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AND

RECREATION

1994

Inside this information packed special section are healthy tips for everyday living, managed health care and what it means to you. Certainly related to health care is recreation & exercise, useful in reducing stress, and the facilities offering recreational opportunities just for fun for you and the family.



Cardiac walking program offered

ST. JOSEPH — The Mercy Memorial Heart Center is sponsoring a cardiac walking program April 11-June 17 at the YMCA Family Center in St. Joseph

This 10-week program is designed for individuals who may be at risk for heart disease. An at-risk person is

one whose lifestyle includes more than one of the following risk factors: high blood pressure, obesity, diabetes, physical inactivity, high cholesterol, smoking, stress and a family history of heart disease. This program is designed to help reduce the risk of heart disease by reconditioning the body and building

strength and flexibility.

Walking sessions are scheduled each Monday, Wednesday and Friday from 1-2 p.m. and are supervised by a cardiac rehabilitation nurse. There is a \$20 registration fee. For more information or to register, call the Mercy Memorial Heart Center at 983-8869.

Mercy Memorial Heart Center offers a diet and label reading workshop

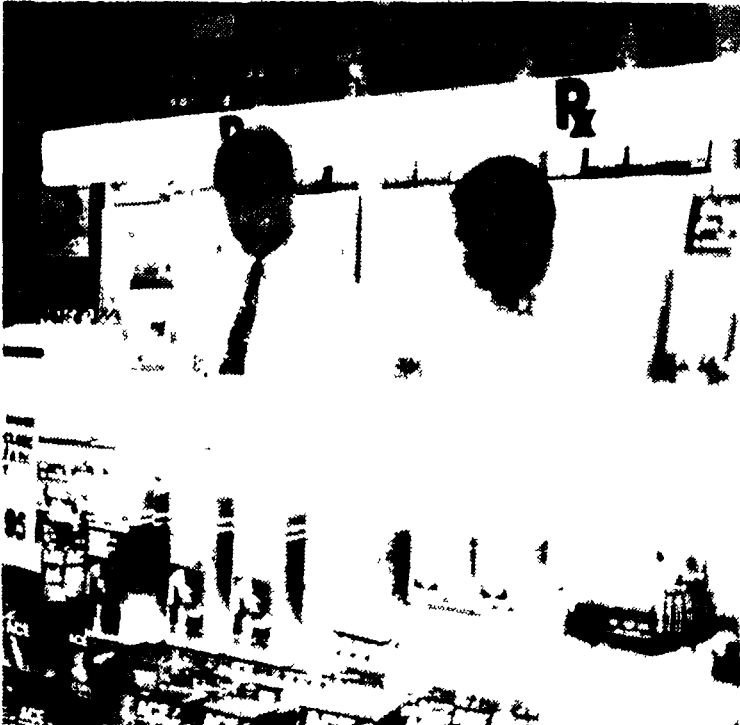
ST. JOSEPH — The Heart Center at Mercy Memorial Medical Center is offering a nutrition workshop featuring a heart-healthy diet plan. The workshop, "Eating With Your Heart in Mind," will be held at the Lighthouse Building, 2845 Niles Ave., St. Joseph, on April 6, from

2:30-4:30 p.m. and from 6-8 p.m.

A registered dietitian will explain why, as well as how to eat with your heart in mind. Learn how diet can help control high blood cholesterol, one of the major risk factors for heart disease. Also find out how to use the new food labels to choose a

heart-healthy diet. This hands-on program helps answer questions commonly asked about processed foods.

To register call Mercy Memorial Heart Center at 983-8869. Sign up for one session only. The workshop is free of charge.



Greg Beck and John Harrington of Waner-Beck Drug Store, Inc., 802 E. Front St., Buchanan, can whip up prescriptions, recommend products and assist with hearing aids. The drug store has been serving the Buchanan area for 70 years. For more information, call 695-3511. (Photo by Jane Peterson)

American Attitudes On Hospice Care Surveyed

(NU)—Nearly nine out of 10 Americans say they would prefer to be cared for and die in their own or a family member's home, according to a recent Gallup poll.

But that's not what is happening in America.

Statistics show a large percentage of people die in hospitals.

The survey was conducted for the non-profit National Hospice Organization, which promotes quality care for terminally ill patients.

"We're encouraged that the results support our belief that people want to die at home and prefer to be cared for by relatives and friends," said John J. Mahoney, NHO president.

However, Mahoney noted the survey revealed that many people are unfamiliar with the term hospice.

Hospice refers to the concept of providing humane and compassionate care to terminally ill patients.

Hospice care, which has an emphasis on pain and symptom control, is a philosophy of care that addresses the physical, spiritual and emotional needs of the patient and family. With a focus on the patient and family, hospice care is provided by an interdisciplinary team of health care professionals and volunteers.

To receive a free brochure called *The Basics of Hospice*, write the National Hospice Organization, 1901 N. Moore St., Suite 901, Dept. GPNU, Arlington, VA 22209. To locate a hospice in your area, call the HOSPICE HELPLINE at 1-800-658-8898.

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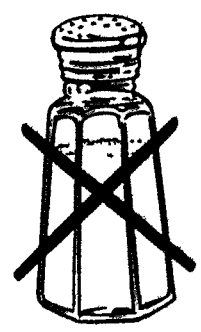
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How a dirty mouth can be deadly to seniors

Only a generation or two ago, getting dentures was a natural part of aging. In fact, it was not uncommon for a woman to receive her first set of false teeth as a wedding present — a practice that still occurs in many countries, including England.

Today in the United States, though, thanks to fluoride in the water and improved dental hygiene, a child has a greater than 50-percent chance of making it through high school — and perhaps even to his or her wedding day — with perfect teeth. And thanks to the burgeoning field of geriatric dentistry, people are hanging on to their chompers throughout their twilight years, as well.

