

Survey Finds Headache Sufferers Have Plenty of Company

News USA

(NU) - You have a headache? Would you feel better knowing you're not alone? According to the Anacin Headache Pain Survey — conducted recently among a cross-section of 1,005 adults — at any time, day or night, millions of Americans are reaching for a headache remedy.

Indeed, the Anacin Headache Pain Survey revealed that headaches are the most common cause of pain among adults. More than 70 percent of adults — an estimated 140 million Americans — suffer from headaches. That's more than any other pain, including backaches, sore muscles or joint pain.

What do people think is the most frequent cause of headaches? Stress caused by problems at work or at home, worries about money, and poor health, according to the survey.

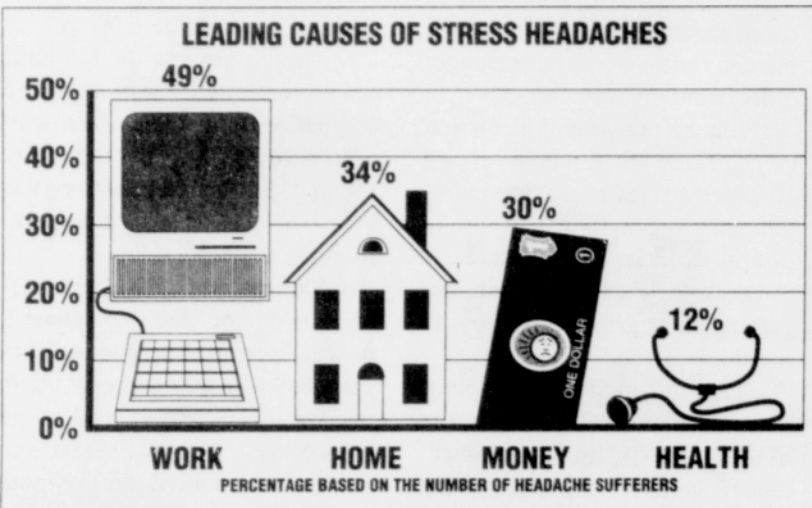
While headaches can be debilitating for anyone, the Anacin Survey shows that women suffer headaches more often than men. They're also more likely to say it's

difficult to accomplish daily activities or concentrate on work when they have a headache. In fact, projections based on the Anacin Headache Pain Survey indicate that in a single month, nearly seven million Americans missed at least one day of work because of severe headache pain, costing companies over \$500 million in lost productivity in one month.

Unproductive Days, Sleepless Nights

According to the Anacin Survey, some headache sufferers at times are unable to sleep, work, enjoy favorite pastimes, watch television or even enjoy a meal because of severe headaches. When people have headaches, they're usually irritable, have minimal patience and generally avoid dealing with other people. Things may be made worse as a result of the trouble they have sleeping with a headache.

Anacin is a registered trademark of American Home Products.



MEDICAL ALERT

Speaking Up For Seniors

By Calvin Anthony

(NU) - More than one-third of all prescriptions are purchased by senior citizens. Nearly half of the elderly, however, do not have prescription drug coverage.

If you are a senior citizen, or know someone who is, you may want to learn more about the prescription drug benefit included in President Clinton's Health Security Act.

Community retail pharmacists across the United States have been working with President Clinton to ensure that the final bill covers prescription drugs and pharmacy services. The proposed legislation would guarantee that senior citizens would never again have to choose between buying food or paying for life-sustaining medications.

Guest Commentary

that their insurance companies are limiting the pharmacies and physician offices they may visit. Senior citizens deserve to choose who dispenses their medications, checks for possible drug or food interactions, and monitors their care.

Many insurance programs now limit consumer choice. Some even require that medications be purchased through unregulated mail-order companies. It is critical that senior citizens keep their right to decide how and from whom they will receive health services.

What You Can Do

Senior citizens and their friends and family have the power to help ensure that health care reform legislation covers every American. They can fight for prescription drug coverage, and they can rally for long-term care benefits.

National and local newspapers are interested in real life stories. Let them know you want permanent health-care coverage, including a prescription drug and pharmacy services benefit that won't bankrupt you.

Contact your local radio talk show as well. And don't forget to write or fax your congressional representatives. Hand address your letter to The Honorable (name of representative), U.S. House of Representatives, Washington, DC 20515. For U.S. senators, the address is: The Honorable (name of senator), Washington, DC 20510.

Calvin Anthony is president of NARD, the national association representing independent retail pharmacy.

