

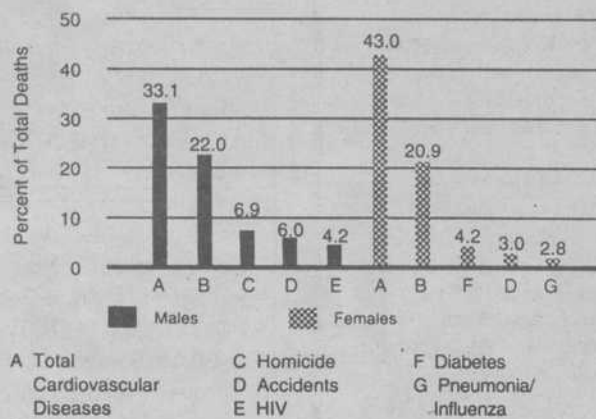
# MORE THAN 2 MILLION TEENS SMOKE, HEART AND STROKE FACTS REPORTS

An estimated 2.2 million American teens age 12-17 smoke cigarettes, engaging in a behavior that ultimately places them at significantly higher risk of heart attack and sudden cardiac death, according to the "Heart and Stroke Facts: 1994 Statistical Supplement," the American Heart Association's annual publication. It was released here as science and medical writers convened for the AHA's 21st Science Writers Forum, an annual briefing about cardiovascular (heart and blood vessel) disease research.

Smoker's risk of heart attack is more than twice that of non-smokers. And cigarette smoking is the biggest risk factor for sudden cardiac death, with smokers having two to four times the risk of non-smokers.

"Each day an estimated 3,000 children begin smoking cigarettes, which puts them at risk for developing cardiovascular disease, the nation's No. 1 killer," says James H. Moller, M.D., AHA president and professor of pediatrics at the University of Minnesota, Minneapolis. "Ultimately these children may join the ranks of the 417,000 people who die each year of tobacco-related deaths. This

Leading Causes of Death for Black Males, Females  
United States: 1990 Final Mortality



Source: National Center for Health Statistics and the American Heart Association.

should be a call to continue the fight against this deadly, addictive habit."

Some other Heart and Stroke Facts about children and tobacco:

- \* Nine million American children under the age of five live with at least one smoker and are exposed to second-hand smoke almost the whole day;

- \* Each year secondhand smoke causes up to 30,000 lower respiratory tract infections in children younger than one and one-half (and up to 15,000 of them must be hospitalized);

- \* Mothers who smoke 10 or more cigarettes per day can cause as many as 26,000 new cases of asthma among their children each year; and

- \* Infants are three times more likely to die from Sudden Infant Death Syndrome (SIDS) if their mothers smoke during and after pregnancy.

Teens and younger children aren't the only ones at risk, though. Nearly one-fifth of deaths from cardiovascular disease (CVD) are attributed to smoking. Also, about 37,000 to 40,000 non-smokers die each year from

# HEALTH

CVD as a result of exposure to secondhand smoke.

In addition to the physical toll — heart disease and stroke struck down 923,422 Americans in 1991 — these illnesses will cost an estimated \$128 billion in 1994. This includes \$82.2 billion

for hospital and nursing home services; \$19.7 billion for physician and nurse services; \$7.8 billion for drugs; and \$18.2 billion in lost productivity.

And, a fact that may be of interest to women — since 1984 females deaths from CVD have

surpassed male deaths. In 1990 478,179 women succumbed to CVD compared to 447,900 men. Also, twice as many women die of CVD as from all forms of cancer.

Although high blood pressure (See 2-Million Teens, Pg 20)

## THOSE AT HIGH RISK FOR FLU SHOULD CONSIDER FLU SHOTS

Even though the full brunt of the flu season is here, the unvaccinated elderly and others at high risk for flu complications may still want to consider getting flu shots.

"The best time to have gotten a flu shot was well in advance of the flu season," said Dr. W. Paul Glezen, epidemiologist at the Influenza Research Center at Baylor College of Medicine in Houston, "but people in the high risk groups, and that includes the elderly, should still consider vaccination and consult their physicians."

Glezen warns that unvaccinated elderly people are more susceptible to the flu's life-threatening complications, chief among them pneumonia. This is because they tend to have more underlying health problems, he said. Because the flu vaccine does not provide full protection for two weeks, it is possible to contract influenza even after getting a shot, Glezen said. But protection during the two-week period can be provided by taking a prescription antiviral drug, either amantadine or rimantadine.

