

Southeast Seattle Physical Therapists: Bruce G. Clayton and Wrenna L. Clayton



Bruce G. Clayton and Wrenna L. Clayton are Physical Therapists in Private Practice in Southeast Seattle. They have been in Private Practice for the past 7 years. Their office is located at 5620 Rainier Avenue South. Both are graduates of Loma Linda University, Loma Linda, California.

Bruce Clayton has been employed in the State of Washington for 14 years and has worked for Providence Medical Center, Riverton Hospital, and for the Department of Labor and Industries. He also has served as a Consultant for Washington Home Health Services. His specialty is in Orthopedic Rehabilitation, Industrial Injuries, Sports Medicine, and Geriatric Care.

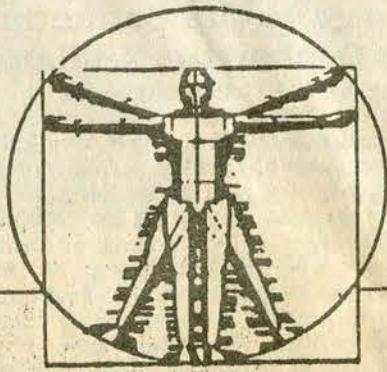
Wrenna Clayton has worked for Riverside Community Hospital, The Virginia Mason Hospital and Clinic, CEA, and the Red Cross. Her Specialty is in Neurological Rehabilitation, Biofeedback/Relaxation, and Pre & Post partum Fitness.

As Physical Therapists they are specially trained to improve movement and function, relieve pain, and expand your movement potential. They can both treat existing problems and provide preventive health care for people with a variety of needs. They work very closely with your physician. They work with people who have neck and back problems, sports injuries, job injuries, auto accidents and arthritis problems. Their Physical Therapy Evaluation is designed to gather information about your dysfunction, pain, loss of movement ability, or other problems. They then assess this information, consult with your physician, and plan your personalized treatment program and therapy goals. Your treatment may include massage, traction, heat or ice, and education.

For referrals and further information you may call Columbia Physical Therapy Services at 722-2205. Office hours Mon. - Fri., address, 5620 Rainier Ave. S.

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When A Person Is Diagnosed with Cancer

When a person is diagnosed with cancer, the disease affects the whole family. That particularly true if the cancer patient is the mother, said Dr. Frances Marcus Lewis, professor of community health care systems at the University of Washington School of Nursing.

Early intervention is essential. If the cancer diagnosis leaves the family feeling overwhelmed, chances are they'll stay that way unless they get some help. "Once a family solidifies on how it thinks about the illness, there's very little change," Lewis said.

Lewis has won a grant from the National Cancer Institute to test ways to help families of women with breast cancer cope with the disease. With one in nine women being stricken with breast cancer, that's a lot of families.

Families that put the illness on the table and not under the table do better," Lewis said flatly. "In families that coped the best, the family stopped and took stock regularly, asking 'How did we do this week, what could we have done better?' They were self-reflective on their own behavior and talked about it with each other."

Another important aspect of successful coping is lots of time between the father and the children. "When children rap with dad a lot they do much, much better," Lewis said. "The non-ill parent really matters. You don't have to talk about the illness. Just be accessible."

Other successful coping strategies:

- Making time for husband and wife to be together as a couple, even if it's just a walk around the block after dinner.
- Seeking out information about the disease and treatment options, which helps couples regain a sense of control over their lives.

- Realizing when it's time to get help from a mental health professional. "Depressed women with breast cancer tend to stay depressed," said Lewis, noting that women in her study did not have mental health problems before illness struck. "When it's Mom's silent sorrow, that's when problems happen. This suggests the need for help from mental health professionals, for more intensive support."

Services need to be directly targeted to the family of the woman with breast cancer, not just to the diagnosed patient, she said. Family members often are treated as bystanders rather than as people directly affected by the illness. Families don't know what support services are available or how to get help.

Some following resources are:

- Cancer Lifeline, 1-800-255-5505, 24-hour counseling by phone.
- American Cancer Society, 1-800-227-2345, for referrals to services for people with cancer.
- National Cancer Institute, 1-800-4CANCER, for free printed material.

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Know The Signs of A Heart Attack

The Symptoms:

- Prolonged, heavy pressure or squeezing pain in the center of the chest, behind the breastbone
- Pain may spread to the shoulder, arm, neck or jaw
- Pain or discomfort often accompanied by sweating; Nausea, vomiting and shortness of breath may also occur

Act Immediately

- Call your local emergency medical service agency (911 in most areas)
- Every family should know in advance the hospital where their physician sends his or her patients.

The decision to obtain help should not be left to the patient alone. It is also the responsibility of the wife, husband, relative or other person present during the emergency.

Risk Factors: heredity, sex, age, race, cigarette smoking, high blood pressure, elevated blood cholesterol, diabetes, stress, obesity, and lack of exercise.

To enroll in a CPR (Cardiopulmonary Resuscitation) class call in Seattle and King County the Medic II citizen CPR training office at 625-4771, outside of Seattle contact the nearest chapter of the American Heart Association or American Red Cross.



Norward Brooks

The American Cancer Society recommends that women follow these

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