

HEALTH

HEALTH BRIEFS

BAYLOR OFFERS FREE BROCHURE ON CHILDREN'S FOOD HABITS

HOUSTON—Parents are the greatest single influence on their children's attitudes toward food and their food habits. To help parents develop good food habits in their family, Baylor College of Medicine in Houston has prepared a brochure titled "Kids and Food: Starting a Lifetime of Healthy Eating." "Es Hora De Comer," the Spanish version of the brochure, is also available. Any U.S. resident may obtain a free copy of the brochure by sending a stamped, self-addressed, business-size (#10) envelope to: We Care for You- Kids and Food or Es Hora De Comer, Baylor College of Medicine, Houston, Texas 77030.

GOOD NUTRITION KEY TO BOOSTING ENERGY LEVELS

HOUSTON- Adopting proper eating habits is the best way to recharge your battery, say behavior psychologists in The DeBakey Heart Center at Baylor College of Medicine of Houston. "The problem is usually poor nutrition," said Dr. Ken Goodrick, assistant professor of medicine at Baylor. "Caffeine may also cause tiredness." Not eating enough, eating too much fat and not drinking enough water can cause a person to feel fatigued, Goodrick said. Goodrick recommends following a well-balanced diet that provides no more than 30 percent of total calories from fat. A healthy eating plan includes five or more servings of fruits and vegetables and at least eight glasses of water a day.

CHILDREN ON THE GO: DON'T FORGET THE H₂O

The summer heat can leave children dehydrated, especially if they are active. "Kids can become dehydrated very quickly in the sweltering heat," said Dr. Robert Shulman at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston. "The best thing to do is to fill kids up with plenty of water before they go outside to play." Shulman said in addition to water, sports drinks and fruit juices are also good to give children in moderation. It is best to stay away from drinks that contain a high level of caffeine. Caffeine is known to increase the flow of urine, so instead of replenishing the body, it can contribute to dehydration. "Dehydration can cause a child to become dizzy or drowsy, develop headaches and a dry mouth, and in severe cases become unconscious," said Shulman, a professor of pediatrics at Baylor and director of the nutritional support team at Texas Children's Hospital.

Nutrition an integral part of young athletes' lives

Special to Sentinel-Voice

HOUSTON—Teaching young athletes about good nutrition should be as important as teaching them the skills of the game, a Baylor nutritionist says.

"Sometimes coaches and parents overlook this important part of the training process," said Becky Gorham, a registered dietician and research nutritionist at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston. "It's up to parents and coaches to learn and teach kids what is good for the body."

Knowing how much to feed young athletes, what to feed them and when to feed them is important.

"Foods high in carbohydrates like fruits, breads, rice, and starchy vegetables like corn will provide athletes with the energy their muscles need," Gorham said. "Young athletes should also be encouraged to eat at least four servings a day of calcium-rich foods like milk,

"Children should drink three to six ounces of water every 15 minutes of practice to avoid dehydration" — Becky Gorham

cheese and yogurts. These foods will help them build strong bones."

One of the most essential of all nutrients is water.

"Children should drink three to six ounces of water every 15 minutes of practice to avoid dehydration," Gorham said.

"Children need to be taught and reminded during workouts

to drink water even when they are not thirsty because thirst is not an accurate measure of hydration."

Contrary to popular belief, vitamin supplements will not provide a direct source of energy for young athletes. If the child is following the guidelines from the USDA Food Guide Pyramid, vitamins are not necessary.

"Providing young athletes with healthy food choices is one of the keys to helping them reach their full athletic potential," Gorham said. "And in most cases, these healthy food choices will stay with them for the rest of their lives."

Special to Sentinel-Voice

DALLAS — Healthy blacks don't react as strongly as whites to a chemical that helps the body handle stress, according to a study that could help explain why blacks are more likely to have high blood pressure.

Many doctors have long blamed poor diet and lifestyle choices for the prevalence of high blood pressure. But the study, published Thursday in *Hypertension*, a journal of the American Heart Association, offers a physiological possibility.

"Hypertension is probably caused by several factors," said Dr. Julio A. Panza, lead researcher. "Other studies have reported that blacks have increased sensitivity to salt."