But with this progress comes new responsibility — for the elderly and the national health care system — to ensure that seniors get comprehensive, consistent dental care.

"If you're going to hang on to your teeth, you'd better take care of them," says Margaret S. Terpenning, M.D., associate professor of internal medicine in the Division of Geriatric Medicine at the University of Michigan Medical Center. "If you aren't going to care for them, it's safer not to have them."

Indeed, dental neglect in the elderly can mean more than a marred smile, geriatric dentists now say. It can also mean illness and, in some cases, death. "Oral health has a big impact on medical illness," says Terpenning. "And good oral health is associated with longevity."

Terpenning is one of several specialists in geriatric medicine and dentistry at the U-M who is on a crusade to, as she puts it, "reconnect the mouth to the body."

She and her colleagues are researching the link between oral health and general physical well-being and have found that not only do many illnesses and their medications negatively affect the mouth, but several maladies common in old age may in fact be caused by oral bacteria from gum disease, abscesses, rotting teeth and neglect.

How a dirty mouth can be deadly

Aspiration pneumonia, for example, which is common in hospitals and nursing homes, may be associated with oral bacteria that are sucked into the lungs. As Terpenning explains it, everyone inhales bacteria, but most of the time the lungs' defenses are good enough to combat the germs that find their way down the windpipe. But in the elderly, such a scenario can set the stage for pneumonia, especially in the presence of bacteria from tooth decay and periodontal disease. Neurologic diseases such as Parkinson's or stroke can make matters worse because they can impair swallowing and increase the risk of bacterial aspiration.

Endocarditis, an infection in the lining of the heart, is another increasingly common disease among the elderly that can be caused by oral bacteria. Some bacteria can pass into the bloodstream after major dental treatment, such as tooth extraction. The bacteria then latches on to the heart valves and lining, which become inflamed. If left untreated, endocarditis is almost always fatal.

Despite the dangers that can arise from neglecting a deteriorating mouth, geriatricians and dentists agree that maintaining one's teeth in reasonable shape is preferable to losing them. The case for keeping a full set of pearly whites is bolstered by the fact that once the teeth are pulled, the jaw bone starts to deteriorate and lose its strength. In older women who also suffer from osteoporosis, this weakening can be very dramatic, making eating difficult and malnutrition possible.

Another serious consequence of losing one's teeth, currently being studied at the U-M and elsewhere, may be that it throws the immune system out of whack. "The character of other diseases can change when you lose your teeth," says Terpenning. "It could be that the load of teeth you carry stimulates your immune system."

Many geriatricians and dentists have noticed an association between a lack of teeth and a shorter life. They say that this may be due to such factors as lifestyle, jaw weakening, malnutrition and possibly a greater susceptibility to some diseases.

Giving decay the brush-off can get harder with age

While the push may be on to keep one's teeth, there's a catch. The older one gets, the harder it is to maintain good oral health. In old age, when stroke is the third most common cause of death and up to half of all people over 85 have some form of dementia, tooth brushing can be daunting. An elderly person may be confused, paralyzed, or if suffering from Parkinson's, may be unable to control hand and head movements. Oral hygiene can suffer as a result.

Other diseases common in the elderly can also influence the mouth and make maintaining oral health doubly difficult. For example, says Jonathan A. Ship, D.M.D., director of the U-M Hospital's dentistry program, Alzheimer's disease and dehydration, as well as medications for hypertension and depression frequently cause dry mouth in the elderly. This puts them at risk for oral problems, which can then start a vicious cycle of ill health.

"If you lose your saliva, the mouth essentially falls apart," says Ship. "Saliva is to the mouth like tears to the eyeball — we take it for granted."

Not only does saliva keep the mouth and teeth clean, it aids in swallowing, tasting and speaking, and it helps prevent periodontal disease and stomach ulcers. If a patient has dry mouth, says Ship, the first step is to identify the cause. In many instances, he emphasizes, dry mouth is treatable.

"A patient might be taking five antihypertensive drugs when he or she could take one, and this would alleviate the problem," he says. "We also promote prevention in these cases — we might give them extra fluoride and mouth rinses, and tell them to suck on sugarless candies to stimulate saliva production."

According to Terpenning, the impact of dry mouth in the elderly is greatly underestimated, in one nursing home she surveyed, more than half of the residents complained of the condition.

But even in healthy adults, the

aging process itself makes the teeth harder to care for. As people age, their teeth become less sensitive to the pain that alerts them to decay because the nerve in each tooth gradually shrinks. As well, by ages 60 to 70, all people lose some bone and gum tissue around their teeth which leaves spaces that harbor bacteria.

The mouth gets no respect

But such physical factors contributing to oral misery are compounded by an even bigger societal one: Many doctors give the mouth short shrift.

"The care of the mouth is considered to be a quality of life issue, not a life or death one," Ship says. "If a patient goes to the doctor, he's probably not going to complain about oral problems, and typically, doctors look beyond the mouth to the throat."

Most doctors, he adds, are not even trained how to remove a pair of dentures when necessary.

"Physicians are generally aware of dry mouth, for instance. But as a rule they are not aware of its implications — other than that it is uncomfortable," says Kenneth Shay, D.D.S., M.S., adjunct associate professor of dentistry in the U-M

School of Dentistry and president-elect of the American Society for Geriatric Dentistry.

On the other hand, community dentists have not been trained to deal with medically compromised and elderly patients, instead they frequently refer them to hospital dentists Ship, Shay and Terpenning — all members of the U-M Geriatrics Center — soon hope to change this situation. They have just received a \$1.5 million grant from the U.S. Department of Health and Human Services to start an interdisciplinary fellowship program in geriatric medicine, dentistry and psychiatry of the U-M Hospitals. Once under way, the program will be one of only a handful of its kind in the nation.

