

HEALTH

COPING

Stress, Hypnosis and Sex Excerpts from previous columns

BY DR. CHARLES W. FAULKNER

Stress: The best way to get rid of stress quickly is to sit down in a comfortable chair (or lie down). Take a slow, full breath of air. When you have filled your lungs, hold your breath and count to five. Then, exhale slowly. Repeat this five times in succession. Do the entire procedure every half-hour and watch stress disappear.

Hypnosis: Hypnosis is not magic or mysticism. It is science. Hypnosis is a wonderful way of quickly changing bad habits into good ones. By definition, it is a temporary state of selective concentration in which you block everything out of your mind and concentrate on only one thing. It is not sleep but is similar to daydreaming. The subconscious is open to powerful suggestions.

Dating: Want a successful date?

Then, try to be friends, don't look for romance, be courteous and respect the other person's feelings, don't argue or intimidate, ask easy questions, compliment the person, show interest. If the date fails, don't take it personally. Try, try, try again.

Sex: What sex acts are acceptable? Anything between a consenting male and female (with proper protection) is acceptable.

Racism: How can I deal with a racist? Tell him that his behavior indicates that he is immature and inferior, instead of mature and superior. If the racist behavior persists (in public) return it in kind. (on the job) report it to the Urban League NAACP, Rainbow Coalition, or similar organizations.

Spanking: Is spanking a good form of discipline? NO. Spanking is child abuse and means that the parent lacks knowledge of psychology. It

could result in permanent physical disability for the child and may mean that the parent needs long-term personal counseling.

Crack: Crack is the worse of the drugs because it addicts you quickly (before you realize that it has control of your life). Also, crack offers a destructive means of making a living for thousands of young people. It hooks your mind and blocks your development as a person.

Job Loss: What should you do if you lose your job? Guard against depression by seeing it as an opportunity to try something new. Maintain a regular schedule of activities. Don't oversleep or overeat. If you don't know how to find a job, consult an experienced job counselor. If you can't handle it emotionally, consult a psychologist. Your city services offer this free of cost to you.

Cholesterol Registry Works to Save Lives

(NU) - Do high cholesterol and early heart attacks run in your family? If they do, MED-PED, a new screening and registry program, could save your life.

Doctors say people with a genetic disorder that causes high cholesterol, or familial hypercholesterolemia (FH), are "walking time bombs." The condition causes dangerously high cholesterol levels that can lead to premature heart disease and sudden, fatal heart attacks.

Dr. Roger R. Williams, professor of medicine and founder/director of the Cardiovascular Genetics Research Clinic at the University of Utah School of Medicine, says one in every 500 Americans has FH.

When untreated, the disorder typically causes heart attacks in men between the ages of 40 and 55 and in women between the ages of 50 and 65.

FH causes the arteries to clog with a fatty substance known as plaque. Because FH typically does not cause symptoms until the arteries are blocked, most people don't know they're affected, even though a parent or other close relative with the condition died at a young age.

MED-PED attempts to locate the

thousands of Americans affected with the genetic disorder. People who register with the program and their physicians receive educational materials on reducing their risk for early heart attacks and strokes.

The program also offers a referral service to regional lipid clinics and a telephone service that physicians and registered FH patients can use to inquire about the program.

The program operates throughout the United States and 14 other countries.

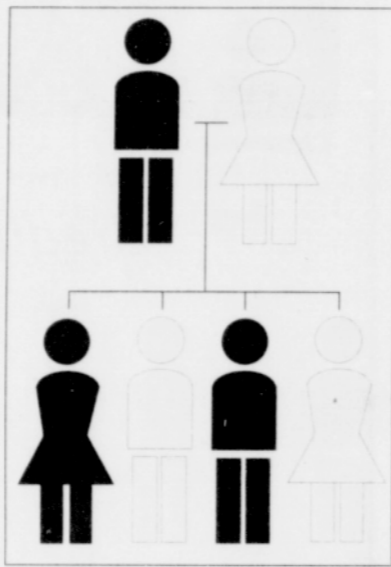
Take Care

Research shows that intensive diet and drug therapy can normalize high cholesterol levels in FH patients and even stop the progression of artery clogging.

Doctors suggest FH patients eat a low-fat, low-cholesterol diet. They also suggest increasing consumption of complex carbohydrates.

In addition, experts say smoking makes the risk of heart attack in FH patients even higher. Studies show that FH victims who smoke may have their first heart attack in their 20s. On average, half of the parents, brothers, sisters and children of a person with FH will also have the disease. And uncles, nieces, nephews and first cousins are also at high risk.

A cholesterol test will show whether you have the disorder. If the test is normal, there's no need to worry that FH will develop later in life.



Graphic via News USA
A person with FH has a 50 percent chance of passing the abnormal gene to his/her children, and a 50 percent chance of passing on the normal gene.

