

MEDICAL VOICE

BY Hairriston L. Bass, Jr., M.D.

CHOOSING A METHOD OF CONTRACEPTION

A birth control method should be recommended for a particular patient only after the woman's medical, gynecological, obstetrical and sexual histories have been carefully reviewed. All too often, decisions are hastily made without considering the patient's characteristics and perceptions; without adequately informing her about the methods of contraception available. Time must be set aside to counsel the patient and when possible, her sexual partner, about contraception to help her make an informed decision. An appropriate first choice can prevent the frustration that often leads to poor compliance, a strained physician-patient relationship, and apparent failure of the method.

The methods of contraception are either temporary (female hormonal or womb changes, preventing sperm entrance or abstinence from intercourse) or permanent (tubal blockage, womb removal, or vasectomy).

Birth control pills (BCP) are the number one method of contraception. They are made up of a combination of female hormones called estrogen and progestin. They alter the female's ability to form an egg needed to interact with a male sperm in order to form a baby. These pills may cause an increase in blood pressure, blood clots, depression, eye changes, and blood vessel changes. There is an unclear relationship between BCP and female tumors.

Hormone alteration can also occur with progesterone injections into muscles lasting up to 3 months. However, it has not been approved for general use.

The use of the IUD currently is in medicolegal en-

tanglements and the progesterone "T" stem device is still being used in the U.S.A. It is effective for 1 year. The IUD produces a mildly inflamed womb (uterus lining), which impairs the settlement of a fertilized egg in it. However, it increases the risk of PID (pelvic inflammatory disease), pregnancy outside the uterus, pelvic pain, painful menses, and intermenstrual spotting. It should not be used if one has never been pregnant.

The methods preventing the male sperm from entering the uterus (womb) are known as barriers. The types of barriers are the diaphragm, cervical cap, sponge, and condom. These types of barriers must be inserted several hours before and left in several hours after intercourse. Sperm killing chemicals are highly recommended with them. The vaginal contraceptive sponge is considered for infrequent intercourse; placed inside the vagina 6 hours prior and left in for 24 hours. The last, most common and simple barrier is the condom. It is 95% effective (Especially with sperm killing material), and protects against sexually transmitted diseases. It does run the risk of tearing or spillage, but can be minimized with proper usage and sperm killing chemicals.

Chemical sperm killing methods include contraceptive vaginal foam, cream, jelly, tablets, and suppositories. They should be used with other contraceptive methods. These chemicals have been shown in the lab to decrease sexually transmitted diseases (eg. Chlamydial, Herpes, Gonococcal, Trichomonal and possibly Viral).

ROAMING AND RUNNING WITH FRIEDA

By Frieda Pyles

Roamed over to the AFTER WORK AFFAIR at Eddie's where Lorraine of Lorraine's Kitchen was the guest of honor. As the saying goes, the proof is in the pudding. Lorraine brought proof of her products - she had trays of her scrumptious croissant sandwiches for all to sample.

Left the AFTER WORK AFFAIR to run over to TIC for reception in honor of Josephine Hubbard, author of "Heal Yourself From Ad-

The abstinence from intercourse during days of fertility is an effective method. However, this requires careful monitoring of cervical mucus and body temperature.

Sterilization by surgically blocking the tubes connecting the womb and ovaries is considered permanent. It should be considered only after extensive family counseling.

Females over 35 years old have increased risk with BCP(eg. strokes, heart attacks and hypertension). These individuals are of greater risk if they smoke, have a family history of diabetes, obesity, or have abnormal high blood fat.

For adolescents and females who have never been pregnant the interuterine device is not recommended because of possible inflammation leading to permanent sterilization. The adolescent must be properly informed and instilled with a sense of personal responsibility toward birth control.

For proper guidance, ask your Gynecologist or Family doctor.

dictions." Among those honoring Ms. Hubbard was Alice Carter, from Flowers by Alice, beaming as any bride-to-be.

Ran back to Eddie's to catch the dynamic Bobby Jonz and Buttrobics Queen, Cubie. By the way, this ex-



Josephine Hubbard

citing duo will be appearing at Eddie's three nights a week.

While roaming around K LAV's new offices located poolside at the Landmark,

I say currently because it's been rumored that they are looking at property in our fair city. Speaking of bridge, Mrs. Anita Troy, one of our new residents, will soon be

Libraries Sponsor Free Eye Care Screenings

Two branches of the Las Vegas-Clark County Library District will sponsor free eye screenings by SpectraCare for seniors age 60 and above. A mobile health unit will be parked by the Rainbow Library, 6010 W. Cheyenne, July 24, 9 am-12:30 pm; and by the Sunrise Library, 5400 Harris, July 27, 9 am-12:00 noon.

The free SpectraCare Vision Screenings are professionally sponsored by Kenneth C. Westfield, M.D., and Marietta Nelson, M.D., of Southern Nevada Eye Clinic. The goal of SpectraCare is to identify early symptoms of eye disease before the eyes begin to deteriorate. The free service was created to assist people not currently receiving health care due to insufficient

forming a Las Vegas bridge club.

My deepest sympathy to Mrs. Jean Smith and family. Jean, former bridge teacher of yours truly, lost her son.

Sorry I missed the third annual Rose Awards. Unexpected house guests prevented my attending this prestigious community event.

Ran to the airport to see Miss Barbara Witt off to Fire Island to visit jet setter Mary Louise Williams at her summer home. A special thanks to people like Jackie Newton, who was vacationing in St. Louis and took the time to remember her home town and made a special effort to bring me a copy of the "St. Louis American," their local black paper.

Another thanks to Robert Foster, who happened to meet owners of the Dallas black paper and immediately sent them to visit the Sentinel-Voice offices.

Miss Janis Carter, the AFTER WORK AFFAIR hostess, will be appearing at Masquerade Restaurant & Lounge July 13-29. Hope to see you there.

Ran over to the BELIZE Caribbean Restaurant and met with owners Jennifer and Sandy and tried their delicious Caribbean cuisine. Can't wait to go back and bring my friends.

The greatest surprise of the week was to run into the new president of the Studio 96 Racquet Club, Mr. William White. Being a member for eight years of this indoor court tennis facility, it's nice to know that my membership dollars are now serving a black entrepreneur.

Running now to Wet and Wild to entertain Master Hugh Brown visiting from New York City along with Masters Anthony Smoke and Terrance Jenkins. They are telling me now to get off the typewriter - young men do have a way with yours truly.

GOTTA RUN!

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