

A matter of health

(Editor's note: An article on various aspects of health written by Family Nurse Practitioner Wendy Haack, Pioneer Memorial Clinic, will appear periodically in the Gazette-Times.)

by Wendy Haack
Family Nurse Practitioner

Women and Heart Disease

There is a new emphasis today on woman and Heart Disease. In many cases woman are no longer combined in the same medical model as men. In my current readings on heart disease, and most recently in a seminar I attended on "Women and Heart Disease," the emphasis has been on the fact that women experience heart disease differently than men.

Cardiovascular disease is the number one cause of death in women, accounting for 37 percent of deaths in all age groups and more than 50 percent of deaths in women following menopause. One-third of the women over the age of 65 will have complications from coronary artery disease (CAD) with a greater increased death rate than men.

In addition, women tend to have more increased risk factors than men. Women who have high blood pressure and have not yet reached menopause are 10 fold more likely to develop CAD before menopause. Women delay seeking help after a heart attack for, on average, five hours. This decreases the window of opportunity for using clot busters that can help minimize the risks and increases the incidence of complications.

Once a woman has suffered a heart attack, she is more likely than a man to have another heart attack or stroke within six years or die within one year.

Dr. Wellborn, a cardiologist specializing in women, broke the risk factors for women down into three categories: major, intermediate and minor. There are risk factors that place women at major risk for CAD and heart attack: menopause without hormone replacement, diabetes, history of peripheral vascular disease, and menopause due to surgery. Dr. Wellborn stated that women who are in menopause due to surgery have a significantly greater risk of CAD than women who go into menopause naturally.

Intermediate risk factors were high blood pressure, smoking, and a low high density lipoprotein (HDL) level. The HDL is a greater predictor of death in women than it is for men.

Minor risk factors included age greater than 65, obesity, physical inactivity, and a family history of CAD. What is also significant is that smoking and oral contraceptive pills increase the risk of stroke and coronary artery disease in women. According to Dr. Wellborn, women who smoke and are on oral contraceptives are 39 times more likely to have a heart attack.

Women suffer the symptom of angina/chest pain more often than men. Women tend to have plugging of their smaller coronary arteries while men tend to plug their larger coronary arteries. This means that women experience chest pain somewhat differently than men. Women may experience the "typical" chest pain pressure with radiation to the arms, neck, jaw or back. However, women have a greater variance in their described symptoms. Their chest pain may be described as shoulder and neck pain, heart burn or stomach upset, chest cramping, shortness of breath, fatigue, breast discomfort and nausea and vomiting is more likely to occur. The symptoms are usually related to activity or emotional stress.

When it comes to treatment, women have a lower success rate with balloon angioplasty and stent placement and an increased risk of death from angioplasty and stent placement due to complications. Women tend to have more complications and higher death rates following open heart surgery as well.

So, what can women do to help prevent coronary artery disease and heart attack? First, if you smoke - stop. If you have high blood pressure, keep it controlled. An ideal blood pressure is 140/85 or lower. Women need to keep their HDL's above 40 and their cholesterol less than 200. High

density lipoprotein is best elevated through exercise. Cholesterol is lowered through diet. Weight loss is vital. If you are a diabetic tight blood sugar control is mandatory. Finally, according to Dr. Wellborn, estrogen is the most powerful drug treatment for women.

If you have further questions regarding your risk of heart disease, I would be glad to answer your questions at 676-5504 or contact your provider. For questions about diet control please feel free to contact our dietitian at Pioneer Memorial Hospital 676-9133.

Obituary

May Ekstrom

May Ekstrom, 83, of Ione, died Tuesday, July 7, 1998, at Pioneer Memorial Nursing Home in Heppner.

Graveside service was held Saturday, July 11, 1998 at High View Cemetery in Ione.

May McClain was born July 13, 1914, at Huntington, West Virginia, to Mineth and Lula Mills McClain. The family moved to Oregon, where she was raised and attended school in Portland, graduating from Parkrose High School in 1931.

On February 17, 1932, she married Herbert R. Ekstrom at Portland. They moved to the Ione area in 1943, where they farmed and raised polled cattle. They retired and continued to live in Ione. Mr. Ekstrom died in 1989.

Mrs. Ekstrom was a member of the Lutheran Church, Eastern Star, the Grange, the Oregon Cattle Association and Polled Hereford Association.

Survivors include sons, Herb, Jr., of Ione, Richard of Enumclaw, Washington, and Roland of Roseburg; 10 grandchildren and 16 great-grandchildren; and a brother, Mineth McClain of Vancouver, Washington.

Memorial contributions may be made to Histiocytosis Association of America, Dept. W, 302 N. Broadway, Pitman, New Jersey, 08071.

Sweeney Mortuary of Heppner was in charge of arrangements.

Hunter class

A hunter education course has been scheduled for the Heppner area.

The course will be held on July 28, 29 and 31 and August 3, 7 and 8. The first five sessions will be from 6-8 p.m. at the Forest Service office in Heppner. The session on August 8 will be a live fire from 9 a.m. to 1 p.m. As a general rule, all sessions must be attended for the student to pass.

No other class will be offered in the area this summer, so kids who need this class should attend this one.

In addition to learning safe hunting techniques, students taking this class will learn proper hunter ethics, basic wildlife management and outdoor skills.

