Fighting diabetes the cos way

Continued from page 1B Hernandez's career. He said it's easier to record now as opposed to being 30 pounds

"You have more breath, more lung expansion and you're not easily fatigued," he said. "And you sound differ-

As a part of his tour in support of his national debut CD

'C About Me," Hernandez talks to kids about staying active and healthy.

"This tour is really for the betterment of kids out there to let them know it's all right to sit around and "chillax" but you really have to find your verb," he said.

The flip side of being inactive is developing diseases like diabetes, heart disease

According to the CDC, diabetes now affects nearly 21 million Americans - or seven percent of the U.S. population - and more than 6 million of those people do not know they have diabetes.

"Diabetes is a leading cause of adult blindness, lower-limb amputation, kidney disease

and nerve damage. thirds of people with diabetes die from a heart attack or stroke," said Vinicor.

November is National Diabetes Month For more information about the disease, visit www.cdc.gov/diabetes.

For more information about Hernandez and his music, visit www.marrosonline.com

Accepting New Patients Walk-Ins Welcome PROVIDENCE FAMILY PRACTICE, P.A. CHARLOTTE Dr. Augustine Onwukwe · Preventive Services

· Diagnostic Services

· Urgent Care Services

· Adult & Pediatric Services

Physical Therapy Occupational Health All Insurances WELCOME

427 N. Wendover Rd. Charlotte, NC 28211 (Across the street from the Mecklenburg Health Department) 704362-2041 • 704362-2084 "We care for you, one patient at a time"

Detroit mayor's lynching ad sparks criticism

Continued from page 1B

and reject it."

The ad, which appeared Wednesday in the Michigan Chronicle under the headline "Lynching is Still Legal in America," claims the media has targeted Kilpatrick and failed to examine Hendrix's tenure as deputy mayor.

It also describes recent examples of racism in the Detroit area, including hate crimes in the mostly white

Detroit is about 80 percent black, and both candidates for mayor are black. But race and the issue of how much the city should cooperate with the surrounding suburbs have come up repeatedly in the campaign

Sam Logan, the newspaper's publisher, said he wasn't aware of the ad until after it appeared in print, and that the paper "does not condone" the images.

The co-publisher of The

Michigan Citizen, another community newspaper that ran a similar ad, defended it, saying it highlighted issues that need to be examined.

"I have not got one call from a subscriber or a reader who complained about that ad," Catherine Kelly said. "Not one letter or e-mail."

Kilpatrick has implied that the media is out to get him with scrutiny over his use of a city credit card on out-of-town travel and a city lease of a luxury sport utility vehicle for his family. In May, his father apologized after comparing the media's treatment of his

son to Nazi propaganda. Hendrix, 55, has been leading Kilpatrick, 35, in polls ahead of the Nov. 8 general election.

On the Net.

Kwame Kilpatrick: /www.ci.detroit.mi.us/mayor Freman Hendrix: www.fremanhendrix.com

Advice on lactose questioned by experts

Continued from page 1B Lactase breaks down milk sugar so it can be absorbed into the blood.

When there's not enough lactase, undigested lactose travels to the large intestine where it draws water (which can cause bloating and diarrhea) and bacteria (which can

cause flatulence). Worldwide, most people are unable to produce large amounts of lactase. It's mainly northern Europeans and a few populations in Africa who developed the genetic mutation that allows them to comfortably consume milk after childhood, experts say.

The prevalence of lactose intolerance probably hasn't gotten a lot of attention because many policy makers and media members are Caucasian and don't think of it as a common problem, said Dr. Hetal Karsan, a specialist Emory Atlanta's

University. It's Caucasian bias," said Karsan, a gastroenterologist who was born in India and is

lactose-intolerant Late last year, the National Medical Association, comprising black physicians, issued a special report-funded by the National Dairy Council-on the role of dairy in the diet of blacks.

It cited unpublished research that concluded only 49 percent of blacks report ever feeling discomfort after eating dairy. It said 44 percent of black adults say they eat one or more servings of dairy each day and that blacks get only 66 percent of the daily recommended amounts of calcium.

The medical group recommended blacks consume three to four servings a day of low-fat milk, cheese and/or yogurt-more than the three servings the government recommends for the general

The group felt that the recommendation might go further in getting blacks to meet minimum guidelines, said Dr. Winston Price, a New York pediatrician who was one of the study's co-authors.

Price said the report was spurred by recent research that suggests dairy products help reduce the risk of high blood pressure and other chronic diseases in blacks.

However, an executive with the dairy council said that group approached the doctors' association with the idea.

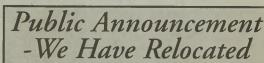
Public-private partnerships are necessary to get out important public health messages, said the official, Greg Miller. He wouldn't say how much money the group gave the doctors' association.

"It's really outrageous that a medical association would take money from an industry group and then give out medical advice contrary to well-understood scientific evidence," said Dan Kinburn, a lawyer for the Physicians Committee for Responsible Medicine, the vegetarian group that sued to try to force

warning labels on milk car-

Price insisted the dairy council funding didn't influence the health recommenda-

The U.S. Department of Agriculture this year revised the nation's food pyramid and provided a Web sitehttp://www.mypyramid.govwhich allows individuals to get specially tailored dietary





Dr. Curtis C. Reeves Jr., Ophthalmologist, at our new location

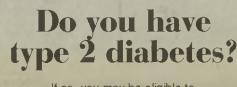
824 Eastway Drive, Charlotte, NC 28205 2 Blocks from The Plaza and CitiSide, Near Garinger (City Bus Stop #39-UNCC/Uptown Bus Route 39)

- Specializing in -

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

Features include, but not limited to: "NO" Overnight Stay Cataract Surgery

Call for appointment: 704.333.0799



If so, you may be eligible to participate in a study of an investigational new drug and receive free diabetes medications for one year.

To participate, you must:

 Be between 35 and 80 years of age Be on two or more oral diabetes medications for at least the past

three months Not currently use insulin to treat dighetes

Not smoke

· Not have a history of asthma

If selected, you will receive study-related medical care, study medication, laboratory work and evaluations, glucose monitoring supplies and diabetic and nutritional counseling, all at no cost.

To learn if you are eligible, contact the Center for Cardiovascular Health at 704-446-1817 or 704-446-1588.



Carolinas Medical Center Center for Cardiovascular Health

