

KNOWING ABOUT STRESS

HOUSTON — Knowing there are two kinds of stress is the first step to managing it says Dr. Michael Cox, a psychologist at Baylor College of Medicine in Houston.

"With stress, there are two categories — things you can do something about and things you cannot change," Cox said. Signs of stress include fatigue, irritability, impatience, worry, loss of sleep and distraction.

"Avoiding and denying that stress exists will not make it go away," Cox said. Stress that people can do something about — personality conflicts, marital stress and illness — requires action. Lessening these types may be simply a matter of negotiation, compromise, or following doctor's orders. Look at the different ways you can change the situation to lessen the stress, make your decision and face the stress head on," Cox said. "Action is the fastest way to reduce the level of stress." For sources of stress that cannot be changed, such as a death, divorce or deadlines, Cox recommends the following:

- * Reach out to others for support.
- * Take good care of yourself — rest, eat right, exercise.
- * Make time for enjoyable activities.
- * Learn to relax.
- * Pace yourself; do not push yourself too hard.
- "These types of activities can make a person resilient to stress and depression," Cox said.
- While relaxing seems like it should be easy, it is difficult for some people.
- "People under stress often spin their wheels by constantly reminding themselves of what they need to do better and faster," he said. "The best action is to take your mind off the stress."
- Cox recommends a few minutes of relaxation at least three times a day using these techniques:
 - * Keep eyes closed.
 - * Picture an enjoyable scene — beach, mountain, vacation.
 - * Maintain the scene and actually feel it — smell the sea, feel the breeze and sun.
 - * Think soothing thoughts.

LAS VEGAS PROGRAM TO RECEIVE A NATIONAL AWARD FROM CSAP

WASHINGTON, DC — A Las Vegas alcohol and other drug abuse prevention program, was deemed exemplary by a distinguished panel of prevention experts who reviewed program applications for the Fifth Exemplary Prevention Program Awards project.

Nevada was one of nine states submitting 11 winning programs that addressed the prevention of alcohol and other drug abuse.

The winners will be honored at a ceremony on Capitol Hill on July 26.

The Center for Substance Abuse Prevention (CSAP), in collaboration with the National Association of State Alcohol and Drug Abuse Directors (NASADAD) and the National Prevention Network (NPN) has undertaken for the fifth year the search for the best prevention programs in the Nation.

Vivian L. Smith, M. S. W., Acting CSAP Director, said: "This is our opportunity to recognize some of the most effective prevention programs in the country. It is a reward to those people who work hard, and are in the community days, nights, and weekends — those who make prevention work."

The following is a brief description of the Nevada program:

Doolittle Tutorial Program — This program provides neighborhood after-school educational services to low-income, grade-school children who are bused during the day to schools throughout their school district. CONTACT: Robert Brewer, (702) 365-1555.

CSAP was created by the Anti-Drug Abuse Act of 1986 to lead the Federal Government's effort to reduce the demand for

illicit drugs and to prevent alcohol and other drug problems in the Nation.

In 1987, CSAP (then OSAP),

NASADAD, and NPN conducted their first joint nationwide search for exemplary community prevention programs.

QUICK RESPONSE AFTER STROKE CAN BE LIFE SAVING

An estimated 500,000 Americans are expected to suffer a stroke this year, but the extent of brain damage of these victims may be lessened with a quick response, says a Stanford University neurologist.

"While preventive measures - lowering blood pressure or stopping smoking - are the first line of defense, recent medical advances have made it possible in some cases to prevent much of the brain damage that occurs during a stroke," says Dr. Gregory W. Albers, assistant professor of neurology, and director of the Stanford Stroke Center.

Albers explains that drugs are starting to be used to dissolve the artery-blocking clots which cause the stroke - if they're within a few hours of the onset of the stroke.

"These drugs, such as tissue plasminogen activator (tPA), are showing great promise in preliminary clinical tests," Albers explains.

The neurologist says that signs of stroke include very sudden onset - within seconds or minutes - of such symptoms as a weakness on one side of the body, loss of speech, double vision, or sudden blindness.

"These or similar stroke signs are characterized by their suddenness. For example, if over the period of a few months your arm gradually loses strength, that's probably not a stroke. On the other hand, if one minute

your arm feels normal and 30 seconds later it becomes weak, that's a sign that a stroke may have occurred."

If you think you or someone you're with might have suffered a stroke, seek prompt attention

HEALTH



Beating the Heat. U.S. Department of Health and Human Services Secretary Donna E. Shalala visits the Washington Senior Wellness Center in Washington D.C. to give tips on how to stay cool. In photo above, Shalala (R) enjoys a good laugh with Erma Simon, a center member. Photo Credit: Chris Smith.

SIGNS OF HEAT ILLNESS

HOUSTON — "Goose pimples" can be an early indicator of heat illness in summer athletes.

Other signs include headaches, dizziness, nausea, muscle spasms, cramps, fatigue and excessive sweating, said Dr. Albert C. Hergenroeder of Baylor College of Medicine in Houston. Athletes experiencing any of these symptoms should stop, rest and drink water. The effects of heat illness are cumulative. Athletes are more likely to develop it on the second or third day of activity if precautions are not taken.

- Preventive measures include:
- * Staying in the shade as much as possible.
 - * Drinking at least a cup and a half of fluids each half hour. Water is preferred.
 - * Abstaining from salt tablets.
 - * Exercising in the mornings or evenings when temperatures are cooler.

VOLUNTEERS NEEDED

The Nathan Adelson Hospice is now accepting applications for two of its volunteer programs.

General Hospice volunteers are needed to work in patient and non-patient settings. Training sessions will be held on Saturday from 9 a.m. to 4 p.m., September 25th through October 30th.





Volunteers are also needed for the Hospice's E.A.S.E. (Early Assistance and Support in Emergencies) program. E.A.S.E. volunteers provide emotional support to families and

friends at the scene of a sudden death. Training sessions will be held on Saturday's from 9 a.m. to 4 p.m., October 2nd through October 30th.

For applications, or for more information, please call Dee King or Gary Gardia at 733-0320.

IT PAYS TO ADVERTISE CALL NOW 383-4030

ARE THESE ADDICTIONS CAUSING?

| | | | | |
|---|---|--|---------------------|-----------------|
| OVER-WEIGHT | CIGARETTES | NO MONEY | LOSS OF SELF-ESTEEM | NO WILL TO LIVE |
|  |  | DEPRESSION & CRYING | HEALTH PROBLEMS | NO FRIENDS |
| DRINKING | GAMBLING | LET ME HELP YOU NOW! | | |
|  |  | GUARANTEED RESULTS DAN HAMILTON, M.S. CERTIFIED CLINICAL HYPNOTHERAPIST 5030 PARADISE RD., C-112 262-9400 FREE CONSULTATION | | |
| | | WORTH \$20.00 Towards Your First Visit Must Present Coupon EXPIRES 8-30-93 | | |