

OREGON

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What are Civil Rights?

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"Civil rights" are the rights of individuals to receive equal treatment (and to be free from unfair treatment or "discrimination") in a number of settings -- including education, employment, housing, and more -- and based on certain legally-protected characteristics.

Historically, the "Civil Rights Movement" referred to efforts toward achieving true equality for African-Americans in all facets of society, but today the term "civil rights" is also used to describe the advancement of equality for all people regardless of race, sex, age, disability, national origin, religion, or certain other characteristics.

Where Do Civil Rights Come From?

Most laws guaranteeing and regulating civil rights originate at the federal level, either through federal legislation, or through federal court decisions (such as those handed down by the U.S. Supreme Court). States also pass their own civil rights laws (usually very similar to those at the federal level), and even municipalities like

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Understanding What Your Doctor Tells You

One frequent, and unnecessary, barrier to a good doctor-patient relationship is the failure to communicate. If you ever find yourself uncertain of your doctor's instructions, unclear about any medical condition he or she has diagnosed, or course of treatment prescribed or prognosis, say so. Chances are that you'll never understand if you don't ask. Furthermore, your doctor won't know you don't know unless you speak up.

It's easier to talk with your doctor frankly, when you:

- Remember to jot down questions in advance of your doctor appointments, so that you don't forget them; and
- Know that your rights as a patient include the right to give informed consent.

Informed consent means that your doctor must fully explain in simple terms the advantages and disadvantages of any proposed procedure, including

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Mission

To strengthen and unify the Black and African American Community by providing a medium for addressing important issues as well as disseminating useful information.

The Importance of Exercise

Regular exercise is one of the most important aspects of a person's life. Most people consider exercise to be a chore, but if done correctly, it can be easily integrated into an everyday routine. Exercise provides three important benefits to a person's well being: a **healthy body, improved confidence, and an improved outlook on life.**

First and foremost, exercise can transform an unhealthy person into a thriving person. People can eat health foods day in and day out, but if they do not actively stimulate their body, then the whole body is not being maintained. A high-performance car can have the best fuel in the world, but if the engine is not up to par, then the car won't run. Walking for even 30 minutes a day can improve an out-of-shape person's cardiovascular system in as little as two weeks. Working on a person's core muscles can improve their posture, breathing, and digestive system. Senior citizens have even had the painful and debilitating effects of arthritis reduced by performing water-aerobics.

Secondly, after the physical body begins to transform itself, the emotional body begins its transformation. Confidence is like a locomotive, once the lead car starts pulling, the rest of the train has to follow behind. If a person begins to feel better about how they look, the ego gets a little boost. That boost in ego can be carried over to other projects that were once felt to be out of reach. The process continues until a person has full confidence in their own abilities and is able to tackle any obstacle.

Lastly, once a person has a healthy body and mind, their view of the world will change. A person that can do things they once thought impossible will view a challenge differently, they will also look at an opportunity in different light. Being able to look at the world through different glasses will allow a person to break through the ceilings they had previously reached. Having a great outlook on life can be an infectious thing; other people will feed off of a person's good energy. This will allow a group of people to be effected by the exercise routine one.

Exercise is more important than its perception. People believe that exercise is just to make them look better in a specific piece of clothing, but it can be so much more. Through a healthy lifestyle, people can change themselves and others around them. The first step is just that, a first step.

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cities and counties can enact ordinances and laws related to civil rights.

"Civil rights" are different from "civil liberties." Traditionally, the concept of "civil rights" has revolved around the basic right to be free from unequal treatment based on certain protected characteristics (race, gender, disability, etc.), while "civil liberties" are more broad-based rights and freedoms that are guaranteed at the federal level by the Constitution and other federal law.

Civil Rights: Who Can Help?

If you believe you have suffered a civil rights violation, the best place to start is with the Bureau of Labor and Industries http://www.oregon.gov/BOLI/CRD/C_Crcompl.shtml. The BOLI website takes you through the complete Civil Rights Complaint Process.

Reference: <http://public.findlaw.com/civil-rights/civil-rights-basics/civil-rights-defined.html>

What's the Difference between a Sweet Potato and a Yam?

When asked about the difference between a sweet potato and a yam, people will usually answer, the yam is that orange or deep red potato we bake or roast for Thanksgiving. What we call yams is really just a variety of sweet potatoes.

Sweet potato is the fundamental phrase used to group all varieties of **sweets** and American **yams** that are grown in the United States.

- **Sweets** are what we call all sweet potato varieties that have a white or cream colored flesh. These varieties of sweet potatoes have a red, light cream or light brown skin color, but the inside will always be a light cream color.
- American **Yams** are what we call all sweet potato varieties that have an orange flesh. These varieties of sweet potatoes have an orange or red skin color, but the inside will always be an orange color.