The need for dental coverage worth smiling about

In the end, though, say geriatricians and geriatric dentists, the key to ensuring the dental health of the elderly lies not in the hands of dentists, physicians or even the patients themselves; it lies within the national agenda for health care reform.

Currently, in only 17 states does Medicaid provide dental coverage for adults who qualify. But even this care is so limited that in many cases the

extensive work an older person might require is not covered. Furthermore, an increasing number of dentists are refusing to accept Medicaid because the reimbursement rates are less than 50 percent of what they would normally charge Medicare, on the other hand, provides no dental coverage. What's more, nursing homes typically have no dentists on staff and they fail to offer even routine dental care to their residents.

Despite the established link between oral health and general physical health, President Clinton's proposed Health Security Act currently provides routine dental coverage for children only, coverage for adults won't be phased in until 2001. What's more, Medicaid coverage will disappear altogether under the new plan, and Medicare, which provides no dental coverage, will likely become the sole public payment mechanism for the elderly.

"Older people have massive dental needs that are going completely unmet. Only the very well-to-do see the dentist often enough," says Terpenning, who recommends that her elderly patients visit the dentist twice a year. "Dental care should not be a luxury item."

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Golfing is a popular sport in the southwestern Michigan area. On any given day during the summer enthusiasts can be seen on the course. (Photo by Ben Peterson)

Golf courses make area a little greener

About this time of year everything seems to get a little greener. The grass turns from brown to green, crops begin sprouting and flowers begin peeking up from beneath the earth. This is also the time of year when golfers grab any chance they have to get back into the swing of things.

Michigan is the world's largest golf resort. With over 700 public golf courses, it has more than any other state. Southwestern Michigan has helped the state reach this achievement as several golf courses are scattered throughout the area.

Brookwood Golf Course is a public, 18-hole challenge. Located at

1339 Ryncarson Road in Buchanan, it has been consistently rated as one of the top 20 golf courses in Michigan. Last year Brookwood hosted the Moose State Golf Tournament. For more information, call 695-7818.

Orchard Hills Country Club is a private course for members only. Located on Niles-Buchanan Road, the facility also rents its banquet hall for special occasions. Call 695-5991 for additional information.

PebbleWood Country Club is a public golf course in Bridgman. It is located at 9794 Jericho Road. For more information, call 465-5611.

Center offers cardiac education program

ST JOSEPH — Mercy Memorial Heart Center is sponsoring Active Partnership, a cardiac education program for those with heart disease or those at risk for heart disease. The sessions will meet April 21, 28, May 5, 12, and 19, from 2-4 p.m. and 6-8 p.m. at the Lighthouse Building, 2845 Niles Ave., St. Joseph.

Participants should choose either the afternoon or evening sessions.

The Active Partnership series is a five-part educational program for those with heart disease or those who are at risk for heart disease and would like to build a healthier lifestyle. The Active Partnership team of nurses, a physician, a

pharmacist and dietician will talk about ways to prevent or slow heart disease through diet changes, exercise, medications and stress management.

The program is free and pre-registration is required. To pre-register, or for more information, call 983-8869.

Walk Your Way To Fitness

Walking is one of the best and easiest ways to keep yourself fit or lose weight, but you should take some precautions to protect your feet before you start.

Podiatrists and family physicians often recommend walking as a good exercise to strengthen your heart and lungs, improve circulation, reduce both obesity and high blood pressure, and control cholesterol levels among other benefits.

To protect your feet, the American Podiatric Medical Association recommends you choose a good quality, lightweight walking shoe with breathable upper materials such as leather or nylon mesh.

Heels should be positioned closer to the ground for firmer support, and the heel counter should be firm. The front of the shoes should have adequate support and flexibility.

Try on both shoes before buying a pair to make sure both are fitted not only for length but also the width of your foot and the socks you'll be wearing. Shop for walking shoes in the late afternoon, because your feet swell enough during the day to affect your shoe size.

For a free brochure about feet and walking, call the APMA toll free, at 1-800-FOOTCARE.

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Researchers Zero In On Women's Health Issues

(NU) Heart disease is the leading killer of women as well as men, but when Harvard scientists conducted their landmark research a few years ago on the value of aspirin in preventing heart disease they excluded women from the study.

Unfair? Many scientists of both sexes think so. But medicine has a long history of ignoring women, by either omitting them from clinical trials or devoting less funding to study diseases that largely affect women, such as osteoporosis, ovarian cancer or eating disorders. Women were excluded from studies out of fear of possible harm to the reproductive system and over concern that the hormonal changes women undergo would skew the results.

To help close the vast knowledge gap between men's and women's health the National Institute of Health (NIH)—part of the U.S. Department of Health and Human Services (HHS)—has launched the largest-ever study of women's health issues.

The \$625 million study, called the Women's Health Initiative, will observe about 150,000 older women over the next 14 to 15 years. The study will focus on the prevention of cancer, heart disease and osteoporosis—the leading causes of death, disability and frailty expenditures in post-menopausal women.

For a long time scientists have acted as if the differences between men and women are not important—that males are the normative standard, says the NIH's first woman director, Dr. Bernadine Healy. "But there is a growing awareness that women's health needs are unique."

The initiative has three major parts:

—A clinical study of some 60,000 women ages 50 to 79 will test the effects of a low-fat diet, hormone replacements and dietary supplements on the prevention of heart disease, breast and other cancers and osteoporosis.

—A large-scale study of older women, of wide ethnic and economic diversity, will be conducted to determine biological predictors of disease.

—A study of dozens of community-wide health and fitness programs will test their effectiveness on behavior modification.

Healy says the main question the massive study seeks to answer is: "How can we keep women healthy as they age?"

Women tend to live longer than men but without sound health those extra years aren't as fulfilling as they could be, according to Louis Sullivan, HHS secretary during the Bush

Administration.

