

Health Notes

By Audeen Wagner



Improve your cholesterol levels

Want to raise the level of your "good" high-density lipoprotein (HDL) cholesterol and lower your "bad" low-density lipoprotein (LDL) cholesterol: Here are some tips:

- Reduce intake of saturated fats and dietary cholesterol. Your liver produces most of the cholesterol in your body. Any extra amounts come from foods containing cholesterol and saturated fats. The American

Heart Association recommends that we limit our intake of saturated fat to no more than 10% of your total calories, and consume no more than 300 milligrams of cholesterol daily. Reading labels in the grocery store is a good way to check this out.

- Use plant stanol and sterol food spreads. Available in grocery stores, these spreads, used in place of butter or margarine, can reduce blood cholesterol up to 15 percent. (Sentry Market does not currently carry these products, but will be happy to special order them for you.) See your care giver or a dietitian for more information on this.

- Eat your oats. As we've been hearing for years, eating oats, oatmeal or oat bran can help improve your cholesterol levels. Oats are loaded with fiber.

- Exercise, lose excess pounds. Exercise can help you lose weight, which can help improve cholesterol levels. Aim for 30 minutes of activity every day, and you'll be surprised at the results.

Mammograms can save lives

For women 40 and older, regular mammograms may reduce the risk of dying of breast cancer, according to a recent report. Mayo Clinic doctors support the findings of this study, and recommend that women over 40 continue to have regular mammograms. They say that mammogram screening is still the most accurate tool for early detection of small, early-stage tumors. When found early, breast cancer can be treated before it spreads to other parts of the body. Monthly self-examinations and exams by your doctor are important, too. Any irregularity in the breast should be evaluated by your doctor, even if it's not visible on a mammogram.

Next mammogram visit to Vernonia is August 21. Call 503-429-9191 to schedule your appointment.

Student athletes must have all forms ready before season

Though it's high summer, and Jamboree is about to begin, it's time for high school students to start thinking about school, particularly if they want to participate in sports. Students enrolled last year have received letters with important upcoming deadlines for students.

Vernonia offers football and volleyball for both junior high and high school students in the fall. Cross-country will not be offered by the high school this year due to budget cuts. Sports activities at the junior high level will begin after school starts on September 3.

Student athletes can pick up registration materials and pay fees August 12-13, from 9:00 a.m. to 3:00 p.m. Football conditioning camp begins August 12 at 4:30 p.m., with daily doubles beginning August 19 at

7:30 a.m. and 6:00 p.m. Volleyball tryouts also begin August 19, at 9:00 a.m.

Vernonia High School students who wish to participate in athletics must have the following completed and turned in before participating:

- Current physical signed by a physician (required every two years, generally in grades 7, 9 and 11).
- Insurance waiver or school insurance purchased.
- Signed emergency medical treatment form.
- Signed drug testing consent form.

In addition, student body and athletic fees must be paid, along with any school-related fees or accrued fines, and all equipment must be turned in from previous sport. Students must also meet district academic eligibility requirements.

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