

Study of hypertension in African Americans

(NAPSA)-Hypertension, also known as high blood pressure, affects more than one-third of African American adults, compared to one quarter of American adults overall. In addition, hypertension is also more dangerous in African Americans, resulting in a mortality rate quadruple that of Caucasians.

As a result, the International Society on Hypertension in Blacks (ISHIB), a professional medical society, recently conducted a clinical study to examine the efficacy of three medications commonly used to treat high blood pressure in African-American patients.

The Calcium Antagonists in Blacks (CAB) trial compared

Adalat CC (nifedipine CC), Procardia XL (nifedipine XL) and Norvasc (amlodipine).

African Americans are at higher risk of hypertension than any other race or ethnic group, yet few studies have examined treatment effects exclusively in African Americans.

The CAB study shows us that all three of these commonly used medications provide 24-hour blood pressure control and thus can be used safely for the treatment of hypertension in the African-American population.

The most common side effects for calcium antagonists are dizziness and headaches. CAB is considered a significant step forward

in the study of medications in African Americans. Different racial populations can react differently to medications and are rarely, if at all, represented in clinical trials.

"Limited financial resources and access to health care remain particularly significant barriers to the treatment of high blood pressure in the African-American population," said an, executive director of ISHIB.

"It is important to provide the most cost-effective, safe and well-tolerated therapy with the hopes of increasing adherence to antihypertensive therapy among these patients."

Adalat CC was found to be the least expensive, and therapeutically

equivalent to the other medications in the study. This finding could ultimately mean substantial savings for both patients and health-care providers.

The CAB study is the first large-scale comparative trial that looks at several commonly used high blood pressure drugs in African Americans, and is working toward the goals of the Surgeon General and Healthy People 2010 to eliminate the racial gap in health. The study was supported by the Bayer Corporation, which manufactures Adalat CC. A less-expensive blood pressure medication may increase access to needed treatment among African Americans.

Women at high risk during cold, flu season

(NAPSA)- Ronda Stingley's alarm , goes off at 5 a.m. A grueling day of preparing meals, laundry, helping with homework and nine hours in classes is ahead of her-until midnight when she collapses into bed.

Ronda is senior broadcast journalism major from Milwaukee. With so much depending on her, it's always important for Ronda to stay healthy-but during the winter-time, when cold and flu season is in full swing, it's tough.

To make matters worse, there are so many tips about beating colds and flu that sorting out the facts gets confusing.

The fact is, women will miss a total of 46 million schooldays

this year because of colds and flu. Chances are Ronda, like many other students, will get sick three to four times this season.

Thankfully, there is good news: The new American Lung Association's Ther-MOM-eter Campaign.

Ther-MOM-eter Campaign provides straightforward, reliable advice on options for treating and preventing colds and flu such as the following sample questions:

1. Should you...

- A. Starve a cold and feed a fever
- B. Feed a cold and starve a fever
- C. Neither

2. What is the preferred treatment for the aches and pains associated with colds and flu?

- A. Acetaminophen
- B. Aspirin
- C. Ibuprofen

3. What natural alternatives work against colds and flu?

- A. Zinc lozenges
- B. Herbal teas
- C. Orange juice
- D. None of the above

Answers

1. C When suffering from a cold or the flu, remember to maintain

an adequate intake of fluids such as water and juice and eat enough to satisfy your appetite.

2. A Acetaminophen is the preferred choice for treating these symptoms. Unlike aspirin and ibuprofen, acetaminophen is less likely to irritate the stomach.

3. D Despite the latest news about fighting colds and flu with natural alternatives or home remedies, there's no significant clinical evidence that they work.

This article was contributed to by Brandy Jones, Banner editor.

Surprising cures for bad breath

(NAPSA)-One of the most troubling things about bad breath is that you may not know you have it or which opportunities you missed because your breath was less than delicious.

The fear of "dragon mouth" and its negative effect on possible success caused Americans to spend more than \$1 billion last year on mouthwashes, breath mints, sprays, drops, and chewing gum. However, these remedies only mask the problem, according to the experts.

Recent studies indicate the cause of bad breath is bacteria that coat the tongue and the gases these bacteria cause.

According to the American Dental Association, these gases, known as volatile sulfur compounds, are responsible for both bad breath

and bad taste.

To combat bacteria on the tongue, many dentists recommend cleaning or scraping the tongue on a daily basis. Many see tongue cleaning with scrapers as the next generation of oral health care and have compared its use to the introduction of dental floss.

The single most important step for curing halitosis is tongue scraping, according to a consumer advisor for the A.D.A.

In addition to curing halitosis, tongue scraping also enhances taste and reduces risk of tooth decay, gum disease and sore throats.

Not all scrapers are created equal, however. Brushes are not only ineffective for this purpose, but they may cause gagging. Plastic cleaners are too dull to do a good job and may not reach the posterior of the

mouth. Metal cleaners may bend out of shape and corrode. When choosing a tongue scraper, here's what to look for:

- a cleaner made with special stainless steel;
- proper shape and width to reach the back of your tongue;
- a working edge sharp enough to remove the tongue's coating that is also safe to use;
- a flat edge design and ergonomically designed handles;
- loled handles for individual identification

For more information, call toll-free 1-888-2-REFRESH or visit the Internet site www.breathaid.com.

Tongue cleaners have dramatically improved the lives of those with chronic bad breath.

He's on a collision course...



with a good career.

LESS CRIME IS NO ACCIDENT

It takes you — and programs that work!

Call 1-800-WE PREVENT, and we'll send you a free booklet on how you can support programs in your community that keep kids away from crime and crime away from kids.

1-800-WE PREVENT
www.weprevent.org



BREAST CANCER BEGINS EVEN SMALLER THAN THIS. THAT'S WHY YOU NEED A YEARLY MAMMOGRAM, ESPECIALLY AS YOU GET OLDER. MAMMOGRAMS CAN DETECT LUMPS TOO SMALL FOR YOU TO FEEL AND EARLY DETECTION MAY SAVE YOUR LIFE, SO CALL 1-800-ACS 2345.

GET A MAMMOGRAM. EARLY DETECTION IS THE BEST PROTECTION.

Ad Council
A Public Service of This Publication

AMERICAN
CANCER
SOCIETY

The biggest threat to depression is your awareness of it.

#1 Cause of Suicide
UNTREATED DEPRESSION
<http://www.save.org>