

The Heimlich Maneuver Can Save Lives

Choking, the sixth leading cause of accidental death in this country, occurs when food or some other foreign object blocks the windpipe or air passages to the lungs. Large, poorly chewed pieces of food can cause choking. In adults, the food is usually meat; in children, it may be food or any object small enough to fit in their mouths.

If you see someone choking, ask the person to try to speak. Any sound, even strangled choking noises or hoarse coughing, means the airway is only partially blocked. In this case, don't interfere. Coughing is the body's natural defense against choking, and it may clear away whatever is blocking the windpipe.

However, if you see any evidence of difficulty in breathing and the person is unable to make any sounds, the airway is totally blocked and no oxygen is reaching the lungs.

In this case, you must act immediately. Every second counts. A person cannot live without oxygen for more than four to six minutes. First get someone to dial 911 to summon the Medic ambulance. Then, get to work.

"Do not slap the back of the choking person," says Dr. Jeff Runge, of Charlotte Memorial Hospital's Emergency Department. "Back blows are not recommended because they may

cause the food to lodge further down the airway.

Instead, use the Heimlich maneuver. Developed by Dr. Henry Heimlich, this maneuver is recognized by many in the health-care field today as an effective way to assist a choking person.

Stand behind the person and use both hands to press closed fists into the abdomen slightly below the lower end of the

breast bone, thumb side against the abdomen. An inward and upward thrust forces a flow of air from the lungs, which in turn expels the object from the airway. You may find it necessary to repeat the Heimlich maneuver several times before you are successful.

If you are alone and you are choking, you can place a fist on your abdomen, grasp it with the

other hand and press into your abdomen with a series of quick thrusts until you have expelled the object.

"Children under age three require a different technique," says Dr. Runge. "Place the child face down. Put one hand over the bottom of the sternum, where the chest is widest. Then with one hand on the back, press simultaneously with both

hands.

The Heimlich maneuver should never be practiced on a non-choking person because of the potential for damage to the ribs and underlying organs. There are several simple ways to reduce your risks of choking. Cut your food into small pieces and chew slowly and thoroughly. Avoid excessive intake of alcohol before and during meals.

ADVERTISEMENT

Jesus said, "Blessed are the peacemakers: for they shall be called the children of God."

Matthew 5:9

God said, "the work of righteousness shall be peace; and the effect of righteousness quietness and assurance forever."

Isaiah 32:17

PRAY FOR AMERICA!

Expanded Foods & Nutrition Education Program



By Deborah Crandall

Mecklenburg and Gaston Agricultural Extension Service have a very special educational program...the Expanded Food and Nutrition Education Program called (EFNEP). The purpose of EFNEP is to help limited resource families improve their nutritional status. This program is a part of the Extension Home Economist program.

We are very happy to become a regular part of the CHARLOTTE POSTS LIFESTYLES SECTION. We will bring you nutrition information and focus on community nutrition programs that will be conducted at the Neighborhood Centers.

If at anytime you have ideas or concerns that need to be discussed, call the Mecklenburg County Agricultural Extension Home Economics, 336-2692, or write to 700 North Tryon Street, Charlotte, N.C. 28202.

Do you know of a family who would need the EFNEP program? If so, call and let the following know:

MECKLENBURG COUNTY EFNEP AIDES:

For Adults:

- Deborah Boulware (Grier Heights)
- Sandy Brown (Pinevalley, Sterling and Pineville)
- Bertha Burke (Crestdale, Matthews, Harrisburg)
- Rosa Patterson (Hemphill and Hampton Park)
- Iris Davis (Beatties Ford Road and Firestone City)
- Johnnie Beatty (Davidson, Huntersville, Cornelius)
- Jackie Grier (Greenville)
- Betty Truelove (Northwest Charlotte)

For Youth:

- Betty Robinson (Northeast Mecklenburg)
- Doris Hoover (Northwest Mecklenburg)

"Nutrition is the foods you eat and the way your body uses it. Watch for next week's column on How to Buy Food on a Limited Budget.

March is Nutrition Month; eat a variety of foods daily.

Tips On Stretching Your Food Stamps

Start planning menus, according to how you purchase your groceries, a few days before receiving your food stamp allotment.

Make a grocery list. Include the items you'll need from your menu list. This step eliminates extra trips to the grocery.

Upon receiving your food stamps, divide them in equal portions. One for each grocery trip you'll take during the month.

Purchase more fruits, vegetables and fish, less meat and snack items. **Joyce Harris**

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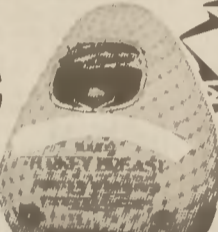
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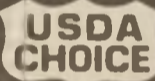
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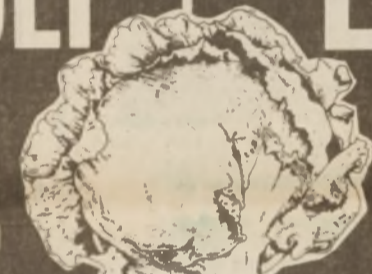


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