

Lifestyles

Blood Pressure Screening Offered Here During May

By Rebecca C. Smith
Hoke Health Center

May is National High Blood Pressure Month.

The Hoke County Health Center will be holding free blood pressure screenings at several locations in Raeford and Hoke County.

It is important to find out if you have high blood pressure now so you can do something about it.

High Blood Pressure has been called the silent killer. In the early stages there are no symptoms - no pain, no rash, no discomfort.

It is only in the later (sometimes last) stages of high blood pressure that symptoms may appear.

These may range from headaches and vision problems to kidney problems, heart attack and even stroke.

High blood pressure knows no boundaries. It can strike children as well as the elderly and the rich as well as the poor. Even though it takes its worst toll among the black male population, it is also one of the leading causes of death and disability among whites.

In general, populations from the south and northeast are at a higher risk as well as rural communities such as Hoke County.

It is estimated that there are over 2300 people in Hoke County who have high blood pressure. Over half of these people either don't know they have it or if they do know, they are not following their doctor's orders.

If you have high blood pressure, you can lead a very normal life if you do what your doctor tells you to do. High blood pressure, in most cases, cannot be cured but it can be controlled effectively.

There is a certain type of high blood pressure called secondary

hypertension that can be cured medically.

This type of high blood pressure is usually caused by something else such as birth control pills or kidney problems. Your doctor can advise you on how to correct this.

Still, the only way to find out if you have either type of high blood pressure in the early stages is by a simple and painless blood pressure check at your doctor's office or health center.

High blood pressure can be treated in several ways. Sometimes all it takes is losing weight, reducing salt and/or not smoking.

Medicine can also play an important part in lowering blood pressure. If your doctor prescribes blood pressure medicine for you, take it as directed.

Sometimes you may have problems remembering to take your medicine because you do not feel sick. It can be difficult to take a pill when you feel well.

If you are on medication, though, you need to remember that you are sick and your pills are very important.

In the beginning your medicine may make you feel bad. You may think, "I felt O.K. before I started taking the medicine but now I feel worse, so I'll quit taking it."

You need to remember that it may take your body a little while to get used to the medication. If you do feel bad you should tell your doctor - there may be another kind of medicine the doctor can give you. If not, stick with it, you will feel better in the long run.

Remember to follow your doctor's orders - it is much easier to treat high blood pressure now than a stroke or heart attack later.

For more information contact your doctor or the Hoke County Health Center.



Raeford man honored
Terry Houston of Raeford (left) receives the Round Table Award from Leonard Butler, Clemson University Alumni Association president. The award recognizes Houston as one of the Association's leading volunteer fund-raisers during 1982.

Dieting Is Hard Work

Would you like to lose a pound? All you have to do is burn up or cut out an extra 3,500 calories per week.

Sound impossible? Well, no one ever said dieting was easy, especially not Dr. Y.S. Kimm, a Duke University Medical Center cardiologist and nutrition expert.

Despite the claims of some diet pills and other miracle weight loss "remedies," Kimm said there is no way to lose weight except by cutting down on calories eaten or by exercising more.

Although weight loss is not easy, it can have many beneficial effects on health, Kimm said. One study indicated that a 10% loss of weight for males substantially lowered cholesterol levels and blood pressure.

Diet pills, she added, have not been proven scientifically to contribute to effective weight loss and can have serious side effects.

Diuretics cause a loss of excess water but not fat and may lead to an irregular heartbeat due to loss of potassium.

Appetite suppressants are controversial and can sometimes lead to drug abuse.

Thyroid hormones may enhance weight loss and oxygen intake, she said, but may at the same time increase the breakdown of body tissue and increase the size of the heart.

Kimm defines obesity as "over-fatness" and gives as an example a middle-aged person who is 30

pounds heavier than an average person of the same height.

Obesity has been shown to increase the risk of dying from such conditions as diabetes, gallbladder disease and cardiovascular/kidney diseases.

Obese persons may also suffer from problems of low self-esteem, a poor self image and depression.

Although many obese persons blame their overweight on metabolism, that's seldom the case, Kimm said.

"Hormonal conditions such as a sluggish thyroid gland or excessive production of corticosteroids (steroid hormones) are a very rare cause of obesity," she said.

But while the causes of obesity are not always clear, Kimm said, "There is no question that genetics does play a role in obesity."

Finally, she pointed out that excessive fatness and overweight are not necessarily the same thing. "Athletes are very often overweight but underfat," she said.

"Many sedentary persons are excessively fat, but not overweight. The two conditions are metabolic opposites, the first case tending to result from the lack of activity, the other from excessive activity." Three factors contribute to extra body weight, she said, fat, muscle and water content.

Health Hints

On The Front Burner

Ellen S. Willis
Home Economics Extension

There's a service that offers answers to your food conservation, lawn, houseplant and energy questions. And it's as close as your telephone.

