

Cancer Awareness Week Slated

The week of September 9 has been designated as "Cancer Awareness Week." Gov. James B. Hunt, Jr., proclaimed September 9, 1979, "Cancer Awareness Sunday" in North Carolina.

"The incidence of cancer is on the rise and can strike anyone at any time, regardless of age, sex, race, or occupation. In the past 25 years, the overall cancer incidence rate for blacks rose 8 per cent while for whites it dropped 3 per cent. During the same period, cancer death rates increased 26 per cent for blacks compared with 5 per cent for whites. Some forms of cancer can be prevented and may which do occur can be cured if detected and treated in time.

Cancer is a group of diseases in which there is uncontrolled and disordered growth of abnormal cells, which if unchecked will cause death. Normal cells grow for a purpose-to form the body or to repair worn damaged tissue. Cancer cells grow for no reason. They displace or destroy normal cells and if unchecked, spread to other parts of the body. Cancer

can start in any tissue of the body. Cancers can grow at different rates and differ in their response to treatment, but are alike in that they grow and spread if untreated. Leukemia, a form of cancer, is a disease in which there is uncontrolled growth and development of white blood cells.

A tumor is a swelling or lump caused by a new growth of tissue or an accumulation of liquid, as in a cyst. There are two kinds of tumors: 1) benign (seldom endangering life or health) and (2) malignant, or cancerous. A benign tumor does not spread to other parts of the body. It grows to a certain size. A malignant tumor (cancer) will continue to grow and if untreated will spread to other parts of the body. A person can have cancer without being aware of it. Until cancer has grown, or has invaded tissues, usually symptoms do not appear.

Different forms of cancer are more prevalent in men, women and children. The most common cancers in men are of the skin, digestive organs and lungs. About three-quarters of all

cancers found in women are of the breast, reproductive organs, colon-rectum and lungs. Cancer takes the lives of more children under 15 years than any other disease. More than half of the cases are leukemia.

There also is cancer of the brain, kidney and bone.

The basic causes for most cancers are unknown. However, the causes of certain cancers have been identified: overexposure to ultraviolet rays of the sun, excessive radiation, smoking cigarettes and contact with certain chemicals. It is generally accepted that cigarette smoking is the major cause of lung cancer in the U. S. Lung cancer death rates, for example, are 10 times as high among regular cigarette smokers as among those who never smoke. With heavy smokers-two packs or more a day-the death rate is 20 times as high. Studies show that smokers also are more likely to have cancers of the mouth, throat and bladder. The evidence suggest that the more tar and nicotine you inhale, the greater your risk of developing lung cancer.

However, there is no such thing as a "safe cigarette". The general feeling is that there is a greater risk in polluted areas. However, as yet, there have been no large scale studies. As far as lung cancer is concerned, the death rate is higher in cities; but the difference is relatively small when compared with the difference in death rates between cigarette smokers and non-smokers.

A few types of cancer are inheritable. The most common types are not. However, in some of the common types, there is what is known as a "familial tendency"- a tendency for the particular type of cancer to occur with greater frequency among members of a particular family, than the population at large. The family members not only include parents and children, but also cousins, uncles, aunts, grandchildren, etc.

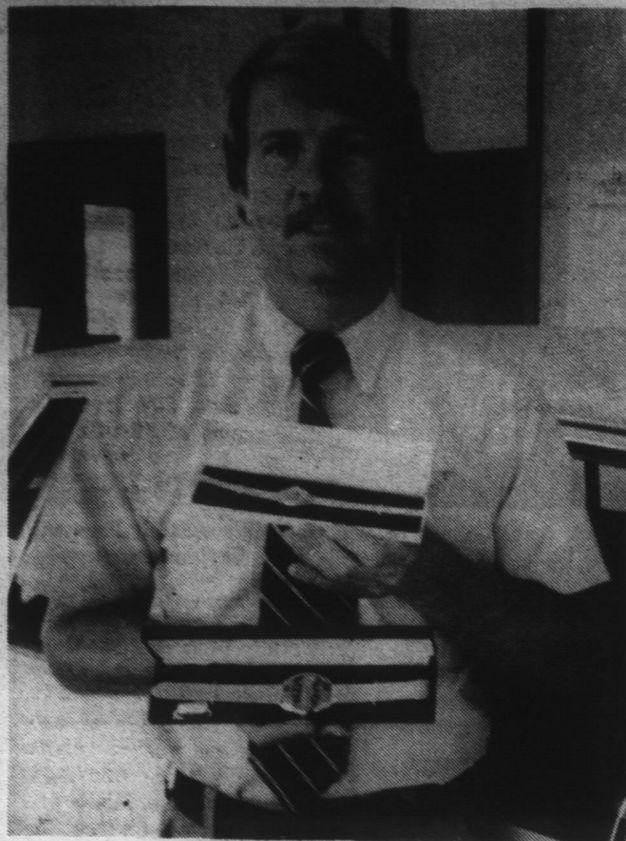
Cancer can be discovered through a complete physical examination. There are seven warning signals of cancer which can be recognized by anyone. They are: 1. Change in bowel or bladder habits; 2. A sore that does not heal; 3. Unusual bleeding or discharge; 4. Thickening or lump in breast or elsewhere; 5. Indigestion or difficulty in swallowing; 6. Obvious change in wart or mole; and 7. Nagging cough or hoarseness.

