

Local News

Cancer society update

In 1987, 3,000 North Carolina women will develop breast cancer, according to projections of the American Cancer Society.

Volunteers of the American Cancer Society, North Carolina Division, Inc. are working to save lives by promoting the message of the 1987 EDUCATION-Funds Crusade which focuses on the importance of mammography.

With early detection, 90 percent, or 2,700 of the 3,000 women diagnosed with breast cancer this year, can be treated successfully. Mammography has been an extremely effective tool in diagnosing early breast cancer.

The American Cancer Society, North Carolina Division, Inc. will introduce plans for the 1987 EDUCATION-Funds Crusade at its Mid-Winter Conference today, (Thursday) Feb. 12, at the Pinehurst Inn and Country Club in Pinehurst.

Researchers from four top-rated cancer-research institutions in North Carolina will report on progress being made in the fight against cancer. Miss North Carolina, Karen Bloomquist, is expected to introduce several public service announcements in which she is featured.

In April, volunteers will go door-to-door to deliver life-saving messages on the importance of mammography and to collect donations.

The American Cancer Society, North Carolina Division, Inc. needs volunteers to help spread the message about mammography and to raise funds. For more information or to volunteer, contact your local office of the American Cancer Society or call 1-800-ACS-2345.

Budget outlined

RALEIGH—Prevention, community services, work opportunities, and improved institutional care are the themes of the Martin Administration's first human services budget, according to Phil Kirk, Human Resources Secretary.

Governor Martin's commitment to the improvement of human services in North Carolina is historic, especially in the light of the relatively tight budget year in our state and commitment to the Basic Education Plan and salary increased for teachers and state employees," Kirk said in a statement from his Raleigh office.

Kirk noted expansion items included in Governor Martin's proposed budget total \$40 million over the next two years. In addition, the continuation budget includes \$76 million in newstate funding, previously in the Medicaid budget.

"We are especially excited about the Governor's commitment to an initiative we have proposed—the Human Resources Block Grant," Kirk said. "If the General Assembly approves this \$3 billion expenditure, local county commissioners will finally have some flexible money to address the most pressing needs in their counties, such as day care, youth programs, transportation for the aging and the handicapped, volunteer programs, and any other human service programs."

Kirk also noted Governor Martin's expansion request for a safer environment, improved security, and equipment replacement in the state's four psychiatric hospitals is the first new money advocated for these institutions in "at least 10 years." More than \$4 million would be allocated for additional hands-on, direct care staff and replacement of equipment.

Over \$3 million in new funding for meeting the needs of the chronically mentally ill has been endorsed by Governor Martin to go with the \$5.7 million already specifically allocated for this target population.

The DHR Secretary also pointed out the attempt toward equalizing state aid for the 41 area mental health-mental retardation-substance abuse program. The lowest per capita funded program is \$9.20 and the highest is \$21.53 per capita. The \$2.5 million in new funds will increase the lowest funded programs to \$11.50 per capita. "This is a modest beginning at correcting the unfair disparity which the state has permitted to build up over the years," Kirk said. "We want to do more in the future."

"Substance abuse prevention and treatment, especially for adolescents is at the forefront of the Martin action agenda," Kirk said.

"The Governor has recognized the increased and dramatic need for prevention and treatment services for adolescent substance abusers. That is why he has recommended nearly \$10 million in new spending on the development of comprehensive community services, including outpatient services, residential treatment group homes, foster care and supervised living, inpatient treatment beds, and educational and prevention programs." Approximately 60 percent of the expansion will come from budget continued on page 12.



"Eat Right is Basic 2" is the New Expanded Foods Nutrition Education Program conducted by the Agricultural Extension Service. EFNEP program aides were recently certified to teach the series. Dr. Tom Hobgood, Northeast District Extension Director, NCSU, looks on as Earline White, EFNEP aide and Eula Jordan, 4-H EFNEP aide receive certificates from Shirley Usry, Foods and Nutrition Specialist, NCSU.

Self exams, mamograms, important weapons against breast cancer

DURHAM, NC—The statistics are frightening—one in every 10 women will develop breast cancer, and one-third of them will eventually die of the disease. Each year about 120,000 women in the U.S. are diagnosed with breast cancer, the most common cancer among women.

And although a monthly self examination is one of the best ways to detect breast cancer at an early curable stage, the American Cancer Society (ACS) estimates that less than 10 percent of American women actually perform this simple procedure.

There are several possible reasons why women don't perform regular breast exams, says Dr. William Creasman, a professor of obstetrics and gynecology at Duke University Medical Center. "Some women just don't want to find a lump," he said. "Others say they really don't know what they're supposed to be looking for. And some just simply forget."

