

Health Notes

By Audeen Wagner



Goodbye and Hello!

Dr. Craig Stephens' last day at Providence Medical Group-Vernonia will be May 24. He has been seeing patients in Vernonia one day a week since January, filling in while the clinic has been recruiting a permanent physician.

Dr. Stephens will return to his primary practice at Providence Medical Group-Gateway in Portland. The clinic wishes to express their appreciation to Dr. Stephens

for filling an important gap, and wish him continued success in his medical practice.

Next issue, we will focus on our new addition to the clinic, Phyllis Gilmore, M.D., who has already started her practice in Vernonia. Stay tuned!

Mammovan visit:

The next regular visit of the Mammovan to Vernonia will be on Wednesday, June 16, 2004. Call 503-429-9191 to schedule a mammogram.



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Fibromyalgia/Myofascial Pain presentation June 3

A presentation by Dr. Gerald Miller, M.D., regarding Fibromyalgia and Myofascial Pain Syndrome, will be given on Thursday, June 3, at 7:00 p.m. at the Vernonia Head Start building.

This is an opportunity to learn about health and wellness, a complementary approach to treating autoimmune disorders, discover the role nutritional supplementation plays in combating chronic degenerative diseases, and get an-

swers to health questions.

Dr. Miller, a family practitioner in Beaverton with over 25 years of experience, started a detailed study of nutritional products because of the failing health of a family member. The field of nutrition and complementary medicine soon became the emphasis of his practice with a special interest in Fibromyalgia and Myofascial Pain Syndrome.

Anyone experiencing Fibromyalgia, Myofascial Pain

Syndrome or an autoimmune disorder and looking for a better quality of life, anyone concerned about their health or that of a loved one, or anyone looking to move to a higher level of health will benefit from this information.

There is no cost for the lecture, however seating is limited. To reserve a seat, call Lisa Spencer at 503-429-2422. Registration will start at 6:30 p.m. The Head Start building is located at 500 California Avenue.

Breast cancer risk increases with aging, early detection offers 97 percent of women longer life.

IN 2000, Oregon had 3,235 new cases of breast cancer and 484 deaths due to breast cancer. Older women face an increased risk for breast cancer. About 80 percent of newly diagnosed breast cancers occur in women age 50 or older. The probability of a 50-year-old woman developing breast cancer within the next ten years is 1-in-41.

The good news is that 97 percent of women who detect breast cancer in its earliest

stages will live many years beyond their diagnosis. Early detection is the key.

The Oregon BCC Program provides free health checks to eligible women. The women's health checks are funded by the Centers for Disease Control and Prevention and the Susan G. Komen Breast Cancer Foundation.

Women from 40 to 64, or older than 64 but not eligible for Medicare Part B, who are uninsured or underinsured, and have an income below 250 percent of the federal poverty level may qualify for a free women's health check.

The free health check may also include blood pressure, height and weight, clinical breast exam, mammogram, pelvic exam, and a Pap test.

In Columbia County, call 503-397-4651 or 1-800-244-

4870 for more information. In Washington County, the information number is 503-846-8881.

Also, see information in Health News, on this page, on mobile mammovan and how to schedule appointment for a mammogram.



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