

Around Charlotte

News of note

•The Bethlehem Center Head Start Program is accepting applications for the 1997-98 school year. Parents are urged to register their preschool children born between Oct. 17, 1994 and Oct. 19, 1996 as soon as possible. Older children will receive priority.

The program accepts children of families whose incomes fall below poverty level. Spaces are also open for children with special needs from families of all income levels. For more information, call 376-9401 or 371-7420.

•Blood screening at Community Health Services, 1401 East 7th St. For more information, call 375-0172.

Saturday

•Teen Pregnancy Prevention Hip Hop finals 11 a.m., Greenville Community Center, 1330 Spring St. The contest is designed to increase awareness of the importance of preventing teen pregnancy, HIV/AIDS and sexually transmitted disease. Contestants are teen residents of the eight Charlotte neighborhoods with the highest teen pregnancy rates. For more information, call 332-6721.

•Confidential HIV/AIDS testing each Saturday at Community Health Services, 1401 East 7th St., 10 a.m. For appointments, call 375-0172.

•African Attire Disco Dance, Elks Home, 3312 Tuckaseegee Road, 8 p.m. Sponsored by Pisgah Lodge 266, Pisgah

Temple 228 and Isabella F. Hyder Temple 1279. Tickets are \$8. For more information, call 597-0235.

Sunday

•Brisbane Academy open house, 3-5 p.m. Event open for prospective students and employees. For more information, call 598-5208. Brisbane Academy is located at 5901 Statesville Road.

Tuesday

•Alliance for the Mentally Ill, Metrolina Chapter meeting, 6:45 p.m. St. John's Baptist Church, 300 Hawthorne Lane.

•Republican Women's Club meeting, noon at YWCA, 3420 Park Road. Roundtable discus-

sion on Young and Younger Republicans. Buffet, \$10.

Upcoming events

•May 29 - "Empower to the Sistahs," 6:45 p.m., the Bethlehem Center, 2705 Baltimore Ave. Includes workshops on domestic violence, confidence, beauty and the affects of violence. For more information, 336-4275 or 336-6650. Free.

Due the holiday,
the deadline for
Around Charlotte
is 5 p.m. Friday

HEALTHY BODY/HEALTHY MIND

Warning signs of depression often visible

Aprilla
Bridges,
R.N.



Depression is a continual feeling of sadness, despondency or hopelessness with accompanying symptoms. Major depression occurs in about 1 in 10 Americans. It affects both sexes, but is more common in women. It can be difficult to treat, but there is continued improvement in effectiveness of treatment.

Frequent signs and symptoms include:

- loss of interest in life; boredom.
- listlessness and fatigue.
- insomnia; excessive or disturbed sleep.
- social isolation.
- appetite loss or overeating.
- loss of sex drive.
- constipation.
- difficulty making decisions; concentration difficulty.
- unexplained crying bouts.
- diminished self-esteem.
- intense guilt feelings over minor or imaginary misdeeds.
- thoughts of death or suicide.
- irritability.
- various pains, such as headache or chest pain, without evidence of disease.

A truly depressive illness has no single obvious cause. Some biological factors can play a part,

e.g., physical illness, hormonal disorders, certain drugs. Social and psychological factors may play a part along with inherited disorders such as manic depression which tends to run in families. Depression may relate to the number of disturbing events in a persons life.

Risk for depression are as follows:

- unexpressed anger or other emotion.
- compulsive, rigid, perfectionist or highly dependent personalities.
- family history of depression.
- alcoholism.
- failure in occupation, marriage or other interpersonal relationships.
- death or loss of a loved one.
- loss of something important (job, home, investments).
- job change or move to a new area.
- surgery, such as mastectomy.
- major illness or disability.
- passing from one life stage to another, such as menopause or retirement.
- use of some drugs.
- withdrawal from mood-altering drugs, such as narcotics, amphetamines or caffeine.
- some diseases, including diabetes, cancer of the pancreas and hormonal abnormalities.

Preventative measures that maybe helpful include the maintenance of good communication with family and close friends,

raise children with love and reasonable expectations in school and home, and anticipate and prepare for major life changes where possible.

Recovery may be spontaneous in some cases of depression, but professional help can shorten the duration and help you learn to cope in the future. Recurrence is common. The recovery rate is high, despite one's pessimism while depressed.

Suicide is a possible complication of depression. Some of its warning signs include: withdrawal from family and friends. Neglect of a personal appearance. Mention of wanting "to end it all" or being "a burden to others." Evidence of a suicide plan (e.g. buying or cleaning a gun). Sudden cheerfulness after prolonged despondency. Other complications are hallucinations or psychotic behavior and manic behavior which is characterized by inappropriate overactivity and comic or irresponsible behavior.

Psychotherapy or counseling along with drug treatment appears to obtain the best results for treating depression. Many different types of psychotherapy are available ranging from simple problem-solving type behavioral therapy to psychoanalysis. Hospitalization or inpatient at special treatment to centers maybe required for severe depression. Support groups may also be utilized. Social agencies to

contact for help include the National Mental Health Association (800) 969-6642, National Foundation for Mental Illness (800) 239-1263 or National Depressive and Manic Depressive Association (800) 826-3632. Call your local suicide prevention hot line if you feel suicidal at 358-2800.

Antidepressant drugs may be used for some persons with prolonged or moderately severe depression. Lithium may be prescribed as well as sedatives which may be used temporarily for insomnia.

No restrictions on activity is necessary. Maintain daily activities and interest even if you don't feel like it. Attend social functions, concerts, athletic events, plays and movies. Keep in touch with friends and loved ones. Engage in regular, strenuous exercise as recommended by your doctor. This helps relieve depression.

