

Health Notes

2005 West Nile Virus Update

Most cases of West Nile Virus infection result in no symptoms or mild, flu-like symptoms that last from a few days to several weeks. In rare cases (less than 1 percent of cases), the virus can cause inflammation of the brain (encephalitis or meningitis). Encephalitis and meningitis interfere with brain and spinal cord functions. Even in these severe cases, the virus is only fatal in 3 percent of cases.

West Nile Virus did reach Oregon in 2004. The first Oregon case was identified in Vale (Malheur County) on August 13, 2004. No cases have yet been reported from Columbia or Washington Counties.

The virus is transmitted to humans from mosquitoes that become infected by feeding on birds that are already infected by West Nile Virus. The virus can also infect horses, though humans cannot get the virus directly from horses or birds.

In 1999, when the virus was first identified in the United States, there were 62 cases with seven deaths in the New York area. In 2004, there were 2,470 cases in the U.S. with 88 deaths reported. As of January 11, 2005, Oregon has had three cases with no deaths.

The key to preventing West Nile Virus is to reduce or eliminate contact with mosquitoes:

- Eliminate standing water in tires, buckets, tree stumps, or even clogged gutters.

- Replace water weekly in outdoor containers, including bird baths.
- Plant mosquito eating fish in ponds and water troughs.
- Maintain screens on windows and doors.
- Wear long sleeves and long pants.
- Use an insect repellent with DEET (N, N-diethyl-meta-toluamide).
- Mosquitoes are most active from dusk to dawn and from April through October.
- Vitamin B and "ultrasonic" devices are NOT effective in preventing mosquito bites.

The likelihood of being infected continues to be very low. Most mosquitoes don't have the virus. Even if a mosquito is infected, less than 1 percent of people who get infected get severely ill. The best defense continues to be avoiding mosquito bites as much as possible.



Above, the start of the Oregon Road Runners Club 1/2 Marathon on April 9 from Anderson Park to Buxton, 13.1 miles.

Evening Chat on new yoga therapy

On Monday, April 25 from 6 to 7:30 p.m. Marie Pielage, PT and Brant Rogers, RYT, will review research that reflects yoga's value as a complement to medical treatment for many physical and psychological conditions.

Yoga therapy is a new concept that differs from the recreational yoga typically available in the community. Participants

with a wide range of conditions – diabetes, multiple sclerosis, arthritis, depression, heart disease and others – have found better mobility, health, and a sense of well-being through a thoughtful therapeutic yoga practice.

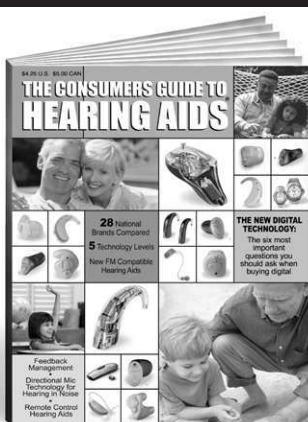
At this seminar, there will be demonstrations and discussion about therapeutic yoga postures and methods of practice, along with shared stories about participants who have benefited from therapeutic yoga

This seminar will be held at Tuality Health Education Center, 334 SE Eighth Ave., Hillsboro.

Who Makes the Best Hearing Aids, and How Much Do They Cost?

Get The Consumers Guide To Learn This and Much More!

- ✓ What is the best brand for you?
- ✓ How much do hearing aids cost?
- ✓ What you should expect from new hearing aids?



Compares 28 Major Hearing Aid Brands

For a FREE copy, call: **1-800-452-3750**

Offered to the public by Willoughby Hearing Aid Center Inc. 1939 E. Burnside St. Portland OR, 97214

KARME'S FLOWER PATCH

Floral, Silk & Dried Arrangements, Plants, Books, Gifts For All Occasions & More
859 Bridge St., Vernonia
503-429-9273

New Day Massage & Bodyworks

Mother's Day Special

\$5 off 1 hour session
\$10 off 90 minute session
gift certificates available
Call for appointment

Therapeutic Massage, Acupressure, Deep Tissue Massage, Aromatherapy, Hot Stone Massage, Reflexology

Lic # 10732 **503-709-4677** ASHN provider
845 Madison Avenue, Vernonia, OR

High Speed Wireless Internet.
As fast as DSL for less cost.

Domain Services
Low cost registration and hosting.

Unlimited Dialup
Surf up to 5x faster with dialup accelerator included FREE.

Local Areas Wireless Internet
Heather Ln. to Cherry St., Downtown Vernonia
Timber Rd./Hwy 47 Jct. to the Golf Course

Check your email
from anywhere using Agalis' Webmail.

All Agalis Internet accounts include:
Email accounts, Email Virus & SPAM filtering, FREE Internet related support.

Website: www.agalis.net
Phone: 503-201-1846
Owned and Operated in Vernonia since 1998

The BLACK BEAR COFFEE COMPANY LLC

Come join us for a latte and a lunch!

831 Bridge Street
Vernonia, Oregon
Open Daily 6 – 6
503-429-0214