

# HEALTH

## Missing Children's Awareness Day

### Families urged to talk about safety

Gov. John Kitzhaber has joined child safety advocates by signing a proclamation announcing Friday, May 25 as "Missing Children's Awareness Day."

To help raise child safety awareness, families are encouraged to talk to their kids about safety and abduction prevention.

Oregon's Law Enforcement Data System has information about 464 children under the age of 18 who are listed as missing. About 90 percent are runaways. The remaining are

missing under circumstances indicating that their physical safety may be in danger or their disappearance was not voluntary.

According to the National Center for Missing & Exploited Children, every year in America, an estimated 800,000 children are reported missing, more than 2,000 children each day. Of that number, 200,000 are abducted by family members and 58,000 are abducted by non-family members, for which the primary motive is sexual. Each year,

115 children are the victims of the most serious abductions; they are taken by non-family members and either murdered, ransomed or taken with the intent to keep.

An analysis of attempted abduction cases found that in 81 percent of the cases, the child escaped would-be abductors through their own actions. Twenty-eight percent actively re-

sisted (yelling, kicking, pulling away, running away or attracting attention) while 53 percent recognized something was not right and responded by walking or running away. Julie Willard, program analyst for the Oregon State Police Missing Children's Clearinghouse, emphasized the importance of teaching children about

safety.

"We know teaching children about safety works, and their actions enable them to escape attempted abductions more than 80 percent of the time. It is important to take the time to talk to your children about safety," said Willard.

During the most serious incidents when a child is abducted, Oregon's AMBER Alert program is a critical missing child response program utilizing the resources of law enforcement and media to engage the public's help to find a child as quickly as possible.



### HEALTHWATCH

**Lead Poisoning Prevention** -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

**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.

### Zoo Adopts Non-Smoking Policy

The Oregon Zoo is going smoke-free. Starting Saturday, May 26, the use of tobacco products, including cigarettes, will be prohibited on zoo grounds as part of a wider policy that affects all Metro-operated facilities. Smoking has long been prohibited inside zoo buildings, but has previously been allowed in designated outdoor areas.

"Eliminating tobacco and its byproducts, particularly secondhand smoke, will help us provide a healthy, safe environment for visitors, staff and animals," said Kim Smith, zoo director.

Last May, the Metro Council unanimously approved a policy limiting the use of all tobacco products on Metro grounds. The policy is a part of larger efforts at Metro to promote healthy and sustainable communities and maintain clean outdoor spaces free of pollutants. It also supports the agency's primary responsibility of preserving and enhancing the quality of life and the environment for future generations.

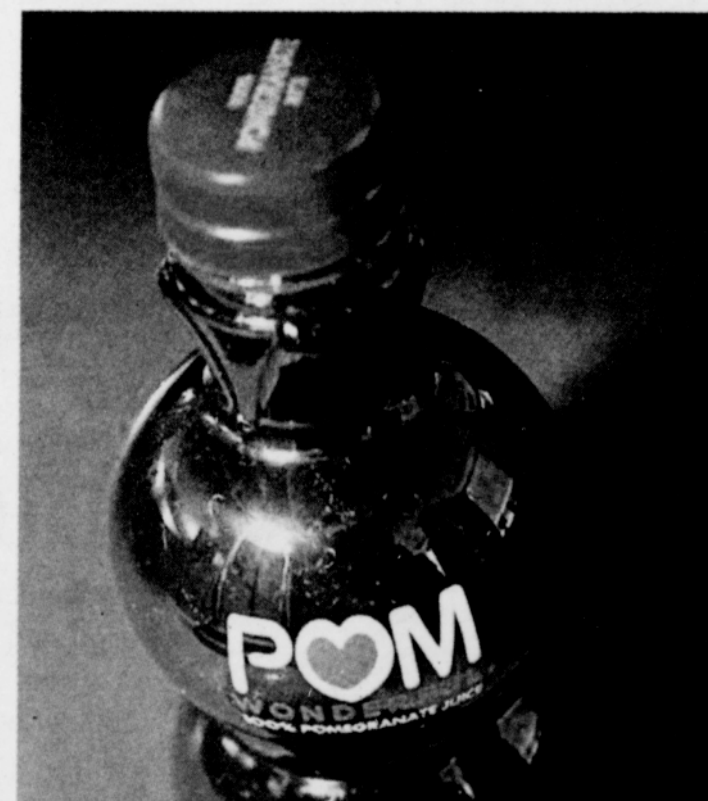
### Juice's Health Claims Deceptive

(AP) -- Pomegranate juice has not been proven to be an effective treatment for cancer, heart disease or erectile dysfunction, federal regulators said Monday, calling a company's ad claims deceptive.