African **Yams**, also called true yams, however, are nothing like the American yam, but are a tuber native to Africa. This type of yam is very starchy, not very sweet, low in beta carotene, and can grow as large as 100 pounds.



Nature's Health Food

The sweet potato deserves to be on the highest perch because it is a nutritional powerhouse with 4 ounces of cooked pulp supplying 2 grams of protein, 3.4 grams of fiber, 24.6 mg of vitamin C, 28mg of calcium, 22.6 mg of folic acid, 20 mg of magnesium, 348 mg of potassium, and a whopping 21,822 I.U. of vitamin A. That's very impressive for only a half cup serving. The skins, which are completely edible, add even more fiber.

Reference: http://www.bellybytes.com/food/sweet_potatoes.html

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surgery, which poses a threat to your life or continuing good health. The doctor must also tell you why he or she feels the procedure or treatments are necessary and any risks that may result. Before you sign a written consent form, be sure that you fully understand what the doctor has said.

You may refuse to give your informed consent, or request a second medical opinion. In fact, you should consider seeking a second opinion whenever a serious, non-emergency medical problem is diagnosed or course of treatments is prescribed.

What to do when you don't get what you expect

Following the guidelines presented here should help you to establish a satisfying, long-term relationship with a doctor who is a dedicated, ethical health professional. But, if you ever feel that your doctor has acted irresponsibly, or is guilty of medical misconduct, you should know that the Oregon Medical Board will investigate all reported instances of medical misconduct.

Some examples of medical misconduct include practicing medicine fraudulently, with gross incompetence or negligence, or while impaired by physical or psychological disabilities; refusing to support your right to obtain a second opinion; guaranteeing a cure will result from medical services; not referring you to a qualified specialist when warranted; and, using his or her professional position to profit personally (e.g., demanding you have prescriptions filled at a specific pharmacy).

*Remember; it's your
time, money, and body.*

Naturopathic Practices versus Modern (Allopathic) Practices

“Naturopathic medicine is a system of medicine that focuses on prevention and the use of nontoxic, natural therapies.” (Encyclopedia of Natural Medicine, 1998) In contrast, conventional or Allopathic practice and medicines view health as a physical state and treats accordingly. The two practices differ in the way they approach illness. Although the two practices could be combined, they are often not.

A naturopathic philosophy is one in which believes that true health is a state of physical, mental, emotional and spiritual wellbeing, all in sync within the individual. Treatment used in naturopathic practice enhances the immune system, strengthening it so it can fight off infection. When an infection occurs, combining a natural medication to the conventional one will serve a greater purpose. While the conventional medication will kill the infection, the naturopathic one will build up the body preventing further infection or repeated infection. In some cases, a natural remedy will prevent side effects of the conventional medicine from having permanent effects. The most effective use for naturopathic medicine is prevention. Physicians in naturopathy are trained to spend time and effort teaching patients the importance of a healthy lifestyle; including diet and attitude. By assessing a patient's risk for disease and then making a course of action in order to reduce the risks, a naturopathic physician can improve the patient's health. Naturopathic medications have no serious side effects; it is the physician's goal to treat the person as a whole and not just the infected area. They look for the underlying cause of the problem rather than trying to suppress the symptoms with conventional medications. It is believed that symptoms are an expression of the body trying to heal, causes of these symptoms could be physical or they may be mental or spiritual.

Conventional medicine concentrates on treating the disease instead of promoting health. Whereas naturopathic physicians view good health as the combination of mind, body and soul. Conventional doctors believe that good health is a physical state where there's no obvious disease present. The treatments used are designed solely to kill the infecting organism. Antibiotics are able to save lives when used appropriately however over the past ten years they have become grossly overused. In fighting chronic illness such as chronic sinusitis or chronic bronchitis, antibiotics are rarely beneficial; a contradiction with naturopathic medicines. According to World Health Organization, America is dangerously close to a “post-antibiotic era”, this will make treating infectious diseases with antibiotics nearly impossible. Between this and the fast growing rise of “super bugs” (illnesses immune to antibiotics) it is believed that more doctors will be inclined to pursue naturopathic methods. Many doctors are already supporting clinical nutrition, promoting whole foods and nutritional supplements; two factors leading to the maintenance of health and disease treatment.

Modern medicine tends to forget the importance of a healthy immune system. With many naturopathic therapies available such as Botanical medicines, Traditional Chinese medicine and acupuncture, hydrotherapy and physical medicine it is no wonder many patients are opting for naturopathic methods.

Overall, naturopathic methods and medications are becoming more popular. They work well alone and in combination with conventional medicines. It is in the patient's best interest to always consider their options and concentrate on preventing disease rather than just treating it.

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OCBA Public Meeting Dates

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