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HEALTHY BODY HEALTHY MIND

Healthy Heart possible

By George D. Wilbanks, MD
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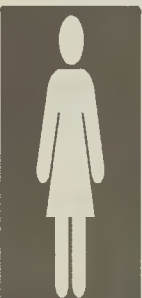
Heart disease, a condition that affects one in five women over 65, is the No. 1 killer of women. Women are about ten times more likely to die of this disease than of breast cancer.

Lifestyle changes are a key to preventing it. Cigarette smoking is the most serious risk factor. If you smoke, you are two to six times more apt to suffer a heart attack than a non-smoker.

This is true even with light smoking (fewer than four cigarettes a day) and low-nicotine brands. When you quit smoking, you will immediately reduce your risk of heart disease by 30 to 50 percent, and after two or three years your risk will be the same as that of nonsmokers. High blood pressure, or hypertension, is another risk you can control. More than half of all women over age 55 suffer from this condition. You should have your blood pressure checked regularly, and if it is elevated attempt to lower it by losing weight, exercising regularly and reducing your sodium and salt intake. If your doctor prescribes high blood pressure medication, keep taking it as advised, even if you feel better. Remember, high blood pressure often has no symptoms, which is why it's called the "silent killer."

Finally, as an adult woman, you should have your cholesterol level checked at least every five years. Cholesterol and fatty deposits settle on the inner walls of blood vessels and restrict the flow of blood to the heart. To lower cholesterol, eat less red meat, consume mainly low-fat dairy products (such as skim milk), and avoid fried foods and fatty desserts in favor of whole grains, poultry, fish, beans, and fresh fruits and vegetables. Limit your fat intake to about 30 per cent of your total calories. To figure fat percentages, remember that one gram of fat is approximately nine calories. example: A 100-calorie cracker with 2 grams of fat will be about 18 percent fat.) Most of these should be from unsaturated fats (like olive, canola, or sunflower oil) and only 10 to 15 grams daily from saturated fats (found in meat and poultry skin, whole milk dairy products, cocoa butter and coconut and palm oils). Check labels to be sure. Your cholesterol levels may increase after menopause, when your body is no longer producing estrogen. If you have an especially high risk of heart disease, your doctor may recommend estrogen replacement therapy, which has been associated with lower cholesterol and a reduced cardiovascular risk by as much as 50 per cent. Discuss with your doctor whether that's right for you.

**Next Month
Drugs to Avoid
During
Pregnancy**



Getting physical: Right moves, food builds bodies



Phil Jant instructs Arlinda Duncan on proper use of stair climber at Bally's, a local health and fitness club.

By Tammie Tolbert
THE CHARLOTTE POST

"Exercising and proper nutrition go hand in hand," says fitness consultant Phil Jant.

"Beginners should start with the basic compound movements, which is lifting light weights at high repetitions," Jant says.

Proper form is required to obtain results. "Once you have proper technique then you can increase the weight," he said.

A good cardiovascular program will be beneficial for people interested in losing weight only.

"A high-level intensity workout on a steady cardio program for five times a week should produce results for someone trying to shed pounds," Jant says. "Your body will need at least two days to rest and recuperate. A cardio routine includes walking or running on a track or treadmill, using a stairclimber, or riding a bike for 20 to 40 minutes. The majority of people try to lose body fat first and then add muscle mass."

Jant's clients participate in his program called the total body circuit workout, which requires combining the cardiovascular program with weight lifting.



"This combination theory was set up by Authur Jones, the man who developed Nautilus equipment in the early 1970s," Jant said.

Unlike the cardiovascular workout, a person only has to do the total body circuit routine three times a week with a rest day in between each workout routine.

"A person should take a 15- to 60-second rest period after they work on an isolated muscle group," Jant said.

The rest period depends on the intensity of the routine and which muscles the person works with.

Improper eating is a common

mistake, Jant said.

"Not eating properly is the most common mistake that I see people commit," Jant said.

He said that the most important thing for people to be aware of is the nutritional aspect of working out. "It takes more calories to maintain muscles than it does fat and once you increase your muscle mass that helps to speed up your metabolism," Jant said.

"You may initially make some progress, but if your eating habits are not in order, you are eventually going to run into some problems," Jant said. "Your body will make

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Mobile health outreach in Earle Village

By Tammie Tolbert
THE CHARLOTTE POST

The Earle Village community got a chance to stay ahead of a leading cause of death for black women.

Breast cancer is the leading cause of cancer death for African American women, according to the National Cancer Institute.

Mobile Health Outreach provided free on-site breast exams in Earle Village.