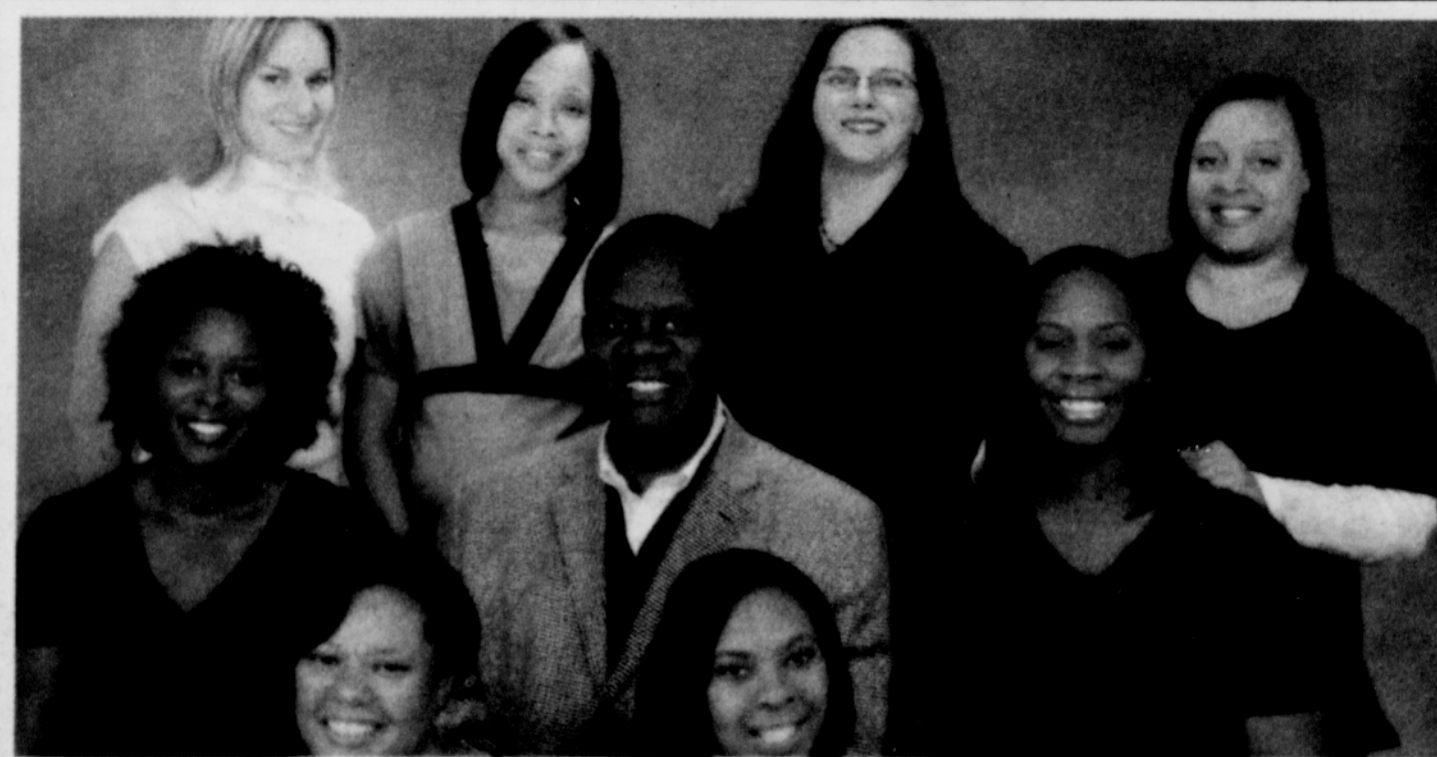
The Federal Trade Commission's chief administrative law judge D. Michael Chappell ruled that the company, POM Wonderful LLC, violated federal law by making deceptive claims.

The judge ordered the company to stop making claims of health effects in the absence of "competent and reliable scientific evidence."

The judge said in a 345-page decision that there was "inadequate" evidence to back up the company's superfood claims.



Regulators said the makers of POM Wonderful pomegranate juice have made deceptive claims about the beverage's health benefits.



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

**Q:** I know that physicians need four full years of medical school to become doctors. How much training do Chiropractors actually get?

**A:** Following our under-graduate college training, Chiropractors must also complete an

extremely demanding four-year curriculum. By the time we graduate, we've received a degree of competency in anatomy, chemistry, bacteriology, toxicology, pathology, physiology, diagnosis and x-ray. In fact, today's doctor of Chiropractic have as many hours

of government approved classes in these health-related subjects as any doctor graduating from medical school. Most importantly for you, we also spend *four full years* studying the spine, joint relationships and adjustment procedures. What's more, Chiropractors stay

up to date with the latest health care developments by attending on-going seminars.

**Q:** Will my health insurance help me pay for Chiropractic care?

**A:** It varies from one insurance carrier to another. But for

many people, Chiropractic care is covered. Check with your company's personnel department. Or feel free to call us. In fact, for answers to *any* questions you might have about your health, just call us at the number below.

## THE SPINAL COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

**Part 2: CHIROPRACTORS:  
Just how qualified are they to take  
care of your health?**

**Flowers' Chiropractic Office**

2124 NE Hancock,  
Portland Oregon 97212

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