Research shows women suffer more chronic and more debilitating illnesses than men. Many of these conditions are highly preventable and often treatable. The more we study health issues that pertain to women, the more we learn about how to treat and prevent these diseases and ailments.

For more information about the Women's Health Initiative, call the Office of Research on Women's Health at 1-301-402-1770.



Dr. Bernadine Healy



Louis Sullivan

Sports play an integral role

by Ben Peterson


The Buchanan area offers sports activities for everyone—including the young at heart. Since most programs and leagues haven't started up yet, there is still time to join your favorite activity.

Men's softball is a hot item during the summer months. Headed by Al Fisher, many state champions have hailed from the Buchanan area. Last year, around 23 teams competed in several divisions, with most traveling throughout the state playing in qualifying tournaments. The FS Carbon team is perhaps the most successful. In 1992, Carbon's went to Steamboat Springs, Colo., to compete in the national tournament.

Women can also join successful leagues in town. Teams come from neighboring communities to compete in Buchanan's elite softball leagues. For more information about joining a league, call Al Fisher, 695-6167. All games are played at the McCoy Creek Recreation Area.

Children can also participate in baseball and softball programs. From ages 7-15 leagues are available in the Buchanan area. For more information, contact Wayne Writer, 695-8410.

Now that new tennis courts have been installed at the high school, tennis is getting a foothold on the youth in the community. In the past, tennis camps with college and university instructors have helped lead youths down the right path of tennis success. For more information, call the Buchanan Area Recreation Board at 695-8410.



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YMCA has activities for everyone

by Jane Peterson

NILES — The Niles-Buchanan YMCA Family Center has a long history of offering programs for children, fitness classes for adults and recreation opportunities for families in order for everyone to develop a healthy mind, body and spirit.

Each year the "Y" has many activities scheduled to accomplish this goal. There's everything from country-western line dancing to powerwalking, from aerobics to aquarobics and from gymnastics to bafon.

The YMCA has an indoor pool, gymnasium, 1/18th of a mile indoor rubber track, 15 station Universal weight room, CAMSTAR weight room with free weights, exercise bikes, rowers, stair chamber and two air-conditioned racquetball courts.

According to YMCA assistant director Denise Siegel, the most popular programs are youth sports which keeps 300-500 area students busy. No child is ever denied an opportunity to participate due to lack of financial resources. Assistance is available.

However, the most little-known programs are water walking and aquarobics. Siegel said the benefit from water training is resistance, allowing participants to work twice as hard and burn off more fat.

"They are great programs for people with arthritis, bad knees, seniors and people who have had surgery," said Siegel.

Perhaps the "Y's" most important objective is providing time for families to spend together. Everyday a time slot is left open so families can play volleyball, basketball or take a

swim. "We set this time aside so they can do these activities as a family unit," said Siegel. "The 'Y' really stresses family."

Another important aspect of the YMCA is volunteers. Last year over 800 people gave their time serving on committees, coaching youth sports, helping with building supervision and assisting in other ways.

Siegel invites residents to stop in at the YMCA and check out the programs. The first visit is free.

"Come over and take a look to see how much it has changed and grown," she said. "The only thing we can do is get better."

For more information on membership fees, class schedules or programs, call the YMCA at 683-1552.



Youth basketball programs are among the most popular classes offered by the Niles-Buchanan YMCA Family Center. (Photo by Ben Peterson)

Good news for children with cancer

Daniel Heath never imagined he'd be playing basketball right after his cancer chemotherapy treatment — he was always too weak and nauseated before. Nor did he expect to have an appetite for pizza, but he did. An anti-nausea medicine is helping him cope with his condition, allowing him to lead a more typical teenage life-style.

The medicine Zofran (ondansetron HCl) is used to prevent the nausea and vomiting caused by chemotherapy. Although adults have benefited from it, the drug is particularly valuable for children 4 years and up. It does not prevent vomiting in all children. But in clinical trials, where doctors measured how well Zofran works, 79 percent of children — almost four out of five — did not vomit at all or got sick no more than five times, and they didn't need any other anti-nausea drugs.

Zofran is the most effective drug to date in preventing the nausea and vomiting caused by cancer chemotherapy," says Dr. Martin Brecher, head of the Department of Pediatrics at the Roswell Park Cancer Institute in Buffalo, New York. It allows children to get out of the hospital and resume their normal activities more quickly after each treatment.

Daniel, who lives in Boise, Idaho, was 13 when he was diagnosed with muscle cancer. He underwent surgery, followed by radiation therapy and aggressive chemotherapy. Afterward, Daniel received the standard drugs to prevent nausea and vomiting, but he continued to suffer. The odor of food made him feel sick. Unable to eat, he sometimes lost up to ten pounds in one week, says his mother, Anne.

The standard anti-nausea drugs had their own side effects, too. "My head felt like it was floating, and I was so

sleepy I'd have to go to bed," Daniel recalls. "I felt like I wasn't in control of my body."

Now that he gets Zofran along with his chemotherapy, Daniel can go back to doing the things teenagers enjoy.

"He no longer suffers that terrible nausea — he has an outrageous appetite," says Anne. "In fact, before we go in for his chemotherapy, I pack a cooler, and he eats while he gets his treatment. Afterward, he goes home and plays basketball. He's full of energy."

Jennifer Urch of Ashtabula, Ohio, saw the same kind of turnaround in her daughter, Elaine. Now free of disease, Elaine was diagnosed with bone cancer at the age of 11. She, like Daniel, received the standard drugs to prevent the nausea and vomiting caused by her chemotherapy. But she got terribly sick after each treatment anyway and would have to spend as much as two weeks in bed.

