

SUGAR PUDDY



BY ZILDA PURKAY-WILLIAMS

FOR THE LADIES

STAY AWAKE AND MAKE YOUR DREAMS HAPPEN

By Bonita Armstrong

We all have dreams, we dream about the kind of husband we want, the kind of children we'll have, the kind of home we want, the kind of job we want, the kind of world we want to live in. The list could go on and on.

After we dream, then we debate. We talk to each other about the sad shape the world is in today. We discuss all the problems in our community and bash those in leadership positions for not doing a better job. We crucify the school system for failing our children and crucify the churches for not reaching the lost. We discuss black men and their problems and why aren't there more good black men available.

Then we sit back and dream some more.

What have we actually done when all this dreaming and discussing is over? Have we stepped out and done anything at all about the condition our society is in? Have we attended



BONITA ARMSTRONG
a PTA meeting or a school board meeting and tried to change things in our schools? Have we taken the time to talk to our leaders to see if they need our help?

If we are career women, and dream of having a wonderful career someday, are we taking the steps to fulfill that dream? Are we planning for our future by saving money wisely? Are we complaining about being overweight and sluggish but still not eating properly and exercising regularly?

Are we only dreaming about being the best we can be, having the best relationships and community we can have, or are we staying awake and making these things become reality?

Dreams are wonderful things ...but only action makes dreams come true.

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Growing Number Of Women Suffer Arthritis

ATLANTA - Arthritis, the most common and disabling chronic condition in women, will affect 36 million American women by the year 2020, federal health officials predicted Thursday.

The U.S. Centers for Disease Control and Prevention (CDC) estimates that 23 million women currently suffer from arthritis.

Arthritis is 60 percent more common in women than in men, the CDC said, and as the average age of the U.S. population rises, the proportion of women with inflammation of the joints will increase.

"The U.S. population is aging and there will probably be a larger proportion of older people in the year 2020, since arthritis is more common in older people," said Dr. Jaya Rao, a medical epidemiologist in the CDC's National Center for Chronic Disease Prevention and Health Promotion.

Based on a survey of over 24,000 women between 1989 and 1991, the CDC estimated that 4.6 million women had limited their activities because of arthritis, making it the most common cause of limited activity among women. More than one in 10 women in their 60s said

they curtailed activities because of arthritis.

"Women are at greater risk of developing arthritis and make up nearly two-thirds of all Americans with the disease," said Dr. Teresa Brady, a medical advisor to the Arthritis Foundation. The CDC said arthritis was reported by 8.6 percent of women aged 15 to 44, 33.5 percent of women aged 45 to 64, and 55.8 percent of women over age 65.

"It's very apparent from this study that more funds are needed to support research about arthritis in women to determine why women are at greater risk for the disease, how it affects their independence, and how we can intervene to limit the disease's impact," Arthritis Foundation president Don Riggan said.

To reduce the risk of arthritis, the foundation urges women to maintain appropriate weight and avoid injuries or excessive stress to joints from accidents, sports injuries or work.

Women who have arthritis can benefit from regular exercise, the use of heat or cold, and medication, the foundation said.

Arthritis is the most common chronic condition reported by women, occurring three times as often as hypertension, which ranks second.

"Even though arthritis affects more women than most women's diseases, it's not commonly recognized as a women's disease," Dr. Brady said.

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