

HEALTH

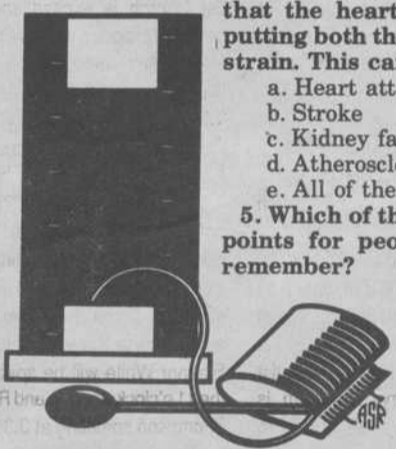
Get Checked for High Blood Pressure

Are you the one American in five who has or will develop high blood pressure at some time in your life? It ranks alongside high blood cholesterol levels and cigarette smoking as a major risk factor for heart disease, the nation's leading killer. Are you at risk for high blood pressure? How much do you know about the disease?

Test your knowledge with the "Heart-Healthy Quiz" presented by Marion Merrell Dow Inc., makers of cardiovascular medications. Answers appear at the bottom of the column.

1. Which of the following factors may contribute to high blood pressure?

- a. Being overweight
- b. Excessive salt intake
- c. Age



that the heart is working harder than normal, putting both the heart and the arteries under great strain. This can lead to what condition?

- a. Heart attack
- b. Stroke
- c. Kidney failure
- d. Atherosclerosis
- e. All of the above

5. Which of the following are the most important points for people with high blood pressure to remember?

- a. Follow your doctor's instructions
- b. Stay on your medication
- c. a and b
- d. None of the above

- d. Hereditary conditions
 - e. All of the above
- 2. Blood pressure is:**
- a. The thickness of the blood
 - b. Force created by the heart as it pushes blood into the arteries and through the circulatory system
 - c. When blood flow is cut off from one's arms and legs
 - d. None of the above
- 3. High blood pressure in adults is defined as:**
- a. Systolic pressure 140 and diastolic pressure 70
 - b. Systolic pressure 150 and diastolic pressure 90
 - c. Systolic pressure 140 and diastolic pressure 90
 - d. Systolic pressure 180 and diastolic pressure 40
- 4. High blood pressure indicates**

Answers: 1-e, 2-b, 3-c, 4-e, 5-c

HEALTH WIRE NEWS BRIEFS

PREVENTING & REVERSING LEAD POISONING'S EFFECTS ON CHILDREN

A study appearing in the April 1st issue of the journal of the American Medical Association found that children scored better on intelligence tests after the amount of lead in their blood was reduced. The study is the first to indicate that the effects of lead poisoning in children—reduced language, math, spelling, reading and all other academic skills—can be reduced by removing the lead from the children's bodies.

Lead poisoning is not visible to doctors or parents. Previous studies have shown that African American, Latino, and children who live on low-income areas are at risk, as well as children exposed to old (pre 1978) chipped or peeling paint in apartment or school buildings, lead-contaminated soil (near highways), or lead-contaminated water. At risk children should be tested at 6-months of age, and at least a year thereafter until age 6.

A blood level of 10 indicates a moderate problem, a blood level of 25 or above suggests

that a child may be a candidate for therapy to reduce the child's blood lead level. The Centers for Disease Control in Atlanta recommend that children take a venous (by vein) test, not a pinprick (by finger) test. For further information or recommendations, contact: Dr. John Rosen, Albert Einstein College of Medicine, Bronx, New York, 718/920-5016.

NIH RECOMMENDS TESTING CHILD'S HEARING AT BIRTH

New parents should routinely request that their newborns be tested for hearing loss, according to new recommendations by the National Institutes of Health in Maryland. Severe or moderate hearing impairment can prevent the development of language skills in children. Studies indicate that children whose hearing problems go undetected until age 3 or older, lose \$400,000 to \$800,000 in lifetime income because of reduced language skills. One in 1,000 children are born with severe hearing loss, and one in 3,000 to 4,000 have moderate hearing loss.

The Auditory Brain Stem

(ABR) test is available at most hospitals and should be covered by insurance or medicare. The shorter, less expensive, Otoacoustic Emissions Test may be available in large cities only. For further information contact: Dr. Gregory Matz, Prof. of Otolaryngology, Loyola Univ. of Chicago Medical Center, 708/216-8878.

THE COSTS AND EFFECTS OF HIGH CHOLESTEROL

Bill Cosby knows how high blood cholesterol can lead to heart disease. He also knows how changes can help turn the problem around. To learn more, contact your nearest American Heart Association.

You can help prevent heart disease. We can tell you how.



American Heart Association

This space provided as a public service.

HEALTH FOCUS TAKE THOSE STEPS TO GOOD HEALTH

by Donald E. Wesson, M.D.
Just do it.

A popular advertisement encourages us to stop procrastinating. Medical science also now recognizes that regular exercise is a vital component of a healthy lifestyle and it should be a part of your daily routine.

Did you know that regular exercise:

- helps prevent diseases of the heart and blood vessels?
- lowers blood pressure in people with hypertension?
- lowers blood sugar in people with diabetes?
- reduces bone mineral loss in post-menopausal women?
- improves muscle tone and circulation?
- reduces weight
- relieves stress?
- makes you feel better?

African Americans have a disproportionately high incidence of high blood pressure and diabetes — two chronic diseases that are more controllable in people who exercise regularly. This group should be particularly encouraged to include exercise in their treatment strategy.

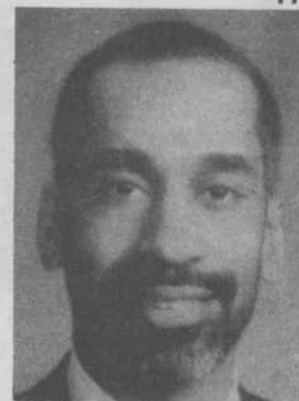
When most of us think of exercise, we think of the vigorous and demanding training done by competitive athletes. In fact, with only 15 minutes of brisk walking done daily, you can reap the benefits of regular exercise. This pace is about three miles per hour or about twice as fast as a leisurely stroll.

People who live in economi-

cally disadvantaged communities often find it difficult to engage in outdoor fitness program, such as aerobics. Perhaps the best long-range solution is to start a community-based outdoor and indoor recreational program. Such a valuable and essential resource can unite communities by developing a sense of achievement and camaraderie.

Although walking is among the simplest exercises we can do, other activities include bicycling, dancing, housework, and gardening. The key is regularity. You should exercise at least three to four times weekly to see the results. Motivation is often a problem. Consider teaming up with a partner to make exercise more appealing and enjoyable. Taking a walk or a bike ride, or working side-by-side in the yard with others can also bring families and neighbors together. Others can motivate you to adhere to your exercise regimen.

Choose a form of exercise



Donald E. Wesson, M.D. that suits your lifestyle and your level of fitness. A noon-time aerobics class may be fine for a busy office worker, while a school teacher may enjoy a late afternoon tennis game. For most people, regular walking is a convenient and easy way to start an exercise program.

Before getting started, here are a few important points to remember:

- Check with your doctor to discuss details about the exercise you have chosen. Some physical activities may be more appropriate for you than others.
- Set realistic goals. Overly ambitious expectations may cause you to abandon your exercise routine.
- Start slow and build up to your daily goal. For example, if your goal is 15 minutes of brisk

(See Health Focus, Page 21)

YOUR GRANDCHILDREN SHOULD BE SEEN, NOT BLURRED.



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