Once Elaine started taking Zofran, her quality of life got a real boost. Instead of going straight to bed after treatment, she would be up and about playing computer games and even going bowling. "It seemed like she wasn't even getting chemotherapy," says Jennifer. "I've never seen anything make such a difference."

Another advantage for children is the safety of the medicine. Children are more likely to experience disturbing side effects such as muscle spasms and extreme restlessness when given other anti-nausea drugs. While there have been rare reports of similar symptoms in patients receiving Zofran, these symptoms do not necessarily mean that the patients had the same type of reaction. With Zofran, doctors find that the most common side effect is a mild headache.

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Pets provide companionship, health benefits to owners

The quality of people-pet relationships has a significant impact on our physical and psychological well-being, according to the American Animal Hospital Association (AAHA). During the past two decades, it has been suggested by many that pets are good for us and that our health can benefit from animal exposure. This belief, now supported by research, demonstrates how owning a pet may contribute to helping people live longer, healthier lives.

Research shows more than half of all U.S. households own at least one companion animal, such as a dog or cat. Emotional attachments to animals can often develop due to pet characteristics, such as companionship and protection, that offer an owner a special sense of belonging. This helps pet owners who, through daily care of their animals, learn to cope with loneliness and depression, and learn qualities of nurturing, sharing and motivation.

"Experiencing this high level of emotion and energy creates a psychological bond between the pet and its owner that makes a positive difference in people's lives," says Dr. Clayton Mackay, AAHA board member and co-founder of the Human Animal Bond Association of Canada (HABAC), an organization that studies human-animal interaction and the understanding of the therapeutic relationship between people and pets.

According to AAHA, the psychological bond between humans and pets is useful to many, including terminally ill patients with disease and senior citizens experiencing life changes affecting health and social situations. Spending quality time with their pets helps them cope through a renewed sense of companionship and an emphasis on the importance of building relationships. Research has shown that companion dogs, for example, can increase the quantity and quality of attention directed

toward disabled persons by both familiar individuals and strangers.

Studies have shown that the presence of animals in institutional settings, such as nursing homes and health centers, also gives people a tendency to smile and talk more, reach out toward people and objects, exhibit

more alertness and attention, and experience greater symptoms of well-being and less depression.

"Relaxation, meditation and stress management have become recognized therapies for attempting to reduce blood pressure," says Mackay. "It therefore could seem reasonable that

pets, who provide faithful companionship to many people, also might promote greater psychosocial stability for their owners, and thus offer a measure of protection against heart disease."

The bottom line is that we give and get affection from pets, which alone is a benefit for all.

Cancer survivors celebrate life

ST JOSEPH — Area residents who have been diagnosed with cancer are invited to bring their friends and families to the Third Annual Cancer Survivors Day Celebration April 17, 1-3 p.m. The event will be held at Fernwood Botanic Gardens and Nature Center, 13988 Range Line Road, Niles.

Survivors and their guests will view a nature slide show, followed by a walk through the gardens. Attendants will also enjoy music and light refreshments.

The celebration is part of a national event to commemorate personal victories over cancer, as well as positive advancements in cancer

research. The American Cancer Society, Lakeland Regional Health System and the Berrien County Cancer Service are sponsoring the event locally.

Dress is casual. For more information, call the American Cancer Society at 925-0151.

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Taking Care Of Baby Skin: Questions And Answers

(NU)—The basics of caring for your infant's skin are the same as caring for your own: proper cleansing, appropriate moisturization and adequate sun protection.

But tender baby skin should be treated differently than mature skin. Here are answers to questions that parents often ask about their baby's skin.

Q: What's the most effective way to protect against the harmful ultra-violet rays of the sun?

A: According to Nelson Lee Novick, M.D., author of *Baby Skin—A Leading Dermatologist's Guide to Infant and Childhood Skin Care*, (Clarkson Potter 1992), it is best to keep children of all ages out of the sun during the hours of 11 a.m. to 3 p.m. from mid-April to mid-October. During those hours an infant should be well-shaded in a covered carriage, and an older baby or child should wear a brimmed hat, long-sleeved shirt and long pants. Sunscreens are not recommended for babies less than six months of age. Older children should use sunscreens regularly.

Q: How often should a baby be bathed and shampooed?

A: A bath and hair wash every other day is appropriate for most infants. Use tepid, not hot, water and if necessary, a small amount of skin cleanser. When the baby becomes more active, then it is appropriate to use cleansers and shampoos two to three times a week.

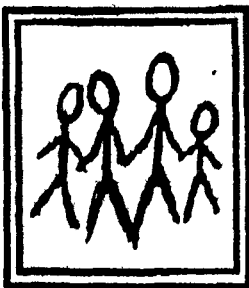
Q: Do babies need to be moisturized?

A: Generally, unlike more mature skin a baby's skin does not have the need for regular use of moisturizers. Occasionally, children do experience dryness, and a good moisturizer can be helpful. To avoid irritating the skin, or a possible allergic reaction, Dr. Novick recommends selecting a moisturizer that does not contain fragrances, paraben preservatives and lanolin or lanolin derivatives. Moisture Lotion is an example of a relatively inexpensive, all-purpose, hypoallergenic moisturizer.

Q: Do cloth diapers prevent diaper rash?

A: The best way to prevent diaper rash is to change a baby's diaper as soon as it is soiled. However, since newborns urinate an average of 20 times a day, and one-year-olds about seven times daily, it is not always practical to change diapers as often as necessary. Several recent studies have shown that the new "ultra" diapers maintain skin dryness better than cloth diapers or conventional disposables and decrease both frequency and severity of diaper rashes.

To receive a free brochure on the prevention and treatment of diaper rash, write to Westwood-Squibb Skin Care Information Center, 301 E. 57th St., New York, NY 10022.



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New location for the sixth annual Swing for Independence to benefit PAWS

This year golfers from around the west Michigan area will have an opportunity to change the lives of people with disabilities while having a great time golfing.

