

YOU & YOUR HEALTH

A BLACK PERSPECTIVE

Renal Failure

Third in a Series

We've discussed the causes of chronic and acute renal failure, complications, causes, and its relationship to hypertension or high blood pressure. Since we know that hypertension is one of the major causes of chronic renal failure and Blacks have a much higher incidence of high blood pressure, then we can identify why so many Blacks have renal failure. This is a very real and serious problem in the Black community.

Treatment of chronic renal failure can be divided into conservative management and more definitive forms of treatment, including peritoneal dialysis, hemo dialysis and renal transplantation.

Until recently, dietary management of chronic renal failure has often meant the very limited and careful use of high caloric and low protein diets. The result has been that some persons have had their protein intake restricted unnecessarily and in others, with severe renal failure, the blood urea was decreased but it caused them to have severe muscle wasting. There is no diet suitable for all persons with chronic renal failure and in practice with severe chronic renal failure are generally studied in hospitals and their diets worked out to suit individual needs. During the person's stay in the hospital, the dietary requirements are evaluated including fluid intake, protein intake, sodium intake and potassium intake. To achieve good results, it is vital that the person fully understands what the dietary restrictions are and the reasons for them.

Three major modes of treatment



Brenda Kennedy, BSN

for chronic renal failure are peritoneal dialysis, hemo dialysis and kidney transplantation. Peritoneal dialysis is the use of the peritoneum surrounding the abdominal cavity as a dialyzing membrane for the purpose of removing waste products or toxins in the blood accumulated as a result of renal failure - this will be explained later.

We will also go further into the discussion of a peritoneal and hemodialysis and kidney transplantation.

"Mysteries Of The Sea"

A breathtaking look at man's adventures and achievements in the exploration of and research into the world's seas will be aired on "Mysteries of the Sea," Sunday, May 18 at 7 p.m. on Channel Nine.

William Holden is host-narrator of the two-hour special. Highlights include:

Marine scientists from the California Academy of Sciences and the University of Hawaii join great white shark attack survivor Rodney Fox in South Australia to learn new facts that will contribute to a better understanding of the predator.

In addition, French Polynesian diver Jean Tapu manages an underwater farm of more than 50,000 oysters that produce only a few thousand a year of the most rare, exotic black pearls in the world.

Diving to the Monitor's final Atlanta resting place 220 feet down underwater archeologists explore this sunken Civil War iron-clad off Cape Hatteras.

Arthur Ashe Joins ABC Sports As Expert Tennis Commentator

Arthur Ashe has traveled a long and winding road in his remarkable life - a road filled with pitfalls as well as lofty heights. He has known great moments in tennis, having won Wimbledon and the U. S. Open, but he has also experienced darker moments of illness and injury. Through the good and the bad times, Ashe has maintained a personal level of excellence which has separated him from other successful athletes.

Now thirty-seven years old, Ashe admits his tennis career is over but the options for his future look bright. Since 1977, Mr. Ashe has been involved with ABC Sports as an expert tennis commentator but his role will be expanded in the future - the tennis circuit's loss is ABC's gain. Two of the upcoming events which Ashe will be associated with are the "Alan King Tennis Class" in the end of April and the "Tournament of Champions," in May.

The past year has been a difficult one for Arthur Ashe. A heart attack on July 31, 1979 was a shock to everyone because he was notoriously one of the fittest players on the tour. After experiencing palpitations, he made the decision to enter a hospital in December for quadruple bypass heart surgery. It is not a subject Mr. Ashe enjoys talking about. "I stayed in bed and did nothing for two months after the operation," said Ashe, "I feel OK now, I really do, and I'm happy to be around."

For almost two decades, Ashe has been a quintessential statesman. As a past president of the Association of Tennis Professionals, the governing body of men's tennis, Arthur played an integral part in the tremendous growth of tennis through his leadership as well as his charisma. Ashe has also committed himself to working with black groups around the country, encouraging them to learn and become more aware of the world around them.

But tennis is how it all began. Born in Richmond, Va., Ashe played his way through the juniors, graduating with a business degree from UCLA and was the NCAA

Champion in 1965. He was ranked No. 1 in the world in 1968 and then again in 1975. It was in 1975, when Jimmy Connors reigned the tennis world, that Arthur Ashe scored his biggest triumph by beating his fellow American in the finals of Wimbledon with finesse rather than power.

In 1977, it appears as if Ashe, was through competing when he was forced to have a heel operation and an eye injury. His computer ranking dropped dismally to 257 in the world but Ashe insisted he would return. And return he did in 1978 with wins which surprised everyone but Ashe himself. He was ranked as high as No. 7 in the world in 1979 until he was stricken with a heart attack.

"I don't feel as if I've been cheated," says Ashe. "I've had a

great life with exciting plans for the future. An introspective, private man, Mr. Ashe prefers not to dwell on his recent misfortunes and would rather talk about politics or the successful photography career of his wife Jeanne.

Articulate, committed, Arthur Ashe leads a certain amount of class to anything he does. The tennis world has been a better place for his presence and pity the poor player who ever had to play against him. After the finals of the Grand Prix Masters in 1979, when John McEnroe barely beat Ashe in the finals, the young winner was asked if the pro-Ashe crowd bothered him. "You go into a match against Arthur Ashe knowing the crowd will be for him," said McEnroe, "they always are...people have been cheering him forever."

Mint Museum Schedules Public Forum

The Mint Museum has scheduled a public forum on Wednesday, May 14 from 7:30 until 10:30 in the Puppet Theatre. Interested citizens are invited and encouraged to attend and participate.

This forum, one of a series of meetings designed to gather suggestions, opinions and comments from a broad spectrum of area residents, will provide an opportunity for all interested citizens to express their opinions on the features and programs they would

like to see in the new Mint Museum on-site expansion.

Citizens attending this public forum will address the architects directly so that their ideas can be considered and incorporated in the earliest stages of architectural planning.

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