

# HEALTH

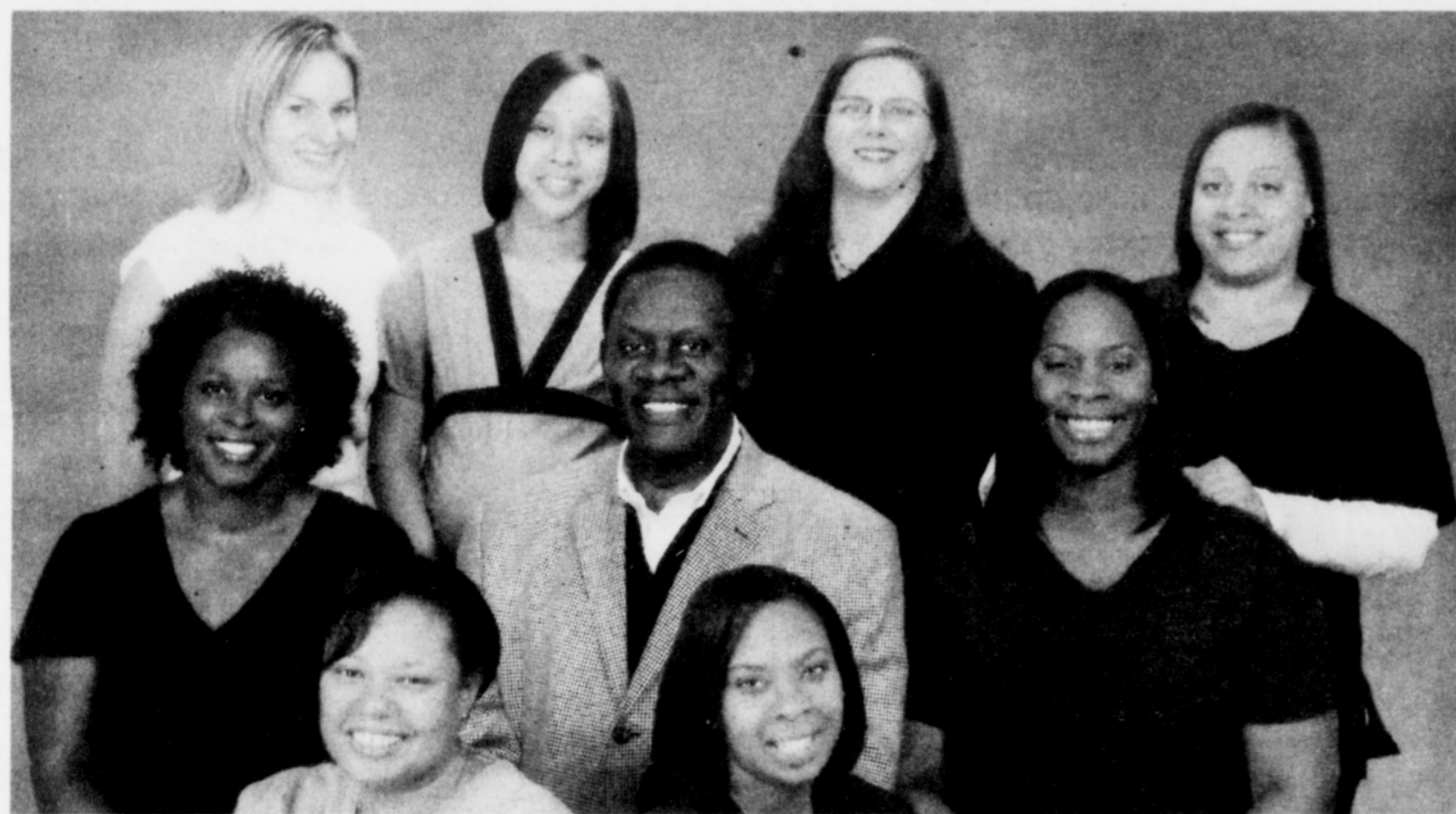
Take the  
**TEST**  
Take  
**CONTROL**



**Every Tuesday**  
5:30 - 7:15 pm

**Just walk in**  
Northeast Health Center  
5329 NE MLK Jr. Blvd.  
2nd Floor

Bring or mention this ad to get a  
**FREE & ANONYMOUS or**  
**CONFIDENTIAL** test for HIV!



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 28. Industrial Injuries: What to do if you are hurt on the job

**Q:** I was lifting a heavy object on the job site and my back just collapsed on me. I have since gone to several company doctors only to get yet another pain pill. One doctor has mentioned surgery. What do you think I should do?

**A:** You should immediately request to see a Chiropractor. Approximately 90% of back injuries have the capacity of being helped through Chiropractic. Our

office has an excellent track record with helping problems like yours. We make every attempt possible to get you back on the job safely as soon as possible - often within a few days. This is obviously beneficial not only to you but your company as well. It is not uncommon for a workmen's compensation back surgery to run

\$100,000. I'm sure your employer would just as soon not have expenses like that. Speak to your employer today about having a Chiropractic consultation. If you have had a lifting injury or suffer from pain, why don't you call us today. A life of suffering is indeed a wasted life. Don't let it be yours.

#### Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

**Phone: (503) 287-5504**

## OHSU to Look at Links to Alcoholism

Study examines role of stress, anxiety

The National Institute on Alcohol Abuse and Alcoholism has funded a study led by an Oregon Health & Science University researcher to explore how stress and anxiety play a role in excessive alcohol intake.

OHSU will receive approximately \$6.3 million over five years, funding projects in the laboratories of Kathleen A. Grant, head of neuroscience at the Oregon National Primate Research Center and professor of behavioral neuroscience in the OHSU School of Medicine; and Betsy Ferguson, associate scientist in neuroscience at the ONPRC.

Alcoholism affects millions of Americans, devastates families, compromises national preparedness, depresses economic vitality, and burdens the country's health care systems.

Alcohol abuse and alcoholism result from a complex interplay of genetic and environmental factors, according to Grant and her col-

leagues.

Much of the stress in modern society is a subjective state of anxiety, where competing goals generate conflict and activate brain mechanisms involved in arousal and attention. These stressful states are often seemingly relieved by drinking alcohol and may be a primary factor in establishing excessive alcohol consumption.

"While there is a great deal of evidence supporting stress-alcohol interactions, less is known about how these interactions alter the brain at the molecular, cellular and systems levels to maintain excessive drinking and alcoholism — and why this addiction is so difficult to treat," Grant said. "This consortium is tackling the larger picture of brain mechanisms that control alcohol consumption, the response to stress in these brain areas, and the reciprocal relationship between excessive drinking, the physiological state of stress and the subjective state of anxiety."

## HEALTH WATCH

**Parenting Classes** -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: [providence.org/classes](http://providence.org/classes).

**Heart Talk Support Group** -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

**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.

**Cholesterol Profiles** -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

**Bereavement Support Groups** -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

**Maternity Water Workout** -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

**Senior Aerobics** -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

**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](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.