

Diabetes friendly home talk topic

Making your home diabetes-friendly will be the topic of a free presentation on Saturday, November 7, from 9:00 a.m. to noon, at the Tuality Health Education Center, 334 SE 8th Ave., Hillsboro.

Join a panel of experts and take advantage of their know-

how in making your home more 'diabetes-friendly.' There will be an opportunity to meet with vendors, practice home exercise techniques, and enjoy healthy snacks.

RSVP to 503-681-1800 so they know how many to expect.

Learn ABCs of diabetes and eyes

Did you know that an estimated 17.9 million Americans have been diagnosed with diabetes and another 57 million people are at risk of getting the disease?

What many of these individuals may not know is that all people with diabetes – both type 1 and type 2 – are at risk of developing diabetic retinopathy, a leading cause of vision loss among adults in the United States. In fact, people with diabetes are 25 times more likely to lose their vision than those without the disease.

November is Diabetes Awareness Month and during this month-long health observance EyeCare America is asking Americans with diabetes to know the ABCs of diabetes and eye health.

A – Alert your Eye M.D. if you have been diagnosed with diabetes;

B – Be sure to have your eyes examined regularly; and

C – Call 1-800-272-EYES (3937), if you are 65 or older and without an ophthalmologist, to see if you qualify for a

no-cost dilated eye exam through EyeCare America's Diabetes EyeCare Program.

By following these simple steps EyeCare America hopes to help protect seniors from preventable vision loss caused by diabetes.

"Diabetes causes up to 24,000 new cases of vision loss each year," said C. Pat Wilkinson, MD, ophthalmologist and chairman of EyeCare America's Diabetes EyeCare Program. "What people don't know is that early detection, timely treatment and appropriate follow-up care can reduce their risk of blindness by 95 percent even for people with established and significant diabetic retinopathy."

Diabetic retinopathy is caused by changes in the blood vessels of the retina. In some people with diabetic retinopathy, blood vessels may swell and leak fluid. In others, abnormal new blood vessels grow on the surface of the retina. In its early stages, diabetic retinopathy usually has no

See ABCs on page 22

Protect yourself from H1N1 influenza

As more people experience flu-like symptoms that could be pandemic H1N1 influenza, Oregon Public Health officials are reminding people of what they can do to protect themselves and others.

"So far, the H1N1 flu is not more serious than regular flu, so if you are sick, stay home to avoid spreading it to others and take good care of yourself," said Mel Kohn, M.D., Oregon Public Health director. "If you have other conditions that put you at high risk or if symptoms get serious, that's when you should call your doctor." (See list of conditions below.)

Public health officials are asking people to take the guidelines seriously about staying home, says Kohn. "The issue with this flu is not that it's more dangerous," said Kohn. "It's that few of us have immunity until we get vaccinated. That means high absenteeism in our schools and businesses unless we all take this seriously and do everything we can to stop the spread."

People who become ill with influenza-type symptoms should stay home and avoid contact with other people. Kohn reminds people that staying at home when sick means not leaving your residence except to seek medical care in the rare cases that it is necessary. Ill people should avoid normal activities including work, school, travel, shopping, and social

and public gatherings. They should stay home for at least 24 hours after fever (over 100 degrees) subsides. While at home, they should get plenty of rest, drink plenty of liquids, cover coughs and sneezes, and watch for emergency warning signs (see below) that might indicate the need for medical attention.

Most people will recover completely on their own after a week or so of illness and don't need to see a doctor.

People who have severe illness or are at high risk for flu complications should contact a health care provider who will determine whether treatment is needed. If you are directed to see a health care provider, ask if the facility has any special procedures for flu sufferers who visit.

People who become ill and experience any of the following warning signs should seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing;
- Bluish or gray skin color;
- Not drinking enough fluids;
- Severe or persistent vomiting;
- Not waking up or not interacting;
- So irritable that the child does not want to be held;
- Flu-like symptoms improve but then return with fever and

worse cough;

- Fever with a rash.

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath;
- Pain or pressure in the chest or abdomen;
- Sudden dizziness;
- Confusion;
- Severe or persistent vomiting;
- Flu-like symptoms improve but then return with fever and cough.

People with severe symptoms should call 911 or go to the nearest emergency department.

Those who feel a need to see a doctor regarding flu symptoms, but don't have health insurance or a regular doctor, should call 1-800-SAFENET (723-3638) for referral to a nearby, low-cost clinic.

Vaccination is the best way to prevent against H1N1 as well as the seasonal flu. In addition, public health experts continue to advise the public to take basic precautions to help slow the spread of all influenza:

- Wash your hands;
- Cover your cough;
- Stay home if you are sick.

For more information, visit the Oregon Department of Human Services Website <http://www.flu.oregon.gov> or call the Oregon Public Health Flu Hotline: 800-978-3040.

Free "chat" on pregnancy and nutrition

Healthy Pregnancy through Healthy Nutrition is the topic of a 90-minute Evening Chat on Tuesday, November 17, at 6:00

a.m. at the Tuality Health Education Center, 334 SE 8th Ave., Hillsboro.

Are you pregnant or planning on becoming pregnant? Did you know your food choices could affect your baby's risk of developing diabetes and other obesity-related diseases later in life? Do you have questions about how to nourish your

body during this special time? Answers to these and other information will be presented by Jennifer Raykovich, RD, LD, registered dietitian.

This is a free presentation. If you plan to attend, please call 503-681-1700 so they can be sure to have enough room and materials for all.



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