

Health Center to sponsor breast cancer program

By Kamilah Bennett
Banner Reporter

The month of October has been designated as National Breast Cancer Awareness month. More women in the United States are diagnosed with breast cancer every year than any other cancer.

The Health Center is sponsoring a program to inform the faculty and students about prevention and early detection of breast cancer, Oct 29.

This year about 180,000 cases will be diagnosed 44,000 will die of the disease, according to the American Cancer Society. Breast cancer is the leading cause of cancer death among African-Ameri-

can women. African-American women develop breast cancer at a younger age than women of other racial backgrounds.

By the age of 20 a young woman should be performing regular breast self-exams once a month. As well as a clinical breast exam by a health care professional every three years.

"The major thing is developing a habit of checking your breasts once a month," said Dr. Preston Clark, campus physician.

"If you detect something unusual such as a lump in the breast that has been there for over a month then it is best to see a professional," said Lynda Watkins, campus nurse. "The youngest reported case was a young lady who was only 16."

Take a bit of dental expenses

(NAPS)—Pay now or pay more later. That's the reality of oral healthcare. While you may not enjoy a visit to the dental hygienist, it's a preventive measure that can mean the difference between a mouthful of natural teeth or a mouthful of implants.

For every \$1 spent on prevention in oral healthcare, \$8 to \$50 are saved in restorative and emergency treatment. That's significant when you consider that consumers dig deeper into their own pockets to pay their dental bills than other medical bills. The primary source of payment of oral healthcare services is out-of-pocket, even though industry figures do show that in 1995 over 40 million Americans were covered under some kind of dental plan.

If untreated, gum disease causes bone deterioration and eventual loss of teeth, loss of oral functions, and possible systemic infection requiring expensive treatment. Unlike many medical conditions that are self-limiting, untreated oral diseases typically become more serious, and more difficult and expensive to treat.

Luckily, oral health preventive services like those provided by dental hygienists are some of the

least costly health services available.

The cost-effectiveness of oral healthcare services provided by dental hygienists was recognized in a recent report to Congress on the health professions.

For every \$1 spent on prevention in oral health care, \$8 to \$50 are saved in restorative and emergency treatment.

Regular oral health care is required to detect and treat problems promptly. Yet currently, only 50 percent of all Americans receive regular oral healthcare. Oral healthcare providers know that preventing cavities and periodontal disease is cheaper than treating them; it's essential to promote preventive interventions to the public so consumers will understand them, too. Dental hygienists are preventive specialists who provide direct patient services and educate patients to follow preventive measures at home.

Walk away from stress

(NAPS)—Need a "pick me up?" Can you spare 10 minutes? Put on your shoes and walk. Walking revs up metabolism, boosts energy and relieves tension. Plus, people who incorporate consistent walking as a weekly routine may lose weight and experience other benefits.

Taking the first step is easy. Tops Club, Inc., the leading non-profit weight management organization, with over 300,000 members worldwide. Last year, Tops members collectively lost over 874 tons of weight.

The brochure features tips on how to get started, how to overcome excuses, what shoes and clothing to wear, how to determine your target heart rate zone and expected benefits from regular walking.

Studies show that over one-third of American adults get little or no exercise. The Surgeon General's Report on Physical Activity and Health calls for greater physical activity among Americans. It shows that moderate and consistent physical activity—such as walking—can provide life-long benefits.

Some people believe exercise involves expensive health clubs, custom equipment, and intense physical exertion. Not necessarily. Walking is free, and a great exercise for burning calories, toning, strengthening muscles, and improving self-esteem—while working at a modified pace.

Founded in 1948, Tops (Take Off Pounds Sensibly) is the oldest non-profit weight management organization, with over 300,000 members worldwide. Last year,



Tops members collectively lost over 874 tons of weight.

Tops embraces the philosophy that change comes from within an individual and is sustained by a supportive environment. Tops' members work with their personal physicians to develop a nutrition and exercise plan to fit their personal medical needs and lifestyle. Members work together to maintain this lifestyle through a system of positive reinforcement and friendship. Many chapters have recently adopted a walking program as another part of Tops' support system.

The "PERFECT LIFE" Essay Contest

Now, *Swing*, *PREMIERE*, and Fox Broadcasting want to know how you would best describe your idea of the perfect life. What's the most ideal existence? What do you think makes for the best job, lifestyle, or relationship? What things are the most valuable to you? What would you do to change the world?

This month's issue of *Swing* features the results of the "Perfect Life Poll." Conducted among adults across the country, the poll provides many varied opinions on the best way to live.

ONE GRAND PRIZE:

- Two tickets to the taping of a Fox TV show.
- Round-trip airfare for two to Los Angeles.
- Two-night hotel accommodations.
- The winning essay will be published in an upcoming issue of *Swing*.

25 runners-up will each receive *Swing* and *PREMIERE* T-shirts.

To enter, send your TYPED essay to "PERFECT LIFE CONTEST," *Swing* Magazine, 342 Madison Ave., Suite 1402, New York, NY 10017. Be sure to include your name, address, age, and daytime phone number on your entry. Entries must be received no later than November 3, 1997.

Official Rules: 1) The winner will be selected at the sole discretion of *Swing*, based upon the originality of the essay. *Swing's* decision shall be final. 2) No responsibility will be assumed for lost or misdirected mail. 3) Contest is open to U.S. residents, except employees of *Swing*, Fox Broadcasting, and *PREMIERE*, their families, and their dealers and suppliers. Contest void where prohibited by law. No purchase necessary. 4) All entrants must be 21 years or older. 5) Only one entry per person. 6) Prizes are not exchangeable for cash. 7) The winner is responsible for transportation to and from point of departure; all recreational money, tips, gratuities, parking, federal, state, and local taxes; and all fees other than airfare and hotel accommodations. No delay will be accepted. Failure to depart as scheduled will result in forfeiture of prize. 8) All federal, state, and local laws and regulations apply. For name of winner, send a self-addressed stamped envelope to: PERFECT LIFE CONTEST WINNER, *Swing* Magazine, 342 Madison Ave., Suite 1402, New York, NY 10017. 9) *Swing*, Fox Broadcasting, and *PREMIERE*, its affiliates, agents, and employees assume no responsibility or liability for damage, losses, or injuries resulting from trip and use of facilities. All contestants agree their name and/or photograph can be used for promotional purposes without compensation. Winner must complete affidavit of eligibility.

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Oops! Part 2 of "Tattoos" will be published in the next issue of the Banner