

Vision

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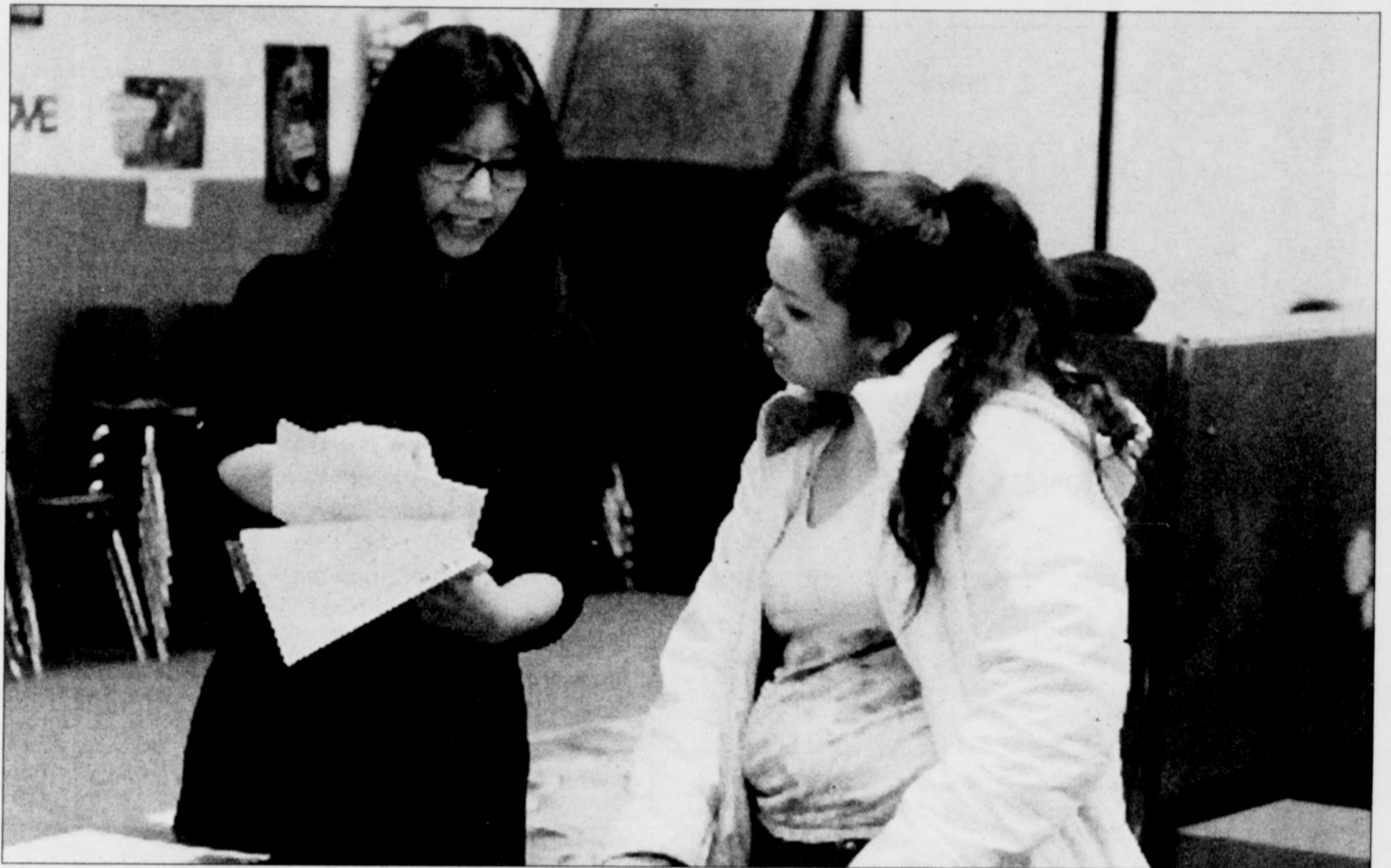
Although the Elks preschool vision and screening program, which is offered by the Casey Eye Institute, has been ongoing for years, this is the first year glasses have been provided to the children in need in an effort to prevent a lifetime of eye conditions, which could have been prevented.

According to OHSU, fifteen percent of all children are at risk of developing amblyopia, also known as 'lazy eye', between the ages of three and five.

This condition requires treatment before the age of seven to avoid long-term damage, but if left untreated, may lead to a lifetime of unnecessary vision impairment and possibly blindness.

While some school districts offer vision-screening programs for school age children, formal screening should begin at age three to ensure good vision, which is essential for proper physical development and educational progress.

Early detection provides the best opportunity for effective, inexpensive treatment, they said.



Dr. Summy To, owner of Myoptic Optometry, with Irma Cortez, whose son Isaiah received new glasses through the Oregon Elks preschool vision screening program at Albina Highland Head Start school. The lenses were created and provided at below half price to the Oregon Elks preschool vision screening program by Myoptic Optometry.

Youth of the Year

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adjust to his new life in the United States. Lopez said, "Before the Boys & Girls Club it seemed that wherever I went, I was hopeless, exhausted and unloving. However, the staff at the Club was always there to support me with positive attitudes and smiles. This is what I crave and love about my Club."

Lopez is an active member of the Inukai Family Boys & Girls Club in Hillsboro, where he has volunteered hundreds of hours over the past few years. He also has been involved with Torch Club, SMART Moves, and has served as the President of the Keystone Club.

"As I explored all the Club had to offer, I transformed into a leader and mentor to those around me," said Lopez.

