

WOMEN'S HEALTH

Study Confirms Girls Need More Dairy In Their Diets

(News USA) — A recent study of females ages 9 to 13, conducted at the University of Utah, concluded that girls who increased their daily calcium intake by eating more dairy foods benefited from increased bone mineral content density, but did not experience unwanted weight gain or increased body fat. The study, "Effects of Dairy Products on Bone and Body Composition in Pubertal Girls," appeared in a recent issue of *The Journal of Pediatrics*.

According to the study author Gary Chan, M.D., who is a pediatrician and professor of pediatrics at the University of Utah, "Girls and young women typically do not consume enough calcium and calcium-rich dairy foods. They drink diet soft drinks instead of milk in an effort to cut

calories. This makes it difficult for them to reach their genetically determined peak bone mass potential, putting them at increased risk for the development of osteoporosis later in life."

Osteoporosis, a disease characterized by low bone mass and structural deterioration of bone, often leads to painful fractures of the hip, wrist or vertebra. Osteoporosis affects 25 million Americans, and is the major underlying cause of bone fractures in postmenopausal women and the elderly. While there is no cure for osteoporosis, the National Osteoporosis Foundation says that steps can be taken at every age to prevent osteoporosis, including eating a balanced diet rich in calcium.

According to University of

Utah researchers, the girls found it easy to include more dairy products in their diets, yet maintained lower fat and calorie levels by substituting dairy products for other foods. For example, many girls choose yogurt and string cheese as after school snacks, replacing potato chips and cookies. After one year, all the girls in both groups grew taller and gained weight normally, but the "dairy group" had significantly higher gains in bone density. Calorie, total fat and saturated fat intakes between the two groups did not differ. Fat content remained at the currently recommended level of approximately 30 percent of calories.

Like the study participants, many Americans may not drink (See *Women's Health*, Pg 14)

LADIES

Young Girls and Calcium Absorption

HOUSTON — Pinpointing peak periods of calcium absorption during childhood and adolescence may help young girls build stronger bones, says a researcher at the USDA's

Children's Nutrition Research Center.

"Most of an adult's skeleton is built and enlarged during childhood and adolescence, so getting enough calcium at the right time is extremely important," said Dr. Steven Abrams, an associate professor of pediatrics at Baylor College of Medicine in Houston.

Abrams has launched a five-year study to identify critical periods of bone development by determining the effect of puberty on calcium absorption and bone formation. He will follow 60 girls, black, white, and Hispanic, as they age from 7 to 12.

Abrams expects findings to vary among racial groups. Previous CNRC studies indicate differences in calcium absorption as well as maturation rates of white and black girls. This study, however, is the first study of its kind to include Hispanics.

To determine how calcium is used before, during and after puberty, the girls will visit the Center every six months.

They will have their diets assessed, receive a calcium tracer to determine calcium absorption and have their bone density and estrogen levels measured.

"There are some dietary differences that could impact the bone formation of Hispanic girls," Abrams said, noting the high consumption of corn tortillas which are considered a good source of calcium. "But, we know little about their ability to absorb calcium and build strong bones."

Abrams believes that information from the study may play a role in customizing dietary recommendations for specific populations.

New and Improved Plastic Surgery Techniques

HOUSTON — For some people in search of a "new look" for the new year, improved plastic surgery techniques can complement their exercise efforts.

"A number of women and men in their 30s and 40s who exercise regularly to tone muscles and lose weight find they can't get rid of abnormal fat deposits on the inner thighs, buttocks, hips, and waist," said Dr. Saleh Shenaq, a plastic surgeon at Baylor College of Medicine in Houston. "Many of these people are ideal candidates for removal of fat deposits with state-of-the-art suction equipment."

During a procedure known as suction lipectomy, the plastic surgeon removes fat cells through a slender metal tube inserted under the skin. The tube is now small enough to be inserted through incisions less than one-eighth of an inch long, which leaves "very insignificant, minute scars," Shenaq said.

"The smaller tube enables us to remove very thin layers of fat, so we can minimize the dimples or other irregularities that sometimes develop where fat cells have been removed," he said.

A local anesthetic is administered through the tube to control pain. With the improved technique, the surgery can be performed as an outpatient procedure without general anesthesia.

"The plastic surgeon sculpts areas that have abnormal fat deposits to look proportionate to the rest of the body," Shenaq said.

Although minor bruises might develop as a result of the lipectomy, patients usually are able to resume ordinary activities the day after surgery. Elastic supports and skin massages are recommended for two to three weeks.

Another procedure gaining popularity for women and men due to improved techniques is forehead and eyebrow lifts.

"To lift the forehead or elevate eyebrows to their normal position, plastic surgeons used to make a scalp incision that extended from ear to ear," said Shenaq, a Baylor professor of surgery.

Now these procedures can be performed by endoscopic surgery, which requires only three incisions less than an inch long in the scalp behind the hairline. A tiny scope can be passed under the forehead skin through these three vantage points to manipulate the skin.

"There is less scarring, so this type of outpatient surgery is now an option for many people who shied away from forehead lifts in the past because of the long scar that was visible below the hairline," Shenaq said.

Like lipectomies and forehead lifts, Shenaq predicts other procedures will change to accommodate patients' needs. "Just as people are interested in improving their appearance, plastic surgeons are interested in improving their techniques," he said.

DOMESTIC VIOLENCE

YOU ARE NOT ALONE

(NU)—It's becoming routine to cover up the bruises, but you know others suspect their cause. You think there's no one you can turn to who would understand.

The National Crime Prevention Council has a message for you: You are not alone. The council says as many as four million women in the

United States suffer some kind of violence at the hands of their husbands or boyfriends each year, yet few will tell anyone.

Part of the abuser's power comes from secrecy, and victims often are ashamed to talk about such intimate family problems. Domestic violence counselors recommend breaking the cycle of abuse by going to a friend or neighbor, calling a domestic violence hotline or talking to a counselor.

Workshop

The Basics of Crisis Intervention Skills workshop will be held Wednesday, January 17, 1996, noon to 1 p.m. at the Sawyer Building, 555 E. Washington. The workshop is the first of 11 to be held once a month. Brown bag lunches are welcome. There is no cost and everyone is welcome to attend.

For more information, please contact Pat Thacker at 455-5371.

If you are hurt, call the police. Remember that assault, even by family members, is a crime. Police often have information about shelters and other agencies that help victims of domestic violence.

Leave, or have someone stay with you. If you believe that you and your children are in danger,

leave immediately.

And get medical attention. Ask the hospital or doctor's staff to photograph your injuries and keep detailed records in case you decide to take legal action.

For more info, call the National Resource Center on Domestic Violence at 1-800-537-2238.

This information is provided as part of the National Citizens' Crime prevention Campaign, which is substantially funded by the U.S. Department of Justice.

ARE YOU ABUSED?

- Check any that apply to you.
- Does the person you love...
 - o "Track" all of your time?
 - o Constantly accuse you of being unfaithful?
 - o Discourage your relationships with family and friends?

(See *Domestic Violence*, Pg 14)

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