The researchers at the National Heart, Lung and Blood Institute said that blacks aren't as strongly affected as whites by the chemical nitric oxide, which helps blood vessels relax and carry more blood to muscles during mental stress.

Panza said more research is needed into the role of nitric oxide - his study used only 12 blacks and 14 whites. But he is optimistic it will lead to earlier identification of people likely to develop high blood pressure and maybe the development of drugs to treat it.

High blood pressure is a leading risk factor for heart disease, heart attacks, stroke and diabetes. Yet, doctors are able to pinpoint the cause of

Blacks more resistant to stress-reducing chemical

Blacks aren't as strongly affected as whites by the chemical nitric oxide, which helps blood vessels relax and carry more blood to muscles during mental stress.

high blood pressure in only about one in 10 patients.

A doctor with the American Heart Association said the study is significant because none of the test subjects had high blood pressure.

That hints strongly at some physiological difference between blacks and whites, said Dr. Roxanne Rodney, associate director of nuclear cardiology at Columbia Presbyterian Medical Center and an associate professor at Columbia University in New York.

"Most of the previous work has been done with medicines, diet and exercise," Rodney said. "Those factors are all important, but I think we need

to get beyond that and see if there are actual cellular differences."

Not only are blacks about 40 percent more likely than whites to have high blood pressure, they also tend to develop it earlier and more severely.

"This study is certainly in line with the theory that something is going on in blacks that leads to tighter blood vessels," said University of Maryland researcher Dr. Elijah Saunders. He also believes environmental factors, including stress from poverty, might explain the prevalence of high blood pressure in blacks.

Rodney worried that blacks

might interpret the study as meaning they are destined to develop high blood pressure.

"Even though there might be tendencies, you can definitely lower your blood pressure by exercise, not eating a high-fat diet and not smoking," she said.

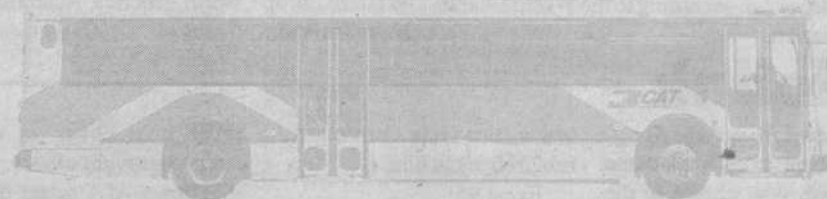
In the study, Panza and his colleagues at the heart institute measured forearm blood flow in blacks and whites working on math problems. Blood flow increased more than twice as much in whites as the stress was increased by giving the test subjects harder problems.

Panza repeated the experiment after giving the subjects a drug that cuts the body's production of nitric oxide, the body's own mechanism for handling stress.

Whites' blood flow dropped sharply, but blacks' blood flow hardly changed, indicating less reaction to nitric oxide, he said.

Panza said further study is needed to understand why blacks might not respond as much to nitric oxide.

YOU'RE INVITED



TRANSPORTATION FAIR AND RESORT CORRIDOR PROJECT WORKSHOP

WORKSHOP

The Regional Transportation Commission (RTC) will discuss the most recent progress of the Resort Corridor Project, which includes plans to enhance the Citizens Area Transit (CAT) bus system and to build an elevated mass transit system. RTC staff and the technical consultant team will answer questions and accept comments from the public.

WHEN AND WHERE

Saturday, June 27 and Sunday, June 28 at the Boulevard Mall, 3528 S. Maryland Parkway, Disney Store courtyard; Saturday from 10 a.m. until 8 p.m. and Sunday from 10 a.m. until 6 p.m.

TRANSPORTATION FAIR

In addition to learning about the Resort Corridor Project, the public can find out more about other transportation projects, including the Spaghetti Bowl, US 95 and the Las Vegas Beltway.

FOR MORE INFORMATION

Call the RTC Resort Corridor Project staff at 455-4481.

A Spanish-language interpreter will be on-site for the workshops. CAT services the workshop location. Call CAT-RIDE (228-7433) for route and schedule information.



Regional Transportation Commission

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