



Louisville Executive Leads March of Dimes Chapter

KEEPING IN TOUCH with fellow-members of the Louisville, Ky., chapter of the March of Dimes is only part of a busy day for radio executive William Summers. He is co-chairman of the voluntary health organization's local chapter.

By JANET DeJULIO
The National Foundation-March of Dimes is supporting vitally needed research into the causes of birth defects, reports William Summers, co-chairman of the Louisville, Ky., chapter of the voluntary health organization.

"My main aim is to help keep the public informed about developments in this field. Birth defects strike some 250,000 infants every year in the United States, denying too many children their full potential in life."

Mr. Summers, president of WLOU Summer's Broadcasting, Inc., was asked to join the chapter about three years ago. He became deeply interested in March of Dimes programs and soon became more and more involved in building community awareness about them. "It is important for the public to know that vaccinating children against rubella can reduce the risk of congenital damage to the unborn baby; how prenatal care can safeguard mother and child, particularly in the case of the 'high-risk' pregnancy; and why good health and nutritional habits are important to

develop early in life." Through his chapter, Mr. Summers encourages distribution of March of Dimes literature, films, and health information projects in Louisville.

Volunteer Efforts
Since joining the chapter, the busy radio executive has organized a fund-raising Walk-a-thon at the Women's Correctional Institution in Pee Wee Valley.

The 90 residents either sponsored or arranged to be sponsored by local business concerns. The contributions covered each mile each person walked. As a result, they raised \$300 for the Ohio Valley Chapter.

Mr. Summers also is impressed with the dedication of Mothers' March volunteers. These women plan and carry out the traditional March of Dimes neighborhood appeal every January.

"It is always my pleasure to work with these women," he comments. "I admit I am constantly astounded by the time and effort these hard working volunteers put forth. 'Marching Mothers are the most beautiful people on God's earth,'" he says.

Success story: Early Diagnosis and Treatment of PKU Now Prevents Mental Retardation

by Y. E. Hsia, M.D.
Director, March of Dimes Genetics Clinic
Yale University School of Medicine

Jon Florio brought his report card along when he came in for a check-up last June, because he was so proud of all his "Very Satisfactory" grades. Many of our children show off their kindergarten report cards, especially when they say "Promoted to Grade I."

But Jon's academic success was much more special. If he had been born before Connecticut doctors began testing every newborn for PKU disease, Jon might be entering an institution for severely retarded children this fall, instead of the top half of his first grade class.

Jon has been coming to the Yale-New Haven Genetics Clinic for treatment and diet instructions since he was ten days old. Results of a newborn screening test showed that the phenylalanine content of his blood was too high, suggesting a condition called phenylketonuria, PKU for short.

This inborn disorder in an infant causes phenylalanine to gather in the body in excessive amounts, resulting in interruption of brain growth and mental retardation. A diet low in protein restricts the level of phenylalanine and can prevent retardation.

At the Yale-New Haven Genetics Clinic, which receives support from The National Foundation-March of Dimes, we diagnose and treat PKU and other inborn defects.

Parents Reassured

Jon's mother was alarmed when she learned that her baby would need medical treatment for a disease that she had never even heard of, and about which her pediatrician knew very little. At the clinic, her fears were shared by the other parents whose infants had had positive test results.

Only about one in 10,000 babies is expected to be positive. Mrs. Florio suggested that they form a "club" to help each other through the bewildering period of adjustment.

They faced their problems together, which included getting used to the strange new diet. Imagine an infant not being allowed to have milk! And what about cookies and a birthday cake, later on?

Under the guidance of the clinic dietitian, group members used commercial protein substitutes, inspiration, and imagination to see that their children had facsimiles of a normal diet—including birthday cake. "That was seven years ago. We're delighted with the medical success of our program, and it is interesting to see how this is reflected in the changed attitudes of parents at the clinic.

At first they were worried and frightened about the unknown, but the next group of parents were not as fearful. They were reassured by the successful results they saw in older PKU children at the

clinic, but must be given a special gentle cleaning. After extended usage, stains may build up which become permanent.

An added plus of the "self-cleaning" system is that you can also clean the surface-unit reflector pans, and racks and panels from a companion oven, in the master oven at the same time.

