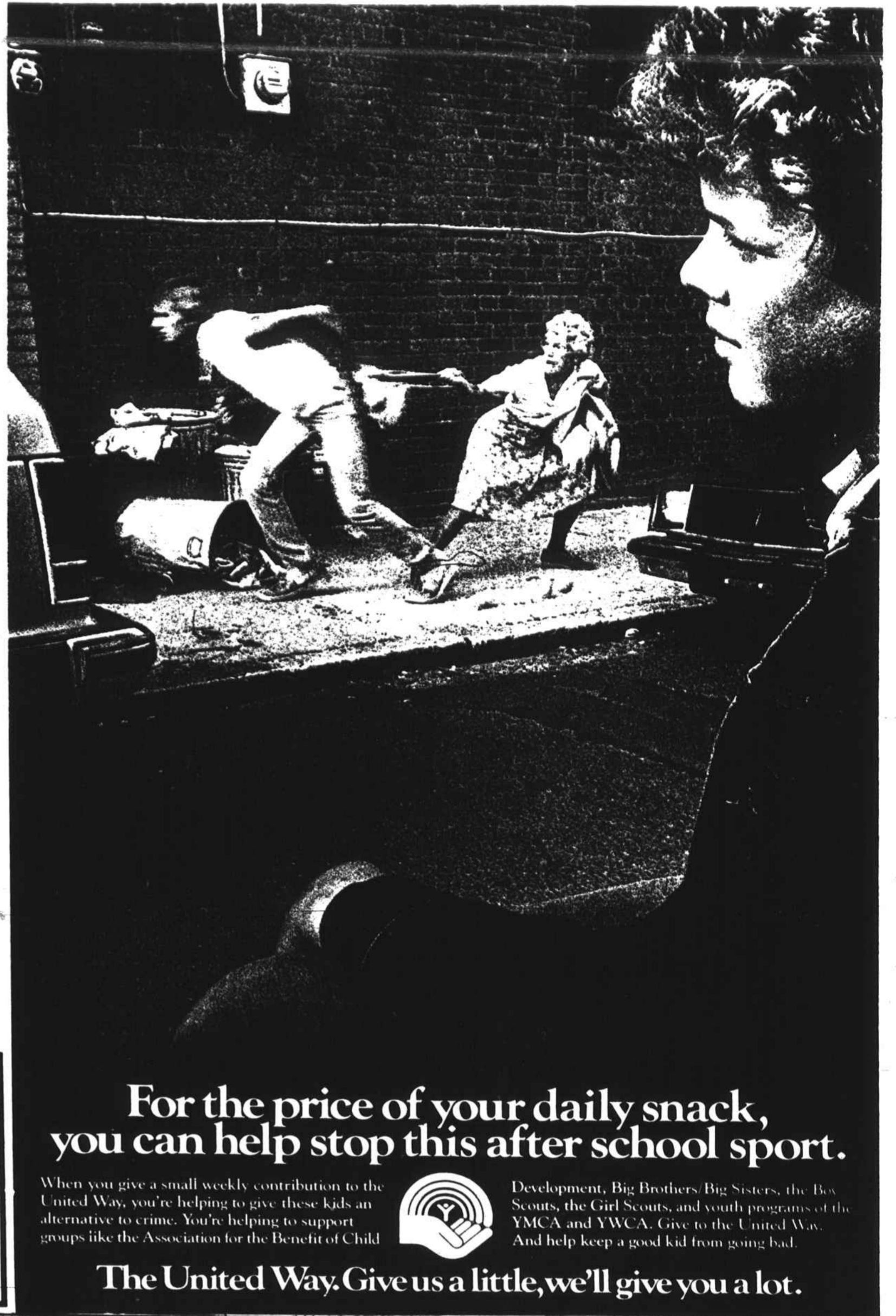




Durham native Gail Nelson plays leading lady in the Tony award-winning play "The Tap Dance Kid." Unlike most other Broadway productions, the play left the theatre for an audience in Harlem as part of the Salem Spirit Street Scene during New York's Harlem Week. Nelson, the daughter of a minister and a teacher, has also appeared in television commercials and is preparing for a European tour.



## You can control some cancer risks

By DAVID ROBERSON  
Duke University Medical Center

Reports in the news media about the discovery of another cancer-causing agent are so common that we may be tempted to view the world around us with increasing gloom and apprehension.