New Book Looks Inside The Lawyer's Bag of Tricks

News USA

(NU) - Do you feel like you need a good lawyer to help you deal with your lawyer? She could be waiting at a supermarket nearby.

Joan Wenner, J.D., a freelance writer, has spent more than 10 years as a legal-profession insider. Sometimes, it's been a shocking experience. In her new book, "Outwitting Your Attorney: How to Detect and Avoid Legal Sharks" [\$7.97, Analemma House], she reveals the tricks unethical attorneys use to overcharge clients.

Wenner says there are lots of hard-working, ethical lawyers who wouldn't dream of padding their clients' bills. It's the other ones you have to watch out for, and in her book, she tells you how.

Here are some of her tips:

- Know Thy Lawyer: Keep in touch. If you put your case in your lawyer's hands and leave it there unattended, it could be shuffled to the bottom of the pile.

- But don't be a pest, either. The best route is to travel the middle ground.

- Put It In Writing: If your

lawyer isn't returning your telephone calls, write a letter requesting an update on your case within 10 days of receipt of the letter. Keep it brief, and send it certified mail. And make a copy for your own records.

- Keep Records: Start a "home file" of documents pertaining to your case.

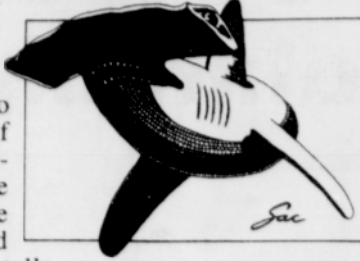
- Don't Be Shy: If your case is progressing slowly, don't hesitate to ask why. And ask to see your records. Look for copies of correspondence,

long distance phone records and the "activity record," which shows work on your case in chronological order. While you're at it, make copies for your home file.

- Contingency Fees: Watch for bogus expenses or overcharging on legitimate ones. The key is tracking all expenses to be deducted from your final recovery.

- Who's The Lawyer: If you're being billed for a senior lawyer's time, make sure a law clerk or paralegal isn't doing most of the work.

Wenner's book is available through Analemma House Dept. NU, Box 12382, Lake Park, FL 33403.



AT ISSUE

Gun Control From Police Point of View

By James J. Fotis

(NU) - Rank and file law enforcement's view of gun control is quite different from that of certain high-profile politicians and big city chiefs. We do not want the people we deal with day in and day out — criminals — carrying guns. But these people are not your neighbors or mine. They are thugs who take, often by violent force, what belongs to other people. They are predators who prey on innocent victims because they place no value on human life.

Politicians who favor more restrictive firearm laws think they are doing law enforcement a favor. They're not. Their vision is focused on the gun. Ours is on the criminal holding the gun.

Numerous experiments in the United States and elsewhere have conclusively proven that no gun control legislation has ever reduced the incidence of violent crime when compared to similar communities without such legislation.

Since 1968, it has been a violation of federal law for a felon, a fugitive, a person adjudicated to be mentally incompetent, an illegal alien, a person dishonorably discharged from the military, a person who has renounced his citizenship or an indicted person to have possession of a firearm.

It has also been a violation of federal law to sell a firearm to any person unlawfully using drugs, any person under the age of 18 years, any person living in a state other than the residence of the seller, or to sell any handgun or ammunition to a person

under 21 years of age. Twenty-two thousand additional gun control laws, on national, state and local levels, cover a multitude of other situations.

Who Are Laws for?

If we start with the general population and subtract all those who may not legally possess or purchase a firearm, only law-abiding citizens are left. Any additional gun control legislation must, therefore, be either redundant or directed at the law-abiding citizen.

If newly proposed laws are redundant, then our legislators are shamefully wasting our tax money. If they are directed at law-abiding citizens, we must surely ask what motivates a legislator to support laws intended to disarm potential victims.

We must bring the full burden of our existing laws to bear on armed criminals. We must lock up violent, gun-wielding criminals for long periods of time, and make life in prison tougher than life outside.

Until we put real punishment back into the criminal justice system, criminals will still sneer at whatever gun control laws are passed, and will continue to murder, rape, rob and assault ever-increasing numbers of innocent victims.

That is one point all cops agree on.

James J. Fotis is executive director of the Law Enforcement Alliance of America in Washington, D.C. He is the most highly decorated officer in his department's history, retired from the police force after suffering multiple injuries sustained in the line of duty.

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The Portland Observer

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