Get Medical Care Before Conception

Couples planning a baby should get in shape for pregnancy before actually conceive the child, according to Dr. Robert C. Cefalo, chief of the division of maternal and fetal medicine at the University of North Carolina at Chapel Hill School of

"We are interested in the very best outcome of pregnancy," Cefalo said. "At the time of conception we believe the couple should be in optimal physical shape and emotionally ready for parenthood."

Cefalo urged couples to talk with health professionals about their concerns before they actually conceive a child. "Preconceptional counseling provides couples with a realistic look at their health status, the risks involved in a prospective pregnanknowledge base upon which an informed decision can be made about a particular risk."

He said medical advances in obstetrical and neonatal care have brought about a rapid decline in the death rate for pregnant women and their babies over the past

"We believe that in order to further decrease these rates and increase the quality of reproduc-tion;" Cefalo said, "we must identify the 'at risk' conditions that may lead to the complicated pregnancy and the complicated outcome.

"Successful reproduc-tion doesn't just start with fertilization and conception," he con-tinued. "What we are trying to do is to set optimum health standards that may directly or indirectly affect the ovum

Planning Session at Antioch
The One Day District 7 Group 2 will have its Planning Session at Antioch Baptist Church, 2 miles from Oxford Central Orphanage, November 13 at 10 a.m. Plans will be made for the April

****** HELP!

The Planning Committee of the Hillside High School Class of 1943, in preparing for its 40th Class Reunion on July 2-3, 1983, needs to get information and/or ad-dresses for the following classmates:

Evelyn Virginia Beasley Mary Lee Bishop Dessie Lee Brown Blanche Majesta Henson Kathryn Roberta Jones Dorothy Ailen McDaniel Elmer Oliver William Roosevelt Revels Ethel Lynette Scott Chrizzalle Smith James Walker Evelyn Illeine Whitt Anna Woody Williams

If you have information on any of these classmates, please call (Mrs.) Ruth S. Boyd at 596-6747 or (Mrs.) Doris L. Reddick at 596-1016 or 544-7495.

The committee is also searching for information and/or addresses of anyone starting Hillside with the class who did not finish for some reason in 1943.

Our sincere thanks to all who have furnished us with Times addresses. Don't stop! We want to find every single DOKE SO BATE DY KEY PROVED

cy and an adequate or the sperm or the in-knowledge base upon teraction of the two."

Cefalo said 5 percent of the births each year in the United States involve a malformed child and half of those involve a serious, life-threatening situation. He said adverse agents can have a wide variety of effects on the sperm, ovum or fetus including sterility, minor malformations, major birth defects or no effect at all.

"We know that at various stages development the degree of sensitivity to an adverse increases," Cefalo said, adding that the period of greatest sensitivity appears to be during the first 17-56 days of a

woman's pregnancy. don't know they are pregnant or don't seek medical help until after this period has passed. "We now realize how important it is for patients to come in before and get advice or to come in very, very early

in pregnancy.
"The number one cause of preventable congenital defects in the States United alcohol," Cefalo said. He indicated that 30 percent of patients who drink four to six glasses or more of alcohol per day may produce a baby

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that has fetal alcohol syndrome mental retardation growth retardation and other birth defects.

The greatest risk is during the first three months of pregnancy, Cefalo said, but alcohol in excess can have throughout pregnancy. He indicated that even if a woman alcoholic is not identified until the third trimester, her chances of an underweight baby can be reduced from 45 percent to 8 percent if she can be helped to cut down on her drinking.

something in the third trimester to affect outcome," Cefalo said, "look how much we could do by pre-He said many patients identifying, supporting on't know they are and helping the patient cut down in the first trimester, or even better, prior to pregancy.'

Cefalo said caffine does not appear to change chromosomes although it may enhance the adverse effects of other drugs. He warned prospective parents that tea, soft drinks and overthe-counter drugs also contain caffeine. "Focus advised.

pregnancy or in early pregnancy," Cefalo Cefalo future." said. He added that babies born to women summed up her second who smoke more than 10 summer at Bell Labs cigarettes a day have a computer center in Murlower body weight, shortened body length and smaller head circumference than babies born to non-smokers.

William Droegemueller, chairman of the department obstetrics gynecology, discusses the effects of various contraceptive methods used prior to becoming pregnant. He said women who use birth control pills generally have a delay in becoming pregnant after they stop tak-ing the pill. "It's tem-porary and women do

not become permantly (Continued on Page 4)



Ms. Elaine Barbour

Engineering Students Work At Bells Labs

"This summer at Bell Labs has given me a totally different perspective," said Elaine Barbours a 19 year old Duke University sophomore. "Having the chance to on caffeine, don't just "Having the chance to think about coffee," he experience the technical world, to learn from the "There is every reason experts, to decide what I to stop smoking prior to want to do professionally will help me in the

That's how Barbour

Of Tyler, Texas

Of Augusta, Ga.

Of Richmond, Va.

Of Raleigh, N.C.

ray Hill, N.J. She is one of 72 students who participated this summer in the Bell Labs Engineering Scholarship Program. Designed to encouraged academically qualified and women to become engineers or computer scientists, the program includes full

Bell Labs location. Students involved in the program this year are

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"Some Day We Will Meet"

"Sign Me Up"

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> Rev. Leroy E. Davis, Pastor SUNDAY, OCTOBER 31, 1982

8:00 A.M Morning Worship

9:30 A.M. Sunday Church School 11:00 A.M. **Morning Worship**

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Emmanuel Benterostal



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Marion Wright, Pastor

Sunday ---- 10:00 AM & 6:30 PM Wednesday- 7:30 PM Friday---- 8:00 PM

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Sunday Church School 11:00 A.M. **Morning Worship**

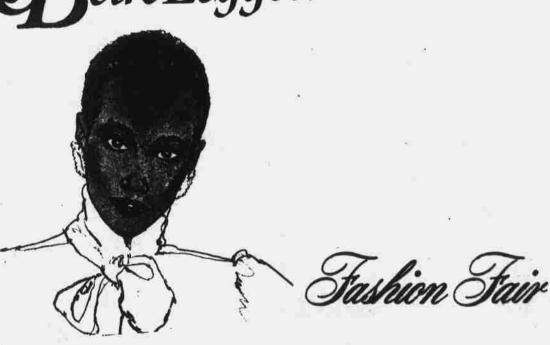
WEDNESDAY

7:00 P.M. Prayer Service

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