

# HEALTH

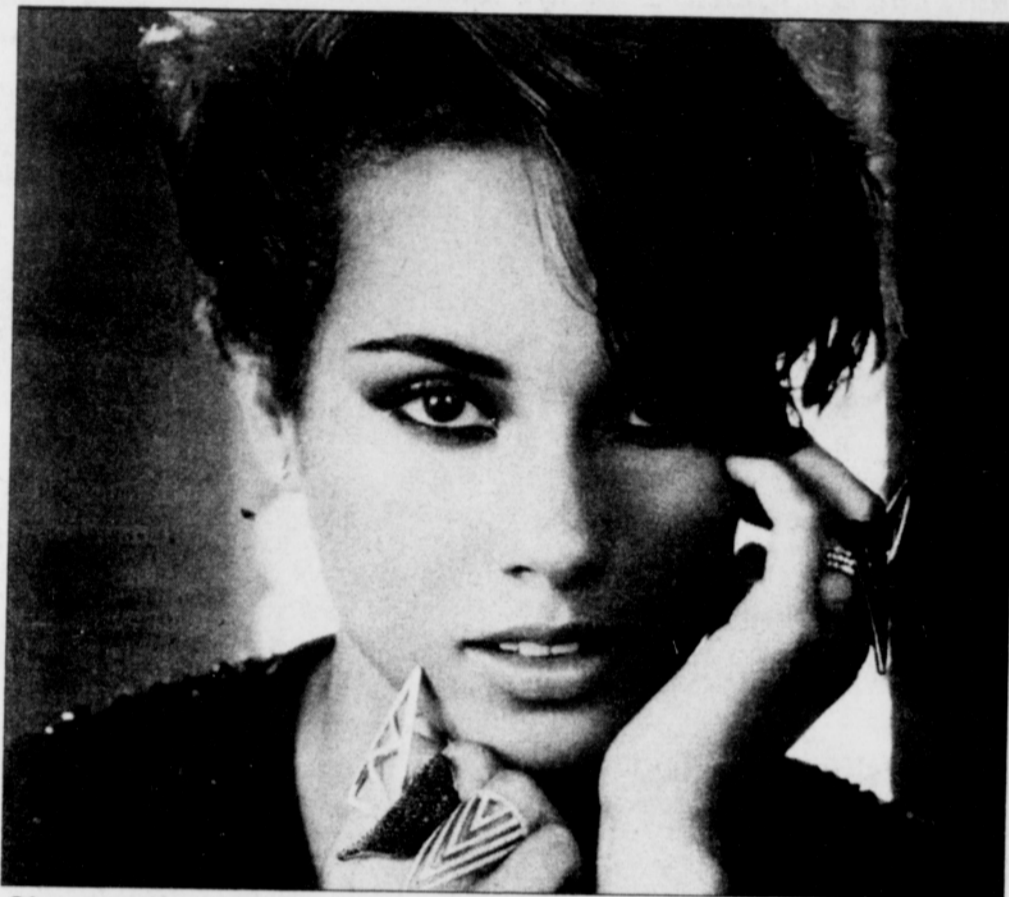
## Giving Voice to HIV Prevention

**Alicia Keys helps launch 'empowered'**

Fourteen-time Grammy Award-winning artist and HIV advocate Alicia Keys has teamed up with Greater Than AIDS to launch Empowered, a new public information campaign to reach women about HIV/AIDS.

Approximately 280,000 people living with HIV in the U.S.—or about one in four—are women. Women of color have been especially hard-hit, accounting for the large majority of new infections occurring among women.

Keys has dedicated her work in philanthropy to help bring awareness to the urgency of HIV/AIDS.



Singer and songwriter Alicia Keys wants to change the way women think of HIV.

"When I became aware that women accounted for one in five new HIV infections occurring in the U.S. each year, it shook me to the core and I realized this is an issue we ALL need to pay attention to," said Keys. "Whether HIV positive or negative, we all have the opportunity to educate ourselves and make a difference."

Most HIV infections among American women are a result of heterosexual transmission, and to a lesser extent sharing needles.

There has been some recent encouraging news when it comes to women and HIV. According to the U.S. Centers for Disease Control and Prevention, there was a significant 21 percent decrease in new HIV infections among women in the U.S. between 2008 and 2010.

HIV is both preventable and treat-

able. For those who are positive, there are highly-effective therapies today that improve health and extend life, as well as help prevent the spread of the disease. Research confirms that people living with HIV who are on regular antiretroviral treatments reduce the chances of passing the virus to sexual partners by as much as 96 percent. Furthermore, according to the CDC, condoms are highly effective in preventing the spread of STDs during sexual contact.

Yet, despite the progress of the past three decades since the first diagnosis, stigma and misconceptions continue to be significant drivers of HIV today, keeping many from taking actions—such as talking openly, using protection, getting tested or staying on treatment—that can stem the spread of the disease.

## Gambling Addiction Help Offered

A new gambling treatment center, located just a mile south of downtown Portland, is the only facility in the city to offer free counseling services on weekends.

Lewis & Clark Problem Gambling

Services—operated by Lewis & Clark's Graduate School of Education & Counseling and the State of Oregon—has trained counselors available Saturday and Sunday from 9 a.m. to 5 p.m. to help to those

affected by gambling.

All services are free for the gambler as well as anyone else affected; family members, friends, partners, or coworkers.

"We recognize that the devasta-

tion associated with problem gambling affects us all and that we can all be part of the solution," said program coordinator Rick Berman. "As a graduate training and research center, our interdisciplinary team is charged with developing innovative and effective approaches to treatment, sharing what we learn

with others, and training the next generation of problem gambling treatment providers."

To schedule an appointment, call Lewis & Clark Problem Gambling Services at 503-768-6325 from 9 a.m. to 5 p.m., seven days a week. The center is located at 4445 S.W. Barbur Blvd.

A CENTER OF  
EXCELLENCE FOR  
WOMEN THROUGHOUT  
ALL STAGES OF LIFE.



WOMEN'S HEALTHCARE  
ASSOCIATES LLC

[www.whallc.com](http://www.whallc.com)

BACK ROW: JAMES E. STEPEL, MD | LISA K. JOHNSON, MD | GREGORY M. EILERS, MD | SIDNEY J. PRESCOTT, JR., MD  
FRONT ROW: AMY Z. SCHMITKE, MD | RICHARD N. HAMILTON, MD | JAIME E. KEAN, MD | LISA L. DIEPENHORST, MD

Same great people, great new name.  
Make an appointment and come by to see  
us in our Eastbank office and Tabor office.

EASTBANK  
501 N. GRAHAM,  
SUITE 525  
PORTLAND, OR 97227  
PHONE: (503) 249-5454

TABOR  
5050 HOYT STREET,  
SUITE 359  
PORTLAND, OR 97213  
PHONE: (503) 249-5454