

Health Notes

By Audeen Wagner



The Board of Directors for the Vernonia Health Center has announced that there is a vacancy on the Board. Anyone interested in serving should contact Carolyn Keasey by phone at 503-429-2021, or by mail at 14426 Keasey Road, Vernonia, OR 97064, with a short note about your ability and desire to serve, and personal information.

The main mission of the board is twofold; to support the local clinic's needs in all matters other than healthcare operations, and to serve as liaison between the clinic and the general public, in an effort to help improve services to patients.

The Vernonia Health Center Board of Directors meets quarterly at the clinic.

The next monthly Mammovan visit will be on October 19, 2005. Call the clinic 503-429-9191 to make an appointment.

Free Jazzercise class offered to breast cancer survivors in October

In honor of National Breast Cancer Awareness Month, Vernonia Jazzercise instructor, Penny Costley, is offering FREE Jazzercise classes at The First Baptist Church, 359 "A" Street, during October to new customers who are breast cancer survivors. Statistics show that breast cancer is the leading cause of cancer death in women between the ages of 40 and 59. The American Cancer Society predicts that in the year 2005, there will be about 211,300 new cases of invasive breast cancer in this country and about 39,800 deaths from the disease.

Engaging in a moderate amount of physical activity, such as taking a brisk, 30-minute walk, on most days of the week is recommended to prevent the onset of health problems, including breast cancer. "Jazzercise offers a fun and effective workout including a warm-up and aerobic, muscle-toning and cool-down segments that nurture a great mind-body connection," said Costley. "We are thrilled to invite breast cancer survivors to join us with this special offer to

celebrate fitness and life! Simply show up at class or call 503-429-0196 to make an appointment."

The FREE class offer falls in line with the Jazzercise tradition of "giving back to the community," as every year instructors and students rally to support a variety of charitable causes. Since 1997, Jazzercise instructors and students around the world have raised nearly \$4 million for breast cancer research alone.

Now celebrating its 35th year, Jazzercise is designed to enhance cardiovascular endurance, strength, and flexibility for all ages and fitness levels. Local classes are held at 6:25 a.m. Monday and Wednesday (Cardio Quick), 9:30 a.m. Monday and Wednesday (Lite), 9:30 a.m. Tuesday, Thursday and Friday, 4:00 p.m. Tuesday and Thursday, and 7:15 p.m. Monday through Thursday. For more information on Jazzercise, call Costley at 503-429-0196. For worldwide class information, go to <jazzercise.com> or call 1(800) FIT-IS-IT.

Reduce your chances of catching flu

There's a lot that you can do to stay healthy this season. These simple steps can go a long way to reduce your chances of catching a cold, flu, and other viruses.

- Get a flu shot. The best protection you and your loved ones have against the flu is to get an annual flu shot each fall. Early vaccination gives you better protection all season long. Most locations start giving flu shots in mid-October.

- Wash your hands often. Hand washing is the most important thing you can do to keep from getting and spreading colds and the flu. Using just

plain soap and warm water is as effective as using antibacterial products. Carry an alcohol-based hand gel (such as Purell) to use when you can't wash.

- Cover your cough and sneeze. Cold and flu viruses are spread by airborne particles. Cough or sneeze into your sleeve or a tissue instead of your hands, if possible. If you do use your hands, wash them as soon as you can.

- Avoid touching your face. Cold and flu viruses are often spread by touching something or someone that is contaminated with germs and then rubbing

your eyes or nose, or touching your mouth.

- Clean surfaces (countertops, telephones, toys, cups, bathroom sinks, etc.) that sick children or adults may have contaminated.

- Stay healthy. Eat a healthy diet and exercise to keep your immune system working its best.

- Get plenty of rest. Sleep helps build your body's natural defenses for fighting off infection.

- Reduce stress. Chronic stress can compromise your immune system.

Hands On Art Hip Hop classes were well attended



Hip Hop Classes held in August by Hands On Art were well attended.

Taught by renowned Hip Hop Instructor Lisa Robertson from Hillsboro. Six one-hour classes were held at the Scout Cabin and the girls who attended performed for guests after the last class.

If there is enough interest, Hands On Art will hold classes again next summer. For more information, call Carol Sawyer at 503-429-4748 or Sally Harrison at 503-429-8425.

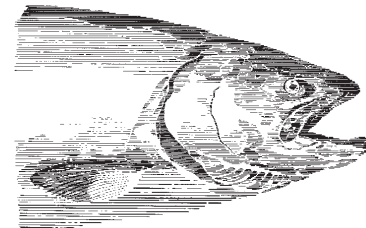
Salmon can be hazardous to dogs health

Dogs that eat even a small amount of uncooked Salmon, Trout or Steelhead are at risk of getting potentially fatal Salmon Poisoning disease.

A microscopic organism, *Nerickettsia helminthoeca*, the cause of Salmon Poisoning, sometimes lives in a parasite, *Nanophyetes Salmoncola*, that can infect the Salmon family. The germ is killed by cooking, freezing or hot smoking fish.

If a dog eats infected fish, or even licks up infected fish blood, symptoms start from a few days to five days later. Symptoms include:

- Decreased energy level
- Increased temperature
- Swollen lymph glands
- Vomiting
- Diarrhea (turning bloody within a day or two)



If untreated, 90 percent of dogs with symptoms will die within 7-14 days from dehydration and blood loss.

tion and blood loss.

Fortunately, if caught early enough, Salmon Poisoning is treatable with antibiotics. In severe cases, intravenous fluids may be needed. Get the dog to a veterinarian as soon as Salmon Poisoning is suspected. The longer before treatment starts, the harder and more expensive the treatment will be and the greater the chance that treatment will not be successful.

If your dog is seen eating fish, talk to your veterinarian about a preventive shot of antibiotics to avoid Salmon Poisoning.

Most dogs are immune to future Salmon Poisoning once they have survived it. Special emphasis on MOST, not all dogs develop immunity.

Preventive measures include disposing of raw fish waste in a can with a tight fitting lid, leaving dogs home when fishing, or leashing dogs when near water.



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