

HEALTH

SEE YOUR DOCTOR

You: Stalked By A Silent Killer?

Close to 60 million Americans have a life- and health-threatening condition—but this "silent killer" often has no symptoms. Perhaps millions more (maybe you?) have the same problem and don't even know it. It's high blood pressure. It occurs when blood vessels become narrow or rigid, forcing the heart to pump harder to move blood through the body. If untreated, high blood pressure can lead to heart attack, stroke and kidney failure. In fact, it's a leading cause of kidney failure and untreated high blood pressure can mean a shorter life—much of it spent attached to a kidney dialysis machine.

While no one is immune, high blood pressure affects men slightly more than it does women, older people more than it does younger people and African-Americans more than it does Whites. In fact, 24 percent of the White population but 38 percent of the Black population has high blood pressure, though Blacks make up only about 12 percent of the entire U.S. population. High blood pressure is a leading cause of death among Black Americans. For every African-American who dies of sickle cell anemia, 100 die of high blood pressure. In addition to developing high blood pressure more often, Blacks tend to develop more severe cases and to get it at an earlier age. Black people are also more likely to suffer kidney disease as a result of high blood pressure. Black Americans have a nearly fourfold greater rate of kidney failure than do Whites. African-Americans account for 32 percent of dialysis patients. Recent studies suggest Hispanic people may also be disproportionately at risk for high blood pressure and resulting kidney troubles.

Fortunately, regular trips to the doctor can help you tell if you have the problem, and medication and lifestyle changes can help you solve it. Says Shaul Massry, M.D., presi-



Getting your blood pressure checked regularly can help prevent heart attack, stroke and kidney failure.

dent of the National Kidney Foundation: "It is of life-saving importance for everyone, especially blacks, to get their blood pressure checked twice a year."

The experts at the National Kidney Foundation point out that ways to lower high blood pressure can include:

- losing weight
- cutting down on alcohol
- changing diet
- stopping smoking
- exercising regularly, and
- reducing stress.

In addition, there are several different kinds of medications made to get blood pressure under control. In any case, it is important to follow your doctor's advice. Make the lifestyle changes and take the medication as directed—even if you feel fine. If the medication has unpleasant side effects, tell your doctor. A change of dose or type of medicine may make all the difference.

Early detection and long-term treatment are the keys to a longer, healthier life and to preventing kidney disease.

For a free booklet called *High Blood Pressure & Your Kidneys*, send a self-addressed, stamped envelope to: The National Kidney Foundation, Inc., Dept. M, 30 East 33rd Street, New York, N.Y. 10016.

WOMEN NEED TO IDENTIFY BREAST CANCER BEFORE THEY FEEL SICK

Don't look to discomfort or illness as a sign of breast cancer, warns a Stanford cancer specialist. "Women so often say to us, 'how could this be serious when I don't feel bad. If this were breast cancer, wouldn't I feel sick?' The answer, says Dr. Frank E. Stockdale, is "no."

"Unfortunately, by the time a woman feels serious symptoms of breast cancer, the condition is probably too far advanced to treat effectively," says Stockdale, professor of medicine and director of Stanford's Combined Modality Breast Clinic.

Another common misconception about breast cancer, says Stockdale, is that if a breast lump is tender or sore, cancer is NOT the cause. "Most breast tumors are not tender, but you can rely on that. If a lump is new or changes, its time to consult with a physician, regardless of how it feels."

And don't expect breast enlargement to offer a warning. "In fact some women's breasts actually become smaller when a malignant tumor appears," Stockdale says.

The cancer specialist warns

that having no family history of breast cancer doesn't mean that a woman won't get breast cancer. "The fact is that 88 percent of new breast cancers each year occur in women with no family history."

Stockdale says women should learn to conduct a breast self-examination and to undergo periodic mammograms (x-rays) to screen for breast cancer. Local chapters of the American Cancer Society or a family physician can provide information about short courses to learn breast

self examination techniques.

Stockdale notes that experts agree that women older than 50 should have an annual mammogram, but scheduling of mammograms for younger women is a little less certain and may depend on such issues as the woman's family history of breast cancer.

"The simplest advice," says Stockdale, "is that women should consult with their physician at about age 35 to schedule a baseline mammogram and set up a plan for future screening."

EYE EXAMS - CONTACT LENSES - FASHION EYEWEAR

**DR. DEXTER MORRIS
OPTOMETRIST**

3953 SO. Maryland Pkwy. (at Flamingo)

INSURANCE ACCEPTED

9-6 Monday-Friday

Saturday by Appointment

Call Now 796-1419

MENTION THIS AD

AND RECEIVE A 15% DISCOUNT

CITY OF LAS VEGAS HEALTH PROGRAMS

CPR Workshop

The Stewart/Mojave Sports Center, 275 N. Mojave Rd., sponsors a 90-minute workshop in CPR, (cardiopulmonary resuscitation), Saturday, June 27 at 11:30 a.m. The seminar is designed for teens and adults, and will cost \$8.00, which includes certification. Registration continues through June 26. The seminar is sponsored by the City of Las Vegas and CPR Plus. Call 229-6563.

L.E.A.R.N. Health Program

L.E.A.R.N. (Lifestyle Evaluation and Risk Enumerator), a health promotion program is available by request from the City of Las Vegas Stewart/Mojave Sports Center, 275 N. Mojave Rd. Used as an educational tool, L.E.A.R.N. assigns health risk factors based on lifestyle and health background. Call 229-6563 to receive an application; it will be computer analyzed and the results mailed

back. The service is designed for teens & adults. A \$9 fee must accompany the application.

**CLASSIFIED
ADVERTISING
DOESN'T COST
...IT PAYS!!!
FOR CLASSIFIEDS
CALL 383-4030**

If You're Dabbling In Drugs...
You Could Be Dabbling
With Your Life.



Skin popping, on occasion, seems a lot safer than mainlining. Right? You ask yourself: What can happen? Well, a lot can happen. That's because there's a new game in town. It's called AIDS. So far there are no winners. If you share needles, you're at risk. All it takes is one exposure to the AIDS virus and you've just dabbled your life away.

For more information about AIDS, call 1-800-842-AIDS. Nevada AIDS Hotline

AMERICA
RESPONDS
TO AIDS

This is a message from the U.S. Centers for Disease Control.