The service is call Extension Teletip. And by dialing a toll-free number you can find out why your pickles shriveled, how to select a solar water heating system, and how to get rid of ants, spiders or termites.

In addition, you can find out how to grow nineteen different flowers and twenty-one different houseplants. You can find out about estate planning and stain removal.

All that information is as close as your telephone. The toll-free number for teletip is 1-800-662-7301.

Write, call or visit Hoke County Extension Service and pick up a Teletip brochure with listings of 300 or so tapes on many subjects. My favorite tapes are 1101 Best Food Buys and 5 Recipes using some of the best food buys.

And, most refrigerator manufacturers recommend baking soda as a cleanser. It cuts film without scouring and removes stains without scratching.

Following are recipes for the two dishes that I prepared at the microwave workshop April 21st. The summer lasagne recipe was sent to me by Dr. Nadine Tope, Foods and Nutrition Specialist at N.C. State University. I have used this in former workshops.

SUMMER LASAGNE
1 can (8 oz.) tomato sauce
1 medium onion, chopped
¼ teaspoon basil leaves
¼ teaspoon salt, optional
1/8 teaspoon pepper
1 cup ricotta cheese
½ cup shredded mozzarella cheese
1 teaspoon parsley flakes
3 medium zucchini, about 9 in. long
1 large tomato, sliced
2 tablespoons grated parmesan cheese
¼ teaspoon oregano leaves

Combine tomato sauce, onion, basil, salt, pepper and oregano in small mixing bowl; set aside. In medium bowl combine ricotta, mozzarella and parsley. Set aside. Slice zucchini lengthwise into strips. Arrange strips in 8x8-inch baking dish. Cover with wax paper. Microwave at HIGH 6 to 8 minutes, or until fork tender, rearranging after half the time. Drain liquid; place zucchini on paper towels to absorb excess moisture; cool slightly. Layer 4 to 6 of the strips in the bottom of baking dish. Reserve 6 strips for second layer. Spread ricotta mixture over zucchini. Layer with sliced tomatoes. Spread half of tomato sauce mixture over tomatoes; top with zucchini slices. Pour remaining sauce over zucchini and sprinkle with parmesan. Reduce power to 50% (medium). Microwave, uncovered, 20 to 25 minutes, or until zucchini is tender and mixture is hot in center. Let stand 5 minutes before serving. Serves 6. 129 calories per serving.

IDEAL FOR MICROWAVES
Start with your kitchen. Pure Baking Soda is the ideal cleaner for microwave ovens. Most microwave manufacturers warn against using abrasive cleaners on stainless or acrylic interiors, and baking soda is an effective non-abrasive that cleans without scratching.

Gently wipe the inside of the oven and around the door seal with a baking soda solution of four tablespoons of baking soda to one quart of warm water.

This solution is also great for cleaning all parts of the range -- surface units or burners, grates, knobs and the hood especially. Scour extra dirty and greasy areas with baking soda sprinkled on a damp sponge; rinse and dry.

With the same solution and a sponge, you can clean and deodorize most other surfaces in your kitchen. Baking soda solutions also clean countertops, linoleum tiles, chrome, wood cutting boards, stainless steel, and porcelain enamel. Don't throw out the sponge when you're done, a baking soda solution neutralizes any odors.

COMPANY GRITS
¼ cup butter or margarine
1 can (10 ¼ ounces) condensed chicken broth

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Blood Pressure Checkpoints Named

May is National High Blood Pressure Month.

As part of a nationwide focus on high blood pressure, the Hoke County Health Center is sponsoring blood pressure checks at six different locations in the county.

The schedule is as follows:

- May 3, Hunt's Grocery, 1 p.m. - 3 p.m.
- May 6, United Carolina Bank, 3 p.m. - 5 p.m.
- May 9, Jackson's FMA, 1 p.m. - 3 p.m.
- May 17, Southern National Bank, 3 p.m. - 5 p.m.
- May 23, A&P, 1 p.m. - 3 p.m.
- May 31, Food Lion, 2:30 p.m. - 4:30 p.m.

Be sure to stop by one of these places during May and have your blood pressure checked.

It's simple, painless, and you can't beat the price.

McNeill Starts Germany Duty

Second Lt. Deborah L. McNeill, daughter of Floyd and Joye McNeill of 811 E. Donaldson Ave., has arrived for duty in Glenssen, West Germany.

McNeill, a signal officer with the 532nd Signal Company, was previously assigned at Fort Gordon, Ga.

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BEDDING SALE!

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QUEEN	\$399 ⁹⁵	\$298 ⁰⁰	\$101 ⁹⁵
KING	\$499 ⁹⁵	\$348 ⁰⁰	\$151 ⁹⁵
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Prices Good At All Family Dollar Stores Through This Weekend While Quantities Last. Quantities Limited On Some Items. No Sales To Dealers.
Main St. Raeford, N.C.
Hours: Mon.-Sat. 9-5 Sun. 1-5