

# HEALTH

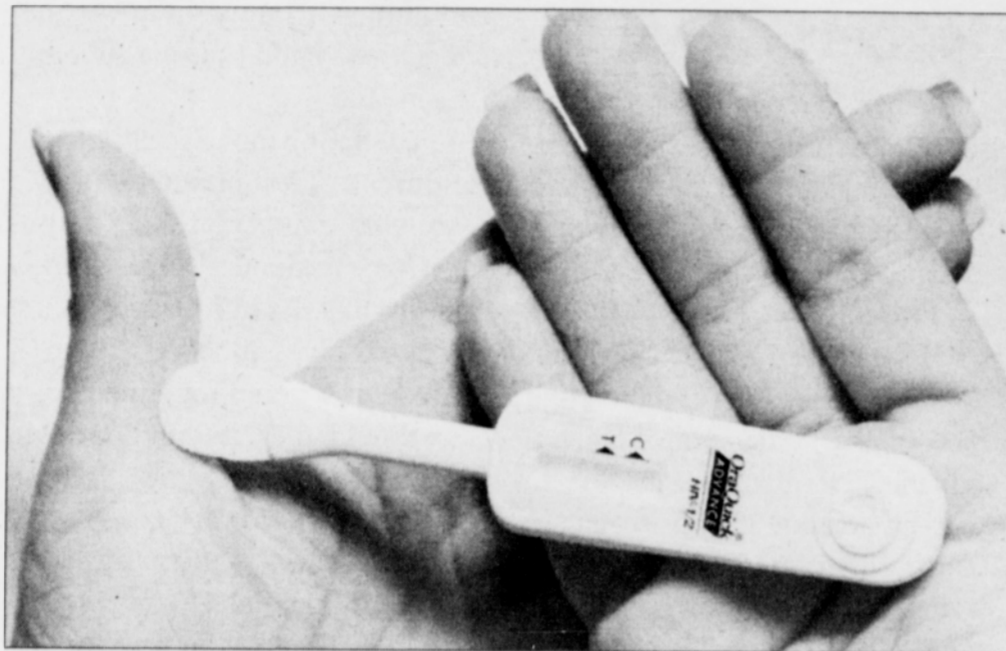
## First Home HIV Test Kit

FDA approves over-the-counter device

The U.S. Food and Drug Administration has approved the OraQuick In-Home HIV Test, the first over-the-counter, self-administered HIV test kit to detect the presence of antibodies to human immunodeficiency virus type 1 (HIV-1) and type 2 (HIV-2). HIV is the virus that causes acquired immune deficiency syndrome (AIDS).

The test is designed to allow individuals to collect an oral fluid sample by swabbing the upper and lower gums inside of their mouths, then place that sample into a developer vial, and obtain test results within 20 to 40 minutes. A positive result with this test does not mean that an individual is definitely infected with HIV, but rather, that additional testing should be done in a medical setting to confirm the test result.

Similarly, a negative test result does not mean that an individual is definitely not infected with HIV, particularly when exposure may have been within the previous three months. The test has the potential to identify large numbers of previ-



The OraQuick HIV test promises to deliver results in as little as 20 minutes.

ously undiagnosed HIV infections, especially if used by those unlikely to use standard screening methods.

The Centers for Disease Control and Prevention estimates that 1.2 million people in the United States are living with HIV infection. About one in five are not aware they are infected. There are about 50,000 new HIV infections every year. Many of these new infections are transmitted from people who are unaware of their HIV status.

"Knowing your status is an important factor in the effort to prevent the spread of HIV," said Karen Midthun, M.D., director of the FDA's Center for Biologics Evaluation and Research.

"The availability of a home-use HIV test kit provides another option for individuals to get tested so that they can seek medical care, if appropriate."

### HEALTH WATCH

**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.

**Bereavement Support Groups** -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

**Maternity Water Workout** -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

**Senior Aerobics** -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

**Mind Body Health Class** -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

**Red Cross Certification** -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit [pdxinfo.net](http://pdxinfo.net).

**Empowerment through Relaxation** -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques. People have left these classes joyful and with a peaceful view of their lives. Call Dr. Marcelitte Failla at 503-228-6140.

**Cancer Resource Center** -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.



**3rd Annual Community Fair**

Sunday  
August 5, 2012  
1-5 PM  
Sharon Seventh Day Adventist Church

5209 NE 22nd Ave.  
Portland, OR 97211

For more information:  
503-287-7649  
[www.sharonsda.net](http://www.sharonsda.net)





- Consultations with family practice physicians
- Cholesterol, blood glucose, and blood pressure testing

- Clowns
- Bounce House
- Face Painting
- Community Vendors ...and MORE!!!!

**FREE Health Screenings!!!**  
**School Supply Giveaway to the first 100!!!**



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 11. EXERCISE: Does it help low back problems, or only make them worse?

**Q:** A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

**A:** It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could easily lead

to very disastrous side effects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spinal fixa-

tions that caused the problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office.

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