

## WOMEN'S HEALTH

### Researchers Zero In On Women's Health Issues

(NU) - Heart disease is the leading killer of women as well as men, but when Harvard scientists conducted their landmark research a few years ago on the value of aspirin in preventing heart disease, they excluded women from the study.

Unfair? Many scientists of both sexes think so. But medicine has a long history of ignoring women, by



Healy



Sullivan

either omitting them from clinical trials or devoting less funding to study diseases that largely affect women, such as osteoporosis, ovarian cancer or eating disorders. Women were excluded from studies out of fear of possible harm to the reproductive system, and over concern that the hormonal changes women undergo

would skew the results.

To help close the vast knowledge gap between men's and women's health, the National Institutes of Health (NIH) — part of the U.S. Department of Health and Human Services (HHS) — has launched the largest-ever study of women's health issues.

The \$625 million study, called the Women's Health Initiative, will observe about 150,000 older women over the next 14 to 15 years. The study will focus on the prevention of cancer, heart disease and osteoporosis — the leading causes of death, disability and frailty ex-

penditures in post-menopausal women.

"For a long time scientists have acted as if the differences between men and women are not important, that males are the normative standard," says the NIH's first woman director, Dr. Bernadine Healy. "But there is a growing awareness that women's health needs are unique."

The initiative has three major parts:

— A clinical study of some 60,000 women ages 50 to 79, to test the effects of a low-fat diet, hormone replacements and dietary supplements on the prevention of heart disease, breast and other cancers, and osteoporosis.

— A large-scale study of older women, of wide ethnic and economic diversity, over time to determine biological predictors of disease.

— A study of dozens of community-wide health and fitness programs to test their effectiveness on behavior modification.

Healy says the main question the massive study seeks to answer is: How can we keep women healthy as they age?

Women tend to live longer than men, but without sound health those extra years aren't as fulfilling as they could be, HHS Secretary Louis Sullivan says.

"Research shows women suffer more chronic and more debilitating illnesses than men. Many of these conditions are highly preventable and often treatable. The more we study health issues that pertain to women, the more we learn about how to treat and prevent these diseases and ailments."

For more information about the Women's Health Initiative, call the Office of Research on Women's Health at 1-301-402-1770.

## FOR THE LADIES

### FASHION

#### Career Dressing That Works Fashion Tips for Today's Working Woman

(NU) - Looking good is only half the battle of working smart.

Feeling comfortable and prepared are so key to tackling the job at hand, according to 1,000 career dressers surveyed by Naturalizer Shoes through the pages of Working Woman magazine. Whether dressing to make an impression or simply to get the job done, the following tips can help career women face any business situation with confidence:

• **Be on Guard!** — Keep a versatile jacket or simple dress on the back of your office door for unexpected meetings.

• **Stay Smooth** — Wear wrinkle-free fabrics, like knits and polyesters. But, if your "power" suit is linen, make sure the jacket is long enough to cover your lap, which is most prone to wrinkling from sitting down.

• **Skirt the Issue** — Save this fall's long, slender skirts for a day in the office. When traveling or running around town, wear full skirts or skirts cut above the knee for ease of mobility.

• **Fly in Comfort** — Wear comfortable, well-fitting shoes when you fly and keep them on your feet! You'll be happy you did during those long flights when feet tend to swell. Naturalizer offers a wide range of sizes and widths to take your feet from the terminal to the taxi in comfort and style.

• **Make Sure the Shoe Fits** — Have your feet measured twice a year at a women's specialty shoe store to ensure maximum comfort and fit in footwear. As you grow older or experience a major shift in body weight, your arches can begin to flatten, making your feet wider and longer.

• **Accessorize Wisely** — Keep jewelry to a minimum and stay away from large pieces that can be distracting. Wear bracelets and rings on the opposite arm and hand with which you write.

• **Pick the Right Pocket** — At conventions and trade shows where you'll be meeting a lot of contacts, wear clothes with flat, square pockets to hold business cards.

• **Dress Up** — Dress "up" to the position/status to which you aspire. There's something to be said for the entry-level worker who dresses like the boss.

To get the full story on what women are wearing to the office and why, write for a free brochure from Naturalizer titled "Career Dressing That Works: Fashion Statements from Women Who Have Stepped Ahead." Send a legal-sized, self-addressed, stamped envelope to M. Wilhelm, Brown Shoe Co., Advertising Dept., 8300 Maryland Ave., P.O. Box 354, St. Louis, MO 63166. Offer good until Dec. 31, 1992, or while supplies last.

## SHOE DEPOT OFFERS LADIES SHOES AT LOW PRICES

Las Vegas—How would you like to purchase shoes at 30 to 70 percent off regular prices? The Shoe Depot, recently opened on 4050 West Desert Inn Road west of Valley View Blvd., is offering top quality ladies shoes at low prices through a new concept in retailing.

Ed and Sharron Barkan are offering top quality shoes at discounts of 30 to 70 percent through an innovative method of keeping operating costs to a minimum.

"We are open just 6 days a week," said Ed Barkan, and our 4000-square-foot showroom is

in a bare-bones warehouse."

Since the store is open just a few days a week, overhead such as labor and electricity is reduced and the Barkans can shop the market for special buys when the store is closed. This follows the trend established by a number of retail stores in California, such as the Suit Broker in Fountain Valley, open just Friday, Saturday and Sunday.

"We sell shoes of the same top quality that are displayed in the expensive Strip Hotels," said Barkan. "Because of our lack of fancy displays and our stock of 7,000 pairs of quality shoes, we have become, in a few short weeks, the largest retailer of shoes in Las Vegas."

The Shoe Depot's dynamic merchandising policy includes fast close outs.

Sharron Barkan visits the major shoe markets around the country and since the store is (See Shoe Depot, Page 18)

**DON'T BUY ANOTHER PAIR OF LADIES SHOES UNTIL YOU SEE US!**

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