

CPR-FIRST AID MONTHLY SEMINAR HELD

For those attending the first monthly CPR-First Aid workshop sponsored by the Nevada Black Chamber of Commerce and CPR-FIRST AID TRAINING INSTITUTE held at the Chamber office 1040 W. Owens, Saturday, September 26, 1992, the whole experience was well worth the time and energy.

Kenneth Glover, owner and instructor of CPR-FIRST AID

TRAINING INSTITUTE, taught rescue breathing, choking, and CPR for the adult, child and infant.

In addition, the class covered Signs, Symptoms, and Recognized First Aid Treatment for: Allergies, Bleeding, Burns, Bites, Diabetic Emergencies, Eye Injuries, Heart Attack, Seizures and much more.

According to Millicent

Braxton-Calhoun, one of the students in the Saturday class, "Ken was highly motivated and made the class fun."

I felt like I had been through a mini-nursing course. He was so professional and so clear in his teaching."

Patricia Bell, another student stated, "I came away from the class with a real understanding of CPR."

HEALTH



From L to R: Debra Dickens, Millicent Braxton-Calhoun, Robert Hudson, Emanuel Wasson III, NBCC, Patricia Ball and Devona Lang demonstrating chest compressions on the manikin.

Sexually Transmitted Diseases: Learning the Facts

Can you pass a quiz on sexually transmitted diseases (STDs)? In an age when nearly 12 million Americans are infected with STDs each year, learning the facts is essential. So, go ahead—take this quiz. It may be your first step toward protecting yourself from serious infection.

True or False?

1. AIDS is the most common STD.
2. If you have a sexually transmitted disease, you'll know it.
3. If an infection has no symptoms, that means it is not serious.
4. You can't get genital warts if you don't see warts on your sexual partner.
5. The only way to protect yourself against a sexually transmitted disease is to abstain from sex.
6. If your Pap smear results are normal, you do not have any sexually transmitted disease.

The answers? Every one of the above statements is false. Here are the facts:

1. STDs such as chlamydia, gonorrhea, herpes, and genital warts are each more prevalent than the virus that causes AIDS.
2. Some, such as chlamydia and gonorrhea, can be "silent" (without symptoms). If left untreated, they may cause serious, long-term consequences.
3. Chlamydia, as well as gonorrhea, can result in PID, an infection of the tubes or lining of the uterus that can lead to pregnancy complications, infertility, or even death.

4. Genital warts, which are highly contagious, can be invisible to the naked eye. They can be detected only by a physician.

5. Abstaining from sex is one foolproof method of protecting against STDs: the other option is a relationship in which the partners have sex only with each other. Other means of protection that are effective, but not foolproof, include use of latex condoms and the contraceptive sponge, as well as use of foams, creams, or spermicidal jellies that contain nonoxynol-9. Use these protective measures and visit your doctor, especially if you or your partner has more than one sex partner, or if you are unsure whether your partner is free from infection.

6. A Pap smear screens for cervical cancer, not STDs. If you suspect that you have an STD, ask your doctor to perform the appropriate tests.

Remember, only a physician can diagnose and properly treat these diseases. Further information about STDs in women can be found in a new pamphlet developed by SmithKline Beecham, makers of Massengill® douches, and a panel of medical experts. The pamphlet helps women determine if they are at risk for sexually transmitted diseases and offers prevention tips. You can obtain a free copy by sending a stamped, self-addressed envelope to: Massengill Health Education Program, Dept. 1B, P.O. Box 2466, Grand Central Station, New York, NY 10163.

One of the students was a twelve year old and showed us that no one is too young to learn CPR. The whole community needs to take this course."

Emmanuel Wasson, III, Operations Manager of the Nevada Black Chamber of Commerce attended this first monthly course. He agreed with the other students in saying that the course is a much needed one, especially for the Black community. "With the high percentage of hypertension and the extreme risk of heart attack for our people, we need more courses like this",

he said.

CPR-FIRST AID TRAINING INSTITUTE and the Nevada Black Chamber of Commerce will be hosting this course monthly. The course is from 9:00-4:00 p.m. the last Saturday of every month. The cost is \$18.00 for Chamber members and \$24.00 for non-Chamber members.

A Standard First Aid card and an American Heart Association CPR card will be issued to each participant at the completion of the course.

Anyone interested in more information should contact Kenneth Glover or W.K. Vandygriff at (702) 876-9177. BE A BUDDY...SAVE A LIFE LEARN CPR.

- HELP -

The AMERICAN CANCER SOCIETY desperately needs drivers to take cancer patients to and from their treatment locations. Contact Gina at (702) 798-6877 NOW!



If you haven't had a mammogram, you need more than your breasts examined.

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REMEMBER, OCTOBER IS BREAST CANCER AWARENESS MONTH

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