On May 9 the 6th Annual Swing for Independence to benefit Paws With A Cause® will be held at Sunnybrook Country Club, a private golf club in Jenison. Golfers of every

skill level are encouraged to play in this 18-hole, four person scramble. Morning and afternoon tee-offs are available and following the day of golf, a benefit dinner and awards ceremony will be held in the Sunnybrook Country Club Clubhouse.

A Menu of Sponsorship Options and entry forms are available by calling the PAWS corporate office at 698-0688.

Paws With A Cause is a national non-profit community-based organization that identifies and develops ways to establish mutually beneficial working relationships between people with disabilities and dogs. It provides presentations to the general public, service clubs and organizations to educate the general public about the need for these dogs and to the legal rights of hearing and service dogs.

Learn CPR procedure

ST JOSEPH — Mercy Memorial Medical Center's Heart Center is offering an Adult Heartsaver course featuring cardiopulmonary resuscitation. The class will meet April 19 from 1-5 p.m., and April 26 from 6-10 p.m., at the Lighthouse Building, 2845 Niles Ave., St. Joseph. Participants should choose only one session.

The Heart Center staff will teach basic lifesaving techniques, including one rescuer CPR, how to save a choking victim, heart disease prevention, recognizing a heart attack and what action to take when a heart attack occurs. All instructors are certified by the American Heart Association.

There is a \$25 fee for the class, and pre-registration is required. To pre-register or for more information, call the Heart Center at 983-8869.

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Buchanan is a good place for fun in the sun

by Jane Peterson

Spring is in the air and area residents, itching to get into the warm sunshine for a little exercise or recreation time, have many opportunities to do so in Buchanan. With parks, fishing, campgrounds, moto-cross and go-kart racing available, residents and visitors alike should have no problem finding something they enjoy.

The Buchanan Parks Department maintains several parks in town. Here is a rundown:

—McCoy Creek Recreation Area is a major park encompassing 20 acres. Divided by McCoy Creek, the park is located south of West Smith Street. It offers two fully-enclosed softball diamonds, picnic tables, grills, a 60 foot by 40 foot picnic shelter, playground equipment and several large green areas. The shelter can be reserved by calling Buchanan City Hall, 695-3844.

—Smith Park, located at Liberty and Carroll streets, contains five acres. This neighborhood playground has two newly-resurfaced tennis courts, playground equipment and two baseball fields.

—North End Park, located at the corner of Victory and Arctic streets, is a neighborhood playground with a basketball court on one-half acre.

—Kathryn Park, located at Moccasin and Fourth streets, was refurbished in 1990. Slightly more than an acre large, it has a variety of playground equipment available along with picnic tables.

—Ravish Park is a neighborhood playground located between Main, Redbud North, Fifth and Fulton streets. In addition to playground equipment, there are two basketball courts on this 5½ acre lot.

—E. B. Clark Woods is a passive area consisting of 12 acres and located adjacent to Schirmer Parkway. A major attraction is a nature trail winding through a heavily-wooded area.

—Memorial Field Complex is a 16½ acre area located between Smith and Chicago streets. It has a baseball diamond, track, football and softball fields, two tennis courts, and restroom facilities.

—Redbud Riverfront Park is located off Redbud Trail adjacent to the St. Joseph River. A special purpose facility park, it includes a

boat ramp, ample parking, restrooms, picnic tables and grills. It has 14½ acres.

But don't stop reading yet. There are still a variety of activities to enjoy in Buchanan after you visit the parks. Fishing is a favorite sport in the area as the St. Joseph River provides ample opportunities to catch bass, suckers, tiger muskie and pike.

Pike Lake Boat Rental, 4967 Buffalo Road, offers rental units, a boat ramp facility and 14-foot flat bottom johnny boats that are rented out. Owner John Trautman recently announced a major expansion to be completed by spring season 1995. It will include new seawalls, 10 new boat and fishing piers and a sand beach. For more information, call 695-2969.

Speaking of water, the southwestern Michigan area has more than its share of beaches and swimming. Fuller's Resort on Clear Lake has a powdery sand beach open to the public. There is a lifeguard, playground, boats, canoes and a recreation pavilion. Weekend activities are also available. Located at 1622 E. Clear Lake Road, it is three miles west of Buchanan. Call

695-3785 for more details.

Ronnie's Pavilion and Beach is located off Clear Lake at 15721 Lakeview Drive. This is a private beach with public access. Call 695-9191 for more information.

Three Braves Campground, 400 Able Road, has modern and rustic sites with teepees available in the Indian Village. Swimming, fishing, a playground area and other activities are offered to guests. Phone 695-9895 for more information.

Hold on to your hats, because the area also holds adventure activities. Red Bud Track 'N Trail, 13638 N

Red Bud Trail, caters to motorcycle enthusiasts. There is moto-cross riding, major sanctioned events, truck events and, on selected weekends, mud bog events. For more information, call 695 6405.

From motorcycles to go-karts, fast-paced action can be found just outside Buchanan at the Michiana Raceway Park and professional kart racing school. MRP is located at 2016 Miller Road in Buchanan Township. The raceway has the most up-to-date karts and track available in the Midwest. For more information, call 695-2228.

Exercise to reduce cholesterol

There really is no mystery when it comes to staying in shape. It's simple: eat right and exercise. This goes for people of all sizes and shapes. Even thin people should be concerned about their diets and get regular exercise. The list of benefits to be gained from exercise may be longer than you think.

Besides burning calories, regular exercise can help you feel like a new person. According to the National Cholesterol Education Program, exercising for 15 to 30 minutes three times a week will give you more energy, relieve stress, give you added strength to work and play harder and longer, firm muscles, and allow you to fall asleep easier. Thanks to exercise, your body becomes a fine-tuned machine.

