

Dr. Andrew H. Isaacs, Chiropractor



Dr. Andrew H. Isaacs was born in Brooklyn, New York to the parentage of the late Rev. A.E. Isaacs and Mrs. E. L. Isaacs. Dr. Isaacs spent his early childhood in Quincy, Florida and West Palm Beach, Florida. Dr. Isaacs attended undergraduate and graduate schools in St. Louis, Missouri receiving his Doctor of Chiropractic Degree from the Logan College College of Chiropractic in St. Louis, Missouri. After a brief practice in Massachusetts and Florida, Dr. Isaacs moved to Seattle in 1976 where upon he opened his practice as the first Black chiropractor in the state of Washington.

Dr. Isaacs has watched his practice grow as the public awareness of chiropractic has been expanded. Dr. Isaacs has demonstrated his skills in the management of spinal disorders from motor vehicle accidents, industrial accidents and personal injuries. Dr. Isaacs has done extensive research in spinal biomechanics throughout Europe and North America. Most recently, in a clinical conference on biomechanical spinal disorders in May of 1992 in Mirabella, Spain.

Dr. Isaacs ascribes his success to his lovely wife, who serves as business manager for their beautiful clinic located on Rainier Avenue. This clinic was opened in 1985 and many of the local residents has stated it is the most beautiful edifice offered in the Columbia City area for some time. A walk through the clinic would excite any individual in the beautiful color selection and the efficient layout of rooms and equipment. Dr. Isaacs is also very proud of his office manager, Ms. Evelyn de Guzman who handles all of the individual insurance transactions, patient files and other important documents relating to the practice of chiropractic and even after almost 25 years in practice, Dr. Isaacs states that he is still excited over the effectiveness of chiropractic in managing spinal pain.

Dr. Isaacs states that the public is always welcomed to his clinic for care relating to injuries from automobile accidents, industrial injuries or personal injuries. For more information, contact the Isaacs Chiropractic Clinic, 5200 Rainier Avenue South, Seattle, WA. 98118 - (206) 725-2130.

Free Or Reduced-Cost Breast Screening Program is Available As A Community Service To Women In The Puget Sound Area During October And November

QUAL-MED, INC

Free or Reduced-Cost Breast Screening Program is Available as a Community Service to Women in the Puget Sound Area During October and November

One out of nine women will develop breast cancer. Breast cancer is the leading cause of death from women 40 to 55 years of age. If detected early, breast cancer will be cured. Mammography is an accurate, safe and easy method to detect breast cancer in its early stages. It can pinpoint the breast cancer before a lump or other symptoms are present. The good news is mammography and breast self-exam can save women's lives. Kathi Goertzen of KOMO NEWS 4, Qual-Med Health Plan and LIFESCREEN are bringing reduced-cost or free mammograms to women in the Puget Sound area throughout October and November. By dialing 1-800-653-2995, women can receive educational materials on mammography and a LIFESCREEN packet which includes a listing of sites throughout the Puget Sound area that are offering the free or reduced-cost exam. If you are a woman age 35 or over, participating in this program could be one of the most important actions you will ever take. KOMO News 4's Kathi Goertzen will kick off the campaign during KOMO TV 4's "Northwest Afternoon" on October 12th. To increase public awareness, KOMO TV will air four public service announcements (psa's) throughout October and produce a three-part news series to be aired during the 5 p.m. newscast on October 14. One of the psa's features a message from Dr. Constance Rice, (the wife of Mayor Rice), concerning the importance of mammography.