The elderly are not the only ones who should

guard against flu complications. Other high-risk groups are:

- \* People with heart and lung disease, including asthma and chronic bronchitis.

- \* People with diabetes, chronic kidney disease and chronic anemia, including sickle-cell disease.

- \* People, such as health-care workers and home care-givers, likely to come in contact with people in any of the other high-risk groups.

Influenza usually strikes suddenly and produces symptoms such as fever, generalized muscle pain, weakness and a dry, hacking cough. The prescription drugs amantadine and rimantadine can be used for treatment of influenza A if they are taken within 48 hours of the onset of symptoms.

Victims of the flu should get plenty of rest and drink lots of liquids.

Adults may take aspirin or an aspirin substitute to reduce fever and pain but people younger than 21 should use only acetaminophen pain relievers. Aspirin and ibuprofen have been associated with Reye's syndrome, a complication of flu and chicken pox that can cause vomiting, convulsions, brain damage and even death in children.

## FEDERALLY FUNDED CONDOM ADS BREAK NEW GROUND

The Centers for Disease Control and Prevention (CDC) recently launched its series of new radio and television public service announcements (PSAs) targeting sexually active young people who are at increased risk for HIV infection. The PSAs are part of a revamped CDC HIV prevention program and mark the initiation of federally funded PSAs that explicitly discuss condom use on television and radio.

The PSAs are the most visible component of the CDC's new Prevention Marketing Initiative to prevent the sexual transmission of HIV and other sexually transmitted diseases (STD's) among young people.

"The AIDS community has fought for years for wide distribution of explicit, targeted AIDS education," said Daniel T. Bross, AIDS Action Council executive director. "In the past, the CDC has told people that the way to prevent AIDS is to 'put your socks on.' Euphemisms such as these have limited value; the high rate of death among young adults due to AIDS tells us that we need a far more sensible approach to public health." AIDS is the leading cause of death among men, ages 25-44, and

the fourth leading cause of death among women, ages 25-44.

"The PSAs, along with CDC's assertions that condoms are effective in preventing HIV infection, mark a significant break from the past," Bross added. "The new CDC initiative is a long overdue first step in what the AIDS community hopes will be a fresh start for the CDC's HIV prevention program. At the same time, we believe that the networks and local affiliates and

radio stations have an obligation to air these and other, more frank announcements.

AIDS Action Council, founded in 1984, is the only national organization devoted solely to advocating for more effective AIDS policy, legislation and funding by the federal government. AIDS Action Council represents more than 1000 community-based AIDS service organizations throughout the United States.

## AMERICAN HEART ASSOCIATION OFFERS NUTRITION CLASSES

The American Heart Association is offering three free nutrition classes in celebration of "February is American Heart Month". Each session will feature both a registered dietitian and a cardiologist as presenter, and a question and answer period will allow participants to have their questions about diet and heart health answered. The following topics and locations are available:

- "The Challenge of Choice: Eating for a Healthy Lifestyle", Wednesday, February 2, 7 p.m., Sunrise Hospital, Carolyn Leontos, R.D. and Robert Shiroff, M.D.;
- "Cooking for a Healthy Lifestyle" (Includes cooking demonstration), Tuesday, February 8, 7 p.m., Valley Hospital, Barbara Paulsen, R.D. and Donald J. McSweyn, M.D.;
- "The Lowdown on Lipids", Wednesday, February 16, 7 p.m., Desert Springs Hospital, Jan Waters, R.D. and Gregory Uhl, M.D.

While classes are free, seating is limited and participants must pre-register with the American Heart Association. To register for one or more of the sessions, call the AHA at 367-1366.

## LARRY J. EDWARDS, M.D. Obstetrics and Gynecology

- Same Day or Next Day Appointments Available
- Military Dependents
- Prenatal Care & Delivery
- Vaginal Birth After Caesarean
- High Risk Pregnancy
- Menopause
- PMS or Pelvic Pain
- Chronic Infections
- Endometriosis Treatment
- Laparoscopic Laser



- Adolescent Gynecology
- Birth Control

MEMBER CLARK COUNTY MEDICAL SOCIETY

— MOST INSURANCE ACCEPTED —  
**474-6700**  
**1250 S. EASTERN AVE.**