

Facts That Can Save A Life

Don't let cancer scare you to death. The following information makes it clear that you play a key role in obtaining an early diagnosis and in getting the treatment that will put you in the growing community of people who survive cancer.

- Cancer of the lining of the body of the uterus is most common among mature women between the ages of 50 to 64. About 90 percent of cases detected early by a Pap test can be cured.
- The death rate from uterine cancer has decreased more than 70 percent because of the Pap test and regular checkups.
- Cancer of the neck of the uterus — cervical cancer — is almost 100 percent curable when detected and treated early.
- More people can be saved from colorectal cancer than from most other types of cancer. When detected and treated early, 75 percent of patients live at least five years.
- Over 93 percent of colorectal

cancer patients are 50 years of age or older. People 50 and over should have a procto exam every three to five years following two annual exams with negative results.

- The five-year survival rate from early, localized breast cancer is 87 percent.
- Most breast cancers are first discovered by women themselves and monthly self examination is recommended for anyone over 20.
- Nearly 80 percent of breast lumps are noncancerous, but any lump or abnormality should be seen by a doctor.

See a doctor immediately if you observe any one of cancer's seven warning signals:

1. Change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge
4. Thickening of lump in breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in wart or mole
7. Nagging cough or hoarseness. ☛

Good News About Cancer

There's probably not a scarier word than "Cancer". Statistics indicate that out of every three people, one will eventually develop cancer. Over the years cancer will strike in approximately three out of four families.

The good news is that more and more people are surviving cancer. The advances of medical science in diagnosis and treatment are producing dramatic and encouraging results. In the 1930's less than one in five was alive five years after treatment. In the 1940's it went to one in four. In the 60's it was one in three.

Today 48 percent will be alive five years after diagnosis. This is the relative survival rate, taking into account that the person may die of another disease such as a heart attack.

American Cancer Society figures indicate that deaths from cancer still could quickly be cut by one third. In 1984 450,000 people will die from cancer. But, 148,000 could have been saved by earlier diagnosis and prompt treatment. ☛

10 Steps To Wellness

1. Decide you are going to be as physically and mentally healthy as possible.
2. Be well informed about health and use that knowledge.
3. Work with your physician to develop a long range program to get healthy and stay healthy.
4. Reduce stress by knowing what is beyond your control.
5. Follow a well balanced diet and maintain your proper weight.
6. Exercise to improve your muscle tone and strength and to make your heart and lungs more efficient.
7. Be alert to potential health problems and take action to control or avoid them.
8. Set goals for good health and take responsibility for meeting them.
9. Take advantage of what your community has to offer in exercise or weight control programs.
10. Feel good about yourself and enjoy life. ☛

Service Clubs

45 YEARS



A. F. Evans
Production Adm.



C. K. Rhodes
Production Adm.

40 YEARS



J. F. Rackley
Film Finishing



30 YEARS



J. E. Austin
Maintenance



H. G. Bradley
Coating



J. T. Creasman
Utilities



H. L. McCall
Maintenance



V. J. McClure
Winding & Calendering



B. T. Satterfield
Quality Control

R. B. Allison
Film Finishing

C. F. Brown
Maintenance

H. C. Chandler
Chemical & Casting

T. P. McCall
Printing

R. H. Pierson
Chemical & Casting

J. Wilson
Film Finishing

25 YEARS



D. P. Owens
Maintenance



R. I. Rogers
Winding & Calendering

R. N. Bailey
Procurement & Traffic

J. C. Whitmire
Paper Finishing

Pisgah Forest