

Women fighting breast cancer

(NAPSA)-In the final days of the 20th century, an increasing number of women are taking proactive roles in managing their health, from the diet regimens they follow, the medicines they take, the doctors they choose, and even the course of treatment they elect.

This sense of empowerment is especially important when it comes to diseases like breast cancer. There are currently 29 million women most of them African American, in the United States considered at high risk for developing the disease, but new options for reducing the chances of developing breast cancer allow women to be more proactive.

Zora Kramer Brown, an African American woman, a two-time breast cancer survivor and president of the Breast Cancer Resource Committee—a nonprofit public policy and research group—is an expert when it comes to discussing how to beat the disease. Recently, she spoke to the women in her family, all of whom are at high

risk, about the risk factors and strategies for good breast health, because for the first time in history there is something they can do about it.

Tamoxifen a hormonal agent used for more than 20 years to treat breast cancer, is now available to reduce the incidence of breast cancer among women at high risk. Along with other treatment choices, women are now empowered to learn about their options, discuss them with their physician and take action in order to make the best personal health decision.

The Breast Cancer Resource Committee's goal is to give women the information they need to discuss all of the available options with their physician and plan the course of action that best fits their needs.

Like most drugs, tamoxifen has some side effects including some rare but serious ones that a woman should discuss with her physician when considering tamoxifen.

A classic that's rich in calcium

(NAPSA)- One of America's classic treats may actually be more nutritious than many realize. Chocolate milk is not just a treat anymore.

Chocolate milk provides the same amount of essential nutrients as white milk, including calcium, protein, vitamin D, vitamin A, vi-

tamin B-12, potassium, phosphorus, riboflavin and niacin."

Milk is an important source of the calcium. Served hot or cold, chocolate milk is a great meal or anytime snack that can really boost a child's daily nutrient intake." Sodas or fruit-flavored drinks don't stack up nutritionally, against chocolate milk.

Web site provides tips to help reduce cancer risk

(NAPSA)-By surfing the Internet, you can find information to help keep your entire family healthy. An updated web site provides health tips to help you reduce your risk of cancer.

The site recently launched by the Cancer Research Foundation of America, is now divided into pages for women, men, children, the press, advocates, parents/teachers and researchers.

"Cancer prevention research is moving forward at an accelerated pace: new information is evolving almost every day. This

new web site provides us with an important forum to deliver that critical information to the public," said CRFA President.

There is also information about applying for grants and fellowship programs, a monthly feature story page and links to a host of other resources. The site incorporates some of the most recent technological advances including self-testing with immediate results, and "mouseovers" which turn graphics into words.

The web site is at www.preventcancer.org.

How is our drinking water being protected?

(NAPSA)-Many students are tapping into news about our nation's tap water and safety.

The ability to deliver safe drinking water to homes, businesses and college and university campuses appears to be a constant challenge for water suppliers.

While the United States and Canada boast some of the safest drinking water in the world, sometimes the pipes used to transport the water may not be as safe as they could be.

Commonly asked questions about the quality of water distribution pipelines:

- What challenges do water officials face? Each year, thousands of iron-based drinking water and sewage distribution pipes are removed for replacement—most of

them suffering from severe deterioration and breakage caused by age and corrosion.

- What happens when microbial growth builds up within water pipes? Biofouling—the rapid development of an organic bacterial community—can easily occur in water system pipelines. Commonly known as biofilm, these layers of bacteria can increase the likelihood of waterborne diseases and pipeline structure failure.

- What remedies are used to remove biofilm from pipelines? Chlorinating the drinking water supply is the method usually used to control biofilm growth. In most cases, maintaining the normal amount of chlorine used to disinfect drinking water will control

this problem.

- How does chlorine-based vinyl pipe stand up to corrosion? Vinyl is inherently immune to both underground external corrosion and internal pipe corrosion. The chemicals commonly generated in sanitary sewers do not affect it either.

To fight deterioration caused by corrosion and bacterial growth, many municipal officials are turning to vinyl pipe—a chlorine-based plastic—to help reduce costly repairs and keep water safe all the way to the tap.

For more information about our drinking water, and drinking water infrastructure, visit c3.org/vinylpipes.html.

Allergies a year-round problem

(NAPSA)-For the 20 to 40 million Americans with seasonal allergies, there is an allergy for every season.

Some people may suffer in winter, others in the spring, and still others in late summer or fall. There is always something floating around that can trigger allergy symptoms in someone.

Many allergy sufferers turn to medications for relief, but they don't always work. According to a new set of treatment guidelines, published in the Annals of Allergy, Asthma and Immunology, only about half of the patients on oral antihistamines get complete relief

from a single medication.

Physicians no longer recommend over-the-counter antihistamines to treat seasonal allergies.

The new treatment guidelines recommend using new prescription antihistamines. These "newer generation" antihistamines are available in tablets or in a new nasal spray.

There are several different prescription antihistamines available in tablet form. While they can alleviate almost all the symptoms of allergies—especially sneezing, itching, and nasal drip—they are less effective in relieving nasal inflammation.

lines include a recommendation for an antihistamine nasal spray. Research has shown that this new nasal spray relieves sneezing, itching, and nasal drip and affects nasal congestion.

Patients who use antihistamine tablets alone do not always get adequate relief. Physicians commonly prescribe an additional drug—frequently a steroid nasal spray. Although inhaled steroids are relatively free of side effects in adults, the addition of a steroid nasal spray means patients have to take more drugs to get relief.

There is an alternative for patients who would rather not take steroids.

To relieve symptoms, the guide-

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