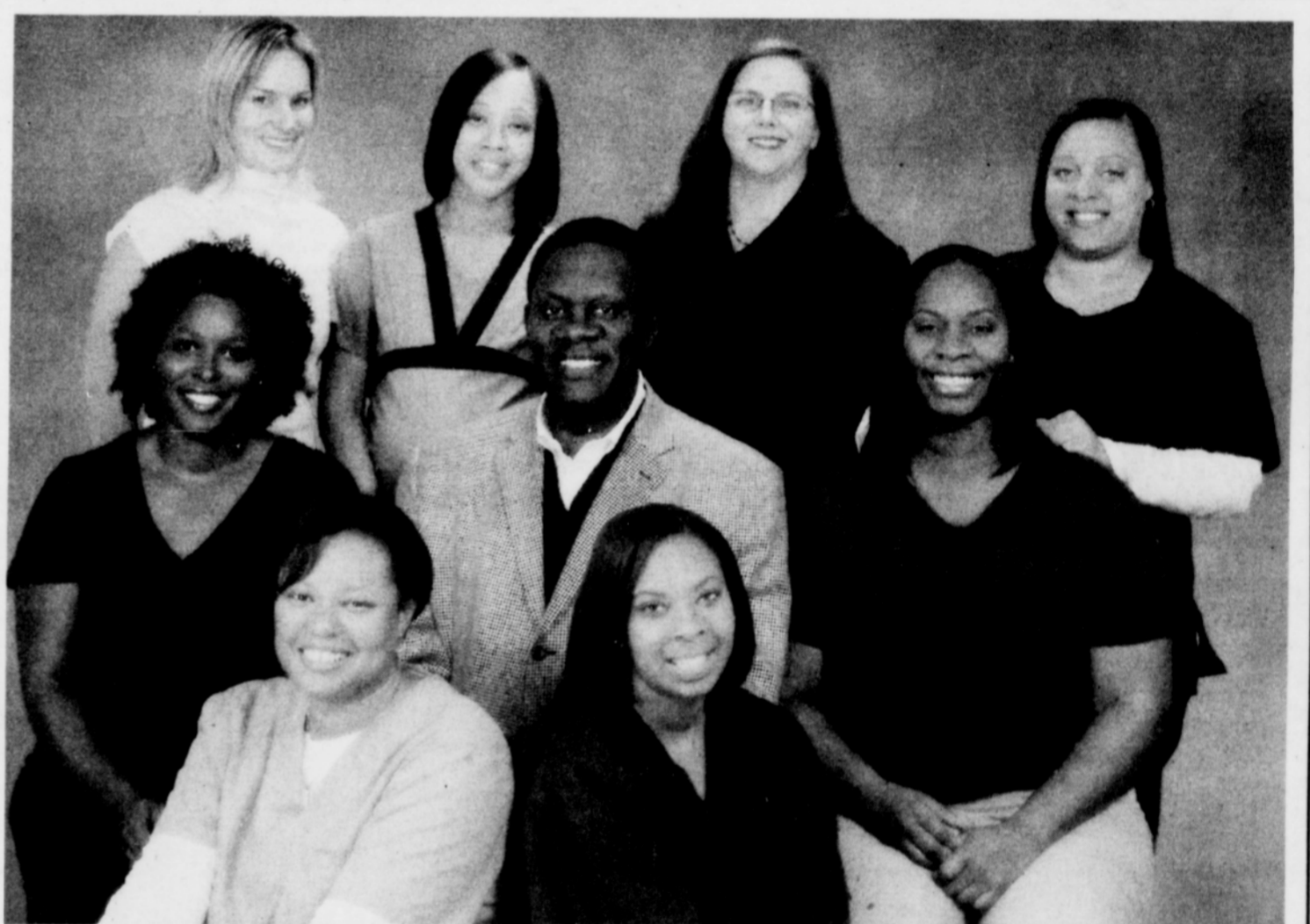
This summer, Lopez will compete against other youth from states located in BGCA's Pacific Region. If named regional winner, he will be

awarded a \$10,000 college scholarship and advance to the national competition in Washington DC.

The National Youth of the Year receives an additional \$15,000 college scholarship and will be installed by the President of the United States during a ceremony in the Oval Office.

The Boys & Girls Clubs of Portland Metropolitan Area, which serves more than 25,000 young people each year, is a youth guidance and development agency that has provided a safe and positive place for kids to go after school since 1946. For just \$5 per year, children ages 6-18 can attend the Boys & Girls Clubs, which offer programs in five core areas: the arts; sports, fitness and recreation; health and life skills; education and career development; and character and leadership development.

For more information about the Boys and Girls Club, visit www.bgcportland.org.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

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Part 33. Osteoporosis and Bone Loss Reversal

Q: I have osteoporosis and now my back has a more "rounded" look. What is this?

A: You might have started to develop a "dowager's hump" or an abnormal outward curving of the vertebrae of the upper back. Bones become brittle with osteoporosis and the upper vertebrae can collapse on each other, causing a rounded appearance.

To help stop and even reverse bone loss:

- Develop good body mechanics through exercises to improve your posture.

- Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

- Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely perform.

Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

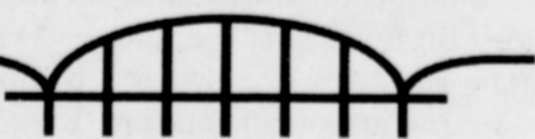
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