



# HEALTH & Beauty



## Generic Pain Reliever Recalled

**Pills may contain metal fragments**

(AP) -- Check your medicine cabinet: Millions of bottles of the widely used pain reliever acetaminophen — some sold as long as three years ago — are being recalled because they may contain metal fragments.

The recall affects 11 million bottles containing varying quantities of 500-milligram acetaminophen caplets made by the Perrigo Co. The pills were sold under store brands by Wal-Mart, CVS, Safeway and more than 120 other major retailers, the Food and Drug Admin-



CVS and other generic brands of acetaminophen are being recalled because some of the pain-relieving pills were discovered to be contaminated with metal fragments. The recall does not affect Tylenol. (AP photo)

istration said. At least two chains — CVS Corp. and SuperValu Inc. — started pulling the pills from store shelves Thursday.

There were no immediate reports

of injuries or illness. The contaminated pills included metal fragments ranging in size from "microdots" to portions of wire one-third of an inch long, the FDA said. The FDA

could not describe further the type of metal.

Perrigo discovered the metal bits during quality-control checks done after the company discovered its equipment was wearing down prematurely, the FDA said. Agency officials declined to say whether the metal found in the pills caused the damage or resulted from it.

Consumers who take any of the contaminated pills could have minor stomach discomfort or possible cuts to the mouth and throat, the FDA said, adding that the risk of serious injury was remote.

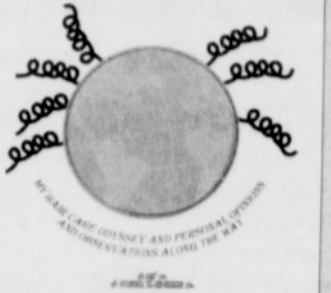
Acetaminophen is best known as the drug in products sold under the Tylenol brand. But it is available in typically less expensive generic versions.

## 'Hair Stress' Relief

Author Sheila Y. Gooding has published "The Best, Truthful, Helpful, & Different Hair Care Book Ever Written on Planet Earth." Although this book focuses on hair care exclusively for the African American audience, it is still a fun book to read regardless of race.

The author felt an obligation to write this book since she believes that there is entirely too much "hair stress" circulating unnecessarily within the black community. In this witty and engaging book, Sheila also gives her very frank opinions and assessments.

THE BEST, TRUTHFUL, HELPFUL, & DIFFERENT HAIR CARE BOOK EVER WRITTEN ON PLANET EARTH



## Study Dispels Common Myths About Sex

**Some views not supported by evidence**

(AP) -- In the first comprehensive global study of sexual behavior, British researchers found that people aren't losing their virginity at ever younger ages, married people have the most sex, and there is no firm link between promiscuity and sexually transmitted diseases.

The study was published as part of a series on sexual and reproductive health by the British medical journal The Lancet. Professor Kaye Wellings of the London School of

Hygiene and Tropical Medicines and her colleagues analyzed data from 59 countries.

"We did have some of our preconceptions dashed," Wellings said, explaining they had expected to find the most promiscuous behavior in regions like Africa with the highest rates of sexually transmitted diseases. That was not the case, as multiple partners were more commonly reported in industrialized countries where the incidence of such diseases was relatively low.

"There's a misperception that there's a great deal of promiscuity in Africa, which is one of the potential reasons for HIV/AIDS spreading so rapidly," said Dr. Paul van

Look, director of Reproductive Health and Research at the World Health Organization. "But that view is not supported by the evidence."

Wellings says that implies promiscuity may be less important than factors such as poverty and education — especially in the encouragement of condom use — in the transmission of sexually transmitted diseases.

The survey found that single men and women in Africa were fairly sexually inactive: only two-thirds of them reported recent sexual activity, compared with three-quarters of their counterparts in developed countries.

The study also found that con-

trary to popular belief, sexual activity is not starting earlier. Nearly everywhere, men and women have their first sexual experiences in their late teens — from 15 to 19 years old — with generally younger ages for women than for men, especially in developing countries. Still, there were considerable variations across countries. Men and women in Indonesia waited until they were 24½ and 18½ respectively.

There has been a gradual shift to delay marriage, even in developing countries.

"A single woman is more able to negotiate safe sex in certain circumstances than a married woman," says van Look.

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