

HEALTH

Non-Invasive Treatment for Heart Disease

Portland cardiologist to present information and share story

Dr. Ronald W. Schutz and Clinical Director Dena Bindewald, R.N., will be giving a free informational presentation about a non-invasive treatment for heart disease (Enhanced External Counterpulsation Therapy) on Tuesday, Oct. 30 at 1:30 p.m. in the Medical Office Building West at Legacy Emanuel Hospital. Patient Bill Hutton will be there to share his personal story as well. A cardiologist in Portland since 1980, Schutz founded Heart Centers of America in Portland in 1999, the first location in the Pacific Northwest to offer EECP therapy. The clinic has treated hundreds of patients using this non-invasive treatment modality.

Heart Centers of America representatives say that for 90 percent of the patients who undergo a course of treatment, their angina is significantly reduced or eliminated. They have fewer or less intense episodes of angina. After a course of treatment, 90 percent of patients are able to increase activity levels, and often decrease their medications. EECP treatment has been FDA approved since 1995 and is covered by Medicare and most insurance companies.

Dr. Schutz only treats those patients who he believes will benefit from EECP. He does not treat everyone that wants EECP. If there is another option that may work better



Dr. Ronald W. Schutz

for a particular patient, he would rather the patient get the treatment that will be most beneficial. For many patients that treatment is EECP, but not everyone.

Even though Heart Centers has had great results and positive outcomes for patients since 1999, Dr. Schutz finds that many people have never heard of EECP treatment, and are unaware that this treatment option is available. By giving these presentations, Dr. Schutz and his team of health care professionals hope to educate the community about EECP—how it works and who may be a good candidate.

Eradicating Malaria in Africa

Concordia University in northeast Portland invites the public to attend a discussion about eradicating malaria in Africa with Dr. John Nunes, president and chief executive officer of Lutheran World Relief.

Nunes, an international expert on issues surrounding malaria and what can be done to eliminate it from Africa, will speak on Friday, Oct. 26 at 7:30 p.m. in the lobby of Concordia's George R. White Library & Learning Center, 2811 N.E. Holman St.

A second discussion will take place on Saturday, Oct. 27 at 9 a.m., in Concordia's Hagen Student Center, second floor. Both events are free.

Increased Poverty Impacts Local Agency

Meal sites step-up to accommodate more seniors

Trends reported in the news about the increasing numbers of people living below the poverty level are startling and certainly representative of the seniors that the Meals on Wheels People serve in Clark, Multnomah and Washington Counties.

The 5,000 individuals supported each day by the non-profit's meal program are many times referred to as the "hidden hungry". These seniors are living on minimal income and lack community access and visibility in the very neighborhoods where they live.

One of our Meals on Wheels clients, Phyllis, lives in one room in the basement of an apartment on Northwest 23rd Avenue. A bustling neighborhood full of high-end shops and top-notch restaurants surround her. At times we suggest that Phyllis open her shades and take advantage of the beautiful day but she is not interested. Her world is inside her room. The only company she receives is our volunteer driver and an occasional case manager. Phyllis continues to exist, hid-

den from the community.

In 2009, 6.8 percent of the 17,000 seniors served by Meals on Wheels reported that they lived below the poverty level. By 2012, 18.8 percent reported to be living below the poverty level, which is higher than the national average.

Many of the seniors are between the ages of 60 and 69. They are experiencing a reduction in income and are looking to stretch their budget by eating the main meal of the day from the Meals on Wheels People.

Throughout the metropolitan area, the number of seniors served by the group increased by 15 percent in the past year.

When assessing living expenses, frequently the food budget is the first to be reduced. As adequate nutrition is compromised, risk of poor health is increased.

As seniors face the challenge of going hungry, the Meals on Wheels People picks up the challenge, reaching out, informing the public and making the connections necessary to maintain a quality of life that we all value.

This fall as we prepare to enjoy the season of harvest and plenty, plan to share your harvest by volunteering and donating to the Meals on Wheels People.



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