Dr. Raburn Lewis - Back Pain Specialist Serving the African American Community, and Surrounding Seattle Area

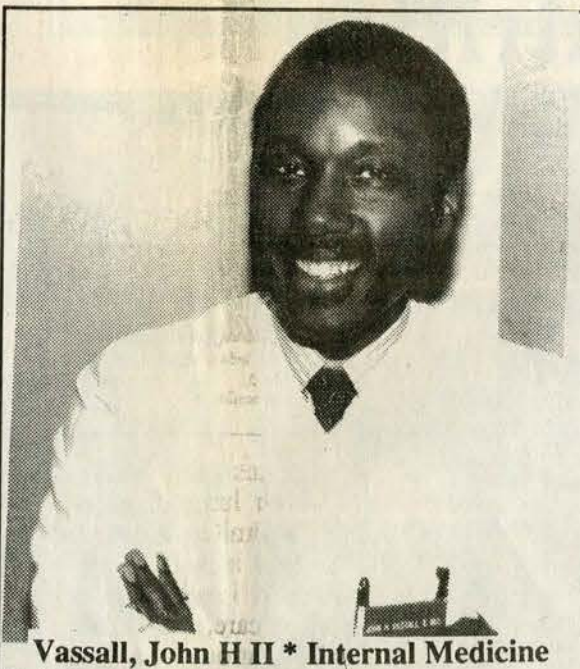


Dr. Raburn Lewis, Age 42; A Certified Internalist, is one of the City's best known back specialist. Dr. Lewis traveling from Michigan, opened up General Practice in 1983. First starting small, acquiring the practice of a retiring physician; then moving forward, joining with a multi-specialist group. His education, training, and experience consist of:

Two years in Internal Medicine at the University of Washington; service with U.S. Public Health in Orthopedic Practice; and serving the Local School District. He also spends time in the community, serving an inner-city high school football team; and his current private practice. Ten percent of his practice is devoted to low-income patients; forty percent is in General Medicine; sixty percent is Occupational Health and Sports Medicine. Dr. Lewis is a strong and positive role model for the African-American Community. He is located on "Pill Hill," in a district dominated by hospital offices of some of the City's best know specialists.

His office is located on Minor and James, 515 Minor Avenue, Seattle, WA 98104. Office Phone: (206) 286-9500

Vassall, John H II * Internal Medicine 515 Minor #300



Vassall, John H II * Internal Medicine

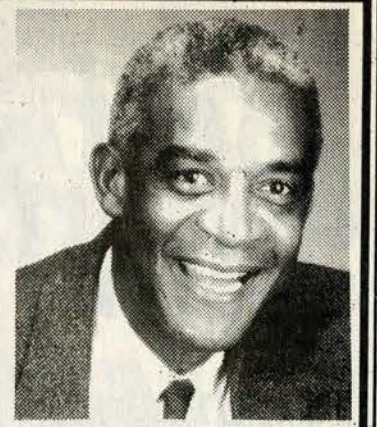
John H Vassall II, M.D. is a graduate of the University of Washington School of Medicine. He has a bachelor of science degree in bacteriology and a Master of Science degree in Microbiology from the University of Washington. He is board certified in Internal Medicine.

Dr. Vassall received his hospital residency training at Grady Memorial Hospital in Atlanta Georgia, and after one year of private practice in Decatur, Georgia and one year at Group Health Cooperative of Puget Sound, he opened his private medical practice along with Dr. Rayburn S. Lewis, M.D. in 1983. Dr. Vassall and Dr. Lewis were roommates and classmates in medical school and have maintained a close friendship ever since.

Dr. Vassall specializes in the treatment of all adult medical illnesses including hypertension, diabetes, heart disease, arthritis, lung disease, intestinal problems, cancer, stroke and many others. He also specializes in helping his patients remain healthy so that they may avoid or control these problems. He is very much involved in the health issues of the African-American community. He has given keynote addresses at conferences on Cancer in the Black community, as well as on infant mortality in the Black Community. He is a Trustee of the Washington State Association of Black Professionals in Health Care, and Chair of the Health committee for the Breakfast Group, an organization of Black male professionals dedicated to Community economic development.

Dr. Vassall is a member of the Board of Trustees of the Fred Hutchinson Cancer Research Center, and of the Washington State Medical Association. He was recently elected Vice-Speaker of the Washington State Medical Association House of Delegates. Dr. Vassall was Director of Minority Affairs for the University of Washington School of Medicine, and still serves as a mentor and role model for minority students in his capacity as Clinical Assistant Professor of Medicine for the Medical School.

OCTOBER IS A GOOD TIME TO HAVE THAT DENTAL CHECK-UP!



