

Common warning signs you shouldn't ignore

Health Watch



By Darlington Hart, MD
SPECIAL TO THE POST

Chest pains: This is one complaint that every health professional takes seriously because it is one major indicator of significant heart disease in people at risk. Even though there are many harmless causes of chest pains, it is vital to have chest pains that follow the pattern listed below checked out.

1) chest pains that won't go away.

2) Chest pain in men over 40 years who smoke and have a family history of heart disease.

3) Chest pain in women who are menopausal.

4) Chest pain that is associated with difficulty breathing or dizziness.

5) Any chest pain that represents a source of an anxiety and uncertainty.

While the above is not an exclusive list of dangerous characteristics of chest pain, call us or your doctor if any of the above applies to you. Don't assume you are not at risk, because what you don't know CAN hurt you.

Available diagnostic tests to better evaluate the source of an uncertain chest pain include but are not limited to:

- EKG's
- Stress test
- Chest x-ray
- Spirometer
- Left heart catheterization.

If necessary, CT scan of the chest

Fatigue (feeling tired): Have you been tired all the time, feeling like you have no energy or like you are not getting enough rest? Well if you are, don't just pass the symptoms off as signs of too much work or stress. Fatigue can be the result of more serious disease conditions like:

1) Hypothyroidism; that's when the thyroid gland is not

producing enough hormone to keep your body metabolism up. Get your thyroid blood levels checked

2) Anemia (Low blood): Women with heavy menstrual flow may be losing more blood than their body can replace and soon become anemic. They are pale appearing and have no appetite. They crave ice and usually are always tired. Older people who are slowly bleeding can have this happen to them as well. As part of your check-up ask your doctor for a blood count.

3) Sleep apnea: Some people (usually overweight) have episodes of sudden Apnea (they stop breathing) spells at night so they never quite get a good nights sleep. They are always tired and sleepy and they may even have headaches and high blood pressure. These individuals should have a sleep study done. Call us or your doctor to arrange for one if your spouse or significant other notices that you snore heavily at night and have apneic spells.

4) Kidney failure: Most people who have weak kidneys first complain of poor appetite and lack of energy.

The kidney condition is first diagnosed through a routine blood test.

5) Chronic Fatigue Syndrome: In some people no one can find any reason for their persistent tiredness

and lack of energy. After several months of continuous fatigue and low energy they are diagnosed with the above. Treatment is usually difficult and incomplete.

There are many other causes

of fatigue that cannot be addressed in this article. I strongly urge you to contact us or your family doctor for a full evaluation.

DARLINGTON HART M.D.
practices in Charlotte.

Parental support group

Continued from page 1B

son in their lives."

"When I first heard about this group, I thought, 'What?! Mocha Moms?'" Morrison, a professor of creative writing at Princeton University, says with a laugh.

"Then I thought that, without having the name or organization, it was so much like what we had to do when I was young, when there were children, and having to work or not work and being so dependent on each other."

Right now, the kids are back home with dads and baby sitters. Some women live nearby and either walked here or rode the subway. One, Adrienne Foster from Detroit, flew in for one night. "I got a cheap ticket. I was lucky. I just had to be here," she says.

Morrison's new book explores many kinds of love: romantic love, parental love, love as desire, as control, as obsession, as connection.

The mothers have prepared most carefully for this talk, marking up their texts and huddling together to compare notes before Morrison's arrival. "She's a little complicated initially, but after a while, you get used to her," says Cathy Haynes, a mother of three from North Brunswick, New Jersey.

Morrison, dressed casually in a light blue blouse and dark slacks, her long gray hair intricately braided, serves today as both artist and sage. Divorced since 1964, the author herself has two grown sons, Slade and Harold, whom she raised alone while working by day as an editor at Random House and at night on her own books.

"She seems to understand the breadth and depth of life," Foster says. "She has such a well-rounded picture of relationships and how they function. ... We can take what she has written and apply it to our own lives."

We Salute Black History



General Dentistry

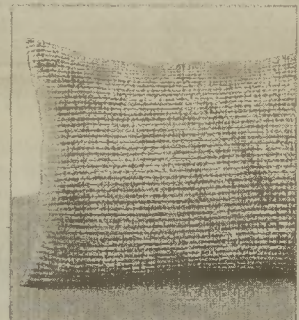
2 Convenient Locations to Serve You!

Spurgeon W. Webber Jr., D.D.S., P.A. & Associates
2120 Keller Avenue
Charlotte, North Carolina 28216
704-392-9357

Spurgeon W. Webber III, D.D.S., P.A. & Associates
518 East Boulevard
Charlotte, North Carolina 28203
704-332-5848

fall for
the good life

fall
sale



50% off
The Jumbo Pillow
20x28-in. pillow is overfilled for added support. Reg. 7.99, sale 3.99



sale 29⁹⁹
adidas® women's
Galaxy or men's
Savage running shoes
each, reg. 59.99, save 50%

sale 15⁹⁹
juniors'
Canyon
River Blues®
splitneck
sweater
S-XL. Reg 32.00, save 50%

save even more with this coupon

\$5 off
any purchase of \$20 or more
SEARS

Savings off regular, sale and clearance prices apply to merchandise only. Not valid on Exceptional Values, Special Purchases, Great Price Items, Sears.com, Sears Auctions on eBay®, Lands' End® merchandise, outlet store purchases, Parts and Repair Centers, fragrances, catalog orders, Bose, Nakamichi, Maytag Wide-by-Side, Gemini and Neptune, automotive services, J.K. Hancetta, introductory offers, Sears licensed businesses, installed home improvements, Gift Cards and protection agreements. One coupon per purchase. Void if copied, transferred and where prohibited by law. Any other use constitutes fraud. Cash value 1/20 cent. In the event of a return, coupon savings may be deducted from your refund. ©2003 Sears Brands, LLC. Satisfaction Guaranteed or Your Money Back. Sales Associates please collect this coupon. If unable to scan, manually enter the coupon number.



Valid October 29, 2003 to October 30, 2003 in U.S.A. only. May not be used with any other coupon.

SEARS
Good life. Great price.