

HEALTH

Teen Pregnancy Woes

continued ▲ from front

African-American teens, the pregnancy rate was down by .1 percent, but was still 2.6 times higher than the rate for white teens.

Improving the outcomes will require intervention, Saragoza said.

"The reality is that kids are having sex, but I think one part of the work is to provide information about behavior, healthy relationships, and if you are a teen parent, how this will impact your life," she said.

Some of the consequences of teen pregnancy are the impacts it has on young women continuing their education. "We know teen pregnancy and births are associated with higher school dropout rates and affect economic and employment opportunities," Saragoza said.

Reducing the rate and disparities of teen pregnancy for minority communities depends on prevention efforts.

"Our staff encourages kids that

vices are abortion services.

"One in five American women has chosen Planned Parenthood for health care at least once in her life, and those who seek reproductive healthcare in the northwest are no different," Delapoer said.

Planned Parenthood, the largest non-profit family planning and reproductive rights organization in Oregon and Southwest Washington, provides more than 60,000 women, men and teens with services each year.

"The vast majority—89 percent—of PPCW's patients are low-income. Many of our patients are uninsured or underinsured," she said.

"It's critical for our patients that we continue to find ways to publicly fund access to contraception," said Delapoer, who added 75 percent of Planned Parenthood's patients in Oregon rely on some type of federal funding to pay for their health care.

We provide teens with comprehensive, medically accurate, age-appropriate sexual and reproductive health information.

—Liz Delapoer, communications director for Planned Parenthood Columbia Willamette

use the school based health centers to include their parents," said Saragoza, who added the importance in ensuring state programs and projects meet the needs by interacting with the community.

Through education and health care services, Planned Parenthood has worked for many years to reduce the rate of teen pregnancy throughout the country, providing education and outreach programs to help teens make smart, healthy decisions.

"We provide teens with comprehensive, medically accurate, age-appropriate sexual and reproductive health information," said Liz Delapoer, communications director for Planned Parenthood Columbia Willamette. "Our preventive health care services work to keep teens and women healthy and prevent unintended pregnancies."

Still, she said, there needs to be an increase in both funds and attention for reproductive health for residents of all ages.

According to Delapoer, Planned Parenthood services help prevent more than 584,000 unintended pregnancies each year throughout the country, and the number of abortions has also been reduced, as education and preventative services became more readily available.

She said less than five percent of Planned Parenthood's health ser-

Clients of the organization span across all generations, although the majority of patients are between the ages of 20 to 29, but seven percent of their services are provided for individuals under the age of 18-years-old.

"Access to birth control prevents unintended pregnancies, improves health outcomes for women and families, and enables women to better participate in the workplace and provide for their families," she said. "Contraception is not just about the young women taking responsibility, but about the young men taking responsibility as well," said Saragoza.

But more than access to contraception, she said teens have expressed the need to be able to talk to their parents about sex and reproductive health. "It is important that as a parent that you are conveying the most useful information to your son and daughter," said Saragoza.

From her own experiences as a mother, Saragoza said she believes teens appreciate when parents are open, accessible and trusting of their children.

"Parents need to stay calm, even at the most difficult questions," she said. "We need to be able to answer questions and listen to their point of view. That is really easy to say, but not always easy to do, but it is important."

Aim to Understand Cancer

Volunteer today for a cancer-free tomorrow

The American Cancer Society seeks Portlanders help in identifying potential risks of cancer in a study, which happens every 20 years.

Throughout the month of July, you can fight back against cancer and volunteer to take part in the organization's nation-wide study, which will help researchers better understand the genetic, environmental and lifestyle factors that potentially cause or prevent the disease.

The research study is the third conducted by the American Cancer Society known as the Cancer Prevention Study (CPS), which in the past has identified both smoking and obesity as being tied to cancer throughout the

duration of the program that began in the 50s.

According to the organization, the data collected during the studies is critical to become closer to a cure.

This week, the institution will be set up CPS-3 participation sites in several downtown locations, from July 10-14.

Participation includes a 30-minute commitment to enroll, before blood will be drawn. From there, participants will receive periodic surveys asking for information on lifestyle, behaviors, and other factors related to their health.

Participants must be between the ages of 30-65, with no personal history of cancer. Appointments can be made at a participation site at several locations around the downtown metro area.

For more information, to set up an appointment, or identify locations, visit www.cps3portland.org.



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

THE SPINAL COLUMN™

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

Part 9. Low Back Surgery:

The unkindest and most unnecessary cut of all.

Q: Should I try chiropractic for my low back pain or have surgery and get it "fixed right?"

A: We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiropractic requires no drugs,

surgery, recuperation or expensive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

Q: Which technique has better results for low back problems, Chiropractic or surgery?

A: According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75

to 99% are unsuccessful. Before you make any decision, heed the advice of the "father" of low back surgery: "exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine." To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504