

Four-letter words of inspiration

Continued from page 1B
eracy by using four-letter words.

Ronald Dixon, assistant superintendent for middle school curriculum and instruction said, "I can envision our counselors using (the book) in small group and individual counseling sessions."

The book is divided into

four sections: Self-esteem, Goal-achievement, Peer-power and Help-others

Though he teaches math, Howard has used the model in his classroom.

"In my (class) room, I had four words: able, care, best and done," he said. "It's my dream somehow that we have a community that

would adopt those four words. On the first day of school I told my students that people who succeed in life, know that they're able, they give their best, they show that they care and more importantly, they get it done."

Howard said that by the end of the school year, his students were using the model

he'd set for them.

"They would tell me, 'It's done' upon accomplishing a goal. 'You always look for that teachable moment,'" said Howard, who used his own money to print and distribute the book.

For more information, e-mail Howard at thoward3@takeast-cppp.net.

Facts about breast cancer and detection

Continued from page 1B
an increased risk

What are the current screening recommendations for breast cancer?

The best chance for curing breast cancer is early detection and treatment. Current screening recommendations include mammography (a breast x-ray) every year starting at age 40, your healthcare provider should also complete a clinical breast exam at least every three years between

ages 20-39 and yearly beginning at age 40. All women should perform monthly self breast examinations beginning at age 20.

Women who have had carcinoma in situ should have clinical breast examinations every 6-12 months and a mammogram every year. Women younger than age 25 years should have a clinical breast examination every 6-12 months and mammography every year.

at risk for breast cancer, however, why not get screened today? After all, knowledge is power, but it is what you do with it that makes all the difference!

Contribution by John Stewart IV, M.D.

For more information about the Maya Angelou Research Center on Minority Health, visit our website at <http://www.yafibmc.edu/minority-health>. Or, for health information call (336) 713-7578.

Push to better safeguard blood from Malaria

THE ASSOCIATED PRESS

WASHINGTON—Blood banks turn away up to 150,000 would-be donors each year on the slight chance they picked up malaria while traveling to any of dozens of countries.

At the same time, concern is growing that a second parasitic infection from abroad—the Chagas disease rampant in parts of Latin America—increasingly threatens donated blood.

Both infections are rare here, but there's no way to test donated blood for either one. Now blood banks are pushing for better safeguards that also could help stretch the nation's tight supply.

First up, malaria. Next week, the Food and Drug Administration opens debate on how to balance the need for blood with Americans' increasing travel to malaria hot spots, and to urge manufacturers to develop a malaria test to solve the problem.

The vast majority of U.S. travelers return healthy, and there have been only one or two cases of transfusion-spread malaria in five years. But without a blood test, there's no way to tell who might be unknowingly incubating the mosquito-borne disease.

So FDA requires blood banks to ask about would-be donors' travels. No donating for a year after a short trip to a malaria-prone country, for three years for anyone who spent more than a year in a malaria-prone country or suffered malaria symptoms.

It doesn't matter if you faithfully took anti-malaria medicine, you could have forgotten a missed pill or be one of the unlucky few infected anyway. Staying in a cruise ship or large resort is OK in some countries, unless you took even one trip inland, even during daytime hours when mosquitoes seldom fly.

Even "safe" vacation spots may not be. The Bahamas aren't normally malaria-prone, but a May outbreak has just put tourists returning from one island, Great Exuma, on the no-donation list, too.

"When you're talking about an entire nation, in the end, you're losing a lot of blood," says Ben Nefzger, 72, of Rock Island, Ill., who has donated blood several times a year for decades but was turned away for the past year because he spent five months teaching in a Sierra Leone seminary.

Some 34,000 pints of blood are needed every day, yet only about 5 percent of the Americans eligible to donate do so, and increasing foreign travel is further shrinking that donor pool. The American Red Cross, which collects half the nation's blood, last year estimated that some of its regions were losing 150 to 200 donations a month because of the malaria risk.

"To get these donors to come back is not easy," laments Dr. Celso Bianco of America's Blood Centers, a group of independent blood banks that collects the other half of the supply.

Historically, most cases of transfusion-spread malaria have been traced to immigrants from malaria-prone countries who still harbored the parasite despite years with no symptoms, something only a test could uncover, he adds.

