

Community

Health Notes

By Audeen Wagner



Two Corrections

There were two errors in the Health Notes column in the Independent dated June 19.

First: In the paragraph about ticks, I stated that to remove a tick from your skin, you should heat a paper clip and apply to the bite; You should apply the heated paper clip to the tick itself—not the skin. The heat from the paper clip will cause the tick to back out of your body.

Also, there was an error in the mammogram schedule. The next Mammovan trip to Vernonia will be July 17, NOT the 24th as stated. As always, you should call the clinic to schedule.

Immunization Requirments

The State of Oregon is requiring more immunizations for school and child care attendance, according to a recent flyer.

These requirements are in addition to the usual childhood immunization schedule: DtaP (for diphtheria, tetanus, pertussis) Influenza, polio, MMR (measles, mumps and rubella), as recommended by your children's doctor. Jeanette at the clinic informs us that there may be a problem this year because of shortages in certain vaccines, most notably DTap and MMR. So, it is important to check with your clinic regarding children's immunizations.

Some tips:

- Keep a complete copy of your children's immunization records at home;
- Give all updated immunization information to your school or child care facility.

If you have questions regarding the immunization program, call 503-731-4020 for more information.

ADDITIONAL IMMUNIZATIONS NEEDED FOR 2002-2003 SCHOOL YEAR:

Child entering:

Kindergarten, 1st, 2nd or 4th grade 2nd dose of Measles Vaccine

Kindergarten, 1st or 2nd grade Varicella (Chicken pox)

7th, 8th or 9th grade 2nd dose of Measles Vaccine, Varicella

Child Care Facility Varicella



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Bladder Matters

On Thursday, July 11, from 9:00 till 12:00 noon, there will be an informative screening regarding bladder problems at Providence Family Medicine-Vernonia. The format will be a free, drop-in session, hosted by Karen Robertson, Therapeutic Sales Representative from Ortho McNeil Pharmaceuticals. Karen will provide free individual information, answer questions, and each attendee will complete a personal questionnaire. Karen emphasizes that the information gathered will be strictly confidential, and she offers a chance for us to get questions regarding overactive bladder symptoms answered in a relaxed, private atmosphere. No appointment is necessary, and refreshments will be served.

Overactive bladder is a bigger problem than most people think. It affects over 17 million people, can affect both men and women, and can appear at any age. Approximately 80 percent of Americans who have this problem are not treated. Overactive bladder impacts the everyday activities of life, such as work, travel, physical activity, sleep, and even personal relationships. And, there are successful treatments for this problem.

Common symptoms of overactive bladder are:

- Having strong, sudden urges to urinate;
- Having accidents before getting to the bathroom;
- Getting up two or more times during the night to urinate;
- Urinating 8 times or more in a 24-hour period

Most of us find it difficult to discuss this condition with a health care specialist; it is not an easy thing to talk about. Anyone who thinks they have any urinary tract problems should feel confident about attending this event.

Golf tourney for Alternative Stage

The Alternative Stage at the Vernonia Friendship Jamboree will swing into action Friday, Aug. 2, for a full weekend of music.

An addition to this year's Stage is the Alternative Golf Tournament, Aug. 3 at the Vernonia Golf Club, with trophies awarded on-stage for first, second and third place. For information, contact Brett Johnson at 503-231-1845.

Musicians wishing to participate in the Alternative Stage may contact Johnson, or write to the Alternative Stage, c/o Lowell John Mitchell, 8125 S.E. 9th Ave., Portland, OR 97202.

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MYTH:

Catholics have no Biblical basis for what they believe about salvation, the sacraments, the Mass, Mary, the papacy, purgatory, prayers to the saints, etc. etc.

FACT:

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Gerry Matatics

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Former ordained Protestant minister, Presbyterian Church in America

M.Div., Gordon-Conwell Seminary; ABD for Ph.D., Westminster Theological Seminary

Founder & President, Biblical Foundations International

How the Bible Converted Me to Catholicism:

One Protestant Minister's Pilgrimage

Thursday
August 1, 2002
7 pm

Talk is FREE and open to the public:
Catholics and non-Catholics alike warmly welcome
Followed by Q & A session:

Bring your Bibles, your questions, your pastors, and your friends!

Scout Cabin

Hawkins Park, 901 Park Drive, Vernonia OR

From out of town: from Hwy 26 go north on Hwy 47 for 15 miles, turn right at blinking yellow light (near City Hall) onto Bridge St, then take 4th left onto Park Dr just before you would cross bridge. Scout Cabin is log building 1 block down on left.

Gerry is also debating Rob Zins, (ex-Catholic) Protestant minister & author of two books critiquing Catholicism, on the topic:
"Does Scripture teach the Perpetual Virginity of Mary?"

Saturday, August 3, 2002 at 7 pm

Holiday Inn Portland Airport

8439 NE Columbia Blvd, Portland OR • (503) 256-5000

Exit 23B off I-205, stay in right hand lane,

go west on Columbia Blvd for 3 blocks, Holiday Inn is on right

Debate is open to the public: Catholics & non-Catholics welcome (\$5 donation for admission is requested to pay for the use of hotel; in addition, two separate free-will offerings, one for each debater, will be taken up to help defray his travel expenses)

**For more details, please visit Gerry's website at
www.gerrymatatics.org, e-mail us at gmatatics@aol.com,
or call us at (570) 969-1724**