

HEALTH

Evaluating Breast Cancer Risks

A family history of breast cancer and dense breast tissue each increase the risk of breast cancer by at least twofold for women in their 40s, according to a study led by an Oregon Health & Science University researcher. The importance of these two risk factors could help determine when women should start having regular screening mammograms.

The study's analysis of cancer risk for women in their 40s is at the heart of two articles in the May 1 edition of *Annals of Internal Medicine*. One article presents the evaluation of risk factors that are most relevant for women between the ages

of 40 and 50 who would be considering routine screening under current guidelines.

The second article reports how population models were used to weigh the benefits of screening with potential downsides, such as false-positive test readings that lead to unnecessary medical procedures.

The study found that women in their 40s, who have at least double the risk for breast cancer compared with average-risk women, share the same level of benefit, weighed against the potential downsides, from biennial screening as

Reused Grocery Bag Spread Virus

(AP)--Public health researchers identified a reusable grocery bag as the source of a 2010 norovirus outbreak that sickened seven children and adults from Oregon who attended a soccer tournament in neighboring Washington state.

The grocery bag contained cookies, potato chips and fresh grapes, and was kept in the bathroom of a hotel room where one of the girls who got sick stayed with an adult chaperone. The person who put the bag in the bathroom was not aware that someone in the room was ill.

"This is the first published report of norovirus infection without person-to-person transfer," said

Kimberly Repp, a case study co-author and now an epidemiologist with Washington County Health and Human Services. "Two groups of people were infected by transportation of an inanimate object."

While the sick child, who was suffering from vomiting and diarrhea, said she did not touch the bag or its contents, she did use the bathroom—with the bag sitting there—throughout the night.

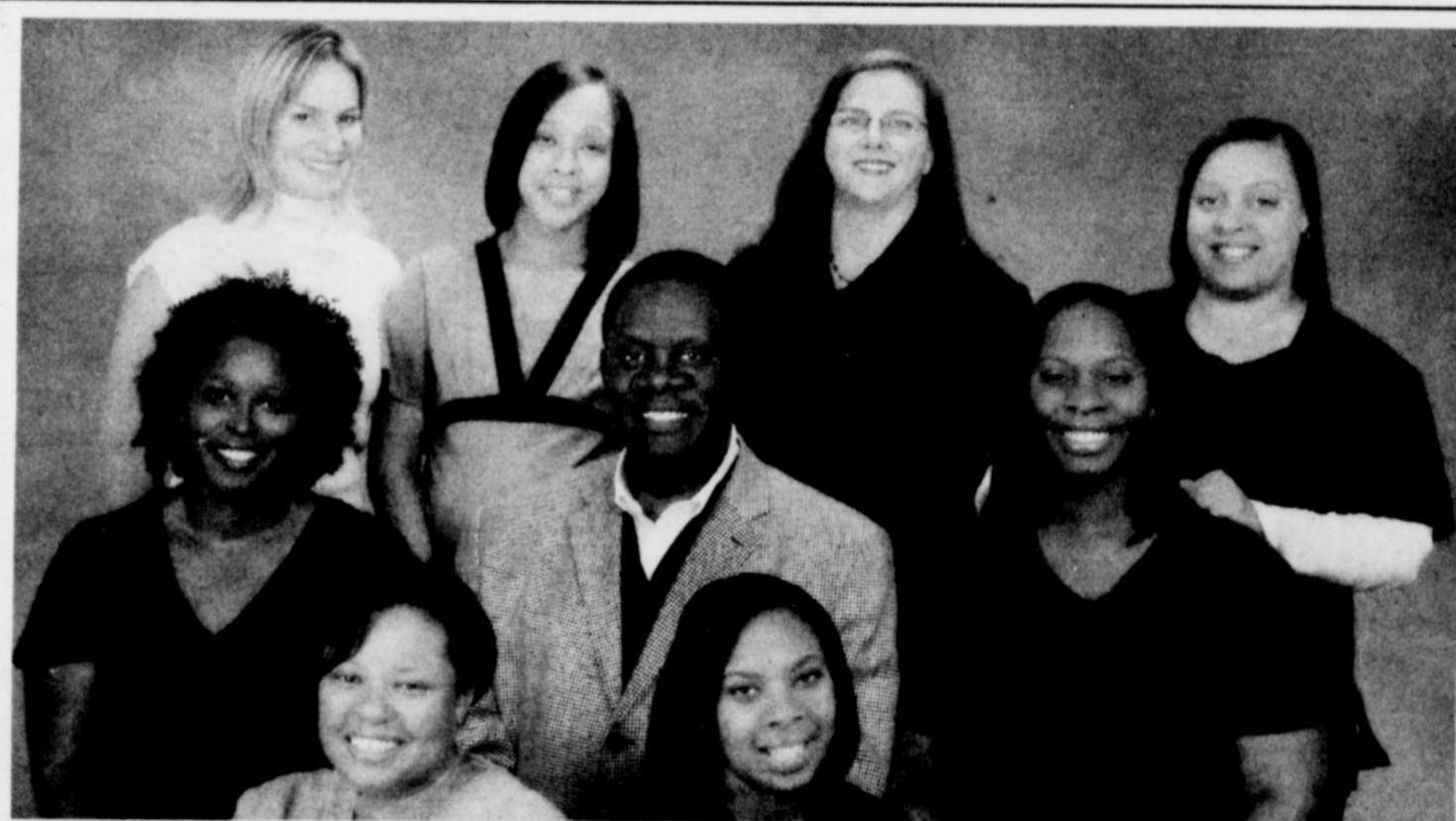
The next day, the bag ended up in another hotel room and the contents were handled and eaten by other members of the group. After that, the others eventually became ill.

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Part 1. CHIROPRACTIC: For the best in natural healing, hearing is believing.

Q: How did Chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated vertebra. To relieve the patient's

pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily functions.

By making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

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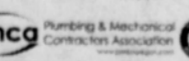
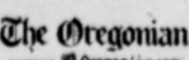
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