

## Healthy choices help prevent heart disease

It's never too late to prevent heart disease, says a geriatrics expert in The DeBakey Heart Center at Baylor College of Medicine in Houston.

"Even if you are 70 years old, exercising and eating right can decrease your heart disease risk," said Dr. Robert Luchi, a professor of medicine and director of the Huffington Center on Aging at Baylor. "But the earlier in life you start, the better."

Heart disease is the leading cause of death of Americans and is more common in older people. The risk for heart failure increases dramatically after age 75.

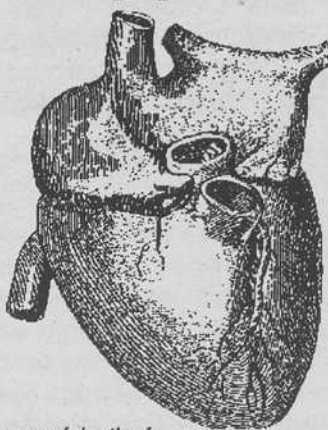
Coronary artery diseases, such as atherosclerosis (artery blockage), often take up to 40 years or more to progress to a heart attack. And, like high blood pressure, heart disease is not necessarily a natural part of aging, Luchi said.

"It's not normal for blood pressure to rise with age. But when it does, it's still treatable," he said. "By lowering blood pressure, you can reduce the risk of death from heart attack and stroke."

The key is making healthful lifestyle choices, such as eating low-salt, low-fat and low-cholesterol foods, not smoking, and watching your weight.

Among the best choices? Exercise.

"Recent studies have shown that sedentary older adults who gradually add physical activity to their lifestyle can significantly improve



cardiovascular performance," Luchi said. "Walking, water aerobics, and dancing are good ways to improve blood circulation and make you feel good."

Medications like "clot-busting" streptokinase and aspirin can help prevent blood clots that cause heart attacks. Studies have shown that postmenopausal women who take estrogen supplements seem to be protected against heart attacks.

According to Luchi, adults should have an annual check-up by age 65 and have a stress test before beginning an exercise program.

Luchi says it's important to know heart attack warning signs:

- Chest discomfort spreading to the neck, shoulders, and arms
- Sweating, nausea and shortness of breath
- Dizziness or fainting

In some older people, a heart attack can occur with few or no symptoms. "Heart attacks come in different forms—from no symptoms to severe pain," Luchi said.

If any symptoms appear, Luchi says don't ignore them. "Get evaluated early, even if you have mild pain," he said. "Heart attack treatment is best when given early. And remember, by making appropriate lifestyle changes, you can probably prevent another attack."

## HEALTH

### POSITIVELY BLACK

## Knowledge of self is crucial

By Junious Ricardo Stanton

A knowledge of self and our story (as opposed to the largely fictitious and distorted Eurocentric version of history) is a necessary prerequisite for our regeneration as a people.

We need to know and be proud of the fact that we are the offspring of the original inhabitants of the earth. Human life began in Africa and spread throughout the globe. All other racial/phenotypes are derivations or mutations of the original black races that populated this planet. We need to appreciate the fact that Black African peoples created the Nile Valley civilizations and were the originators of the concepts that form the basis for the metaphysics, science, religion and philosophy existent today.

We need to know and understand that our West African ancestors built great societies,

replete with urban centers, extensive trade and highly sophisticated social organization centuries before the coming of Caucasians. We need to realize that our ancestors who were sold into captivity didn't go quietly. Africans openly resisted their plight, many killed themselves or their children rather than submit to the savagery and brutality of slavery. Those who didn't participate in the slave insurrections resisted mentally and psychologically by clinging stubbornly to their African traditions and values, refusing to give up hope for freedom. We need to realize that there will always be a struggle for freedom; dignity, a sense of identity and expression of our true being.

We must be diligent and relentless in our research and analysis of recorded history to uncover the truth of our greatness as a people and pass

it on to our children. We need to raise up a new generation of scholars to carry on the work of Dr. Clark, Dr. Ben, Diop, DuBois, Franklin, Williams, Welsing and other fearless and brilliant brothers and sisters. We cannot wait for or expect others to tell our story. They will not voluntarily give us credit or include us in the mosaic of world accomplishments.

I am not talking about vainly glorifying the past, racial and cultural cheerleading, hatred of other groups or any of the other terms our enemies use to confuse, discredit or discourage our drive for truth, self-empowerment and self-awareness. We need to know that Black people built the Great Pyramids, the Sphinx, created magnificent cultures, provided the manpower to build this country and understand that the wealth of Western Europe was built on the backs and land of people of color.

By learning what our forefathers accomplished amidst the ravages of slavery and what our people had in ancient times, we have no other choice but to conclude that we are capable of greatness. Our objective is not simply to know a few isolated historical facts; our goal is to be true to our potential greatness as a people. We have to be willing to work together to restore the holistic values and spiritual heritage of our ancestors to insure not only our survival, but the survival of this planet. Regeneration and upliftment begins within the individual, no one can do it for you.

It has been said that man needs something greater than himself to strive for to give life meaning. Nothing could be greater than the realization and actualization of individual and group greatness. Once we realize genius is in our genes and we see what our ancestors accomplished, there is no way we can settle for being on the bottom of a decadent and spiritually bankrupt social order. "Where there is no vision the people perish." We must begin to envision ourselves in all our splendor and greatness. Energy follows thought and as we think, so we become. Our habitual thinking is what makes or breaks us in life. Train yourself to think constructively, innovatively and confidently. Think about the courage and creativity of our African ancestors and mentally transpose that courage, creativity and accomplishment to yourself. Most importantly, act according to your mental image of yourself.

## Tips to be fit

By Vince & Yolanda

### VACATION FITNESS

*We're going on vacation in a few weeks and I still want to eat right. I need some food for thought.*

Sheila H - Camden, NJ

There is no reason you shouldn't be able to maintain a good diet while you're away if you're willing to make a few little sacrifices. While on vacation the main thing you want to remember is, eating foods high in fat tends to make you fat, even on vacation.

Avoid the same foods you normally avoid, like those cooked in rich sauces or cheeses. Ice cream and butter are also on the forbidden food list. It's okay to

sample one or two rich foods but, just sample them. The best foods for meals on the go are complex carbohydrates. These include pasta, whole grain breads, vegetables and fruits. Try to eat lean meats and make sure they are baked or broiled. If you're going on a cruise you'll need to conjure up some extra will power. Try not to nibble. There's a tendency to dismiss calories you take in by nibbling. Plan your meals. Eat three to five small meals throughout the day so you don't binge. Eat slowly and learn the foreign words for broiled, baked, grilled and on the side.

(See Tips, Page 7)

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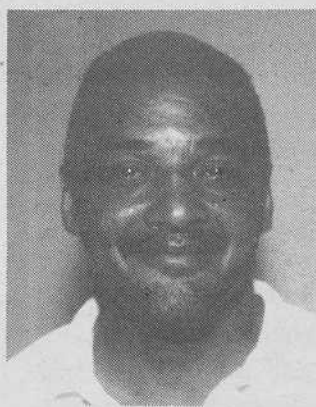
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