

# HEALTH

## Red Cross Blood Shortage

The American Red Cross is encouraged by a boost in donations since an emergency appeal for blood donors. Additional donations, however, are needed to ensure an adequate supply is available through the end of the summer.

To keep up the momentum, the organization encourages anyone

who has not yet given blood this summer to schedule an appointment and bring just two friends or family members along with them.

Donors of all blood types are needed, but eligible donors with blood type O negative, O positive, A negative or B negative are especially encouraged to give at this

time. Anyone who gave blood at the start of summer may be eligible to donate again as summer comes to a close.

To donate blood, call 1-800-RED-CROSS or visit [redcrossblood.org](http://redcrossblood.org) to make an appointment or for more information.

## Diabetes Blindness Drug Approved

(AP) -- Swiss pharma giant Roche said Monday it will sell in the United States a drug that treats a diabetes-related illness linked to blindness.

The Food and Drug Administration has approved the drug Lucentis to treat diabetic macular oedema, a condition that causes swelling, blurred vision and blind-

ness in people with diabetes.

In a statement Roche called the development the "first major treatment advance in more than 25 years for (the) sight-threatening condition."

"For the first time, Americans with diabetic macular oedema will have access to an FDA-approved medicine shown to help many patients rapidly regain substantial amounts of lost vision," said Hal Barron, global product development director at Roche.

Lucentis is described by Roche as the "first and only FDA-approved medicine" to help those with the condition, which is otherwise treated with limited success by laser surgery.

Nearly 26 million Americans have diabetes which is the principal cause of blindness in America, Roche said in a statement.

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## HEALTH WATCH

**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.

**Tenderfoot Care** -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

**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.

**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.

**Parenting Classes** -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: [providence.org/classes](http://providence.org/classes).

**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.

**Chronic Pain Support Group** -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

**Cardiac-Rehab Exercises** -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

**Stroke Alert Screening** -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

**Managing Chronic Hepatitis C** -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

**Better Breathers** -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

**Osteoporosis Screening** -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

## Cocaine Use Problems?

Are you addicted to cocaine and have you used opiates in the past year? A voluntary research study is offering 8 weeks of no-cost intervention. Participation may last up to 6 months. (OHSU eIRB #7431)

Compensation up to \$765

**CODA Research**

For more information contact: 503-239-8400 ext. 254