If your untreated cholesterol level is more than 360 mg/dl and your untreated triglyceride level is normal (below 250 mg/dl), you are eligible for free help and should call MED-PED at 1-800-814-6450. Or send your name and address to MED-PED FH, 410 Chipeta Way, Room 161, Salt Lake City, UT 84108.

MED-PED was developed and is overseen by a council of noted lipid experts from across the country.

Take One of These and Help Avoid a Heart Attack

By Larry Lucas

Since knowledge is power, the more you know about health the more power you'll have to keep yourself healthy.

For this reason, the pharmaceutical research industry is producing and distributing booklets on such important diseases as heart attacks, breast cancer and stroke. The first booklet, "What You Need To Know About Heart Attacks," is available now. You may obtain a copy by calling 1-800-862-4110.

Heart attack is the leading cause of death for both men and women in the U.S. Every year, 1.5 million Americans suffer heart attacks. And death rates from heart disease are higher for African-Americans than for others. In fact, African-American women between the ages of 35 and 74 are twice as likely to die of a heart attack than white women in the same age group.

That doesn't mean you should just sit back and become a statistic. Although there are some risk factors you can't change—your age, your gender and your family history, for example—there are others you can do something about: People who smoke, people with high cholesterol and/or high blood pressure, people who are obese and people who don't exercise are eight times more likely to develop heart disease. Therefore, by making some changes in your lifestyle, you can lower your risk of heart disease.

Quitting smoking, following a low fat diet and getting regular

exercise can help reduce these risk factors. Your doctor may prescribe medicines to help reduce your blood pressure or cholesterol level, if necessary. Studies have shown that lifestyle changes and medications together are often more effective in reducing these risk factors than one or the other alone.

Just as knowledge can be a power to help you avoid a heart attack, it can also help you detect one and, most important, survive one.

The sooner a person receives medical treatment, the greater the chances of surviving a heart attack and avoiding permanent damage to the heart. Some potent new drugs that can prevent the death of the heart muscle, for example, work only if they are given within the first four to six hours of the attack. So, if any of the following symptoms start to occur, don't wait. Get help immediately:

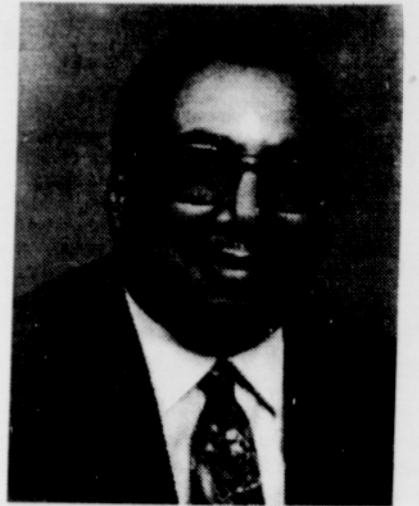
- Crushing chest pressure or pain in the center of the chest that last more than a few minutes or comes and goes. The pain may be a burning sensation easily mistaken for severe heartburn.

- Chest pain that spreads to the shoulders and arms on the left or both sides, as well as to the neck or back.

- Accompanying nausea, vomiting, sweating, cold sweats, shortness of breath, palpitations, lightheadness or faintness.

- A sense of impending doom. Once you've recognized the signs of a heart attack, you must act quickly:

- Get to a hospital equipped



with 24-hour emergency cardiac care. Call the local emergency number or ambulance service or have someone drive you.

- Chew one aspirin tablet immediately to reduce the size of the clot (unless you're allergic to aspirin). If you use nitroglycerine for angina, put a tablet under the tongue.

- Lie down, propped up with pillows, and try to stay calm.

- Have someone call your personal physician.

The good news is that the vast majority of people survive their first heart attack, and most are able to lead normal lives afterward. The outlook for heart attack patients today is a lot brighter than it was in the past—and it's getting better as researchers learn more about the disease.

Just as knowledge can help you avoid, detect and survive a heart attack, knowledge is also helping researchers develop new medicines to prevent and treat heart attacks.

Larry Lucas is Associate Vice President of the Pharmaceutical Research and Manufacturers of America in Washington, DC.

Kaiser Signs Transportation Agreement

Kaiser Permanente is contracting with American Medical Response Northwest to dispatch non-emergency medical transportation for the health maintenance organization.

Kaiser's 350,000 members in the Portland and Vancouver area will now receive better service because there will be just one number to call when non-emergency medical transportation is needed, according to

Mike Anderson, special services manager for Kaiser's community medical services.

Anderson said under the contract, trained personnel will determine appropriate levels of transportation, dispatching an ambulance or wheelchair car if one is needed or directing members to alternative transportation when that's more appropriate.

The agreement is expected to reduce the number of inappropriate 911 emergency calls.

Trace Skeen, chief executive officer of American Medical Response Northwest, said the contract represents the first time a local emergency medical services provider and a major HMO have cooperated to do centralized dispatching for non-emergency medical transportation.

Safeway Low Prices

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