

### May Is national Hypertension Month

May is National Hypertension Month, and Desert Springs Hospital wants you to know the facts about high blood pressure. Most people with high blood pressure, also known as the "silent killer," usually show no symptoms. Although doctors do not know what causes most high blood pressure, it can be controlled through proper diet and/or medication.

The Desert Springs Hospital Food and Nutritional Services Department will be offering a free program on diet and hypertension Tuesday, May 8, 7 p.m., at Desert Springs Hospital Image Enhancement Center,

Suite 9, 4225 S. Eastern Ave. (between Tropicana and Flamingo).

In addition to a lecture, there will be free low-sodium food samplings and recipes, and free blood pressure checks by registered nurses.

If high blood pressure goes undetected or continues for a long period of time without medical attention, the risk of heart attack and failure, stroke, and kidney failure increases. High blood pressure can be controlled. Don't let high blood pressure be your silent killer. Register now for the free lecture and learn the facts about high blood pressure. Call 733-6875 for reservations.

### NMA President: Health Priorities Lopsided

WASHINGTON, D.C. -- Vivian W. Pinn-Wiggins, M.D., president of the National Medical Association, and chair of the Department of Pathology at the Howard University School of medicine, has issued a challenge to the national health establishment, to reverse the current trend causing "premature" black deaths, declining minority enrollment in medical schools and leaving 11 million children uninsured.

In a speech delivered to the Association of American Colleges' Minority Affairs Section and reprinted in the Journal of the National Medical Association, Dr. Pinn-Wiggins said:

"It is difficult for me to understand why there is not appropriate funding of preventive health services, with disease prevention and education; this is a relatively inexpensive type of health care compared with the long-term care of the chronically ill, and more extensive medical and surgical therapy for those who have diseases which have progressed to advanced stages and for whom early prevention would have prevented a protracted yet fatal outcome.

"Too many health plans, insurances and government health coverage plans do not include the costs of such preventive measures..."

She continued: "As long as there are front page news reports that the life expectancy of blacks has declined over two to three successive years, then word that there is a surplus of physicians has no real meaning, particularly for those whose lives are prematurely ending."

Dr. Pinn-Wiggins emphasized:

"We must make certain that those whom we, through our admissions committees, allow to enter medicine have a commitment to improving the health status of all Americans."

She cited a statistic listing the United States as 19th among industrialized nations in the number of babies who die before their first birthday, and added: "Too many city hospitals are having to deal with the problem of the 'boarder baby,' those abandoned infants who learn to walk and talk in the hospital environment, many of whom have never been seen or held by their mothers.

"Think of how little prenatal care costs in comparison to the cost of supporting a low birthweight infant," she said.

Addressing the gigantic effort which it will take to reverse these conditions, she quoted Frederick Douglas:

"If there is no struggle there is no progress. Those who propose to favor freedom and yet depreciate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want ocean's majestic waves without the awful roar of its waters."

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NNPA FEATURE

## COPING

by

Dr. Charles Faulkner



### HOW TO CONQUER YOUR STRESS

For the past two weeks, we have talked about STRESS. I told you what causes stress, and I gave you a STRESS TEST, so that you could determine if you had too much stress.

Today, I am going to tell you what kinds of people are most likely to have extreme stress and how you can get rid of stress. *Are you likely to have more stress than the average person? You are, if you are highly suggestible, if you worry a lot, if you are quick-tempered, if you get upset easily, if you are moody, if you can't handle criticism, if you are very sensitive, if people get on your nerves, if you are afraid to fail, if you always feel that you have to defeat people (even in a simple discussion). All of these elements are characteristic of your feelings of inadequacy and your personal insecurity.*

If you have most of the above traits, then you simply don't like yourself. Even though you may not admit it, you actually feel that you are unattractive, not as good in some ways as other people and you blame other people for your problems. You should obtain counseling to improve your self-image, then most of your symptoms of stress, and personal inadequacy, will disappear.

Here are two techniques to eliminate the symptoms of stress.

#### 1) (PROGRESSIVE RELAXATION)

A. Sit in a comfortable chair, alone, and in a quiet room. *Close your eyes.*

B. Lift your legs slightly point your toes away from your body, and slowly *tighten every muscle in your legs*, from the bottom of your feet to your waist. Hold that position for three to five seconds, then relax the legs *quickly and completely*. You will feel the stress drain out of your legs.

C. Next, slowly tighten the stomach and chest muscles. Hold the tightness for three to five seconds. Now, relax these muscles, *quickly and completely*. You will feel the stress drain out of these muscles.

D. Next, tighten and tense

the muscles in your arms and shoulders. Hold the tightness for three to five seconds, then relax the muscles *quickly and completely*.

E. Finally, squeeze the stress out of your facial muscles by wrinkling your forehead, squeezing your eyelids together, clenching your teeth, and frowning as if you are very angry. Hold that position for three to five seconds, and relax the facial muscles *quickly and completely*. You will feel the stress completely leave this area.

#### 2) KEEP YOUR EYES CLOSED AND DO THE FOLLOWING DEEP BREATHING PROCEDURE

A. *Slowly*, take a deep breath and fill your lungs *completely*. Inhale through your nose and mouth. Take at least five seconds to fill

### Hospital Dietician Teaches How To Read Food Labels

Going to the supermarket these days can be quite confusing. Reading labels and making proper nutritional choices is enough to make anyone's head spin. Every month Desert Springs Hospital Registered Dietician Virginia Train can help you make sense out of your shopping trips.

The first Friday of each month (May 4) at 8 a.m. Ms. Train will lead a free tour of a local supermarket and teach participants how to decipher labels to make proper and healthful decisions.

Your space is limited, so advanced reservations are a must. Call 733-6875 for reservations and the supermarket location.

your lungs with air. B. *Hold your breath* and quickly count from one to five. C. Now, slowly blow the air out, through your *mouth* only. Take five seconds to completely empty the air from your lungs. D. Repeat this entire procedure (steps A-C) five times.

## HAWKINS

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County, Michigan, to serve as the assistant attorney general for civil rights. It is not surprising that the Senate Judiciary Committee rejected Lucas' nomination after he candidly admitted that he was "new to the law." It has taken the Administration the full fourteen months since it took office to announce its intention to nominate an assistant secretary of education for the Office of Civil Rights.

Despite this puzzling record from an Administration which trumpets its opposition to bigotry in all forms, there is still time for it to take specific actions to match its rhetoric.

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