

AHA

(Continued from Page 17)
 the death rate from heart attack for African-American women is about two times that of white women and three times that of women of other races.

* The death rate from coronary heart disease among African-American women was 33 percent higher than for white females in 1991.

* Also in 1991 the death rate from cardiovascular disease among African-American women was 69 percent higher than for white females — 221.6 deaths per 100,000 compared to 131.2 deaths per 100,000 women.

The goal of this conference is to bring the message to African-American women that they are at greater risk. "All women need to be conscious of their own personal risk," says Taylor. "Heart healthiness should be a lifetime commitment. In childhood and adolescence, risk factors are most important.

In mid-life, the critical issue is to know symptoms and how to get appropriate treatment." Highlights of the conference will include:

* Evaluation of specific risk factors for heart disease in women with an update on the impact of hormones.

* Critical health issues for African-American women

* Women's symptoms for heart disease and treatment practices

* Diagnostic tests for heart disease in women

* Heart disease prevention regimens for women

Recognizing the need for aggressive community outreach, conference speakers will discuss the leadership role women themselves must play in this serious health issue. "Women are traditionally very good caretakers of their family's health," says Taylor. "But they often fail to take care of themselves.

We need to help women put a high value and priority on their cardiac health and encourage them to take preventive responsibility now."

AHA affiliate volunteers and

FOR THE LADIES

(Continued from Page 17)

no other reason except I was her mother. I've observed people who are older and wiser, and they too have learned what love is all about. Take for example, a couple that has been married for 50 years. By this time they are probably in their 70's and no longer the spry youngsters they were when they first met. They are worn with age and covered with wrinkles. Physical attraction is no longer on the top of their list. They love each other's spirit and mind. They respect each other and each gives the other space and individuality. They appreciate each other for the hardships and disappointments they've encountered over the years. They understand that being together is the most important thing... not the mortgage, or money, or sex. They love each other unconditionally.

As human beings, this is the kind of love we crave. Unconditional love. We want to be loved not because of but in spite of. We want to be cherished, treasured and valued by other human beings.

Unfortunately, somewhere between infancy and old age, we often forget what unconditional love is all about. We may need to take some lessons from our babies and our elders. They've got the right idea about love.

staff who attend the conference will be encouraged to educate African-American women in their communities about heart disease through similar conferences, educational forums

and speaker's bureaus. The AHA will provide affiliates with information packages and additional resources to help facilitate ongoing education with this serious women's health issue.

The conference is made possible by an educational grant from DuPont Radiopharm-

aceuticals, a division of the DuPont Merck Pharmaceutical Company, as part of The Difference In A Woman's Heart; a national action campaign to educate physicians and patients about heart disease in women. Additional financial support is provided by Metropolitan Life Foundation.

HEALTHWIRE

(Continued from Page 15)

for Asians and Native Americans are similar to, or lower than, those for whites.

Cases among Latinos fall between those of whites and African Americans. Despite this relatively high rate, research on heart disease in Latinos is scant. "There is very little out there about coronary heart disease in this population," said Dr. Paragioti Caralis a physician at the Veterans Affairs Medical Center in Miami and professor at the University of Miami Medical School.

Why are heart disease and hypertension so common in African Americans? Recent research suggests that differences in salt metabolism may be part of the explanation. One study by Norman Hollenberg of Harvard University showed low rates of aldosterone, a hormone responsible for the processing of salt in the body, among African Americans with hypertension.

However, the work of Dr. Randall Tackett, at the University of Georgia, revealed that salt metabolism may only be a part of the story. Dr. Tackett discovered that the veins of African Americans were actually less flexible than those of whites and that such a lack of flexibility could contribute to higher blood

pressure and a need for stronger hypertension medications.

Among Asian Americans, a study comparing heart disease among Japanese people who left Japan to move to Hawaii or California, demonstrated the impact of environmental and other non-genetic factors. The Ni-Hon-San study, conducted by the Honolulu Heart Project, showed an increase in heart disease, obesity, and cholesterol levels among study participants as they moved west from Japan to Hawaii or California.

Yet, people from China, Japan and the Philippines carry very different risk factors for cardiovascular disease. A California study of more than 13,000 Asian Americans found that Chinese Americans had the lowest risk for heart disease. Japanese people had the highest cholesterol and Filipinos were the most likely to have hypertension. Other recent studies among Southeast Asians, focusing on people from Pakistan, India and Bangladesh, suggest a connection between their high rates of heart disease and insulin resistance.

To Be Continued
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EBONY ETCHINGS

(Continued from Page 14)

participating in the inaugural CAL-PAC/COCA-COLA North/South Shoot-Out Golf Tournament in Las Vegas, August 27th and 28th, the Northern contingent of golfers lead by Oakland's Bird Kage sand baggers came out ahead to claim 'braggin rights' as the best in the west' for a year. John Williams was the low gross player from Northern California posting a two day score of 156, and the overall team results were as follows: First Place Northern Team with a 118 two day adjusted score - Walter Mitchell and Hugh Mahoney. First Place Southern Team with a 123 two day adjusted score - Booker Evans and Charlie Pointer. Second Place Northern Team with a 128 two day adjusted score - Ces Butler and Clem Daniels. Second Place Southern Team with a 128 two day adjusted score - John Edmond, President of Las Vegas Black Tavern Owners Association and Sam Armstrong a member of the BTO. Third Place Northern Team with a 123 two day adjusted score - Rick Gonzalez and Larry Morgan. Third Place Southern Team with a 129 two day adjusted score - Steve Weisberg and Dave Matzke. Closest to the Pin on the first day of competition was a Southern California team sweep. Carlton Bryant captured the prize on the Number 2-hole, Dave Matzke captured the prize on the Number 10-hole, and Pat Beauchamp captured the prize on the Number 15-hole. Closest to the pin on the second day was almost another Southern California team sweep, with James Tippins from Southern California and a CAL-PAC Board Member capturing the prize on the Number-2 Hole, Wilbert Jackson from the Black Tavern Owners Association in Las Vegas capturing the prize on Hole Number-10, and former basketball great Bill Russell playing on the Northern California team capturing the prize on the Number-15 hole...and that's Hollywood this time!! Until the next time, Lanier.

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