

HEALTH

THE UNDERREPRESENTED MINORITY, WOMEN MATRICULANTS ALSO INCREASE AS MEDICAL SCHOOL APPLICATIONS RISE FOR FOURTH YEAR

Washington, D.C. November 30, 1992 — Applicants for places in the class entering the 126 U.S. medical schools this fall increased by 12.3 percent over last year. The total applicant pool this year was 37,410 people. Of that group, 17,464 were accepted, and 16,289 matriculated.

• Underrepresented minority

applicants (blacks, Mexican Americans, Mainland Puerto Ricans and American Indians/Alaskan natives) rose to 4,034, an all-time high. The 1,827 underrepresented minority new entrants, composing 11.2 percent of all new entrants, also represent a record high. Minority matriculation increased 15.3 percent over last

year.

AAMC Present Robert G. Petersdorf, M.D., said, "The overall gain in underrepresented minority applicants and matriculants, and specifically among black male matriculants, is encouraging. However, much work remains if we are to reach the goal of 3,000 minority matriculants by the year 2000." Dr. Petersdorf introduced Project 3000 by 2000, the AAMC minority enrollment initiative, last November at the Association's Annual Meeting. Since then, some 80 medical school deans have appointed Project 3000 by 2000 coordinators for their schools.

• **Underrepresented minority women** matriculants increased by 20.5 percent over 1991. Minority men increased by 9.6 percent.

• **Black male** matriculants increased by 6.6 percent, despite their 0.6 percent decrease in accepted applicants.

• Among **white males**, applicants increased by 10.6 percent, accepted applicants decreased by 3.6 percent and matriculants decreased 3.7 percent.

• **Women** applicants rose 14 percent, accepted applicants, 41.6 percent of the new entrants and 39.4 percent of the total enrollment.

• **Asian/Pacific Islander** accepted applicants dropped 2.1 percent and matriculants from that group dropped 4.3 percent.

Free copies of the AAMC

report, Facts—Applicants, Matriculants and Graduates, 1986 to 1992, containing data for those years by state, gender and ethnicity, will be available on Fri., Oct. 30. The material therein may be reproduced freely, so long as the Association of American Medical Colleges is credited as the source.

Minority Health Update

Facts From the National Heart, Lung, and Blood Institute

Favorite Black and Hispanic foods—high in fats and calories—could be recipes for trouble. Surveys show Blacks and Hispanics are more likely than the general population to be overweight.

For example, about 44 percent of Black women and 42 percent of Hispanic women are overweight, compared with 27 percent of all U.S. women.

Those extra pounds mean an added risk of heart disease, the nation's top killer, and high blood pressure, the chief cause of stroke. High blood pressure is especially common in Blacks.

Shedding that extra weight—and risk—may not be as hard as you think. Be more active. Cut back on calories and consume less fat and saturated fat.

Fortunately, this needn't mean giving up the foods you like. Nutritionists have converted many traditional Black and Hispanic recipes into heart-healthy meals. They suggest: Use beans and grains with small amounts of meat. Choose skinless chicken or turkey to replace neck bones, ham hocks, and fatback. Use a little vegetable oil, instead of lard or butter. Choose fruits for salads, instead of avocados or olives. Use more spices and less salt. Broil, steam, roast, and grill, instead of frying or basting with fat.

Here's an old favorite, "Picnic



Potato Salad," revitalized into a healthy dish of only 92 calories per 1/2 cup serving:

Combine: 1/2 cup plain low fat (1%) yogurt; 1/2 cup mayonnaise-type salad dressing; 1 tbsp vinegar; 1 tsp salt; 1 tsp fresh, chopped parsley; 2 tsps prepared mustard; 1 clove garlic, minced; and a pinch of freshly ground black pepper.

Add: 6 cups peeled, cooked potatoes, diced; 1 cup coarsely chopped celery; 1/2 cup sliced radishes; and 1/4 cup sliced scallions, with tops.

Mix well and refrigerate. You'll get about 16 servings. You may wish to substitute 6 cups of diced, cooked cauliflower for the radishes and potatoes.

Either way, your family can enjoy down-home cooking that's lower in calories and fat, but still rich in taste.

For more nutrition information, write the NHLBI Info Center, PO Box 30105, Bethesda, MD 20824.

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



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

tell if you have the problem, and medication and lifestyle changes can help you solve it. Says Shaul Massry, M.D., president 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.

YOU MAY BE SITTING ON A TAX DEDUCTION

In fact, you may have lots of little tax deductions lying around your home in the attic, basement, garage, workshop, or a closet.

The IRS will allow a reasonable tax write-off for items you donate to the American Cancer Society Discovery Shop.

Discovery Shops are upscale resale shops which sell pre-owned fine clothing, jewelry, collectibles, and housewares.

If you have items that you do not need anymore, but that still have a lot of use left in them, consider donating them to the Discovery Shop. You get a tax break. The American Cancer Society resells those items to support its programs of cancer education, patient services, and research.

Donate to your shop at:

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1768 E. Charleston Blvd.
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