Fortunately, research not only disproves the myth that "everything causes cancer," but also indicates there are steps you can take to reduce your chance of becoming one of the three in ten Americans who may develop cancer. In fact, says the National Cancer Institute, there is evidence that 80 percent of cancers are related to factors that people can control.

Here are steps you can take to reduce your chance of cancer:

- don't smoke -- Smoking is the leading preventable cause of cancer and may interact with other carcinogens to increase their effects. The 1982 Surgeon's General Report identified smoking as a major cause of cancers of the lung, larynx, esophagus and mouth. If you do quit, your chances of developing cancer begin to decrease immediately;
- drink alcoholic beverages in moderation -- no more than two drinks per day. Heavy smoking and drinking greatly increase your chance of developing oral cancer;
- eat foods low in fat -- Eat foods such as fresh fruit, vegetables, whole grain breads and cereals, low-fat dairy products, lean meat, poultry without skin, fish, peas and beans. Use margarine, butter, oils and salad

dressings sparingly;

•avoid unnecessary x-rays -- When you have an x-ray, ask if shields can be used to protect other parts of your body;

•keep safe on the job by using protective clothing and safety equipment if it is provided -- Nickel, chromate, uranium, asbestos, petroleum and vinyl chloride are among industrial agents known to cause cancer;

•avoid too much sunlight, especially if you are fair-skinned -- The harm done by the sun's ultraviolet rays is never fully repaired, even though your tan, or burn, fades away. Hats, long-sleeved shirts and long pants that are lightweight and light in color will allow you to protect yourself and still spend a lot of time outside. High-numbered sunscreens will also block UV rays.

•take estrogens only as long as

necessary -- If you take estrogens for menopause symptoms or if you use contraceptives containing estrogen, discuss dose levels and hormone combinations with your physician.

The Cancer Information Service at Duke University Medical Center can answer your questions about cancer and provide free literature to help protect yourself. Call 1-800-4-CANCER for information.

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## Falls

From Page B13

soft, medium and firm. Some manufacturers offer guidelines to indicate that the soft density supports people who like to sleep on their stomachs; the medium density, on their backs; and the firm, on their sides.

A good pillow is light in weight, resilient, odorless and free from stiff quills and lumpiness. It should spring back to plumpness readily and hold its shape when balanced on the outstretched hand.

Down and goose feathers are the best of the feather fillings. Foam may be either molded or shredded. Like mattresses, foam pillows vary in firmness.

Man-made fiber fills have become increasingly popular. The Texas Fiber Products Identification Law provides helpful information as to content and care. Foam pillows and man-made fiber fillings are recommended for persons with allergies.

Pillows should be protected with a cover over which the pillowcase is slipped. In this way the pillow is easily kept clean.

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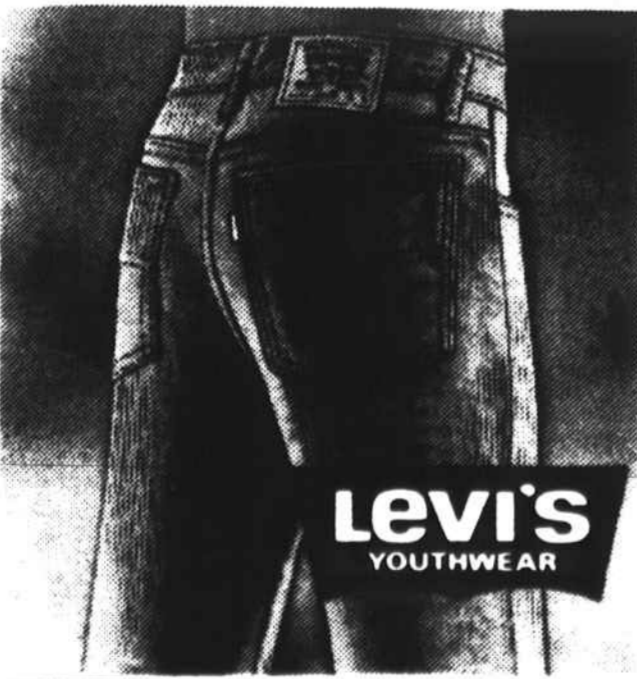
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