· SPORTS · HEALTH · FITNESS · SPORTS · HEALTH · FITNESS

Study of hypertension in African Americans

known as high blood pressure, affects more than one-third of African American adults, compared to one quarter of American adults risk of hypertension than any other all, represented in clinical trials. overall. In addition, hypertension race or ethnic group, yet few studis also more dangerous in African ies have examined treatment ef-Americans, resulting in a mortality rate quadruple that of Cauca- cans.

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

Procardia XL (nifedipine XL) and rican Americans. Different racial tions in the study. This finding Norvasc (amolodipine).

fects exclusively in African Ameri-

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 con-

populations can react differently could ultimately mean substantial African Americans are at higher to medications and are rarely, if at savings for both patients and

> and access to health care remain particularly significant barrie 3 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 welltolerated therapy with the hopes of increasing adherence to antihypertensive therapy among these pa-

Adalat CC was found to be the sidered a significant step forward least expensive, and therapeutically

(NAPSA)-Hypertension, also Adalat CC (nifedipine CC), in the study of medications in Af- equivalent to the other medicahealth-care providers.

> "Limited financial resources The CAB study is the first largescale 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.

high risk during cold, flu season Women at

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 wintertime, when cold and flu season is the following sample questions: in full swing, it's tough.

To make matters worse, there 1. Should you... are so many tips about beating A. Starve a cold and feed a fever colds and flu that sorting out the B. Feed a cold and starve a facts gets confusing.

The fact is, women will miss C. Neither a total of 46 million schooldays

Chances are Ronda, like many ment for the aches and pains asother students, will get sick three sociated with colds and flu? to four times this season.

Thankfully, there is good news: A. Acetaminophen The new American Lung B. Aspirin Association's Ther-MOM-eter C. Ibuprofen Campaign.

Ther-MOM-eter Campaign pro- 3. What natural alternatives work vides straightforward, reliable against colds and flu? advice on options for treating and preventing colds and flu such as A. Zinc lozenges

(NAPSA)- Ronda Stingley's this year because of colds and flu. 2. What is the preferred treat-

- 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

cures for bad breath Surprising

(NAPSA)-One of the most trou- and bad taste. bling things about bad breath is or which opportunities you missed delicious.

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.

of bad breath is bacteria that coat gum disease and sore throats. teria cause.

responsible for both bad breath may not reach the posterior of the with chronic bad breath.

To combat bacteria on the that you may not know you have it tongue, many dentists recommend cleaning or scraping the tongue on because your breath was less than a daily basis. Many see tongue cleaning with scrapers as the next stainless steel; The fear of "dragon mouth" and generation of oral health care and have compared its use to the intro- the back of your tongue; duction of dental floss.

for curing halitosis is tongue scrap- is also safe to use; ing, according to a consumer advisor for the A.D.A.

In addition to curing halitosis, tongue scraping also enhances taste identification Recent studies indicate the cause and reduces risk of tooth decay,

the tongue and the gases these bac- Not all scrapers are created equal, free 1-888-2-REFRESH or visit however. Brushes are not only in- the Internet site According to the American Den- effective for this purpose, but they www.breathaid.com. tal Association, these gases, known may cause gagging. Plastic cleanas volatile sulfur compounds, are ers are too dull to do a good job and cally improved the lives of those

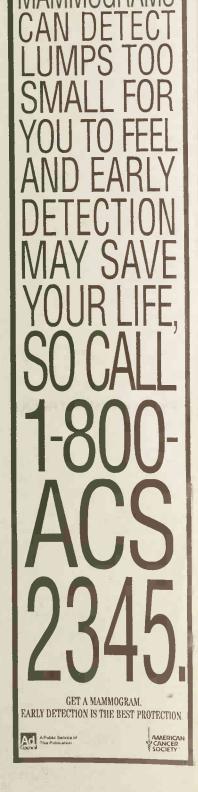
mouth. Metal cleaners may bend out of shape and corrode. When choosing a tongue scraper, here's what to look for:

- a cleaner made with special
- proper shape and width to reach
- · a working edge sharp enough The single most important step to remove the tongue's coating that
 - · a flat edge design and ergonomically designed handles;
 - lored handles for individual

For more information, call toll-

Tongue cleaners have dramati-





VEN SMALLER THAN THIS THAT'S WHY YOU

NEED A YEARLY

MAMMOGRAM

The biggest threat to depression is your awareness of it. UNTREATED DEPRESSION