two sisters: Mrs. Edna Godwin of Ahoekie; and Mrs. Fannie Ziegler of Edenton; 14 grandchildren; and six great-grandchildren.

He was a member of Macedonia Baptist Church where he former taught Sunday School, and a member of American Legion Post No. 40.

Funeral services were held at 4 P.M. Friday in Williford-Barham Funeral Chapel with Rev. George Cooke officiating. Burial was in Beaver Hill Cemetery.

Palbearers were: John William Phelps, Edward Taylor; and Fred, Albert, Charlie and Walter Keeter.



GRAND OPENING PRIZES — Jim Elliott, general manager of Hoke Motor Corp., holds two of eight watches to be given away prior to and during their Grand Opening, October 11, 12 and 13. The newly relocated dealership will feature the new 1980 Buicks, Pontiacs and Oldsmobiles, and there will be refreshments available as you browse. Registration for the watches as well as a special grand prize is now open at Hoke.

"Love-quarrels oft in pleasing concord end." John Milton

Mr. Keeter Buried Friday

Charles Norman Keeter, 91, a resident of Cape Colony Haven, died September 5 after an extended illness. Mr. Keeter was a retired farmer.

He was a native of Bertie County, a son of the late John Thomas and Ann Hughes Keeter. He was the widow of Mrs. Hilda Langdale Keeter.

Surviving are three sons: Norman Calvin Keeter of Elizabeth City; Aubrey Chris Keeter of Newport News, Va.; and Lewis Thomas Keeter of Charlotte; two daughters: Mrs. Anne Frances Lane of Edenton; and Mrs. Mary Alice Bazemore of Windsor;

Flaked Fish Old Recipe

North Carolinians often broil, fry and bake fish, but what about flaking them? It's an old cooking technique that can be used in a lot of new ways to extend your shrinking food budget.

Fish are steamed until the meat can be easily flaked from the bone with a fork. The flaked meat then can be used as a high-protein, low-fat extender and flavor

enhancer in such dishes as chowder, crab casserole and stuffed clams.

A new pamphlet published by UNC Sea Grant offers a step-by-step description of this simple process. "Fish Flakes: Seafood Stretchers" also includes several recipes using flaked fish.

For your free copy of the pamphlet, write: UNC Sea Grant, Box 5001, Raleigh, N. C. 27650.

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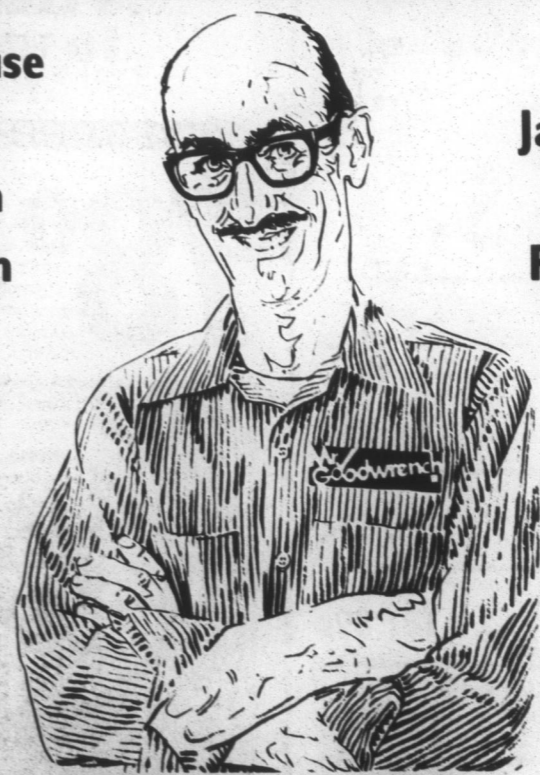
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