Women fighting breast cancer

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

(NAPSA)-In the final days of risk, about the risk factors and strategies for good breast health, because for the first time in history there is something they can do

> 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

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

A classic that's rich in calcium

(NAPSA)- One of America's rus, riboflavin and niacin." classic treats may actually be more nutritious than many realize. anymore.

as white milk, including calcium, stack up nutritionally against protein, vitamin D, vitamin A, vi- chocolate milk.

tamin B-12, potassium, phospho-

Milk is an important source of the calcium. Served hot or cold, Chocolate milk is not just a treat chocolate milk is a great meal or anytime snack that can really boost Chocolate milk provides the a child's daily nutrient intake." same amount of essential nutrients Sodas or fruit-flavored drinks don't

Web site provides tips to help reduce cancer risk

Internet, you can find information important forum to deliver that to help keep your entire family critical information to the public," healthy. An updated web site pro- said CRFA President. vides health tips to help you reduce your risk of cancer.

ers and researchers.

is moving forward at an acceler- graphics into words. ated pace: new information is evolving almost every day. This www.preventcancer.org.

(NAPSA)-By surfing the new web site provides us with an

There is also information about applying for grants and fel-The site recently launched by lowship programs, a monthly feathe Cancer Research Foundation ture story page and links to a host of America, is now divided into of other resources. The site incorpages for women, men, children, porates some of the most recent the press, advocates, parents/teach- technological advances including self-testing with immediate results, "Cancer prevention research and "mouseovers" which turn

The web site is at

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

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 dete-this problem. rioration 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

· 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

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 drink-ing water infrastructure, visit http:// c3.org/vinylpipes.html>.

Allergies a year-round problem

(NAPSA)-For the 20 to 40 mil-from a single medication. lion Americans with seasonal allerseason.

Some people may suffer in winin someone

Many allergy sufferers turn to medications for relief, but they don't scription antihistamines available Although inhaled steroids are relaalways 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

gies, there is an allergy for every over-the-counterantihistamines to treat seasonal allergies.

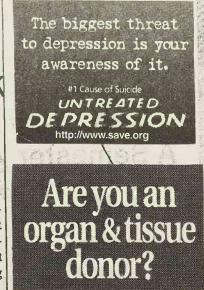
ter, others in the spring, and still recommend using new prescripothers in late summer or fall. There tion antihistamines. These "newer is always something floating around generation" antihistamines are tablets alone do not always get that can trigger allergy symptoms available in tablets or in a new adequate relief. Physicians comnasal spray.

There are several different preing, and nasal drip-they are less drugs to get relief. effective in relieving nasal inflam-

lines include a recommendation Physicians no longer recommend for an antinistamine nasal spray. Research has shown that this new nasal spray relieves sneezing, itch-The new treatment guidelines ing, and nasal drip and affects na-

Patients who use antihistamine monly prescribe an additional drugfrequently a steroid nasal spray. in tablet form. While they can alletively free of side effects in adults, viate almost all the symptoms of the addition of a steroid nasal spray allergies-especially sneezing, itch- means patients have to take more

There is an alternative for pamation. tients who would rather not take To relieve symptoms, the guide-steroids.



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