

by Brenda Kennedy BEN

A Black Perspective

You &
Your
Health

Strokes In Blacks

Strokes, also called Cerebral Vascular Accident, are very important and often very serious. One of the most common causes of strokes is hypertension or high blood pressure. The pressure becomes so high that there is bleeding or a lesion in the brain or cerebral area. Strokes are one of the major causes of disability and death in Blacks. Blacks with strokes are usually more seriously ill than white patients, and regardless of the form of therapy, survival rates for Blacks are lower than for whites.

The death rate from strokes for American Blacks ranks second in the world; only the death rate for Japan is higher. Stroke incidence and mortality rates are greater at younger ages in Blacks than in whites and greater for males than females. It is also important to note that it is also higher in the southern part of the United States than other parts.

There are certain factors that influence the incidence or occurrence of strokes. There has been evidence to support the idea that stress increases the incidence of stroke and hypertension. There is a definite relationship between the occurrence of hypertension and stress related factors. It is believed that this can be controlled if the environment is made less stressful. If you have a history or tendency of

high blood pressure (which may cause stroke), make a special effort to get ample amounts of rest and relaxation.

It is also believed that there is a correlation between obesity and the incidence of strokes. If you are placed on a diet either for weight reduction, salt restriction or both, it is necessary to adhere to this diet in order to decrease the chances of stroke.

Drug control is very critical for the prevention of strokes. Not all persons with high blood pressure have strokes nor do strokes occur only in hypertension. Nevertheless, high blood pressure without a doubt is one of the most frequent causes of strokes. Taking medications as prescribed will help to keep the blood pressure down and reduce the chances of having cerebral hemorrhage or bleeding in the area of the brain.

If a stroke should occur, there are a number of complications that may result. These complications are often very serious. They range from becoming paralyzed, to a coma and then to death. There are often problems with kidney and bowel control, there may be difficulty speaking and understanding, etc. Permanent disability may result. Strokes are very serious, so take all precautions to prevent them from occurring.

Sammy Davis Jr. To Co-Host

"Third Annual Circus Of Stars"

More than two dozen of the most popular stars of television, stage, motion pictures and sports temporarily set aside their normal careers to risk life and limb as daring circus performers on the all-new "3rd Annual Circus of the Stars," a two-hour special to be broadcast Sunday, December 10 at 9 p.m. WBTV, Channel 3.

Lauren Bacall, Sammy Davis, Jr., Jerry Lewis, Anthony Newley and Bernadette Peters will be ringmasters for the extravaganza that includes performances by (in alphabetical order): Marty Allen, Dirk Blocker, Foster Brooks, Charlie Callas, Charo, Gary Collins, Cathy Lee Crosby, Jamie Lee Curtis, Altovise Davis, Jamie Farr, Mike Farrell, Fred the Cockatoo, Buddy Hackett, Lassie, Tony Lo Bianco, Carol Lynley, The Marquis Chimps, Eddie Mekka, Lee Meriwether, Mary Ann Mobley, David Nelson, Scott Newman, Ken Nor-



Sammy Davis, Jr.
...Classic clown routine

ton, Valerie Perrine, Michelle Phillips, Bob Seagren, Martin Sheen and Betty White.

On the program, as has been the custom in previous editions of "Circus of the Stars,"

the stars themselves actually perform dangerous feats in cages with wild animals, on

the highwire, on the flying trapeze, and as human targets.

With minimum rehearsal and preparation time, Cathy Lee Crosby and former Olympic star and television actor Bob Seagren perform on a 50-foot swinging arm of steel, the "Wheel of Destiny," without nets, ropes or any other safety devices; Tony Lo Bianco will put three wild animals, a tiger, a leopard and a panther, all natural enemies, through their paces in an act never before seen on television; Marty Allen works with four elephants; Lee Meriwether walks on the tightrope; and ex-heavyweight champion Ken Norton dives from a 40-foot high tower into a flaming tank of water.

Besides acts involving danger and skill, the "3rd Annual Circus of the Stars" has its comedic moments which include noted actor Martin Sheen and his "drunken horse," Betty White and her baby elephant, Jamie Farr and Mike Farrell of "M-A-S-H" recreating a classic clown routine, and Sammy Davis, Jr. with Fred the Cockatoo.

Hummingbirds

The Dixie Hummingbirds, celebrating their Fiftieth anniversary, will perform at the Women's House of Detention in New York City on December 9th.

The Dixies are also to be saluted on the American Black Achievement Awards, which will be televised in December on CBS.

Human Are Semi-Tropical Animals

Human beings are essentially semi-tropical animals. Our bodies at rest and unclothed are designed to maintain their internal temperature effortlessly with the thermometer at about 85 degrees. However, with last winter behind us and the chill of this winter almost here, keeping comfortably warm has become the national pastime. How do we stay warm? We achieve cold weather comfort in part by generating more heat in our internal furnaces and, in part, by conserving

that heat.

The most important source of internal heat is our muscles. They use about 70 percent of the food energy they consume, at work or at play, in heat generation. Under average conditions body muscles produce enough heat to boil a quart of freezing cold

water every hour. So when you stomp your feet and wave your arms while waiting in the cold, you are stroking your muscles to an even higher level of heat production.

REAL ESTATE ANSWER BOX

Twelve Reasons To Own A Home

Making the decision to buy a home for you and your family (or just for yourself if you're not married) can be an exciting challenge that will lead you to many new discoveries. Since it represents perhaps the largest single financial transaction most people undertake, buying a home makes it necessary to look at the budget and explore price ranges. Then comes the necessity of deciding on the area that would be most convenient to your needs. Is it close enough to work? Is it close enough to friends and family? Then after the area is selected, you have to decide on the floor plan and size home that fits your needs. Are the bedrooms large enough? Is there enough closet space?

Once those preliminary decisions are made come the real adventure. Those homes that fit your requirements so far have to be examined for what kind of condition they are in, and how much work needs to be done. In the case of a new home this is not as much necessary but you would still want to give a careful inspection of the home. Is the roof in good condition? How about the furnace and water heater? These are just a few of the adventures you can expect.

Of course, any knowledgeable professional can give you a start and help guide you through some of these adventures, but, by and large, it is you who will have the excitement of discovery in buying your home.

Please send all questions concerning real estate to:

REAL ESTATE ANSWER BOX

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