

# HEALTH

## Flu Season Picks Up

Flu season has picked up steam, causing vaccine shortages around the country. Health officials in Oregon are reporting a surge in flu cases.

"It looks like we're on the upswing," said Dr. Paul Cieslak, medical director of the Oregon Immunization Program. "Typically flu season begins slowly and takes a while to build up steam. This past week, it really started to tick up."

The state's flu activity level recently rose from minimal to moderate for the first time in two years, according to a report by the Oregon Healthy Author-

ity.

Health officials report a rising number of residents checking in with flu-like symptoms. About 5 percent of doctor's office visits reported to the Oregon Health Authority in the last week of December were for flu-like symptoms, officials said.

To avoid infections, doctors advise people to wash their hands often, and avoid touching your eyes, nose and mouth. Viruses can spread by hand, not just through the air.

When you're sick, protect others by staying home.

**Powerful Tools For Caregivers** -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

**Leg Alert Screening** -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

**Smoke-Free Support Group** -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

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

**Family Caregiver Support Group** -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

**Free Body Basics** -- This physician recommended class is

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appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

**Take Off Pounds Sensibly** -- TOPS meetings are held every Tuesday at 8:45 a.m. at the St. Michael's and All Angels Church, 1704 N.E. 43rd Ave. Anyone interested is invited to learn about this weight loss support program which offers information, encouragement, weekly programs, fun contests, discussion and socialization.

**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.

## Self-Defense for Women

The non-profit groups GirlStrength and WomenStrength are recruiting people to become volunteer self-defense instructors.

Training begins Feb. 23 and continues through April 23.

To sign-up, and for more information, email [GirlStrength.pb@portlandoregon.gov](mailto:GirlStrength.pb@portlandoregon.gov) or call 503-823-0239.

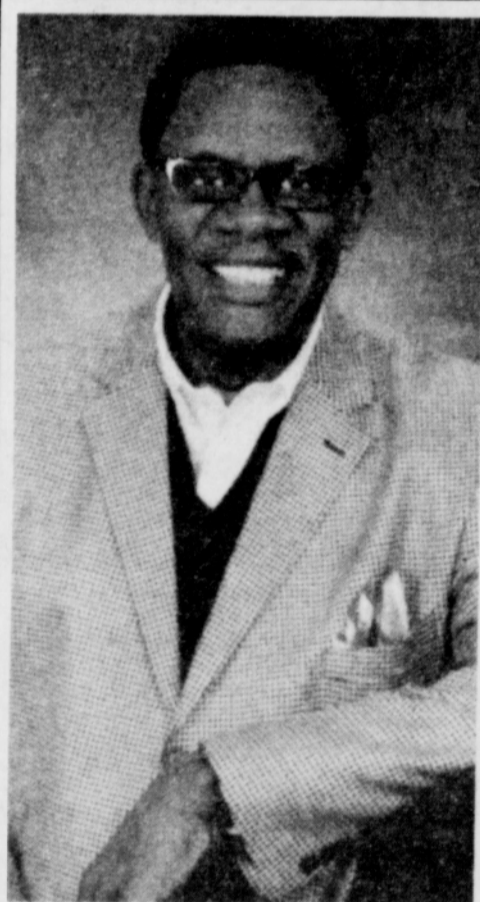
**Maternity Water Workout** -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

**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.



Dr. Billy R. Flowers

**Q:** What age groups can a chiropractor help most?

**A:** This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

### Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant

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out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

### Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our

society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

### Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition,

most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

### Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

### Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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