

by Brenda Kennedy BSN

## A Black Perspective

# You & Your Health



## Anemia

Anemia is among six of the most common health problems of the Black school-age population. There are several types of anemia and several causes of anemia. There is anemia caused by blood loss, anemia associated with lead poisoning, anemia from Malnutrition etc. Sickle cell anemia will be discussed in length at a later time.

Iron deficiency anemia is a very important condition that needs to be discussed. Anemia is a condition in which the total number of circulating red blood cells is reduced below normal or the individual cells contain an insufficient amount of hemoglobin. Hemoglobin absorbs oxygen from the lungs and releases it to the cells of the body. In severe anemia, the red blood cells are smaller than normal and carry a smaller than normal amount of hemoglobin. Essentially, it occurs whenever the losses of iron has exceeded the intake when there is an imbalance.

In adults, iron deficiency anemia almost always develops because of loss of blood or because of pregnancy. Occasionally, iron deficiency anemia is a result of poor absorption of iron in the food caused by chronic or long term diarrhea or other intestinal diseases. Sometimes it is caused by a diet deficient in foods which contain iron and proteins. This becomes a special concern because nutritional problems are common, especially with the school-age

and teenage population. This is why education in the area of nutrition is so important, especially for the school-age child.

Anemia will produce certain symptoms, such as fatigue (becoming tired easily), shortness of breath, and light-headedness with or after mild activity. Anemias associated with blood loss will result in fatigue associated with orthostatic (upon sitting or standing) dizziness. A blood test checking the hemoglobin will determine if one is anemia or not.

Anemia is usually easy to correct. Medications (iron supplements) can be given by mouth or by injection until after the blood returns to normal. Medications are regulated according to the individual's special need. Do not take medication without telling your doctor, even non-prescription medicines. If drugs are prescribed, carefully follow the instructions given to you.

If you are on iron pills, they will make bowel movements turn black. Do not let this alarm you. If there are side effects, contact your physician. There may need to be an adjustment made in the dosage or a change to a different form of iron. Let the doctor know if there is nausea or vomiting, persistent diarrhea, bright red bleeding from the rectum or constipation. Remember, what ever plan of treatment is ordered will need to be followed if the anemia is to be corrected.

## For Winston-Salem

# Black Dance Symposium Slated

Professional dancers, those wishing to become professional and people interested in attracting good dance programs to their communities are invited to a Black dance symposium Nov. 18 in Winston-Salem.

The symposium, held at the N.C. School of the Arts at 200 Woughtown St., is sponsored by the N.C. Cultural Arts Coalition, Inc. (NCCAC) in conjunction with Urban Arts of the Arts Council, Winston-Salem. Co-host is the Winston-Salem Department of Recreation.

Workshops, lecture-demonstrations and films on various aspects of dance training, touring and programming,

and marketing one's skills will be conducted. Scheduled instructors include representatives from Alvin Ailey Dance Company, New York; Frank Holder Dance Company, Greensboro; the N.C. Arts Council, Raleigh; Southern Arts Federation, Atlanta; and the N.C. Department of Public Instruction, Raleigh.

The symposium begins at 9 a.m. and is scheduled to end at 5 p.m.

Registration information is available from NCCAC, P.O. Box 1310, Raleigh, 27602 or telephone (919) 733-6883.

An evening of live entertainment will follow the Saturday workshop sessions, with the performances of several of

North Carolina's best Black dance groups. Showtime is 8 p.m. It is open to the public, and admission is \$3.

NCCAC is a nonprofit service organization formed to address the needs of artists, particularly Black artists, who are trying to make a living at their profession in North Carolina. Membership in the organization numbers about 500.

This project is supported by the N.C. Arts Council of the Department of Cultural Resources and by the National Endowment for the Arts, Washington, D.C., a federal agency.

## Dr. Othow Attends Showing Of "10" Film

by Sherleen McKoy  
Post Staff Writer

Dr. Helen C. Othow and her family traveled to New York on Saturday to see the World Premiere of a documentary film about the Wilmington 10. Shown at Hunter College Assembly Hall, the theme of the premiere was "An Evening With Zimbabwe and the Wilmington 10."

The film, produced by Haile Gerima from Ethiopia and the Howard University film crew, had been researched and developed for a period of over two years. "No Time To Say Goodbye," film about the struggle of Zimbabwe for independence from the Ian Smith regime and the struggle of refugees through southern Africa, was shown at the beginning of the program. The Wilmington 10 film was entitled "Wilmington 10-U.S.A. 10,000," whose number represented a history of oppression, according to Dr. Othow, member of the Charlotte-Wilmington 10 Defense Committee.

"The film was so artistically done," she said. "It was told in a human way about the struggle of the Wilmington 10. It teaches about the case from an historical perspective," she continued. "It's a very educational film."

Dr. Othow said that actual members of the Wilmington 10

were used to portray their plight.

A message of solidarity was played on tape from President Robert Mugabe, Zimbabwe African National Union-Patriotic Front. Other remarks were made by the following freedom fighters: Edgar Tekere, Secretary General of the Zimbabwe African National Union-Patriotic Front; Dr. Callistus Ndirivu, Chief Representative to the U.N. Zimbabwe African People's Union-Patriotic Front; Dr. Charles Cobb, Executive Director, Commission for Racial Justice, United Church of Christ; and Mrs. Elizabeth Chavis and Mrs. Deloris Moore, mothers of two members of the Wilmington 10. Ben Chavis and Assata Shakur also sent messages of solidarity.

United Nations Representatives from many countries were present, including the Republic of Vietnam and Republic of China.

Entertainment was provided by jazz orchestras, Hanni-

bal and Terry Collier. Novelist James Baldwin attended the premiere and commented impressively on the freedom struggle.

"There was such a show of unity among the people who were there from the Third World Liberation Group and representatives from our own groups in the United States who have been struggling for civil and human rights," Dr. Othow said.

The North Carolina premiere of the film was shown in Durham on November 16. The film will be shown in Charlotte in the near future.

## Edith Stages

Edith stages her own private revolt after she applies for a bank loan and discovers there are very different rules for men and women, on "All in the Family," Sunday, November 19, at 8 p.m. on WBTV.

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