"Self-cleaning" ovens cost more than "continuous-cleaning" or soil-hiding models, and each cleaning uses some 9 to 11 cents worth of electricity, but most homemakers who understand the differences agree that the added convenience is well worth the small extra cost.



JON FLORIO points with pride to his near-perfect report card and Dr. Y. Edward Hsia is duly impressed and pleased. As director of the Yale-New Haven Genetics Clinic, he guides the early treatment of PKU patients, like Jon, who might otherwise have risked retardation.

clinic. Now, most of the parents feel much more comfortable about it. The "club" has disbanded and only a few parents feel the need for group support.

Although we have reasonable control of PKU, future problems may emerge. Pretty little girls, whose phenylalanine levels have been successfully controlled by diet, grow up to be attractive young ladies who marry and have children.

There is a risk that their babies will be affected before birth by the phenylalanine in their bodies. Excessive phenylalanine can reach the fetus through the placenta and cause

brain damage.

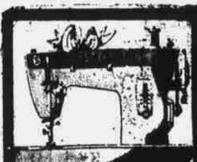
Diet in Pregnancy
Doctors are trying to prevent this by strict diets for pregnant women with a PKU history. In fact, many obstetricians now routinely test their patients for PKU, since there are women who have had the disease, are not retarded and do not know they might have a PKU baby. Meanwhile, through research, medical services, and well-allocated March of Dimes funds, youngsters like Jon Florio will outgrow their need for low-protein diets, usually by the age of 5 or 6, and go on to a normal life. The Yale-New Haven genet-

ics staff won't be surprised when Jon comes back to show us his college diploma. After all, anything's possible for a boy who's just been promoted to first grade—upper level.



What is aluminum foil? It's pure aluminum; a large block of the solid metal is rolled, until it becomes a long, thin, continuous sheet. It's fireproof, lightproof, moistureproof, odorproof, greaseproof and recyclable.

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Consumer Scene



Tips On Selecting A "Clean" Oven

Ten years ago when the consumer went to buy a new range the oven was hardly a factor in the purchasing decision.

There was only one kind of oven — a grey porcelain-enamel-on-steel lining that required liberal application of elbow grease and various cleaning compounds whenever you wanted to remove the baked-on spatters to see what the original finish looked like.

Today, choosing the oven is a major part of selecting an electric or gas range, with the consumer having three, and possibly four, choices according to General Electric's Consumers Institute.

The well known standard range with an oven which the homemaker must clean herself is available—in some cases with a removable oven door. Also on the market are a few models with removable easy-clean Teflon panels, although most manufacturers have dropped this type of oven from their product offering.

The two remaining types—both of which are promoted as relieving the homemaker of the unpleasant cleaning chore—are the ones vying for the bulk of consumer dollars. One type is known as the "self-cleaning," "pyrolytic" or P-75 oven, while the other is called "continuous-cleaning" or Clean-Look.

While many consumers think both systems provide carefree oven cleaning, there is a world of difference between the two.

ing—at most—a tiny amount of fine ash. The "continuous-cleaning" method employs a special porous ceramic coating on oven surfaces which helps reduce some food soils during normal baking and roasting operations, but primarily serves to conceal most stains and spatters.

It is easy to spot the difference between the two oven systems when shopping for ranges even if a salesman isn't present to point them out. Because the "self-cleaning" method is able to remove all soil, oven interiors are glossy, smooth and light in color.

"Continuous-cleaning" ovens, on the other hand, are a dark, dull color, to help mask undissipated soil, and they are rough to the touch because of the porous ceramic coating applied to the panels.

General Electric, which offers consumers a choice of both types of oven cleaning systems, is one manufacturer who also calls attention to the extra cleaning required for its Clean-Look ovens with prominent instructions printed on the removable bottom oven panel to preclude any consumer misunderstanding of what they will and won't do.

While the oven shelves and shelf supports, broiler pan and broiler rack, lamp cover and the inside of the oven window are cleaned automatically in a "self-cleaning" oven, these parts along with the bottom panel must be cleaned by hand in a "continuous-cleaning" oven.

Also, stains which may appear on the porous ceramic coating cannot be cleaned with conventional oven cleaners or abrasives which would scratch or damage the coat-

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