

# Health & Science



## New Editor For Heart & Soul

Stephanie Stokes Oliver is the Editor-in-Chief of Heart & Soul magazine, the African-American's Guide to Healthy Living. Oliver brings over 20 years of experience in women's service editorial to the young, healthy lifestyle magazine published by Rodale Press, America's leading health and fitness publisher.

Oliver joined Heart & Soul in September 1994, after a 16-year career with Essence magazine. Her evolution through the Essence masthead includes serving as Contemporary Living editor, Senior editor, West Coast and Mothering editor. Oliver was promoted to Editor in 1986.

Prior to working for Essence, Oliver was fashion and beauty merchandising editor at Glamour magazine. She has been published in Good Housekeeping, Alaska Airlines Magazine, Pacific Northwest, and many other publications. Oliver also served as guest writer at Pacific and the Sunday magazine of The Seattle Times during the summer of 1985.

Oliver is a journalism cum laude graduate of Howard University from which she received an outstanding Alumni honor in 1986. In 1993, she also received a YMCA-NYC Women of Outstanding Achievement Award. Currently, Oliver serves as



judge of the National Magazine Awards. Other professional affiliations include the National Association of Black Journalists, the Fashion Group International and the Women's Media Group.

Oliver and her family live in Montclair, New Jersey. Her husband, Reginald Oliver, is an account executive with Dun & Bradstreet.

## Is Your Child Huffing?

While crack and heroin get the headlines, more and more youngsters are "huffing" their way to a dangerous, sometimes deadly high on common household chemicals.

It's already too late for young Freddy Bustaque. Bright, articulate, a 16-year-old computer whiz, Freddy was found dead in his room, a spray can of air freshener on the bed near his body. The autopsy pointed to SSD -- sudden sniffing death. The toxic chemicals in the spray's gas propellant had stopped his heart.

Foolishly looking for a cheap, quick high, kids are abusing a variety of common household products: lighter fluid, adhesives, permanent-ink-felt tip makers, typewriter correction fluid, spray paint and paint thinners, gasoline and a wide range of aerosols -- even fluorocarbons from air conditioners and butane.

In exchange for a brief euphoria, huffing can cause hallucinations, disorientation and far more permanent harm: brain damage, liver or kidney failure, even death. In SSD, experts

believe, the inhalants increase the heart's sensitivity to adrenaline. This causes the heart to beat erratically, which can lead to cardiac arrest.

But despite the dangers involved, Batholomew reports, disturbing signposts point to rising inhalant abuse among America's youngsters:

--Among 18,000 eighth-grade surveyed nationwide, more than one in five admitted trying inhalants at least once according to University of Michigan survey sponsored by the National Institute on Drug Abuse.

--When the Partnership for a Drug-Free America interviewed kids aged 9 to 15, two-thirds said that trying inhalants once or twice wouldn't be extremely risky.

--There's even a home page on the Internet that tells where to get inhalants and how to use them. It does not, however, warn them how risky huffing can be.

Nobody knows the actual death toll of huffing. These chemicals often leave the body too quickly for coroners to track. To spot inhalant

abuse parents should look for paint, maker or correction-fluid stains on clothes or skin; empty spray cans, rags or plastic bags in youngsters' room; rashes or sores around the nose or mouth; drunk, dazed or dizzy behavior; excitability, anxiety or irritability; nausea or loss of appetite or increasingly poor school performance, apathy or absenteeism.

Because "happy cans" of inhalable poison are readily accessible in any home or store, education, awareness and involvement are the only weapons parents have. Lobby schools, legislators and community leaders to make awareness a priority. Studies show that kids do say "no" to certain substances when they are fully informed of the dangers.

But perhaps the greatest to children is adult denial. Parents who insist "my kid would never do that" could be in for a terrible surprise. While the drug war rages on our streets, "huffing" has gone mainstream in America's homes.

For further information, please call 1-800-269-4237.

## Implant For Eye Infection

An implant containing the drug ganciclovir has been approved by the Food and Drug Administration to treat cytomegalovirus retinitis, an eye infection common among AIDS patients.

"This implant gives us another option for treating this devastating infection, which causes blindness in 95 percent of the cases," said Dr. Roberto Diaz-Rohena, an assistant professor of ophthalmology at Baylor College of Medicine in Houston and one of the physicians who studied the implant in clinical trials.

Ganciclovir has traditionally been

taken intravenously. The implant has been shown to reduce many of the problems associated with that approach, including catheter infections, kidney damage, anemia and insufficient drug levels, Diaz-Rohena said.

The implant is placed surgically inside the eye under local anesthesia and does not require a hospital stay. After surgery, the patient may experience some blurred vision initially, but the implant fits without discomfort. The medication is delivered to the retina in a time-released fashion and lasts no more than six to eight months.

"While this new technology rep-

resents a substantial improvement in treating the infection, the implant alone is not enough to treat CMV retinitis if it is affecting other areas of the body or the other unaffected eye," said Diaz-Rohena. "It is critical for patients to take additional oral or intravenous medications to help stop the spread of the infection."

CMV retinitis develops in up to 50 percent of all people with AIDS. The infection destroys the retina and cannot be cured, although it can sometimes be slowed with medication.

## HELP FOR DIABETICS

Until recently if you offered a chocolate brownie to a diabetic, he or she would have to say No. But, no longer!

