

**Health Notes**

by Audeen Wagner



**Community Forums**

**Successful Aging:**

The first of these free forums is set to begin October 22, with a presentation by Cathy Rozinek, Clinic Manager at Providence Family Medicine-Vernonia.

This program is designed for men and women between the ages of 25 and 100! (George Burns once said, "If you live to be 100, you've got it made. Very few people die past that age.")

Cathy will put to rest many of the myths about aging, talk about what are the expected and normal changes with aging, and when you should seek medical assistance. "Bring a friend and some suggestions for future topics you would like to hear about," Cathy said. "Join us on Wednesday, October 22, from 10:30 til 11:30 a.m., at the Senior Center."

**Correction:** Speaking of Cathy, her office

number was wrong in my last article. Her correct number is the same as the clinic: 503-429-9191. Sorry.

**Flu Vaccine:** Flu vaccine is now available at Providence Family Medicine Clinic for \$15.00. Established patients need to call for an appointment (503-429-9191) and the clinic will get you right in. For those in the community who are not Providence patients, the clinic will be offering two dates for you to get your flu shots. All non-established Medicare patients must pre-register before getting their shots. This may be done by dropping by the clinic with your Medicare card (they will make a copy of it), and giving the clinic your information for billing. All other non-established patients may drop in during the hours listed below and pay \$15.00 cash (no credit cards or checks accepted):

Tuesday, Oct. 28, 12:00 noon til 5:00 p.m.  
Thursday, Oct 30, 9:00 til 4:00 p.m.

**Mammogram:** The next visit of the Mammogram will be Wednesday, Oct. 22. Call the clinic to schedule an appointment.

**Can you pass this quiz on childhood dental health?**

With the school year well under way, it's time for adults to try this short quiz.

Question 1: What is the most common chronic childhood disease? (This will surprise you.)

Question 2: What adds more sugar to a typical two year old's diet than cookies, candies and ice cream combined? (Hint: it isn't bubble gum.)

Question 3: What is an important reason Oregon pregnant women and parents of babies and toddlers should pay even more attention to childhood dental health than residents of most states?

Now, let's look at the answers. The most common chronic childhood disease is tooth decay, affecting five to eight times more children than asthma.

It's a disturbing fact, yet the problem is largely preventable, including the condition also known as "baby bottle tooth decay."

Prevention is important be-

cause early childhood cavities have been linked to other conditions such as ear and sinus infections, delayed growth and development, speech problems and low self-esteem.

In the crib, don't leave baby nursing on a bottle. Introduce oral hygiene at the first sign of a tooth. During the first three years, a dentist may paint fluoride on the teeth. Don't permit the child to graze on sugary high-carbohydrate foods and drinks such as juices, candy and cereals. Regularly check the child's gum line for white spots on front teeth that signal the start of decay.

The answer to the second question is soda pop. Soda accounts for a fourth of all beverages consumed in the United States, or a 12-ounce can, daily, for every American. More than half of teenage boys drink three or more cans a day.

Failure to follow some simple rules of good dental health

are among the reasons 57 percent of Oregon children in grades 1 to 3 have had cavities, 24 percent have untreated decay and 16 percent (almost one in six) have rampant decay.

As a result, Oregon is paying increasing attention to dental health and recently won federal grants to establish a statewide oral health program and to start dental sealant programs in Oregon schools.

This relates to the third questions: Oregonians should pay special attention to good dental health because so few Oregonians live in communities with fluoridated water. Only 25 percent of Oregon's population has fluoridated water, compared with 62 percent, nationally.

Like the tests Oregon students will take in school this year, this is serious business with long-term consequences. But, good oral health also can be won by a healthy dose of prevention.

**Volunteers make a difference**

Volunteers Make All The Difference! A new, collaborative approach in meeting victims' needs is being offered by the Columbia County District Attorney's Office, Sheriff's Office, Community Corrections, Columbia County Child Abuse Assessment Center and Columbia County Women's Resource Center.

To address current volunteer services, trainings and budget cuts, the five agencies have come together to ensure that victims' service providers continue to deliver quality services to victims and their families in Columbia County.

The new program combines efforts from all five agencies. The Columbia County District Attorney's Victim Assistance program provides legal advocates working within the District Attorney's office to serve victims of crime with restraining order assistance, CVCP referrals for counseling, medical, lost wages, and funeral expenses.

The Columbia County Sheriff's Domestic Violence Reduction Unit (DVRU) provides on-scene response to victims of domestic violence and sexual assault. The DVRU advocates offer immediate crisis intervention, safety planning, emotional support, resources and referrals to victims at the scene of the crime. DVRU is an important part of law enforcement's goal to make a difference in the quality of lives of victims and their children.

Community Corrections provides a restitution advocate to facilitate the process to assist victims of crime collect financial compensation from offenders through the court system. The advocate also assists victims with direct victim services and restitution issues after sentenc-

ing. The facilitation includes information and referrals, helping the victim present a request to the District Attorney's office, investigating offenders' assets, reporting findings to the court and monitoring restitution payments.

The Child Abuse Assessment Center serves alleged child victims of abuse and/or domestic violence up to 17 years of age. Services include assessments, forensic interviews, child therapy, educational program presentations, information and referrals, crisis counseling, assistance with filing Crime Victims Compensation, and support services for caregivers.

Columbia County Women's Resource Center provides crisis intervention, counseling and advocacy. Services include community education, information and referral services to address the needs of women and children in crisis as a result of domestic violence and/or sexual assault. The Women's Resource Center also operates the only 24-hour crisis hotline and shelter in the county. The Starting Place shelter is designed to comfortably house 26 individuals. It is a safe and secure facility where women and children can stay while other living arrangements are being addressed.

On October 27, the five agency volunteer training program will begin. Volunteers come from all backgrounds but they all care about children and families. Some can give only a few hours a month, others give on a weekly basis.

Interested volunteers should call 503-366-3914 for an application. In order to attend the October 27 volunteer training program, applications must be received by October 17.



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\*\*\* NOTICE TO ALL AGES \*\*\*

**Tired? Depressed? No Strength? No Energy? Overweight? Frequently Ill? Aches & Pains?**

If any or all of the above fits you, you need help. Poor nutrition and lack of exercise may jeopardize your very life. High cholesterol, hardening of arteries, stiff joints, arthritis, heart disease, and many other health concerns may result from poor living and eating habits.

**Add years to your life and life to your years!**

**Do something good for yourself - join a health club! Your health should matter most!**

**Call Today: 503-429-0501**