

HEALTH

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COMMUNITY HEALTH CENTER

May is High Blood Pressure Awareness Month!

High blood pressure (hypertension) is our country's most common health problem, affecting nearly one in three adults. Hypertension increases the risk of stroke and heart attack. Don't let this happen to you! Make sure your BP is under control. This month – and every month – we offer free blood pressure checks between 9:00 am and 5:00 pm Monday – Friday. Come on by!

3030 NE Martin Luther King, Jr. Blvd. | Portland Oregon 97212
503-287-4932 | nxneclinic.org

Fostering a Healthy Lifestyle

For Your Health



BY LARRY LUCAS

I encourage you to recognize the role we all play in fostering a healthy lifestyle for the entire family.

One of the most serious problems facing families today is diabetes, an autoimmune disease in which the body cannot produce any or enough insulin. Diabetes afflicts millions of Americans and can lead to devastating health complications, including blindness, kidney failure and amputation. Each day, more than 2,000 Americans are diagnosed with diabetes, and experts predict that the number will nearly double by 2025.

Unfortunately, the disease disproportionately affects those of us in the African American community. According to the American Diabetes Association, African Americans are 1.8 times more likely to have type 2 diabetes – the most common form of the disease – than the general population.

An estimated 2.3 million African Americans, or a staggering 11 percent, have been diagnosed with diabetes, which is now the

fourth-leading cause of death among African Americans. Many more are unaware they are at high risk, often because of a lack of symptoms or failure to get tested. The ADA recommends that those over 45 years of age should get tested especially if they have a family history of diabetes, an inactive lifestyle, and high blood pressure or cholesterol.

Diabetes has turned into an emerging public health problem, especially among youth, due to an increase in child obesity and inactivity. Especially now, parents, educators and community leaders should pay particular attention to how our children are eating and exercising.

Taking simple steps to live a healthy lifestyle can go a long way in preventing and managing diabetes. One of the nation's most famous mothers, First Lady Michelle Obama, has made eating well and staying active her central

cause, setting the example for her children, and inspiring millions of families to "move" together toward healthier decisions.

Because healthy eating and exercise aren't always enough to manage diabetes, the right medication can complement patients' treatment plans. Thanks to America's biopharmaceutical companies, new research is leading the way toward better therapies and improved quality of life for many people with diabetes.

If you or someone in your family is diagnosed with diabetes, there are programs available to help you get the medicines that you need. The Partnership for Prescription Assistance has already helped connect more than six million patients with patient assistance programs that provide free or nearly-free medicines. If you'd like more information, you can visit www.pparx.org or call 1-888-4PPA-NOW.

Make healthy habits a part of your daily routine, and act as a role model for your family and your community.

Larry Lucas is a retired vice president for the Pharmaceutical Research and Manufacturers of America.

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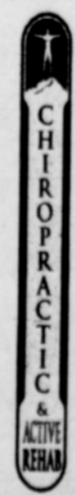
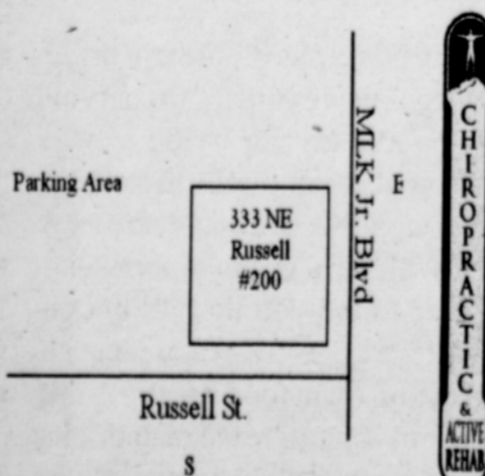
(503) 284-7838

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We are located on the corner of MLK and Russell Street, on the second floor above the coffee shop.



ABOUT THE BASKETBALL ACADEMY

Michael Holton has created a four day Basketball academy that brings together youth, ages 7 to 13 from diverse populations. The objective is to educate, inspire and prepare youth for positive development for on and off court experiences.

OBJECTIVES

Campers will rotate through several venues to meet overall camp objectives, basketball skill development, fitness training, and health and wellness.

ACCOMMODATIONS

The Academy runs from 8:30am to 4:30pm daily. Campers will receive free breakfast, lunch, and snacks daily.

Summer Camp Dates
June 25th - 28th, 2012

Register online at: www.holtonbasketball.com
or call: (503) 517-9090

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