The best time to conduct breast self exams is soon after the menstrual period has ended. "A woman's hormone levels are lowest at that time, so there will be less hormonal-related changes in the breast," Creasman said. "And a woman's breasts tend to be fuller and more sensitive right before her period."

"The majority of breast lumps turn out to be benign," he continued. "But if you notice a change in your breast, it's important to be examined by a physician."

Fibrocystic changes, characterized by soft, sometimes painful masses, are one of the most common types of benign breast lumps.

Eliminating caffeine from the diet can help reduce the discomfort. "There seems to be a slightly increased risk of breast cancer among women who experience fibrocystic changes," Creasman said.

Pamphlets describing the procedure for breast self exams are available from local ACS chapters.

The number of women having mammograms, or breast X-rays, at Duke has doubled during the past five years, which reflects a nationwide trend. "There's no doubt that mammography can detect a cancerous mass before it can be palpated—perhaps even two to three years before," Creasman noted. "The real question now is how often to repeat a mammogram following a negative one."

Debate continues among several professional societies concerning when and how often to perform mammograms. The ACS and the American College of Radiology recommend one baseline mammogram between the ages of 35 and 40, one every year or two between 40 and 49, and every year after age 50, since that is the age after which most breast cancers occur.

"The American College of Obstetricians and Gynecologists has a slight variation on these recommendations," Creasman said. However, the National Cancer Institute policy states that unless a woman is considered high risk—she or an immediate family member has had breast cancer—she should not have routine mammograms before age 50 because the risk of radiation exposure during screening may outweigh the benefits.

"The amount of radiation a woman receives is virtually harmless—it's safer than smoking 10 cigarettes or driving 60 miles in a car," Creasman noted. "It is hoped that the various organizations can arrive at a consensus concerning screening mammograms."

The ACS also suggests that every woman receive a breast exam from her physician—every three years between ages 20 and 40 annually thereafter. "The physician exam is important, because a mammogram is not foolproof—it detects about 90 percent

of cancerous masses." The larger and denser the breast, the more difficult it is to detect cancer by mammography.

If a woman finds an unusual lump, she should see her physician immediately. "If it's a suspicious lump, we recommend a mammogram followed by a biopsy," Creasman said. The mammogram is especially helpful to the doctor if there are multiple lesions or other changes in the breasts.

Physicians prefer to use needle biopsies whenever possible, since they can be performed easily without surgery. "If it's positive, we know the results quickly," Creasman said. "If it's negative, we'll usually perform a biopsy as outpatient surgery."

If the lump proves cancerous, several treatment options are available. When the cancer is small, a lumpectomy, where the tumor and some surrounding tissue are excised along with the lymph nodes under the arm, may be performed instead of a mastectomy. A modification of the lumpectomy is the quadrantectomy (also called the partial or segmental mastectomy), where a quarter or segment of the breast containing the tumor is removed along with the lymph nodes.

When modified radical mastectomy is required, some patients opt to undergo breast reconstruction during the same operation. Combining the two procedures produces greater psychological benefits for the patient, allowing her to adjust more easily to the effects of the surgery.

Following surgery, patients are referred to Duke's Breast Clinic for further evaluation, which may involve radiation treatments or chemotherapy.

"We hope that all women realize that early detection is our best weapon against breast cancer," Creasman said.

North Carolina Power working to improve service in N.C.

Elizabeth City, NC—North Carolina Power spent over \$2.3 million in its Elizabeth City District in 1986 on major projects to maintain and to improve reliability of service to its customers.

"We must continually work to maintain and improve our facilities to provide customers with reliable electrical service, while planning for future growth," said North Carolina

Power Elizabeth City District Manager Emmett Toms. Elizabeth City District employees serve approximately 13,000 customers in Pasquotank, Perquimans, Camden Currituck, Chowan and Gates counties.

"We are continually working on projects to improve reliability of service to our customers," Toms said. "Six major construction projects totalling approximately

\$485,000 were completed in 1986 to improve reliability of service and to enable us to provide additional capacity for load growth."

Toms said that four of those construction projects involved installing new conductors in the Sunbury, Weeksville, Waterlilly and Aydtlett areas, while two projects involved replacing conductors across the Intercoastal Waterway at Coinjock and South Mills.

Supervised patients learn to cope with lung disease

DURHAM, N.C.—Researchers at Duke University Medical Center say preliminary data involving 61 patients confirms that medically supervised exercise can help people cope with chronic lung disease.

