

14A Healthy Body/Healthy Mind

Help for bad breath

By Tammie Tolbert
THE CHARLOTTE POST

Mints don't work.
Neither does brushing.
And gargling is a waste of
time and noisy.

Bad breath affects everyone,
and dental professionals are
opening up "fresh breath clinics"
around the country to combat it.
Bad breath can be caused by
food that converts into gaseous
fumes in the stomach, producing
a foul odor. Smoking can also
be a culprit. However, bad
breath is mainly caused by
bacteria debris that dwells on
the tongue.

Many breath mints and
mouthwashes are made with
alcohol, (some up to 35 percent)
and they simply cover up bad
breath or provide short-term
freshness.

Bacteria survive on the lack
of oxygen, and saliva usually
washes them away, but when
they are not washed away,
they form plaque on the
tongue. This in turn produces
what people are accustomed to
as "morning breath."

The best breath fresheners to
use include chlorine dioxide as
an ingredient. Chlorine dioxide
is designed to safely break up
the odor-causing sulfur
compounds that make halitosis,
or what is commonly called
bad breath.

Various products with chlorine
dioxide are available. Oxyfresh,
a company in Spokane, Wash.,
has developed a product that is
aiding people in getting rid of
bad breath. "Oxyfresh products
have no alcohol, they are made
with chlorine dioxide, they are
non-toxic, and very safe for
children," said Linda Schilkowsky,
an Oxyfresh representative. "Oxyfresh
eliminates bad breath by breaking
up and cleansing away the
bacteria that causes bad
breath."

"Oxyfresh is the number one
chlorine dioxide product that
is being used around the country
to help people who have chronic
bad breath," Schilkowsky said.

Oxyfresh has been around
for 12 years and it was initially
used to help treat patients with
periodontal disease



Oxyfresh's Fresh Breath Kit is touted as a solution for bad breath.

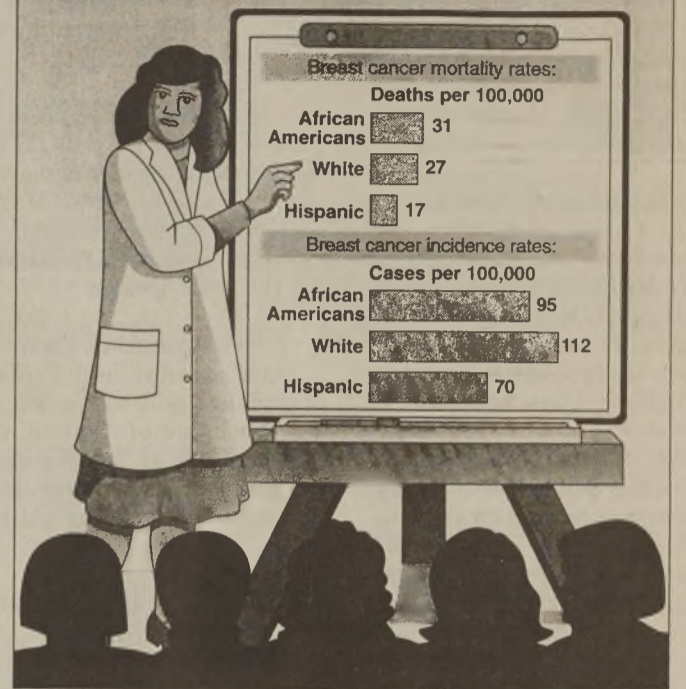
Schlikowsky said. "The product has also helped
people with gingivitis, cold
sores, inflamed gums, and

fever blisters," said Schlikowsky. Oxyfresh provides Fresh
Breath Kits for \$19.50. For

more information about halitosis or Oxyfresh, call
Schilkowsky at (800) 999-9551,
extension 228.

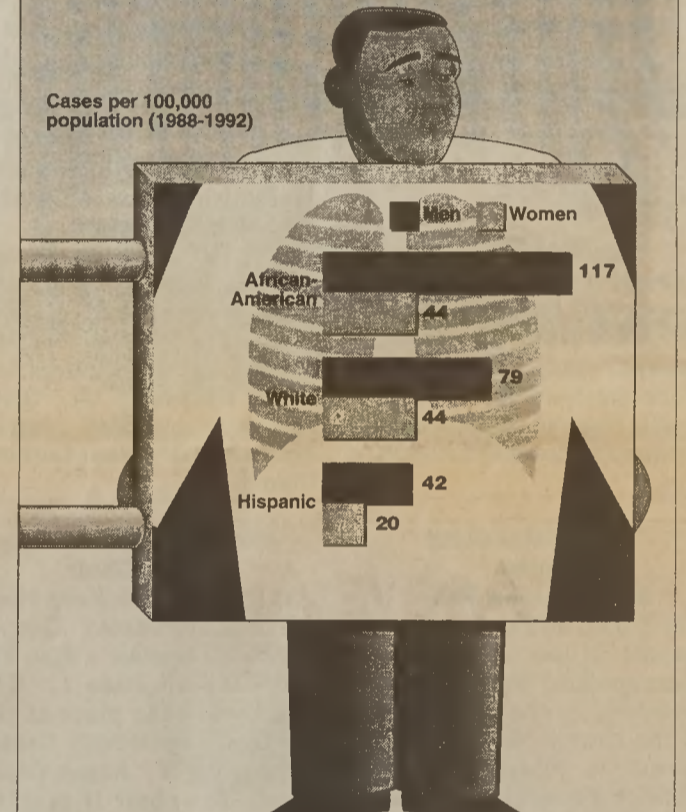
PHOTO ILLUSTRATION/TAMMIE TOLBERT

Breast Cancer: high mortality/low incidence for African American women, 1988-1992



