

AOA TO ELECT FIRST AFRICAN AMERICAN PRESIDENT AT ANNUAL BUSINESS MEETING, JULY 15-17

CHICAGO—As osteopathic physicians (D.O.s) from across the nation convene in Atlanta, Ga., for the American Osteopathic Association's (AOA) annual business meeting from July 15-17, they also will be celebrating an historic event: the inauguration of the association's first African American president.

William G. Anderson, D.O., will be inaugurated as AOA president on Sunday, July 17.

At a luncheon ceremony, he will present his inaugural speech outlining his presidential initiatives for the upcoming year; during this speech, Dr. Anderson will also unveil his presidential theme for the year which is "Osteopathic Medicine: An Idea Whose Time

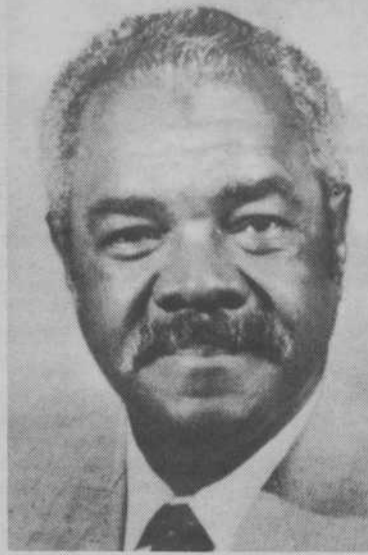
Has Come."

"As all of healthcare enters this next year of reform and change, osteopathic medicine continues to be a natural solution," said Dr. Anderson.

"The osteopathic profession has been committed to primary care for more than a century and the age-old ideals of osteopathic medicine now represent the backbone of the current reform debate."

Dr. Anderson began his professional medical career in Albany, Ga., where he practiced for six years.

During this time, he was a founder and first president of the Albany Movement. As a close friend of Dr. Martin Luther King, Jr., Dr. Anderson worked extensively to spearhead the Civil Rights



WILLIAM G. ANDERSON, D.O.

Movement in Southwest Georgia throughout the 1960's.

At this annual policy-setting meeting, members of the AOA House of Delegates will also debate various healthcare reform topics. In addition, among the hundreds of resolutions, D.O.s will debate:

- Working for equitable graduate medical education reimbursement between osteopathic and allopathic post-graduate medical education programs.
- Opposing excessive expansion of federal control of health delivery.
- Supporting programs which encompass healthcare cost containment without endangering quality of care.
- Supporting private practice of physician assistants and nurse practi-

tioners.

- Lowering the legal level of intoxication for drivers under age 21 from 0.10% to 0.02%.

- Supporting the formation of federal legislation designating any crime committed while using a firearm to be a capital crime.

As the osteopathic profession steps up its dedication to the reform debate, this annual meeting acts as a vital cornerstone in the profession's policy-making blueprint.

Across the nation the AOA, which represents more than 35,000 osteopathic physicians, encourages scientific research, promotes and public health and is the accrediting agency for all osteopathic hospitals and colleges.

H E A L T H

HEALTH BRIEFS

OBESSE BLACK TEENS UNWARE OF HEALTH RISKS

Many overweight black teens do not realize obesity is a health risk. "They know they have a weight problem, but they don't think of the health consequences," said Dr. John Foreyt of Baylor College of Medicine in Houston.

Misconceptions about obesity differ greatly among black and white teenagers. Studies show that 40 percent of obese black females and 36 percent of the males perceived themselves as heavy compared to nearly 100 percent of white females and 78 percent of white males.

Adolescence is a critical time of adult obesity development. Eighty percent of obese teenagers are likely to grow into

overweight adults, Foreyt said. It is important to educate teens about the health risks of obesity, he said.

NEW MOTHERS OFTEN RETURN TO SMOKING

Pregnant women may be getting the message about the dangers of smoking, but the majority return to the habit following pregnancy.

One hurdle for pregnant women who quit smoking is the change in attitudes of those around them once the baby is born, said Dr. Marianna Sockrider, a pediatric pulmonologist at Baylor College of Medicine in Houston.

"During pregnancy, people are sensitive about smoking," she said. "They don't smoke around the pregnant woman or offer her cigarettes. But, once

the baby is born, the pressure to smoke resumes."

Sockrider suggests that new mothers who wish to quit smoking permanently examine why they smoke and look at different post-pregnancy coping mechanisms. They can also seek the cooperation of smokers around them.

INOCULATIONS FOR OVERSEAS TRAVELERS

Getting a flu shot in mid-summer may seem like a strange suggestion, but, for North Americans headed south of the equator, it probably should be part of travel plans.

That's because winter—and thus flu season—is at the opposite time of year in the southern hemisphere.

Other inoculations which may be wise for international travel-

ers, said Dr. James H. Runnels of the Travel Medicine Service at Baylor College of Medicine in Houston, include yellow fever; cholera; gamma globulin as a hepatitis A preventive; and a one-time polio booster for adults whose initial polio shots may have been long ago.

Additional medical precautions, Runnels said, depend on destination, planned activities, length of stay, previous vaccinations and the state of the traveler's health.

EARLY DIAGNOSIS OF SCOLIOSIS IMPORTANT

Early diagnosis and treatment for scoliosis in children can help lessen the severity of this curvature of the spine.

If scoliosis is diagnosed at the earliest possible age, measures such as bracing can reduce the chance that the curvature will worsen, said Dr. Wendell Erwin, an orthopedic surgeon at Baylor College of Medicine in Houston.

In some cases, surgery may be required.

The first symptoms of scoliosis can be mistaken for other problems, Erwin said, particularly in rural areas and among the poor who do not have ready access to medical care.

The majority of scoliosis cases are hereditary and cannot be prevented, but early intervention may prevent disability.

HEARTBURN OR HEART ATTACK?

Knowing the difference between heartburn and a heart attack could prevent a trip to the hospital.

Many people mistake the burning feeling in the pit of the stomach for a heart attack. About 20 percent of emergency-room patients who thought they were having heart attacks actually suffered from heartburn, said Dr. Fred Sutton of Baylor College of Medicine in Houston.

FIRST AID WORKSHOP

The Chuck Minker Sports Complex, 275 N. Mojave Road, hosts a first aid workshop on Wednesday, July 27. The three-hour seminar begins at 6 p.m. and will be presented by CPR Plus. The course is designed for those 13 and older.

Registration continues through July 25 at a cost of \$15, which includes testing for certification. The class, sponsored by the City of Las Vegas, focuses on recognizing the signs of shock, heart attacks, or environmentally related illness. Also covered will be treatment for choking, cuts, sprains, and broken bones. Call 229-6563 to register.

Heartburn, or acid indigestion, is caused by a backflow of stomach acids into the esophagus, the long tube connecting the throat and stomach. As food travels through the esophagus, the muscle at the bottom of the esophagus weakens, allowing acid to flow back into the stomach.

But, Sutton said, if a person has any doubts as to whether it is heartburn or heart attack, medical attention should be sought immediately.

ALCOHOL ABUSE DANGEROUS TO ELDERLY

Health problems among the elderly are often accelerated by alcohol abuse. Because their

bodies do not have the strength to bounce back from alcohol abuse, the elderly are more prone to kidney and liver failure along with memory problems and personality changes, said Dr. Mark Kunik, a geriatric psychiatrist at Baylor College of Medicine in Houston.

In older people, it is important to acknowledge alcohol abuse quickly, Kunik said, because problems associated with excessive drinking are more difficult to overcome and often lead to hospitalization.

Recovery can be encouraged with intervention by family members, friends and health-care professionals.

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