

## Treating adult asthma

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include Proventil and Ventolin (albuterol), Tornalate, Maxair and Brethaire.

• Anticholinergics - These drugs allow the immediate relief of asthma symptoms by reducing bronchoconstriction. This medication is not typically an initial treatment for asthma. An example is Atrovent.

• Systemic corticosteroids - Used to treat acute asthma attacks or very severe asthma. They can be given intravenously or orally. They are not intended for long-term use and can cause serious side effects if not monitored properly by a healthcare provider. Examples include Medrol, Predlone, Prednisone, and Methylprednisone.

It is important to note that

regular supervision, support and education by a qualified health care provider are required for all patients with asthma. The more involved a patient becomes in their management, the more likely he or she is to be able to identify early symptoms and avoid hospitalizations. Peak flow monitoring is a very important and simple way to monitor changes in airflow obstruction. It involves breathing into a small flow meter and gives a reliable and reproducible measure of air flow and airway obstruction. Changes in airflow or airway obstruction indicate early asthma and these symptoms can often be treated before they progress into a more severe attack. If you or a loved one has asthma, make sure you have a peak

flow meter at home and that you use it!

Only your health care provider can determine the appropriate course of treatment to get and keep your asthma symptoms under control. Talk to your doctor about medications that are appropriate for you and about receiving a peak flow meter to monitor your airflow and asthma symptoms. Remember, knowledge is power, but it is what you do with it that makes all the difference!

Contribution by Kristy F. Woods, M.D., and Aisha Bobcombe, B.A.

For more information about the Maya Angelou Research Center on Minority Health, visit our website at [www.yfubmc.edu/minority-health](http://www.yfubmc.edu/minority-health). Or, for health information call (336) 713.7578.

## Atlanta, Morehouse College welcome home MLK papers

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help of more than 50 corporate, government and private donors.

Morehouse College owns the papers. Archivists have been organizing the collection, including hundreds of books with scribble-filled margins and numerous ser-

mons and writings.

"It was here that he was introduced to the ideas that would form the basis for his philosophy on nonviolence," said Morehouse College President Walter Massey. "Because of the pivotal role of Morehouse ... we believe there is no better place in the

world for these papers to reside."

King's nephew, Isaac Newton Farris, represented the King family at Monday's announcement.

"This was truly my Aunt Coretta's initial vision, for the papers to be housed here," he said.

## Cell phones part of fashion

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Ovum. "These things have a 70- to 80-percent profit margin. They're a real moneymaker," he said. "And it's growing rapidly because Americans see cell phones more and more as items for self-expression."

Sprint has teamed up with Dooney & Burke to offer purses that take the place of cell phone cases—an Italian crocodile leather wristlet was listed at \$124.99 on the Sprint Web site.

A few bucks can buy a charm featuring Hello Kitty, Sponge Bob, the SuperGirl logo or other designs at a Claire's accessory shop or one of many Internet sites.

"We see girls decorating their phones and, a week later, they take everything off and decorate it differently," said Chuck Strotzman, director of marketing for Tween Brands Inc., based in the Columbus suburb of New Albany.

The kid-sized, oval Firefly Mobile phone sold well last holiday season at Tween Brands' Limited Too stores, which market to girls ages 7 to 14, he said. Girls can change the phone's look with patterned, translucent and glow-in-the-dark shells.

Accessory sales—especially charms, stickers, faceplates—account for about 10 percent of business at Adam Anolik's Wireless Zone store in Philadelphia. He said popular logos are of the Philadelphia Eagles and other sports teams and fashion brands such as Baby Phat.

Another big seller is the \$125 Bling Ring kit that features high-priced Swarovski brand crystals. For an additional \$100 to \$300, the store will do the designing—attaching hundreds of the small, round crystals to the phone, often in a pattern: initials, numbers or stripes.

Some women buy the kits for bridesmaid gifts, and men—who are more drawn to black crystals—also are buying into the trend, Anolik said.

Marcia Murphy, of Delaware in central Ohio, decorated her leather cell phone case with pink and silver removable adhesive sequins to match her pink Motorola MOTORAZR phone. Murphy's daughters, ages 10 and 11, also used the sequins to decorate the case for the cell phone they share.

"Anything for bling, as far as they're concerned," said Murphy, 44. "I guess I'm a little bit for bling as well."

Thom Richmond, director of handset product development for Disney Mobile, based in North Hollywood, Calif., credits Nokia as leading the way with mobile phone fashion accessories by introducing faceplates in the mid-1990s.

At the close of 2005, there were about 208 million wireless subscribers in the United States, representing about 69 percent of the population, according to data collected by CTIA—The Wireless Association trade group. Worldwide, wireless subscriptions hit 2 billion by the end of 2005, according to Informa Telecoms & Media research group.

Handset vendors are now pushing fashion as a way to differentiate themselves in a crowded market, said Avi Greengart of the research firm Current Analysis Inc. But carriers were slow to see beyond technology until the Motorola MOTORAZR saw success in pulling in subscribers, showing that customers were seeking more attractive handsets and were willing to pay a lot more for them.

Consumers in the United States are well behind Europeans and Asians in picking up on the fashion accessories trend, Greengart said.

"People don't take their phones and decorate them, they buy stylish phones to begin with," he said. "That's not the fashionable thing to do here, at least not yet."

Strotter said accessories in the United States tend to be technology—such as the battery that lasts longer without a recharge—or legislation driven, such as the handsfree devices required for drivers in some states.

But analysts say fashion is starting to carry the same weight as function when it comes to choosing the phone. "Right now, I would say fashion trumps technology, two years ago technology trumped fashion," Entner said. "Basically one catches up with the other. Probably two years from now technology will trump fashion."

Disney targeted mothers and girls ages 7 to 14 with its new line of phones and accessories, attempting a more sophisticated approach to popular characters, said Vince Peterson, senior art director at Disney Mobile. On one case the profile of Mickey Mouse is embossed in black leather. There's also a leather and suede case with an

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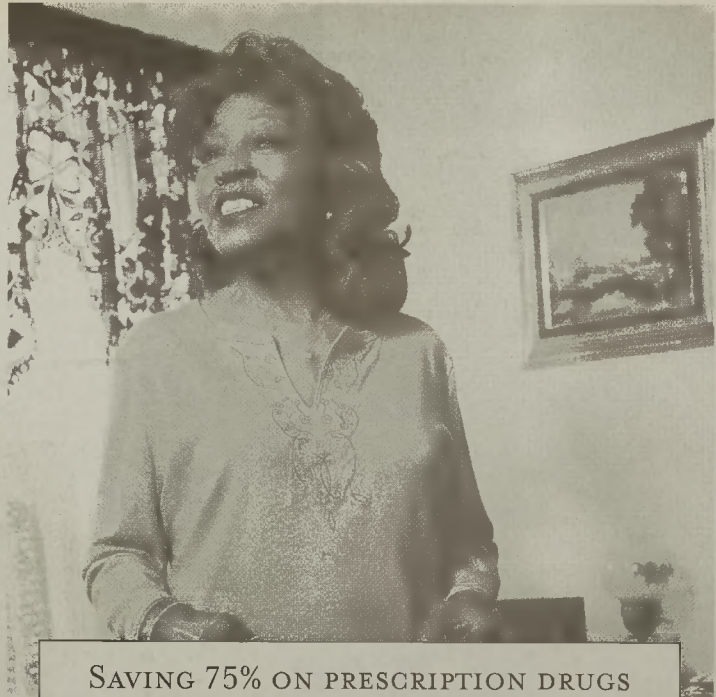
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