Always eat a normal, well-balanced diet even if you have no appetite. Vitamin and mineral supplements may be necessary.

Survey finds price key issue

By Jennifer Brooks
National Newspaper
Publishers Association

WASHINGTON - When it comes to reforming health care in the United States, Americans who purchase their own health care said affordability - not access or quality - was the most important issue to them, and that price controls on medical procedures was their favored means of ensuring affordability, according to a March survey conducted by the Alliance for Affordable Health Care.

The survey, which took the opinions of 510 Americans who pay for their own health care, found that 56 percent of those surveyed chose "making health insurance more affordable" as the most important issue to be considered in making national health reforms. Just under one-third of the respondents (31 percent) said the most important issue was "making sure everyone has health insurance," while 11 percent said the most important issue was "maintaining the quality of health care in the United States."

In the same survey, the respondents were asked to rank measures that would make health care more affordable to them. "Instituting price controls on medical procedures" was a lopsided favorite at 42 percent. Another 21 percent of respondents favored "allowing individuals to join together to form insurance pools," while a quarter of the

respondents were split between "reforming malpractice" (13 percent) and "expanding the deductibility of health insurance for tax purposes" (12 percent). "Expanding Medical Savings Accounts for more people" was listed by 4 percent of those surveyed.

Other findings of the survey:

- Respondents were nearly evenly split on their opinion as to whether President Clinton and the Republicans in Congress will be able to come together on an agreement to save Medicare. Forty-two percent were optimistic the two could work together to save Medicare, while 50 percent were doubtful.

- Asked whether they believed the government should create a federal program that "guarantees a certain level of health care for children - even if a new payroll or higher income tax will be necessary to pay for the program," 46 percent of those surveyed indicated they favored creation of such a program (39 percent said they believed such a program should "definitely" be created.) Thirty-nine percent opposed such a program - with 30 percent saying they believe the government should "definitely not" create such a program.

- The survey also asked respondents their overall opinion of health maintenance organizations. Results indicated that 19 percent thought HMOs were "good" or "excellent," while 25 percent felt HMOs were "average," and 41 percent felt HMOs

were "fair" or "poor."

- In spite of calls for federal health care mandates and additional restrictions on how HMOs deliver care, respondents narrowly rejected the idea that HMOs need more regulation at the federal level. Thirty-nine percent favored more regulation, versus 42 percent who were opposed.

- Thirty-eight percent of those responding were familiar with the concept of medical savings accounts; 62 percent were not familiar with the concept.

The Alliance for Affordable Health Care's survey polled 510 men and women between March 13-25.

SUBSCRIBE TO The Post

If you have any questions or concerns, Please contact us at 376-0496. Or we can be reached by fax at 342-2160.

"We are dedicated to serving you and our community."

KRONA
OPTICAL

REEVES
Eye Clinic

Dr. Curtis C. Reeves, Jr.
Ophthalmologist

Specializing In

- Glaucoma • Diabetes • Cataract Surgery •
- Lens Implants • Laser Surgery • Eye Exams •
- Division of Motor Vehicles Eye Exams •

Featuring...

The New Cataract Device To See Your Cataract and Allow Your

Own Second Opinion

"NO " OVERNIGHT STAY
CATARACT SURGERY

Medicare & Medicaid Welcome

• Optical Shop • Glasses • New Italian Frames •
1001 Beatties Fd. Rd. • Easy Access To I-77 & I-85

Call 333-0799 • 20 % Off selected glasses with this ad

CHOICES

CHOICES

CHOICES

As a **Maxicare/Medicaid Member** *choices* abound!
Now, you have an option to long waits and never seeing the same doctor twice.

WITH MAXICARE, YOU GET:

- Your own private doctor.
- One hour (or less) service with scheduled appointments.
- Access to our complete network of specialists.
- Medical Advice line available to you 24 hours-a-day!

Discover the difference between *ordinary* care and
MAXICARE!!



Maxicare North Carolina, Inc.
The company that wants
you to be
choosy!!

1-800-350-6294

BIG LEAGUE SPORTS ARE HERE

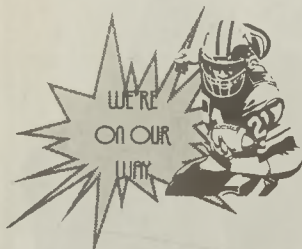


WHICH WILL COME FIRST?

SUPERBOWL?

CHARLOTTE
HASN'T HAD
EITHER ONE

N.B.A. CHAMPIONSHIP?

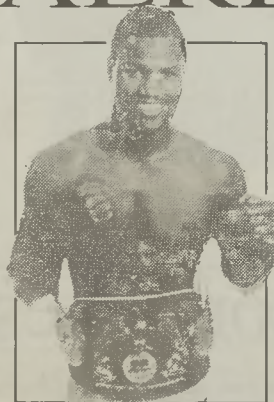


WE'RE
ON OUR
LUMP



YOU CAN
COUNT ON US

YET
BUT WE'VE
ALREADY HAD
A WORLD
CHAMPION
BOXER,



KELVIN SEABROOKS
COMMUNITY RELATIONS DIRECTOR

KELVIN SEABROOKS,
and

HIS CHIROPRACTOR
DR. WATTS



DR. DENNIS WATTS, D.C.

OF A&W CLINIC, HELPS KEEP KELVIN'S BACK IN SHAPE
IF YOUR BACK OR NECK IS INJURED
CALL 393-3333

WITH 3 OFFICES ON: BEATTIES FORD, WILKINSON & THE PLAZA
OUR STAFF WILL TREAT YOU LIKE A WORLD CHAMPION