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October is Health Awareness Month
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Incidence Of Tuberculosis On The Rise

Atlanta (AP) - The risk of getting tuberculosis has increased among hospital workers exposed to drug-resistant strain of the disease, federal health authorities say.

The Centers for Disease Control blames the increase in part on poor infection control.

In a report in the latest edition of the Journal of the American Medical Association, the agency cites a two-year TB outbreak in the AIDS ward of Miami's Jackson Memorial Hospital.

Thirteen of the unit's 39 workers, became infected by tuberculosis brought in by patients, the report says.

"This is a very high rate of infection," said Consuelo Beck-Sague, a CDC epidemiologist who directed the study.

Infections among health-care workers were strongly associated with exposure to multi-drug-resistant TB patients.

Experts already suspected that many of the 200 people stricken by drug-resistant TB in seven major outbreaks over the last few years were infected in a hospital.

While the report deals with hospitals, CDC officials say their findings are a warning for any place homeless shelters.

Failure to isolate patients and delays in recognizing drug resistance accounted for the high infection rate, Ms. Beck-Sague said.

The rate diminished when precautions were taken to prevent the escape of germs from TB patients' rooms and to isolate TB patients this year—twice as many as it treated last year.

But many of the country's hospitals remain poorly prepared to protect their staff and patients from patients with drug-resistant TB, Ms. Beck-Sague said.

High Blood Pressure Rex F. Ochi, M.D.

Nephrology; Internal Medicine

The purpose of this article is to inform readers of a) the definition of high blood pressure and its consequences and b) daily habits that can help prevent high blood pressure.

Blood is pumped directly from the heart and carried to all parts of the body by arteries. The driving force for blood is called the blood pressure. The blood pressure consists of two numbers. The first number is the SYSTOLIC pressure. It is the highest pressure measured as the heart pumps blood toward. The second number is the DIASTOLIC pressure. It is the lowest pressure measured as the heart refills with blood. The blood pressure is measured in units called millimeters of mercury. An average blood pressure is 120/80. High blood pressure is average sustained levels of 140/90 or more.

High blood pressure damages blood vessels over time. Damage to blood vessels of the brain increases the incidence of strokes. Likewise damage to blood vessels of the heart and kidneys increases the incidence of heart and kidney failure.

High blood pressure is very common. Approximately 60 million Americans over age 18 have high blood pressure as measured by diastolic blood pressures over 90.

There are two ways to lower high blood pressure and prevent its consequences. a) lifestyle modification and b) medications.

Proven methods of lifestyle modification include weight loss, sodium restriction in "sodium sensitive" hypertensive persons, restriction of alcohol intake and regular exercise, about half of all persons with high blood pressure are overweight. As weight is gained the blood pressure tends to rise. As weight is lost the blood pressure usually falls. Calories should be restricted in a manner appropriate for the individual. Most individuals will lose weight gradually and safely on a 1200 calorie low-fat diet. Restriction of dietary sodium to 2 grams per day will lower the blood pressure by 5-10 points in those who are "sodium sensitive". Examples of low sodium foods include ground beef 0.057 grams per 3 ounces, uncooked port 0.065 grams per 3 ounces. By contrast a hamburger such as a Big Mac or a Burger King Whopper has 0.9 grams of sodium. Other high sodium foods include bacon with 1.4 grams per uncooked 3 ounces and a large dill pickle with 1.9 grams! Daily consumption of more than two ounces of alcohol is often associated with high blood pressure. Therefore where applicable, reduction in alcohol intake will lower blood pressure. Exercise of 20-30 minutes three times per week is accompanied by a fall in blood pressure. Medications are needed if high blood pressure persists despite lifestyle modification. When high blood pressure is sustained as measured by diastolic pressure greater than 90 on multiple occasions, then the use of medications is a proven method to slow the progression of blood vessel damage. This requires medical supervision.