All of the patients increased their stamina and breathing capabilities through exercise, according to Dr. Neil MacIntyre, assistant professor of pulmonary medicine and director of Duke's Comprehensive Pulmonary Rehabilitation Program.

"The results have been heartening," MacIntyre said in a recent interview. "Patients average a 20 percent increase in measured exercise, such as leg and arm strength. And they improved their speed and distance walking around an indoor track."

MacIntyre and his colleagues make no claims for the curative powers of exercise.

"We didn't expect exercise to cure chronic lung disease," he said, "but we have been encouraged to see how much it has helped people do things that many of us take for granted."

He said the 1-year-old program represents a fairly new approach to the management of such chronic lung disease as asthma, bronchitis and emphysema, which affect about one in every 10 Americans.

Participants spend four hours a day for at least a month undergoing tests, receiving treatment, exercising and attending anatomy lectures, lung disease processes, medications and other topics.

Sixty-one patients went through the program during its first year, making it one of the largest of its kind in the Southeast. When they entered the program, some of the patients could hardly walk a city block without be-

ing winded. "Everybody increased their distance in the 15-minute walk," MacIntyre said. "The average increase was from half a mile to three quarters of a mile."

As they gradually increased their level of exercise, many of the patients came to realize their bodies could cope with lung disease better than they thought, he said.

A valuable aspect of the program is the sense of accomplishment it gives," MacIntyre said. "It can be a real psychological boost."

Some patients who thought they needed to be on oxygen all the time found they could do without it except when exercising. Others found they needed oxygen only for certain kinds of exercise.

"Learning about their medications and possible side effects also gives patients a greater feeling that they are in control," MacIntyre said.

A 49-year-old woman from Norfolk, Va., who suffered from chronic bronchitis and asthma was so pleased by her progress she performed a hula dance for the staff and fellow patients.

"She had been a professional hula dancer when she was young but hadn't been able to dance for 15 years," MacIntyre said.

After completing the program, a 62-year-old man from North Carolina sent a videotape of himself singing an original song to show that he could now hold a note.

"He has interstitial fibrosis, a lung disease we don't understand well," MacIntyre said. "Motivation is a key ingredient in rehabilitation, and his song proved that he has the right attitude about it."

Film screening scheduled

A premier public screening of the award winning film documentary "A Singing Stream" will be held February 15, 1987 at the Orpheum Theatre in downtown Oxford, North Carolina. Recently honored by the National Black Programming Consortium, "A Singing Stream" is the first film to trace 20th century black history through the musical and cultural traditions of a Southern black family.

The film was produced and directed by Tom Davenport and the Curriculum in Folklore at the University of North Carolina at Chapel Hill. Funds for the project were provided by grants from the North Carolina Arts Council, the National Endowment for the Arts, the American Film Institute and other sources.

"A Singing Stream" chronicles the lives and music of the Landis family of Creedmore, a small community located in Granville County, north of Durham. The matriarch of the family, eighty-six year old Bertha M. Landis, inspired and taught her eleven children and nineteen grandchildren to enrich their lives through gospel music and singing. Her example and skill helped to prepare the family to successfully meet the difficult challenges posed to rural black Southerners over the past several decades.

Dr. Daniel Patterson, a UNC folklorist and one of the film's producers, notes that "the documentary illustrates how the Landises used music to promote family loyalty and purposefulness as they progressed from tenant farmers to land owners, and to cope with the dispersal of family members to northern jobs after the war."

Much of the musical excitement of the film revolves around scenes featuring the dynamic singing of the

popular and long-lived male gospel group known as the Golden Echoes. The group includes several of the Landis sons.

The director of the Folklife Section of the North Carolina Arts Council, George Holt, has commented that "the film contributes much to our understanding and appreciation of the cultural resources of black family and community life in North Carolina. It presents a well balanced and always honest treatment of its subject with a warm and engaging style."

The Granville County premier of "A Singing Stream" is sponsored by the North Carolina Arts Council, the Granville Arts Council and the University of North Carolina Curriculum in Folklore.

It will be attended by the film makers and several members of the Landis family, including Mrs. Bertha Landis. A reception hosted by St. Peter's United Methodist Church of Oxford will follow the screening. The gathering will be held at the Granville County Museum and Cultural Center, located near the Orpheum Theatre on Court Street.

The public is cordially invited to attend the premiere festivities. There is no admission charge to see the film.

For more information please contact the Folklife Section, North Carolina Arts Council, Raleigh (919) 733-7897, or the Granville Arts Council, Oxford (919) 693-8272.

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