sessions are from 6 p.m. to 9 p.m.

"Our goal is to provide a unique opportunity for the local Parkinson's, Alzheimer's, and autism communities to interpret Body Worlds together," said Sara Perrin, marketing director for the exhibit. "You can imagine what a valuable learning experience it is for anyone connected with any of these issues to interact with experts in this environment."

"You have to rule Parkinson's, you can't let



The Body Worlds and the Brain exhibit at OMSI give perspective to brain diseases and disorders.

Parkinson's rule you," said Brian Grant, former power forward with the Portland Trail Blazers and founder of the Brian Grant Foundation.

Grant was diagnosed at age 36 with young onset Parkinson's disease shortly after his retirement from the NBA. He believes it is his responsibility to help in the fight against Parkinson's and to help others struggling with the disease.

"This night at Body Worlds is a rare opportunity for us to see brain specimens up close and learn more about Parkinson's from the OHSU experts," said Grant, one of the nearly 1 million Americans living with Parkinson's disease.

Attendance will be \$19 for adults and \$17 for students and seniors.

**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](http://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.

**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 rela-

tives 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.

**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

### HEALTHWATCH

Faila 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.

**Families with Mental Illness** -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

## Chiropractic Auto Injury Clinic, PC

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