

FOR THE LADIES

RECLAIMING HUMANITY

By Bonita Armstrong

The ills of this world are many. No one can argue against that truth. The homeless population is growing rapidly. Wars are raging in Third World countries as well as South Central Los Angeles and other inner-city areas. Crime is on the upswing. Prejudice, sexism, and racism are still major problems in the work place.

Fortunately, there are a lot of things right with our society also. There are programs set up to house the homeless and feed the poor. Civic-minded organizations, schools and churches are fighting the war against drugs. Major companies are hiring more minorities and women. Ex-gang members are rising up to denounce the very



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madness that they once adopted and many other wonderful things are happening.

Humans are reclaiming humanity.

We're believing that there is hope for the world. We're coming to the conclusion that life is precious and sacred. We're

understanding that we have to work together to correct years of social injustices.

We are learning that taking notice of our surroundings begs concern; concern begs thinking; thinking begs ideas; ideas begat action; action begs solutions; and solutions begat the well-being of all mankind.

Yes, the world is full of trouble. But it is also full of loving, kind and generous people who only want the very best for every living being.

...Welcome home, Humanity.



WOMEN'S HEALTH

New Approach to Pain Relief For Breast Cancer Patients

News USA

(NU) - Approximately 182,000 women were diagnosed with breast cancer in 1994, according to the American Cancer Society. In nearly half of these patients, research shows the disease will metastasize, or spread, to the bone, causing pain that may become excruciating and relentless. The pain can undermine a patient's ability to fight cancer by limiting physical activity, and reducing sleep and appetite.

Unrelieved cancer pain is not inevitable. It is, however, frequently undertreated, and new guidelines on treating pain were issued recently by the Agency for Health Care Policy and Research. Among the treatments recommended by this agency is Metastron, a radiopharmaceutical which is administered as a simple outpatient injection. Unlike other forms of pain medication, Metastron both alleviates existing sites of pain and, as shown in clinical trials, delays the development of new sites of pain.

A product of Medi-Physics



Inc., Amersham Healthcare of Arlington Heights, Ill.; Metastron has been available in the United States since June 1993 and has been used to treat more than 20,000 patients worldwide. The product is effective in 75 to 80 percent of these patients, with 25 to 30 percent reporting complete pain relief. Pain relief may last for up to six months and treatment can be repeated every three months if needed to maintain effectiveness.

Dr. Carol Fabian, an oncologist at the University of Kansas Medical Center, sees promising results: "The results we have seen at the University of Kansas utilizing Metastron in women with painful bony metastatic disease have been extremely encouraging. Eighty percent of these women have had complete or partial pain relief."

More information about Metastron — including current breast and prostate cancer clinical trials — is available by calling 1-800-228-0126.

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