


Test/Exam	Checks For...	How Often*
Blood pressure	Risk for heart disease or stroke.	At least every 2 years after age 18.
Cholesterol (Including an entire blood profile.)	Risk of heart disease.	Baseline in your 20's. At least every 5 years after that.
Colon	Polyps (abnormal growths) that can lead to cancer.	Baseline typically at age 50. Follow-up every 3 to 5 years after.
Dental	Cavities, gum disease, tongue and mouth problems.	At least once a year.
Eye exam	Vision problems, increased pressure that leads to vision loss, cataracts, and macular degeneration.	Every 3 to 5 years—more frequently after age 50.
Prostate	Signs of abnormal growth.	Screening test usually in your 40s—yearly after age 50.
Testicular	Cancer (it's the most common malignancy in men ages 15 to 35.)	Monthly self-exams starting in adolescence.

\* Your doctor may recommend a different schedule to benefit your personal health needs. 

**Watch Out Men!****Health Risks High for Men**

by Antonio Barrow  
Staff Writer

Most young males don't receive annual physical examination checkups after the start of their freshmen year in college because physical examinations are no longer required every year for college students and because some feel that there isn't a need for annual check-ups.

However, research shows that by visiting a doctor regularly potential health issues are addressed before they can ever become a problem. Alex Horton, a freshman at ECSU, said he visits the doctor every six months for his regular check-up. "I visit the doctor for a check-up, but I feel that there is really no need to go unless I am sick."

Scientists believe that the number of men who die from heart diseases, for example, could be cut in half if heart problems are detected early and treated.

Other health problems that men should be aware of, especially college men, are high cholesterol levels and high blood pressure—college has been known to elicit stress, which is a major cause of high blood pressure.

Also, according to the American Cancer Society one out of every two men develop cancer sometime in their life.

High blood pressure, which causes heart disease and strokes, can be avoided by eating foods such as fruits, vegetables, whole grains cereal, bread, rice, noodles and beans because they are foods that contain the vitamins, minerals and disease fighting chemicals that help protect against heart disease, prostate and colon cancer. Also by avoiding tobacco and monitoring blood pressure and cholesterol levels heart disease and cancer can be prevented. Though nutritionists have deemed eating healthy as beneficial to one's health, research shows that regular physical examinations also help young men maintain their health.

## Diet High in Calcium Expedites Weight Loss

by LaQuisha Tisdal  
Staff Writer

Calcium, most recently recognized for its ability to alleviate Premenstrual syndrome symptoms, has now been proven to help people lose weight.

According to a new study published in an issue of the Federation of American Societies for Experimental Biology journal, a diet high in calcium helps the body metabolize and burn fat cells.

"People who are obese are malnourished and in some cases lack the sufficient amount of calcium needed to burn fat, said Janice Washington-Fleming, ECSU's Director of Student Health Services.

Calcium assists the body in utilizing an efficient amount of energy. Low calcium diets increase the body's tendency to store calories, whereas,

high calcium diets help to burn calories that would otherwise be stored as fat.

To expedite weight loss, nutritionists have found that an intake of 1,200 to 1,600 milligrams of calcium daily, which is equal to two to four servings of low-fat dairy products, such as yogurt, skim milk or cottage cheese, and fruits and vegetables, including fortified orange juice and broccoli, is sufficient enough in order for the diet to be effective. And any increase above this milligram intake would not be beneficial. Other types of food high in calcium include soybeans, which provide 261 mgs., black beans, which provide 102, green beans, which provide 57.5 and peanuts, which provide 79 miligrams.

"We serve vegetarian dishes

like burgers and hotdogs, 2% skim milk, and we only use Crisco vegetable oil when frying any types of food," said Bernard Brooks, the Dining Service Supervisor at ECSU.

A number of calcium supplements can supply the necessary calcium. Tums E-X, if taken twice daily and one Centrum combined with fruits, vegetables and low fat

dairy products are both effective. Over-the-counter products, however, are too low in calcium to have the desired effect and they could cause flatulence and diarrhea.

Calcium alone does not help one to loose weight, but combined with a low calorie intake, calcium enables the body to burn calories and lose fat.

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