

Health Notes

By Audeen Wagner



Providence Family Medicine Health Fair:

On May 10, the public is invited to a Health Fair at the Vernonia clinic. It's a great time to learn more about the clinic, meet personnel, pick up valuable information about health-care and disease prevention; you might even get your blood pressure checked free of charge, enjoy some refreshments, socialize, and much, more. Details about this important event will be forthcoming. But for now, mark your calendars for May 10. The Health Fair is shaping up to be an interesting and informative day.

Emergencies? Call 9-1-1! If you are having chest pains and suspect you are having a heart attack, here is some good advice from the clinic: Judy Hargis, P.A., suggests, "Lie down. Call 9-1-1. Take an aspirin." The important message here is that the local clinic is not set up to help with this kind of emergency, and the patient will get immediate help from the trained specialists that can be accessed via 9-1-1. So, if you are experiencing severe bleeding from an injury, threatening a stroke or heart attack, or any life-threatening situation, it certainly makes sense to dial 9-1-1.

Providence Family Medicine-Vernonia does not have supplies or equipment to handle serious emergencies; nor is it a walk-in, urgent care facility. So, they are advising patients NOT to stop by the clinic first in cases where emergency care is warranted.

"Our first concern is the health of our patients," said Judy, "and sometimes this means calling 9-1-1 at the first sign of a problem, rather than the clinic." Time is of the essence. Please call the clinic if you have questions regarding this.

Oregon Health Plan Requirements: Confused about Oregon Health Plan changes and rules? PFM-Vernonia is currently closed to all new patients with OHP-Open Card. People who have OHP Open Card and are already established patients with the clinic are eligible to be seen. Any question you may have regarding your status as an OHP member should be directed to your case worker (the phone number is on your card).

Mammovan: The next visit of the Mammovan will be April 23. Appointments for mammograms may be made by calling the clinic, 503-429-9191.

Free mobile health screening sponsored by Vernonia Lions

The Vernonia Lions Club is showing their commitment to protecting the sight, hearing and general health of their community by sponsoring the Oregon Lions Mobile Health Screening Unit (MSU) on Saturday, April 19 from 9:00 a.m. to 5:00 p.m. at the Vernonia School District office building, 475 Bridge Street. The MSU will provide free health screening to the public for visual acuity, hearing, blood pressure, diabetes and glaucoma.

The MSU Program, run by the Oregon Lions Sight and Hearing Foundation, has provided free health screenings to Oregon communities since 1994. These health screenings are open to all adults and to children with written parental permission. Each year, the MSU Program provides free public health screenings to roughly 6,000 adults statewide and free school screenings in visual acuity and hearing to about 14,000 students. Students at Lincoln and Washington Grade Schools will receive free sight and hearing tests on April 17 and 18, respectively.

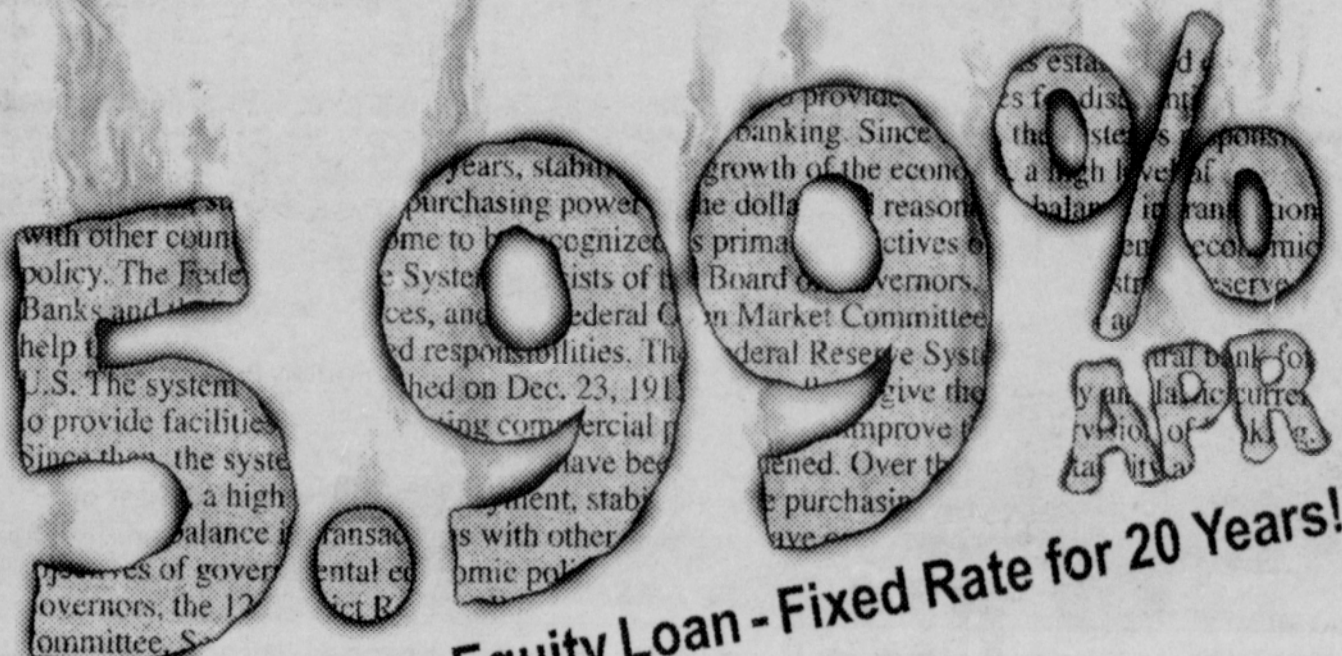
"We are proud to partner with the Vernonia Lions Club to offer these free health screenings to the community," said Brenda Anderson, MSU Programs Coordinator. "The Vernonia Lions Club is doing a

wonderful service to their community by sponsoring these screenings."

The visit of the Oregon Lions MSU is a community service project of the Vernonia Lions Club, and is the first visit of the MSU since its inaugural stop in Vernonia in 1995. Local health care providers have volunteered to provide the screenings. Please note that a minimum three-hour fast (no food or drink other than black coffee, tea or water) is required for the diabetes screening. A six-hour fast is preferred. Participants are also encouraged to recycle prescription eyeglasses and hearing aids while visiting the MSU.

Vision and hearing have long been projects of the Lions Clubs, following the challenge issued to them at a national meeting in 1925 by Helen Keller to become the "knights of the blind." The MSU program is a joint project of the 250 Lion and Lioness and Auxiliary Clubs in Oregon and the Oregon Lions Sight and Hearing Foundation, a non-profit organization formed by the Lions and dedicated to serving Lions Clubs by supporting their efforts in humanitarian assistance, including, but not limited to, sight, hearing, diabetes awareness and positive youth development.

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