The benefits don't stop there. The National Cholesterol Education Program also advises that exercise helps fight heart disease and common health problems, too. Shaping up and staying fit helps you tackle problems like high blood pressure, high blood cholesterol, diabetes, and obesity. A healthy heart means a healthier life.

Cholesterol doesn't discriminate

Everyone—even thin people—should be concerned about their intake of fat and cholesterol. The higher your blood cholesterol level, the greater your chances of getting heart disease. High blood cholesterol doesn't discriminate, either. It affects people of every ethnicity, males and females, young and old, tall and short. And guess what? It can happen to you, too.

How high is your cholesterol?

Everyone should get their blood cholesterol levels checked regularly. According to The National Cholesterol Education Program, if your cholesterol level is 200 mg/dL (milligrams of cholesterol per deciliter of blood) or greater, it may be too high.

Most people can lower high blood cholesterol by changing the way they eat. This doesn't mean giving up all the foods you love. Instead, you can learn to prepare foods differently and eat certain foods less often and in smaller amounts.

For lowering blood cholesterol,

remember: *less is more.* Eat less fat, eat less saturated fat, eat less of cholesterol-laden foods and, if you are overweight, lose weight. Another way to think of it is, *more is less:* eat more vegetables, eat more fruits and eat more grains.

Regular exercise and a proper diet is the key to a healthy life. It's easier to achieve than you may think, once you start. The hardest part is taking the first step.

For more information on exercise and diet as a method to prevent high blood cholesterol, write: The National Cholesterol Education Program, C-200, 4733 Bethesda Avenue, Suite 530, Bethesda, MD 20814.

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Home care is popular alternative to hospitalization

by Jane Peterson

HARBERT — The face of health care is changing. Many patients who need consistent care are no longer bound to a hospital. As home health care grows in popularity, patients are discovering that many routine services and procedures can be done in the comfort of their own homes.

"Home health care is a wonderful alternative for those patients who need care at home," said Jackie Kachner, accounting manager for Caregivers of Michigan In-Home Health Care, 13686 Red Arrow Highway in Harbert. "It's very individualized. No two people are alike."

Caregivers of Michigan, which opened its doors in August 1992, currently serves 75 patients in southern Berrien County. Among its services is furnishing access to registered nurses who assess a patient's physical condition, monitor

medications, draw blood, help with IV care and teach a patient's family about catheters, colostomy, diabetes and congestive heart failure care.

"Once you teach the family and patients, they are happier," said Susie Trueblood, an RN case manager for Caregivers. "The idea is to get everybody independent again."

Caregivers of Michigan also has physical occupational and speech therapists on staff to assist with exercise programs and provide training to help regain speaking, reading and writing skills, social workers to provide support and counseling; and home health assistants who help with personal care such as bathing and light housekeeping. In addition, the organization offers companions who do laundry, go grocery shopping and prepare meals; intermittent care for patients who need short-term visits at least once a week, and special services

for people with physical impairments or handicaps.

"Everybody works together as a team," said Trueblood, who has been working with Caregivers for three months after working at Mercy Memorial Hospital. She said she

came back to home health care because she agreed with the mission of Gordon Barker, chief executive officer of Caregivers of Michigan.

His objective is to meet the needs of a patient, on an individual basis, to convalesce in the familiarity and

comfort of his or her own home.

"It's fast-paced and there's a lot of interaction with people," said Kachner. "We make a difference in people's lives."

For more information, call 469-3800 or 1-800-952-9066.

Stretching Feels Good When Done Properly

(NL) — As we recognize the value of a healthier lifestyle, people are becoming more and more interested in fitness. If you try to move too quickly from an inactive to an active lifestyle, however, you may experience soreness and stiffness. This can be discouraging.

Experts agree: whenever you start a new activity, you should do so with moderation. Physical therapists will tell you that proper stretching is an important link between a less active and a more active lifestyle.

Following are tips for stretching:

—Be concerned about the quality, not the quantity, of the stretch. It is better to perform a few repetitions of a stretch correctly than to perform 20 repetitions incorrectly.

—Stretch one muscle at a time. The stretch should be specific.

—Hold each stretch for 30 to 60 seconds. Never bounce.

—Don't overstretch. If stretching is done right, it feels good.

Stretching can be done anytime you like and requires no specific equipment. Persons of any age or activity level can benefit from stretching, says Kent Walterhouse, physical therapist at Indiana SportTherapy and a member of the American Physical Therapy Association.

For more information about physical therapists in your area, contact the Private Practice Section, American Physical Therapy Association, 1101 17th St. N.W., Suite 1000, Washington, DC 20036 or phone 1-202-457-1115.

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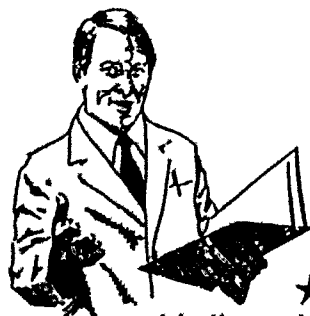
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Facts About The American Blood Supply

(NU) Almost four million Americans receive blood transfusions every year. And every day in this country there is a need for about 40,000 units of blood.

While a single blood donation can help several patients, many Americans fear rolling up their sleeves and donating because of misconceptions about the blood supply. Or they worry that getting a blood transfusion somehow puts them at risk.

The American Association of Blood Banks would like to test your knowledge about the nation's blood supply.

TRUE OR FALSE: The nation's blood supply is safe.

TRUE. America's blood supply is safer than ever before. Every single unit of donated blood undergoes eight different screening tests for evidence of AIDS, hepatitis, syphilis and other diseases. Thanks to rigorous screening of blood donors and sophisticated testing, the risk of getting unsafe blood from a transfusion is extremely low.