"The Charlotte Housing Authority is elated whenever we can form partnerships with other organizations that will visit our communities, that will benefit our residents," said Vivian Nivens, housing authority public relations director. "Such is certainly the case with this partnership with Nationsbank and Metrolina Outreach Mammography."

Mobile Health Outreach is a non-profit arm of Metrolina Outreach Mammography. "If you don't go to the woman,

she's not going to come to you," said Jean Griswold, a director of the mammogram mobile.

"We were seeing so many women who did not have insurance or access to obtain a mammogram and we didn't want to turn anyone away," Griswold said. "Sponsors like NationsBank help to provide funding to help pay for the women who are screened."

The mobile exam unit has been successful in helping women to detect breast cancer. "For the first time women are taking advantage of something being brought to them and as a result some of the things that could have been life threatening have been detected," Griswold said.



Women between the ages of 35 to 60 are being screened. The mobile bus is in operation on Monday through Saturday and it goes to church health programs and senior centers. Two technologists administer the mammograms.

"I enjoy doing this because I believe that I am helping to save the lives of women, said mobile technologist Lisa Wart.

"Every woman over the age of 20 should do self breast examination every single month," Griswold said. "She should also have a complete physical that includes a breast exam at least once a year."

When a woman reaches 35, she should have her first breast examination called a baseline mammography. The average cost for a breast exam is \$60.

"After reaching 40, a woman needs to have a mammography done every year," Griswold said.

To learn more about mammography you can call the National Cancer Institute at 1-800-4-CANCER.



Technician Lisa Wart gives Earle Village resident Annie Oilphant her breast examination at mobile site.

LIVING WITH LUPUS: 'Let go and let God'

By Tammie Tolbert
THE CHARLOTTE POST

Systemic Lupus is a disease that has effected every aspect of Sybil Childers-Morgan's life.

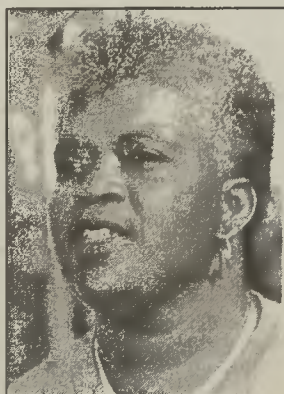
"I was diagnosed with Lupus in 1972 and the doctors only gave me ten years to live," Twenty four years have passed and Morgan says that she has found ways to manage her illness. Lupus is a chronic, autoimmune disease which causes inflammation of various parts of the body, especially the skin, joints, blood and kidneys. There are three types of Lupus: discoid, systemic, and drug-induced. Discoid is limited to the skin and it resembles a rash; systemic can affect almost any organ or system of the body; while drug-induced Lupus occurs after the use of certain prescribed

drugs.

"Lupus forced me to take early retirement and it prevented me from having children," Morgan said. Morgan says that in 1972 there were over 500,000 people with Lupus in the world and now there are over 1.9 million people who have the disease. "Lupus is three times more prevalent in females than males and it is three times more prevalent in blacks than in whites," Morgan said. Morgan is a founding member of the Charlotte Chapter of the Lupus Foundation of America.

The Lupus Foundation of America states that scientists believe that the disease is caused by genetics, but they still aren't really sure what causes the disease. "I am the only one in my family that has Lupus," Morgan said.

Morgan says the disease makes her very tired and feverish. She said she is often



Childers-Morgan

asleep.

"This disease is sometimes called the 'Great Imitator' because it mimicks other diseases.

"The sun is my enemy because it drains my energy and I have to wear sunscreen on my skin," Morgan said. "I don't go to the malls often

because the ultraviolet light also drains my energy."

"The main way that Lupus has effected me is that it has effected my brain," Morgan said. "Sometimes I am not interested in my surroundings...I experience deep depression and I just withdraw," Morgan said. Morgan says she has a doctor for all of her illnesses. "I have a psychiatrist, a pediatrician, a psychologist, and other doctors," Morgan said.

She said she experiences excruciating pain in her joints and sometimes she has to see a psychiatrist and undergo

hypnosis to get relief from her pain.

"I have learned how to do self-hypnosis in order to escape the pain," Morgan said.

"I have tried to include Lupus into my life because I know that it is something that I must live with," Morgan said.

Morgan says she would sometimes ask the question, "Why me?" Now she says she starts her days saying, "Let go and let God."

For more information about the Charlotte Chapter of Lupus, call Becky Nelson at 399-3761 or Betty McQuay at 366-6796.

"Lupus forced me to take early retirement and it prevented me from having children"

Sybil Childers-Morgan