The course is required for all hunters younger than 18 (unless they hunt on their own property) in Oregon.

Anyone interested or wanting more information, should call Russ Morgan at 676-5230 (days) or 676-5729 (evenings).

A \$5 donation is requested to cover the cost of ammunition for the live fire.

Les Schwab donates rodeo saddle



Annie Hisler (left) and Lexi Matteson with the Oregon High School Rodeo Association saddle donated by Les Schwab Tires.

Matteson and Hisler, along with Emmet Evans, will go to the National Finals Rodeo to be held at Gillette, Wyoming, July 18-26.

Matteson was second in barrels, fourth in breakaway roping, fifth in pole bending, eighth in goat tying and 10th in team roping at the Oregon High School Rodeo Finals.

Hisler took second in poles and fifth in barrels. Evans was third in calf roping, third in saddle bronc, ninth in steer wrestling and second in team roping.

Willow Creek Road construction update

The U.S. Dept. of Transportation lists its planned construction activities on Willow Creek Road for the week of Monday, July 13.

Tidewater will be continuing with the cut slope excavation and placing rock embankment with materials from the cut slope, working between the beginning of the project and Smith Ditch. The surveyors are on the project, placing stakes for cuts and fills, rock embankment areas and for the various culverts located along the project. They plan to start working 14 hour days beginning this week, in order to benefit from the longer daylight hours and good weather. They will be starting on the placement of a 36" culvert near the middle of the project and then move to the Smith Ditch area and place the two culverts designed for that location. Tidewater will continue to haul debris to a waste site near the Cutsforth property located on the FS Road 21, so be aware of the large truck traffic on this route.

Willow Creek Road (Coal Mine Grade) is closed to through traffic from Cutsforth Park to the intersection of Forest Service roads 5320 and 53. This intersection will remain open, for the logging contractor only, for the removal of timber sale material. The FS 21 Road, Penland Lake Road, intersection will remain open until construction activities restrict traffic with flaggers in the middle of July.

Willow Creek Road remains open, to local traffic only, to Cutsforth Park. The park will remain open for the construction season.

The Willow Creek Road Closure will continue through Oct. 9, 1998. The detour route through the Shaw Creek Road will be the main travel route through to the four corners to Penland Lake and Ukiah.

Please observe the warning

PROPOSED NEW ISSUE

\$10,390,000*
Port of Morrow
(Morrow County, Oregon)
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(Cold Storage Project)
Federally Taxable/State of Oregon Exempt

Dated: July 1, 1998

Anticipated Pricing Date: July 21, 1998*

This announcement is not an offer to sell or a solicitation of an offer to buy any of these securities. The offering is made only by the official statement. Upon request, a copy of the preliminary official statement may be obtained by contacting the underwriter listed below.

The Bonds, when issued, will be available in denominations of \$5,000 or integral multiples thereof.

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Member SIPC

In the opinion of Bond Counsel, (i) interest on the Bonds is included in gross income subject to federal income taxation; and (ii) interest on the Bonds is exempt from present personal income taxes imposed by the State of Oregon. A copy of the form of opinion is expected to be rendered by Bond Counsel is included as Appendix A to the Official Statement.

*Subject to change

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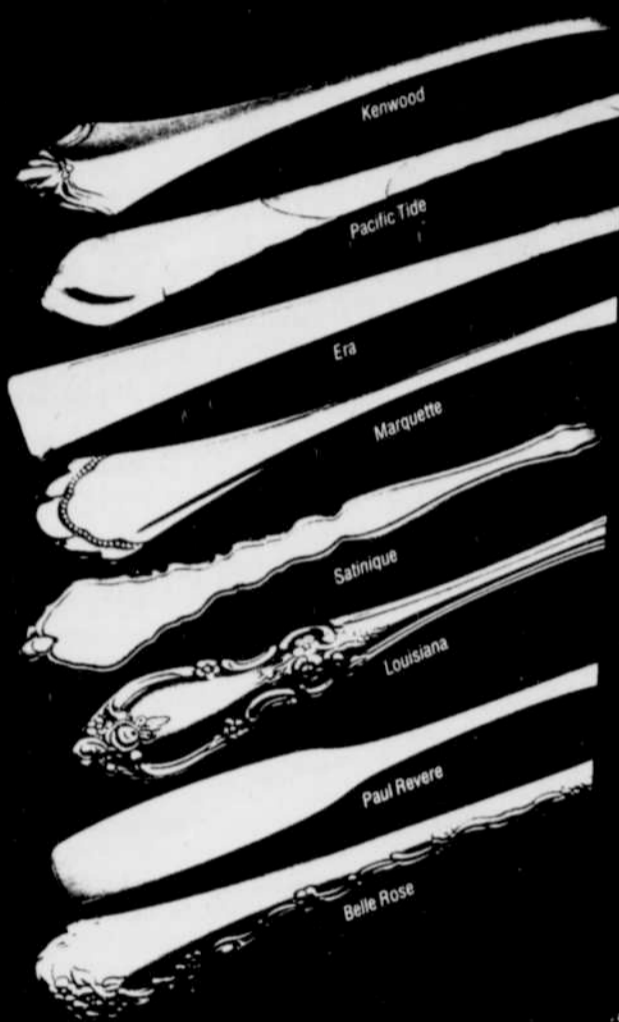
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