This Feels Like I'm Having A "Heart" Attack

tstopher R. Dixon, M.D. stetrics and Gynecology Special To The Post

Heart attacks can strike syone. When it occurs are is no time for delay! lost heart attack victims survive if they recog-nize the early warning signals of heart attack and

get medical care at once. One must remember the pain of heart attack is not exactly the same for every victim. It might be an intense pain for one person, or a milder pain for another. The pain is often misinterpreted as "indi-gestion."

Heart attack victims of-

aunt or uncle who smoked.

For A Longer Life Span

inistopher R. Dixon, M.D. etrics and Gynecolo pecial To The Post

a whole has the y as a whole has the wienge presently to face an average life a of 90 to 100 years, ording to the American dical Association. Thaps you've heard secue talk about the

drank, and ate everything in sight and still managed to live to age 90. That may be true, but on the average, any person who continues to abuse his or her body can to abuse his or her body can probably expect a shorter life span than someone who has stimulated their mind and body wisely throughout life. Research tells you to

olon And Rectal Cancer

ned From Page 7B chi progess to colorec-cancer and the surgi-removal of cancers a they are still curable our best weapons to-

secondary preven-measures for colon r are appropriate for numbers of people in niled States since ountry is at higher y world standards. world standards. the in average risk abouid have stools for occult blood fly. The stool occult test may not detect to percent to 40 per-tumors in the lower and rectum. There test is used in on with a sig-

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moidoscopy. If both tests are normal, sigmoidoscopy is repeated every three to five years. By early detection and removal, sigmoidoscopy can interrupt the polyp to cancer sequence and thereby lower the in-cidence of colorectal cancer by 85 percent.

Approximately 50 per-cent of person with positive stool occult blood tests will have disease (mostly polyps, but also colorectal cancers).

The effectiveness of screening depends upon the use of proper techniques of occult blood testing, followup studies with X-rays of the colon, and full colonoscopy in people who have positive tests. spend your 20s and 30s building your body, your mind, and your career. In your 40s and 50s you con-solidate and maintain what you have built. Beyond 60. you depend upon your reserve powers to keep you going. If you fail to build and consolidate early - research shows - you are more likely to face in your later years, illness and disability.

ten hesitate for one rea-

son or another. Some do not

want to admit that they are

ill. Others mistakenly de-

cide that the symptoms

don't mean anything or are

due to indigestion. They don't know the early warn-

ing signals of heart at-

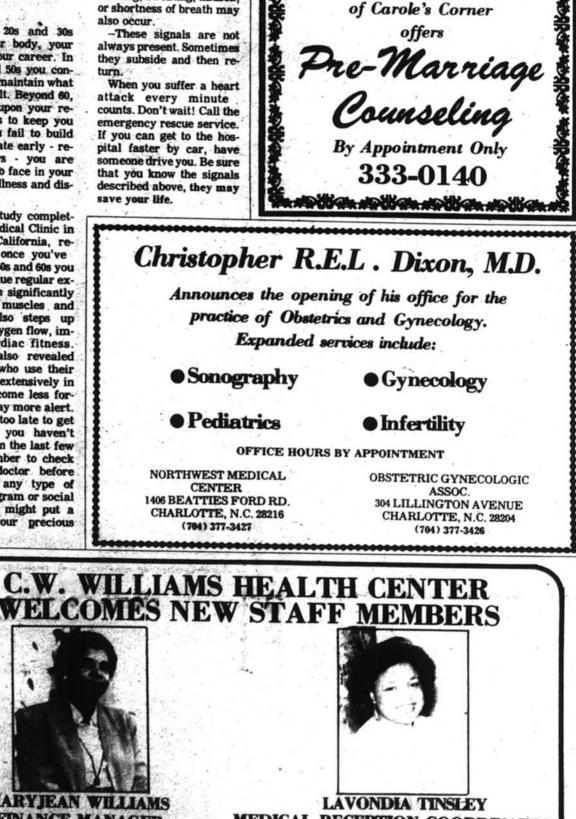
tack - they wait, ignoring the warnings hoping the

A recent study complet-ed at the Medical Clinic in Palo Alto, California, re-vealed that once you've reached the 50s and 60s you should continue regular exercise, which significantly strengthens muscles and bones. It also steps up blood and oxygen flow, improving cardiac fitness. The study also revealed that people who use their brains more extensively in later life become less forgetful and stay more alert. It is never too late to get involved. If you haven't been active in the last few years remember to check with your doctor before undertaking any type of exercise program or social activity that might put a strain on your precious body.

pain will disappear. Signals vary, but the usual warnings of heart attack are:

-- Uncomfortable presure, fullness, squeezing, or pain toward the center of the chest; often persistent i in nature.

-Pain may spread to the shoulders, neck or arms, -Severe pain, dizziness, fainting, sweating, nausea, or shortness of breath may



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