

Wear red tomorrow to support women's fight against heart disease

On February 4th, the American Heart Association asks women – and the men who love them – to show their support for the fight against heart disease in women by wearing red. It's an easy, powerful way to speak up and show support for Go Red For Women®, the American Heart Association's solution to save women's lives. Go Red For Women invites women to make it their mission and help save lives by telling five women from their personal network that they want them to

live. At GoRedForWomen.org, women can learn more about how to Tell 5 and can donate to help save someone they love from heart disease.

In the past, the public has associated heart disease primarily with men. Historically, men have also been the basis for research used to develop treatment guidelines and programs. This led to a lowered awareness level among women and healthcare providers. Only 65 percent of women realize heart disease is their No. 1

killer (up from 34 percent in 2000) and less than half can identify healthy levels for cardiovascular risk factors like blood pressure and cholesterol. Because more than 420,000 women die each year from cardiovascular disease, women need to know they are at risk so they can take action to protect their health.

One in three women has some form of cardiovascular disease, and it kills more than 420,000 every year, which is about one every minute. When

it comes to risk, about 90 percent of all US women have one or more risk factors for developing heart disease. Risk factors include exposure to tobacco smoke, high blood cholesterol, high blood pressure, physical inactivity, obesity/overweight and diabetes.

Common symptoms women may experience when having a cardiac event include:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.

- Pain spreading to the shoulders, neck or arms. The pain may be mild to intense. It may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders.

- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

- Anxiety, nervousness and/or cold, sweaty skin.

- Paleness or pallor.

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Oregon State Hospital hopes to find families of deceased patients

While the Oregon State Hospital has made strides toward improving care and treatment for the patients of today, there is unfinished work in honoring patients of previous generations.

Oregon State Hospital is the custodian of the cremated remains of approximately 3,500 people who died between 1914 and the 1970s while living at Oregon State Hospital, Oregon State Tuberculosis Hospital,

Mid-Columbia Hospital, Dammasch State Hospital, Oregon State Penitentiary, and Fairview Training Center. These cremains were never claimed.

The hospital hopes to change that and unite the cremains with family members. To that end, the hospital has posted online the list of names of the people whose cremains are in its possession. Hospital officials urge anyone who thinks

he or she may have a family member who passed away at one of these institutions to review the list. As soon as the connection can be confirmed, the hospital will make arrangements for the cremains to be sent to the family.

"It was the discovery of the Room of Forgotten Souls in 2004 that served as the catalyst for the construction of a new Oregon State Hospital and a new devotion to improving the mental health care system in our state," said Senate President Peter Courtney (D-Salem/Gervais/Woodburn). "We owe it to these former patients to make every effort to reunite their cremains with their families."

Courtney authored the law that allows Oregon State Hospital to make public the names and dates of birth of those former patients whose cremated remains are in its possession. This information otherwise would be protected by medical confidentiality laws.

The list of names for the deceased is posted on the Oregon State Hospital website at <http://www.oregon.gov/DHS/mentalhealth/osh/cremains.shtml>.

Names are listed alphabetically, and listings include the date of birth and the date of death, when known. Families who identify relatives on this list should contact the hospital's Medical Records Services at 503-945-2976. You can also reach Medical Records Services by e-mail at osh.cremains@state.or.us or postal mail: OSH Medical Record Services, 2600 Center St. NE, Salem, OR, 97301.

Additionally, Oregon State

Hospital is planning a memorial to honor those patients whose remains were unclaimed for decades and those that may never be claimed. This project, a collaboration with the Oregon Arts Commission, is funded through the Percent for Art in Public Places Program in the new hospital's construction budget. It is expected to be complete in 2012.

"We hope all remains will be united with family, but we also know that may not be possible given how much time has passed," said Superintendent Greg Roberts. "Those remains that stay at the hospital will be given a final resting place with all due dignity and respect."

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