

October is Family Health Month



Quiz offers clues to personal health

October has been designated "Family Health Month" by the American Academy of Family Physicians (AAFP), which represents 57,000 family doctors and medical students nationwide.

Family physicians are specialists trained to treat all ages. They emphasize preventive medicine. In other words, they are just as concerned with keeping you well as they are in treating you when you're sick.

You are urged to take the time this month to take this simple quiz for a healthier lifestyle.

Exercise and Nutrition

1. Do you engage in vigorous exercise 20-30 minutes regularly?
At least three times a week (5 points)
Once a week (2 points)
Once a month (1 point)
2. Do you maintain a desired weight?
Yes (5 points)
No, I am overweight or underweight by 5-20 pounds. (3 points)
No, I am overweight or underweight by over 20 pounds. (1 point)
3. Do you eat a balanced diet and

limit your intake of foods with fat, cholesterol, salt and sugar?
Always (5 points)
Usually (3 points)
Seldom (1 point)

Smoking, Alcohol and Drugs

1. Do you smoke tobacco?
No (10 points)
Yes, I smoke cigars, pipes, or less than 10 cigarettes per day. (0 points)
Yes, more than 10 cigarettes per day (-5 points)
2. How many alcoholic drinks of any kind do you consume in an average week?
0-7 (4 points)
8-15 (3 points)
Over 16 (1 point)
3. Do you use illegal drugs?
Yes (0 points)
No (3 points)
4. Do you carefully follow directions for taking prescription and over-the-counter medications, and avoid taking unnecessary drugs?
Yes (3 points)
No (0 points)

Personal Health and Safety

1. Do you often experience periods

of depression?
Yes (1 point)
No (3 points)

2. Do you feel you have satisfying ways to relieve stress, such as discussing problems with friends or family?
Yes (3 points)
No (1 point)

3. Do you see your doctor for regular physical examinations (at intervals determined in conjunction with your doctor) and follow recommendations for health care and preventive measures such as blood pressure control and self-examination?
Yes (5 points)
No (0 points)

4. Do you wear seat belts when driving or as a passenger in a motor vehicle?
Always (5 points)
Sometimes (3 points)
Never (0 points)

5. Do you ever take a drink of alcohol before driving, or drive when your ability may be affected by drugs?
Never (5 points)
Occasionally (1 point)

6. Do you follow safety rules at work, at home and while par-

ticipating in sports?

- Regularly (5 points)
Occasionally (2 points)
Never (0 points)
7. Are you familiar with first aid procedures and CPR?
Yes (3 points)
No (1 point)

Categories:	Excellent	Fair	Poor
Exercise/Nutrition	13-15	8-12	3-7
Smoking, Alcohol Drugs	16-20	11-15	4-10
Personal Health/ Safety	24-29	16-23	4-15

If your scores are poor, you are taking poor care of yourself and are endangering your health needlessly. Make an appointment with a family doctor today if you have not had an examination in over a year, and ask him or her to help guide you in regaining control over your health style. You may one day remember "Family Health Month" as the time when your life took a turn for the better!

If you don't have a family physician and would like to find one, write to the North Carolina Academy of Family Physicians for a list of family physicians in your area: P.O. Box 20146, Raleigh, NC 27619.

Sandhills is offering cardiac rehab program

This fall Sandhills Community College has opened its campus to patients in Moore Memorial Hospital's Cardiac Rehabilitation Program.

Three evenings a week one can find men and women recovering from coronaries or by-pass surgery or identified as exhibiting high-risk cardiovascular indications walking up to two miles around Blue Hall, the S.C.C. Student Center.

These thrice-weekly walks are part of a rehabilitation program that combines weekly stress management sessions, diet counseling, and a regular exercise program.

Patients undergoing rehabilitation enter a structured program

overseen by physicians, a registered dietitian, and exercise physiologist, a psychiatrist, a psychologist, and a state assigned vocational rehabilitation counselor.

During rehabilitation activities, patients are continually in the presence of professionals—a physician, registered nurse, and exercise coordinator.

The Moore Memorial Cardiac Rehabilitation Program is the only such program in Moore County; only thirty such programs exist in the entire state. All the North Carolina programs emanate from the model program established in the sixties at Wake Forest University.



Working for health
Phyllis Knight prepares for rehab session at Sandhills Community College.