FRED HUTCHINSON CANCER RESEARCH AWARDED \$140 MILLION CONTRACT

On September 30, 1992 The National Institute of Health awarded the \$140 million contract to Fred Hutchinson Cancer Research Center. It will act as the clinical coordinating center for the Women's Health Initiative (WHI), and will serve as the hub of the WHI, which is a combination of studies devoted to research in the prevention of chronic diseases, including cardiovascular disease, cancer and osteoporosis in mature women. Spanning 15 years, it will involve more than 150,000 women ages 50 to 79 from all ethnic, racial, and economic backgrounds. It will coordinate all activity for as many as 45 participating clinical centers conducting the initiative's study. The Three Units are: Clinical Nutrition and Intervention, Statistical and Central Study, and Leadership. Hutchinson Center will handle subcontract for scientific groups handling blood imaging and other special measurements. The Clinical Nutrition and Intervention unit will coordinate various activities in the participating clinical centers, including clinical procedures and nutrition intervention. The Statistical and Central Study unit will be responsible for data management, statistical analyses, network system, study documentation and subcontractor coordination. The Leadership unit will provide administrative support and scientific direction for the program. Dr. Ross Prentice, Director of the Public Health Sciences Division is the principal investigator, and Dr. Maureen Henderson, Head of the Center's Cancer Prevention Research Program is the Co-principal Investigator.

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Seattle Area Hospital Council

Health Care Reform - The Hospital Council believes every person has the right to basic health care and affordable insurance coverage. The Council supports programs and systems that assure access in ways that reflect American cultural values and societal demands, that promote system efficiency and illness preventive care, and that decrease utilization through healthier ways of living. **The Council Believes:** Healthier behaviors cost can be decreased. Reducing the use of tobacco, alcohol, drugs, wearing seat belts and helmets exercise and establishing proper nutritional habits will benefit the individual and community. An increase emphasis on public health systems is vital to any health care reform in order to address the full spectrum of community health care needs.

The Council will promote: Initiatives that support prevention of illness and injury; healthier lifestyles, and supports increases on taxes on cigarettes and alcohol to fund education and intervention programs that reflect the Council's healthy behavior philosophy. There are many other issues that the council stands believes and supports. For more information contact the Seattle Area Hospital Council at 190 Queen Anne Avenue North, Third Floor, Seattle, WA 98109, or call (206) 281-8989.

Washington Advocates for the Mentally Ill Proudly Presents : Rael Jean Isaac, PHD

Sunday, October 25, 1992, University of Washington Urban Horticulture Center, 3501 N.E. 41st Street, Seattle. Co Author of Madness In The Streets and How Psychiatry and the Law Abandoned the Mentally Ill, How Do We Get To Where We Are, and Where Should We Go From Here? Light Buffet 5:30 p.m. to 6:30 p.m. Dr. Isaac Will Speak from 7:00 p.m. to 8:30 p.m. There is no charge. Please make

Follow This Guideline and Safeguard

Do not take additional medicines without asking your physician. All of them, including those you can purchase without a prescription, are designed to have an effect. Sometimes combining medicines can be dangerous. For instance, some antibiotics should not be taken with antacids, and alcohol should not be used with sedatives or pain killers.

Other LIFESCREEN Site Locations:
Northgate Professional Center
Auburn Professional Center
Southcenter Professional Center
Capitol Square II (Federal Way)

(CONTINUED) KOMO Radio's Gina Tuttle will host a locally produced hour talk show to support the outreach campaign. KOMO's radio talk show will air from 6 to 7 p.m. on October 14, 1992 and listeners will be able to call in questions by dialing (206) 443-0181. KOMO Radio will also air a five part news series and several "Of Special Interest" reports which will air the weeks of October 12th and 19th. The American Cancer Society recommends that every woman would have an initial mammogram between the ages of 35 and 40 and then have it repeated every one to two years thereafter, depending on her age and risk factors. Mammography, monthly breast self-examination and regular physical examinations by a health professional, form the most effective method to detect breast cancer early. LIFESCREEN gratefully acknowledges its sponsors Qual-Med Health Plan and KOMO Radio and TV. Without their help, guidance and commitment to the health of their community, this project would not have been possible. Service areas: Washington, Idaho, Oregon, Colorado, New Mexico, and California