Last year the American Diabetes Association announced there is no scientific reason to deny the nation's 16 million diabetics the use of sugar. But many diabetics have still not heard this new message. Many of those who have heard need help in know in knowing how to incorporate these changes in their daily meal planning.

The statement from the ADA fol-

lowed a review by a panel whose co-chairman was Edward Horton, medical director at the Joslin Diabetes Center in Boston. In analyzing at least 15 studies the panel found that diabetics digest and absorb table sugar just as they do pasta and other complex carbohydrates, Dr. Horton said. Even with the former sugar restrictions gone, diabetics still need to carefully monitor their eating habits.

Based on the 1995 Exchange Lists for Meal Planning prepared by the American Diabetes Association, "Diabetic Meal Planning Made

Easy!" is a complete 30-day meal plan for diabetics. In planning for 30 different breakfasts, 30 different lunches, 30 different dinners, and 30 different snacks, a variety of over 300 foods is used.

Diabetic Meal Planning Made Easy! was written by Marilyn White, an insulin-using diabetic who was trained in meal planning by a registered dietitian. A free-lance writer, Mrs. White is a member of the American Diabetes Association and the National League of American Pen Women.

## Glaucoma Risk May Be Relative

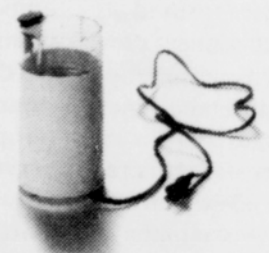
Glaucoma damages the optic nerve and can lead to blindness. This May, Prevent Blindness America devotes its Sight-Saving Month observance to the fact that "Glaucoma is a Family Affair."

Glaucoma occurs twice as often in people whose parents, grandparents or great-grandparents had the disease. Family has another aspect, too: support for the glaucoma patient.

Actress and super-model Beverly Johnson is joining three medical experts to warn Americans of the dangers of glaucoma.

But heredity is only one risk factor. Here's another: African-Americans get glaucoma 4 to 5 times more often than Caucasians do.

Often overlooked: Treatment can slow or even halt vision loss but cannot restore lost sight, making early diagnosis critical.



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- ❖ Never try to remove a branch tangled in or lying across a power line—call Pacific Power to have the branch removed.

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## Researchers Test New Drug For Angina

There are an estimated 350,000 new cases of angina, the illness caused by a partial blocking of a coronary artery that brings blood to the heart. Angina, affecting an estimated 5.6 million people in the U.S., is a symptom of coronary artery disease, the buildup of a fatty material called plaque in blood vessels.

When a coronary artery becomes completely blocked and blood flow is cut off to the heart, the result is a heart attack or myocardial infarction. Unlike a heart attack angina does not normally damage the heart. Angina, usually lasting a few seconds, often occurs during greater than normal physical activity and emotional stress. Symptoms of the illness include heaviness, tightness, pressure or burn-

ing in or near the chest or back; heaviness, numbness aching or tingling in one or both arms, elbows or wrists; discomfort in neck or jaws or fatigue, nausea, sweating, shortness of breath or indigestion.

Calcium channel blockers or beta blockers are used to treat nearly half of the over 6.3 million Americans that suffer from coronary artery disease.

The use of these drugs in combination with nitroglycerin, for angina or chest pain, allows many people to lead relatively normal lives. However, a significant number of individuals taking calcium channel blockers and beta blockers experience side effects from the medication including headaches, ankle swelling and

constipation.

Physician investigators at 25 medical centers in the United States are testing a new type of calcium channel blockers that may have fewer side effects.

In addition to possibly reducing side effects, this new drug may also reduce the number of angina attacks individuals experience, allow for greater physical exertion without pain and reduce blood pressure. The name of the drug is mibefradil and it is being developed by the pharmaceu-

tical company Hoffman LaRoche, Inc.

Researchers are looking for 250 reasonably healthy people with angina to participate in an eleven week study. They will receive comprehensive cardiovascular testing and mibefradil and nitroglycerin for use during the study.

Any one interested in participating in the study is urged to consult their physician.

For more information call (800) 393-9866.

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## AIDS Memorial Mobilizes

Portland is among 290 cities in over 40 countries to participate in 13th International AIDS Candlelight Memorial and Mobilization. The world's largest annual grassroots AIDS Candlelight Memorial and Mobilization on Sunday, May 19,

The event, which began in San Francisco in 1983, honors the memory of those who have died of AIDS, demonstrates support for people living with HIV and AIDS, and mobilizes community involvement in the fight against HIV/AIDS. It's the world largest annual grassroots AIDS event.

The Portland observance of the event will be hosted by the Community AIDS Network at 7:00 p.m. at Pioneer Courthouse Square. The event will also serve as an opportuni-

ty for the citizens of Portland to learn about the HIV/AIDS services offered locally, and about volunteer opportunities.

Over 2,600 citizens of Oregon have died of AIDS. It is important to realize that we've got to improve education and prevention in our state, as well as take care of the people who are already infected.

The theme of the 1996 event is "AIDS Discrimination Is a Global Epidemic." Around the world, people with HIV and AIDS suffered discrimination caused by fear, ignorance, and misconceptions about the disease. Such discrimination promotes, rather than prevents, the spread of HIV.

For more information call 234-0175.