TRUE OR FALSE: You can't get AIDS from giving blood.

TRUE. The risk of getting AIDS—or any other disease—from giving blood is zero because a new, sterile needle is used for each donation and then destroyed.

TRUE OR FALSE: Getting a blood

transfusion is a risky procedure.

FALSE. If medically necessary, the risks of not receiving blood during surgery or during cancer treatments far outweigh the risks of getting a transfusion. In fact, many activities carry greater risks than a transfusion—such as driving a car, having the required surgery or undergoing anesthesia.

TRUE OR FALSE: Modern science has been able to replace human blood with artificial or animal blood.

FALSE. At the present time there are no manufactured substitutes for human blood.

TRUE OR FALSE: There is no

choice other than to receive an unknown donor's blood.

FALSE. You may serve as your own donor in some situations. If, for instance, you know you will be having surgery, your blood may be collected and stored before the operation. Or with the use of special equipment, your own blood may be recycled during surgery.

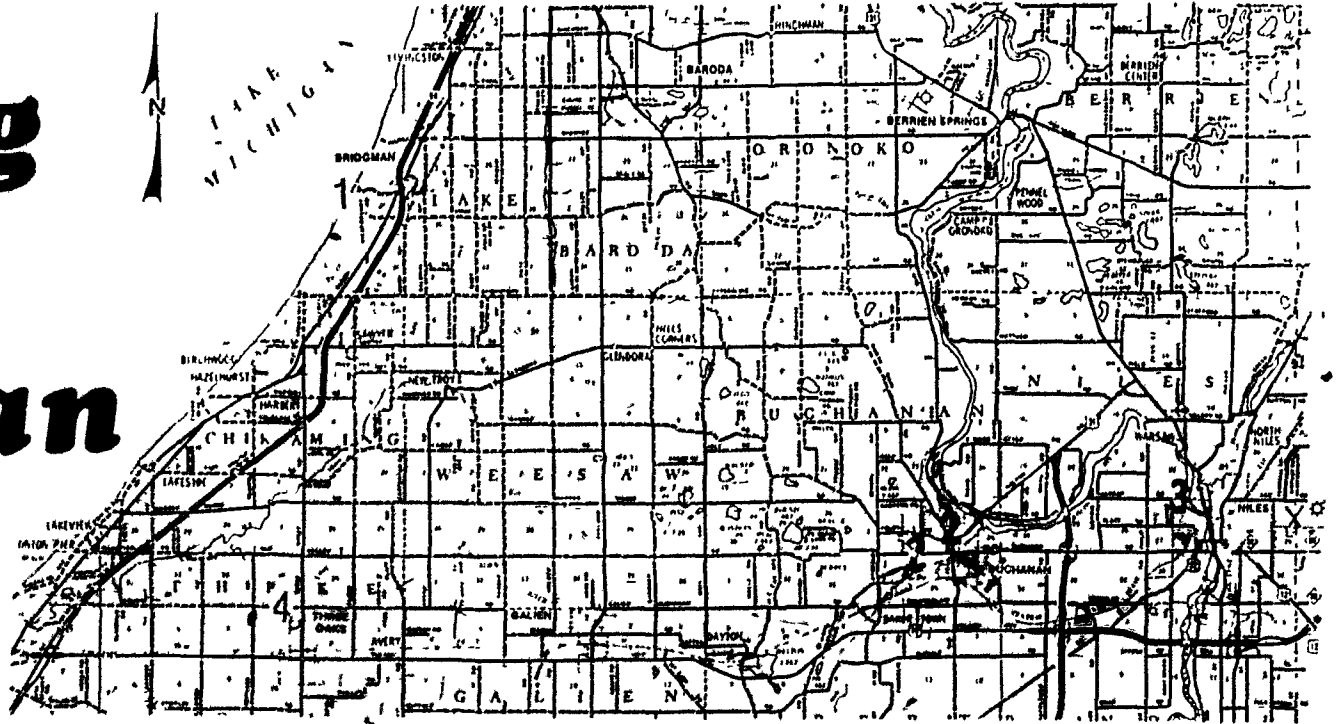
TRUE OR FALSE: Giving blood is a simple process.

TRUE. The actual donation time usually only takes about 10 minutes. The entire process, from giving your medical history to enjoying a snack after donating, takes only about 45 minutes.


TRUE OR FALSE: America always has an adequate supply of blood.

FALSE. Summertime and the period around the winter holidays are often times of blood shortages in many areas of the country. According to the American Association of Blood Banks, having healthy people donate blood is the only guarantee that it will be available should any of us need it.

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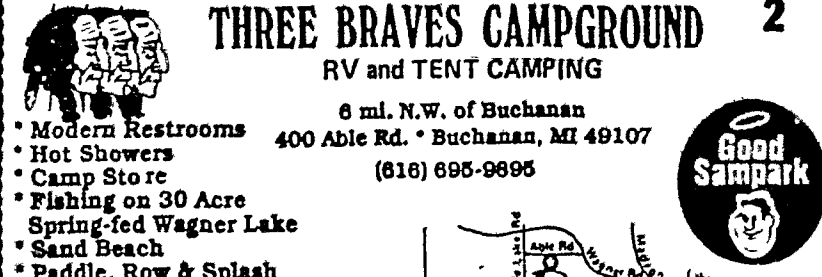
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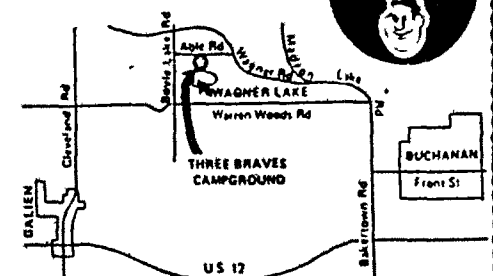
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