One U.S. manufacturer, Abbott Laboratories, is in the initial stages of designing a malaria test for donated blood.

Britain and parts of Europe already allow travelers to donate if blood tests show they're free of malaria antibodies, immune cells that attack the parasite. Those tests aren't used here because they detect just two of the four malaria species, albeit those that cause most disease. Next Tuesday, FDA will ask specialists if that's still good policy.

"We may have to be open-minded about that," says Dr. Hira Nakhasi, FDA's director of emerging transfusion-related diseases.

For Chagas, a test for donated blood could arrive by year's end, one blood bank anxiously await as they seek more donors from a growing Hispanic population.

Chagas infects up to 18 million people in parts of rural Mexico, Central and South America, and kills 50,000 of them yearly. Most don't know they're infected. The parasite can lie silent for decades,

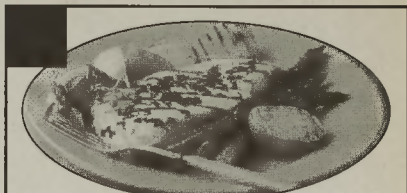
until one day erupting inside the heart, esophagus or intestine.

It's spread mostly by "kissing bugs" that live in the cracks of thatched-roofed, mud-walled homes, crawling out at night to bite sleepers. But it's also spread from mothers to their unborn children, and through blood transfusions.

There have been five transfusion-spread Chagas cases in the U.S. and two in Canada—"that we know of," says Red Cross Chagas expert Dr. David Leiby. Because it lies dormant for so long, "there probably are other transfusion cases going on that aren't recognized."

How many is hard to say. Leiby's research in the late 1990s estimated one in 25,000 donors overall may carry Chagas disease, but as many as one in 5,400 in Los Angeles with its high Hispanic population. No one knows how many carriers actually harbor enough parasite in their blood to infect someone.

FDA's Nakhasi says the agency will mandate a Chagas test for every blood donation as soon as it's convinced there's a good method. First in line may be a test developed by Ortho-Clinical Diagnostics, currently under FDA review; competitor Abbott is researching another version.



Charleston House on The Plaza A Low Country Restaurant

Lunch.....11:30 a.m. - 3:00 p.m.
Dinner.....5:00 p.m. - 11:00 p.m.

3128 The Plaza
Charlotte, NC 28205
704-333-4441

Lots of good food and beverages!
We'll feed' you til we fill' you up, fuh true!
Book your 2006 Event By May 30th
and get 25% off

Book Your:

- Wedding Receptions • Rehearsal Dinners •
- Office Parties • Family Reunions •

Parking available on premises and shuttle services off premises

AMERICARE HEALTH

AmeriCare Health
"Sugar Creek" Medical Center
721 W. Sugar Creek Rd. • 704-941-8020
"Now Open"

"A New 3 Million Dollar Facility"
(across the street from Mayfield Memorial Baptist Church)

"On The Plaza" • 704-535-0400
1805 Milton Road • Charlotte, NC 28215
"At The Park" • 704-399-2677
6023 Beaties Ford Road • Charlotte, NC 28216

Visit AmeriCare at either location
For All Family Healthcare Needs
- Accepting New Patients -

"Appointments Not Necessary"

Comprehensive Healthcare
You Need and Deserve:

- State-of-the Art Pediatrics
- Urgent Care • Internal Medicine
- Minor Trauma • Industrial Medicine
- Diagnostic Center



Dr. Fidelis Edosomwan

Open Mon-Fri, 9am-7pm, Sat. 9am-5pm

"For I will restore health unto thee, and I will heal thy wounds, saith the Lord." - Jeremiah 30: 17

First black students

Continued from page 1B

the right thing."

The reception was part of the biannual Blackshear reunion honoring the former high school, middle school and elementary school attended by blacks. The site is now the Carver Alternative Center.

"The influence of your alma mater has extended far beyond San Angelo and the Concho Valley," Angelo State President James Hindman said of the honorees.

Hindman said the honored alumni had a lot to share.

"They teach many lessons about dignity, tolerance and accomplishment that we can all benefit from," he said.

The Charlotte Post
Can be delivered
to your house
Call 704 376 0496 today



Charlotte's
weekly link to
community news
and the world
around you.
**The Charlotte
Post**

