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Melanie Block, L.D.

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**Dr. Marcelitte
Failla**
Chiropractic
Physician

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1716 N.E. 42nd Ave.
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(Between Broadway and Sandy Blvd.)

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HEALTH



You may have seen products labeled "BPA-free" which are marketed as a healthier alternative to plastics containing BPA or bisphenol A, a chemical linked to cancer and other diseases.

Plastic Chemical Ban Rejected

(AP) -- The Food and Drug Administration has rejected a petition from environmentalists that would have banned the plastic-hardening chemical bisphenol-A from all food and drink packaging, including plastic bottles and canned food.

The agency said Friday that petitioners did not present compelling scientific evidence to justify new restrictions on the much-debated

chemical, commonly known as BPA, though federal scientists continue to study the issue.

The Natural Resources Defense Council's petition was the latest move by public safety advocates to prod regulators into taking action against the chemical, which is found in everything from CDs to canned food to dental sealants.

About 90 percent of Americans

have traces of BPA in their bodies, mainly because it leaches out of food and beverage containers.

Some scientists believe exposure to BPA can harm the reproductive and nervous systems, particularly in babies and small children, potentially leading to cancer and other diseases. They point to results from dozens of BPA studies in rodents and other animals.

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.

HEALTHWATCH

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 relatives 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 Failla at 503-228-6140.

**Take the
TEST
Take
CONTROL**



Every Tuesday

5:30 - 7:15 pm

**Just walk in
Northeast Health Center
5329 NE MLK Jr. Blvd.
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**Bring or mention this ad to get a
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