

Health Notes

By Audeen Wagner



Meet Judith Hargis, P.A.C.

Judith Hargis has joined Providence Family Medicine-Vernonia as a Physician's Assistant. She has a wide range of experience and training for her job since she received her Physician Assistant certificate from the University of Washington in 1985. Before that, she earned a B.S. degree in Psychology and Sociology.

"I've always taken as many classes as possible in the science field, always aiming toward a career in medicine," Hargis said.

Her experience includes eight years in a family medicine clinic, working with Public Health, pediatrics, obstetrics and gynecology, and more. She's a busy lady.

Judy's husband, Abe, has recently retired, and they are looking forward to relocating in this area. They have six children and nine grandchildren. Fishing is a major interest, especially for Abe, so they both will enjoy living closer to the ocean. In their spare time, they enjoy biking, walking, and fishing. Judy is an avid walker, and has taken part in many walks for charity, which she loves to do.

Judy also has a very special on-going project: "Project Mercy" in Ethiopia. "I try to do all I can from this end, and hope to go there for a few weeks or a month to work," she says.

You will find "Judy," as she wants her patients to call her, to be very personable—a casual, relaxed person, who is easy to talk to. Welcome to Vernonia, Judy.



Judith Hargis, P.A.C.

Heart Health

February was "Heart Month" and Providence can offer some great information and advice on how to prevent and manage heart illnesses—good information for any time of the year. Heart disease is still the No.1 killer of men and women in the U.S., and heart ailments are becoming more and more prevalent in women. Every year since 1984, more women than men have died of cardiovascular disease. Knowing the factors that contribute can help us in lowering the risk of heart problems. Some risks are not controllable, such as gender, age or family history; but there are many things that can be controlled:

- Smoking is one of the most threatening risk factors—even a half pack a day doubles the risk for heart disease. The more you smoke, the greater the risk.

- High Blood Cholesterol causes clogging of the arteries and eventually blocks blood flow to the heart and brain, causing heart attack or stroke. Sound serious? It is!

- Diabetes, uncontrolled, can significantly increase risk for heart disease. It is said that there may be many diabetics who don't know they have it. A quick test of blood sugar can tell if there is a problem. If you have diabetes, it is important to seek advice to manage this condition. Changes in diet and exercise and, if necessary, medication can control blood sugars.

There is much more information out there for us. Check with the clinic for some healthy advice about your heart. Providence even offers some heart-healthy recipes to get you started!

Mammovan: The Mammovan will be Wednesday, March 19. Call the clinic to schedule an appointment.

An editor once wrote: "If you find an error in this newspaper, please understand it was put there on purpose. We try to publish something for everyone, and some people are always looking for something to criticize."

CCCCF concerned that measure would be harmful

From page 1

• Medically Needy funds provide health care products and services for uninsured or under-insured school age youth under the supervision of a licensed health care professional. From July 1, 2001 to December 31, 2002, the program has served 257 children, with parental permission in most cases. But the funds are also used to purchase things such as lice shampoo and lice combs, which are given to parents. A child with lice may not go to school, and parents do not sign to receive these items. Measure 5-103 would require documented consent from parents before distributing shampoo and combs. This would waste time and money on unnecessary paperwork, reducing the funds available to help children and families, and possibly even reduce these children's opportunity to be educated.

In summary, Spika explained, Commission members and staff are committed to strengthening the well-being and health of children, older youth, families and communities, and Commission programs are designed to increase access to the system of supports.

"Many children live in situations where adults are unable to support healthy development... there are many children and older youth who are abused, sexually, mentally or physically, who are neglected, who live in homes where adults use illegal substances and commit crimes, who are encouraged to use illegal substances with adults, who are not fed nor clothed nor encour-

aged to succeed in school, who do not have homes or are afraid to return home. We believe many of these young members of our communities children would no longer be able to receive these services if Measure 5-103 passes," Spika said. She also noted that the effort to obtain parental consent, even from cooperative parents, is likely to increase administrative costs.

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