Source: Racial/Ethnic Patterns of Cancer in the United States 1988-1992 (in press) National Cancer Institute

Lung cancer rate higher for African American men



Source: Racial/Ethnic Patterns of Cancer in the United States 1988-1992 (in press) National Cancer Institute

Retin-A beats stretch marks

By Brenda C. Coleman
THE ASSOCIATED PRESS

CHICAGO — Retin-A can help self-conscious teen-agers get past acne and soften the wrinkles of the middle-aged. Now, researchers say, it may shrink stretch marks from pregnancy or obesity.

Tretinoin, the active ingredient in Retin-A acne cream and Renova wrinkle cream, shrank stretch marks 14 percent lengthwise and 8 percent in width among 10 patients who rubbed it on daily for six months, researchers said.

Twelve people with similar stretch marks who were given a dummy cream saw their

stretch marks grow an average 10 percent in length and 24 percent in width in the same period, said the researchers, led by Dr. Sewon Kang of the University of Michigan Medical Center at Ann Arbor.

The study was supported partly by Johnson & Johnson Corp., of New Brunswick, N.J., the parent of Ortho Pharmaceutical Corp., which makes Retin-A and Renova. But the company had no role in the study itself, the authors said.

The researchers declined to comment on their published work.

"They don't want to appear

to be promoting an unapproved use," said medical center spokeswoman Michelle Donaldson.

The subjects in the study were ages 17 to 32 and had stretch marks caused by pregnancy, obesity, weightlifting and large breasts.

All had stretch marks described as being in their "early" stages, when they were pink or violet and the skin was still smooth. Previous studies of tretinoin to treat stretch marks included subjects with older, established marks, and the results of those studies varied, the researchers said.

Olympic spirit



PHOTO/SEITU KENYATTE

These athletes from Hoskins Mill Apartments won medals at the Charlotte-Mecklenburg Senior Games at UNC Charlotte. They are Lucille Allison, Blandena Guess, Mary Coleman, Willie Mae Boyd, Annie Foust, Dot Harris and Minnie Stowe.

Program screens cataracts, schedules surgery

By Tammie Tolbert
THE CHARLOTTE POST

Cataracts are the leading cause of blindness and vision loss in the United States.

Mission Cataracts USA '96 is helping people around the country to see better.

Mission Cataract is a nationwide public service program that began in Fresno, Calif., under the direction of Dr. Frederick A. Richburg. The program provides free cataract surgery to people who

couldn't otherwise pay for the surgery.

Laurel Eye Associates, an eye care facility in Charlotte, is participating in the nationwide program. During the month of May, people can have free eye screening to see if they are eligible to have the surgery. Eligibility is based solely on financial need. Candidates who meet the requirements will be scheduled for surgery in May. "Because of evaluation and scheduling we will prob-

ably end up doing surgeries in the summer, but May is the month to get into the program," said surgeon Scott L. Jaben.

Two other Charlotte-based companies are participating in the Mission Cataract '96 program. "The Charlotte Surgery and Laser Center on Randolph road is supplying the facility and the supplies while Allergan Pharmaceuticals is supplying the artificial lenses," said Jaben. The laser center is where the

patients will have the surgery and follow-up care.

"If you are out there and you are not seeing well, this is an opportunity for you to find out about your problem."

Dr. Scott Jaben

that the body goes through." Although cataracts are mostly a disease of an older group, they can occur in young people. "On certain situations, we've had patients under 10 that have had cataracts, but that is unusual," said Jaben. "By far most patients are 55 years old and older." Jaben said that Mission

patients will have the surgery and follow-up care. "Cataracts effect all types of people. Cataracts can be caused by certain types of injuries, certain types of medication, and some diseases like diabetes can cause cataracts," Jaben said. The most common cause of cataracts is really just an age-related change. It is more or less a normal phenomenon

that the body goes through." Although cataracts are mostly a disease of an older group, they can occur in young people. "On certain situations, we've had patients under 10 that have had cataracts, but that is unusual," said Jaben. "By far most patients are 55 years old and older." Jaben said that Mission

Cataract does not have some mysterious financial supporter. "The program costs are absorbed by all of the facilities that participate in the program," There is still time to participate if you haven't called for an appointment.

"If you are out there and you are not seeing well, this is an opportunity for you to find out about your problem," Jaben said.

For more information about the program, call Laurel Eye Associates at 375-7000.