

Health Notes

By Audeen Wagner

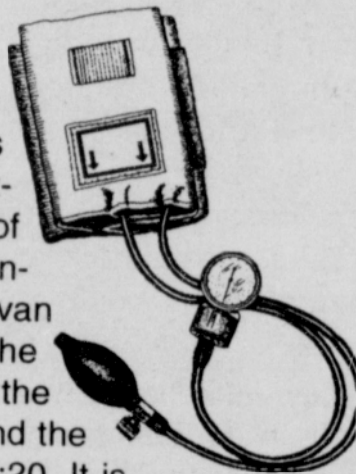


Health Fair: Providence Family Medicine is planning a huge health fair on Saturday, May 10, to be held at the Vernonia clinic. Providence staff will be on hand from 9:00 to 2:00 to welcome visitors to the clinic for a tour of the facility. Lunch will be served and there will be a drawing for some interesting door prizes. Don't forget to bring the family, there will be activities and other goodies for kids.

Look for an article in today's paper for more information.

Women's Health Screening: Columbia County Public Health offers a program for women who qualify, for screening exams for breast and cervical cancer. Eligibility is determined based on income at 250-percent of poverty level, and priorities are set for women over age 50. Screening includes a clinical breast exam, instruction about self breast exams, pelvic exam and Pap smear, and mammogram. The coordinator for this program is Marcia Williamson, and she can be reached at 1-800-244-4870. Marcia will also be at the Vernonia Health Fair on May 10, to answer questions about this program.

Mammovan change: The only change in the mammovan schedule in Vernonia is that two additional time slots have been added, allowing for more flexibility in making appointments. The date of the Mammovan visit to Vernonia is unchanged—the next scheduled Mammovan will be on Wednesday, May 21. The change, effective immediately, is that the van will open for patients at 9:40 a.m. and the last appointment for the day will be at 3:20. It is hoped that this extended schedule will accommodate more patients for mammograms. Please call the clinic at 503-429-9191 to make an appointment.



Family Practice Clinic

"Medical Care For the Entire Family"



L to R: Barb Fulmer R.N., Roger Reynolds D.O., Douglas Holmes D.O., Walter Hardin D.O., Cris Rettler P. A., Conley Lynch M.D., Michelle Stewart P. A.

**Taking New Patients
Age 1 to 100**

Clinic Hours

Mon - Fri 8:30 am - 5:30 pm • Sat 10:00 am - 12:00 noon

Maple Street Clinic P.C.

1825 Maple Street • Forest Grove • 503-357-2136

Accepting Most Insurances

Providence schedules Vernonia Health Fair

A Health Fair will be held Saturday, May 10, at Providence Family Medicine-Vernonia, and anyone interested in getting general information about health issues is welcome to drop in between 10:00 a.m. and 2:00 p.m.

This is a family event, with a craft table and balloons for children. There will be information available about car seats and helmets for the youngsters in the family – you might even want to have your child's car seat checked on site – the Vernonia Police Department will be on hand for this activity. Also, there will be a safety technician on hand to certify bicycle helmets.

Healthy refreshments will be served by Providence Family

Medicine. A light lunch will be available at any time during the day. There will be a drawing for door prizes, including a beautiful barbecue donated by Hi-School Pharmacy in Scappoose.

Free blood pressure checks, blood sugar tests for diabetes, and a cholesterol check will all be offered. For better results on the cholesterol test, fasting is recommended, though not required.

Marcia Williamson from Columbia County Public Health will be on hand with special information for women. Williamson, coordinator for the Oregon Breast and Cervical Cancer Screening Program, will have brochures and information about this important area of

women's health.

This program is jointly funded by a federal grant from the Center for Disease Control and one from the Komen Breast Cancer Foundation, and is an ongoing effort to help women with who are uninsured with prevention of breast and cervical cancer.

Also available at the Health Fair will be information about some common medical issues, such as nutrition and eating disorders, safety, infant care, and much more. Extra parking will be provided.

Save the date, May 10, for an informal, enlightening and fun time at the clinic, and pick up a little more knowledge about staying healthy.

Pacific Vision Centers discount exams for veterans

In honor of their service and sacrifice to our nation, the Pacific University College of Optometry and its network of five Vision Centers in the greater Portland area are pleased to offer significant discounts on vision care for all Oregon National Guard members, reservists and their immediate family members, as well as all Oregon veterans.

These discounts include 25 percent off the cost of primary vision care examinations and 25 percent off eyewear in Pacific's Vision Center Optical Shops.

"We believe that this gesture

of good will is the least we can do in honor of and appreciation for the services and sacrifices made by members of the Guard, Oregon veterans, and their families," said Steve Fletcher, director of advancement for the College of Optometry.

The discount program will be available through the end of 2003. Proper military identification will be required at the time of service.

Pacific's Vision Centers are staffed by licensed optometric physicians and by optometric interns who are in their final years of professional training.

The Centers feature the most advanced diagnostic technologies available.

Vision Centers offer weekday, evening and weekend hours, with locations in downtown, southeast and northeast Portland, Forest Grove and Cornelius. To make an appointment, or for more information, call 503-352-2020.

Free course on infant massage

Public Health and Community Action Team will present a Healthy Start Program free Infant Massage Class on Tuesdays, May 6, 13, 20, and 27, from 10:30 a.m. to 12:00 p.m. at OSU Extension Office (next to Legacy Clinic), 505 N. Columbia River Highway in St. Helens.

These classes are designed for mothers, fathers, grandparents and primary care givers, along with teens or new moms who are expecting their first baby or have a baby up to six months old. You need not be enrolled in the Healthy Start program.

The focus of the class is practice of infant massage, teaching the baby to relax, bonding, various massage strokes, individualized assistance, dealing with special needs such as colic, prematurity, intestinal difficulties, such as excessive gas, constipation, etc.

For more information, or to register, call Diana or Patricia at 503-397-4651.



If you're a woman over age 50 who has no insurance...

Celebrate Mother's Day with a Women's Health Check

Which can include

- ♥ Blood Pressure Check
- ♥ Breast Exam
- ♥ Pap Test
- ♥ Breast Self-Exam
- ♥ Pelvic Exam
- ♥ Mammogram

Call Columbia County Public Health Breast & Cervical Screening Cancer Program 503-397-4651 800-244-4870 or Providence Family Health-Vernonia 503-429-9191