

Learn How To Jump-Start A Life With CPR Training

CHARLOTTE - It's a fact: more people know how to jump-start a car than know how to jump-start a life.

You can learn to jump-start a life through cardiopulmonary resuscitation on CPR Saturday, March 18, when WSOC-TV and WSOC-FM join the Greater Carolinas Chapter of the American Red Cross at the Charlotte Convention Center for a day-long mass training session. Free parking will be available at the

Southern National Center. Last year, 508 people learned how to jump-start a life on CPR Saturday; this year preparations are being made for as many as 800 people to participate.

"If you don't know cardiopulmonary resuscitation (CPR), you can only wait anxiously until help arrives," said Don Paxton, Red Cross chief of chapter operations. "In an emergency, knowing CPR could be the first link in the life-saving chain --- statis-

tics show that a bystander who begins administering CPR just two minutes before medics arrive can increase a person's chances of survival twofold."

Two types of CPR will be offered on CPR Saturday --- adult CPR and child/infant CPR. Classes begin at 8 a.m., with new classes beginning every 15 minutes until noon. The adult CPR class takes about 4 hours to complete and the child/infant will take about 6 hours. Some

100 volunteer instructors will be on hand to provide the training.

To register, participants should come by the Red Cross at 2425 Park Road before March 18 on weekdays between 8 a.m. and 5 p.m. Other preregistration places, times and dates are as follows:

Midtown Square and Cityfair, 11 a.m. - 2 p.m., March 9-10; Matthews K-mart, 3-8 p.m., March 9; Freedom Mall, 12-6 p.m., March 11; and WSOC, 1-5

p.m., March 13-15. Red Cross will also be open Sunday, March 12, 11:30 a.m. - 4 p.m. for CPR Saturday registration.

Registration includes payment of \$7 which covers the cost of course books and ensures a spot in a specific time period of the participant's choice. When the course is successfully completed on CPR Saturday, the participant will receive a certification card which identifies him as being trained in CPR.

Anyone who can compress at least 50 pounds is eligible to take CPR. That means most everyone over the age of 13 is capable of learning CPR. "If it's been more than a year since you were last certified, you need to take it again," Paxton said. "You must be re-certified in CPR every year to keep up your skills."

For more information about CPR Saturday or about Red Cross health services, call the Red Cross, 347-8407.

Nationwide Diabetes Test

CHARLOTTE - March 21, 1989 is the "American Diabetes Alert," a day when all Americans will be asked to "Put Your Health to the Test," according to the Charlotte-Mecklenburg Chapter of the American Diabetes Association (ADA). The ADA's national goal this year is to identify one million Americans at risk for diabetes.

On March 21, written tests will be distributed nationwide through the affiliates and chapters of the American Diabetes Association and participating pharmacies, grocery stores, businesses and community organizations.

In Mecklenburg County, written tests will soon be available at all branches of the Public Library of Charlotte and Mecklenburg County and at all area Eckerd Drug stores. In addition, on March 21 from 10 a.m. to 4 p.m., Community Health Services' staff together with ADA volunteers will be conducting physical blood sugar screenings at the following Eckerd locations: SouthPark Mall, Sharon Road; Eastland Mall, Central Avenue; Midtown Square, Kings Drive.

Also, a free diabetes education program will be held from 7-9 p.m. on March 21 at the Royce Hotel -5624 WestPark Drive, Charlotte. Topics will include Diabetes Prevention, Diabetes Management and Diabetes Research Developments. Speakers will include Dr. Stuart Tucker; Mary Beth Garrison, Dietician; and Sue Hartman, Diabetes Educator.

An estimated 11 million Americans have diabetes, a disease in which the body does not produce or respond to insulin, a hormone needed for daily life. The resulting high blood sugar can severely damage the heart, blood vessels, kidneys, eyes and nerves. If left untreated, diabetes can lead to death. Unfortunately, almost half of these people are not even aware they have diabetes.

The Charlotte-Mecklenburg Chapter of the ADA serves the estimated 20,000 people with diabetes in Mecklenburg County. The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research and education. It serves the entire diabetes community through the efforts of thousands of volunteers from more than 800 affiliates and local chapters in communities across the United States.

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Monday thru Saturday: 10 a.m. - 10 p.m.
Sunday: 9 a.m. - 9 p.m.