

# Health Matters

Clinton Holistic & Health Advisory Ministry • Clinton AME Zion Church, 814 Westmore Ave., Rockville, MD 20850

The Rev. William M. White, Jr., Pastor

*Knowledge, coupled with action, is power!* AHA

## Coronary Heart Disease (CHD)

*From 2001 Heart and Stroke Statistical Update, American Heart Association*

No statistics are available for the exact number of cardiac arrests that occur each year. However, it's estimated that more than 95 percent of cardiac arrest victims die before reaching the hospital. In cities where defibrillation is provided within five to seven minutes, the survival rate from cardiac arrest is as high as 15 percent.



Early cardiopulmonary resuscitation (CPR) and rapid defibrillation combined with early advanced care can result in long-term survival rates as high as 40 percent for witnessed cardiac arrest. In one case, automated external defibrillators (AEDs) were mounted one minute apart in plain view at Chicago's O'Hare and Midway Airports in June 1999. In the first 10 months, 14 cardiac arrests occurred with 12 of the 14 victims in ventricular fibrillation. Nine of the 14 victims (64 percent) were revived with an AED and had no brain damage.

If every community could achieve a 20 percent cardiac arrest survival rate, an estimated 45,000-50,000 people could be saved each year from CHD alone. The American Heart Association urges the public to be prepared for cardiac emergencies:

**COVER STORY**  
Continued on page 8

### the pastor's corner

*John Wesley's Holistic Ministry*  
by Rev. Dr. William M. White, Jr.

John Wesley, the founder of Methodism, is renowned for his brilliant syncretistic theology, and for his powerful sermons. He had an amazing way of integrating deep spiritual matters of holiness, grace, and righteousness with practical matters of health, wellness and wholeness. Wesley used his aptitude and common sense in practicing medicine, and did so without charging fees for his service.

When one speaks of John Wesley providing medical care, one should understand that Wesley did not have a medical license, yet he effectively prescribed medicine and treatment to those who were ill. Wesley opened his first pharmacy or "dispensary" in 1746, in Bristol, England. Wesley's beliefs and practices in medicine contradicted the prevailing beliefs and practices of the day. He believed in the body's natural ability to heal and used simple remedies and herbs. He felt that the physicians of his time took too many risks with patients and over-prescribed medicine. While this is an *extremely* progressive view of health and medicine, there is a movement in the United States to return to more natural approaches of healing and medicine. Even doctors today are beginning to acknowledge the benefits of herbs, meditation, and prayer in the overall healing process.

Wesley was also ahead of his time, because he made the connection between the mind and its affect on the body. Wesley believed that people should be allowed to express themselves and experience the full range of emotional, physical and spiritual aspects in their relationship with God.

There are many recorded accounts of John Wesley's analysis of people's conditions, his remarkable treatments, and their subsequent cure and recovery. There is even one account of a woman who had constant

Continued on page 3

### In this issue...

the directors message .....	2
did you know .....	2
religion & health .....	3
senior scene .....	3
special report .....	4
health & nutrition .....	5
health alert .....	6
kids corner .....	9
screening & seminars .....	10
on the horizon .....	10

# Did you know?

- ? More than 2,600 Americans die of Cardiovascular diseases (CVD) each day, an average of 1 death every 33 seconds.
- ? Coronary heart disease is the single largest killer of American males and females.
- ? Soothe a minor burn with milk. Just soak a washcloth with whole milk and apply to burn.
- ? If you like to sit outside eating bananas in your favorite blue shirt, you're about to become a mosquito's best friend. They're twice as attracted to blue than any other color and appear to love people who've just eaten bananas.
- ? Did you know that onion juice contains natural antimicrobial properties? Apply with a cotton compress to help avoid infection on minor wounds.
- ? Soothe a canker sore by applying a wet tea bag.
- ? Peaches are from China, strawberries are actually Italian, and oranges started out in India. Once they hit our shores, they all became as American as apples, which, of course, are actually natives of Iran.
- ? Hey chocolate lovers, did you know that eating your favorite sweet may actually improve your mood.
- ? Chewing ice can lead to tooth decay. Abrupt temperature changes that occur as tooth enamel meets ice, in combination with ice's hard texture, can cause tiny fractures in the tooth surface. Bacteria can then make their way into the tooth interior through these cracks.
- ? Risk of having a stroke can be slashed with exercise. Stroke risk fell 24% in people who burned off at least 1,000 calories a week. That's the equivalent of walking briskly for 30 minutes, five days a week. Burning 2,000 calories a week cut stroke risk by 46%. *However:* To be beneficial, exertion must be enough to elevate the pulse rate and cause perspiration. Walking, gardening, dancing and more vigorous forms of exercise, such as running and bicycling, all do. Bowling and light housekeeping do not.

Bottom Line Health

## the director's message

*A Healthy Heart*

by Paulette S. Gray, Ph.D

If you're like most people, you may not think you need to worry about having a heart attack or a stroke. You may think it only strikes middle-aged men or elderly women. Definitely not you, someone who is in his/her prime. You may think that only those in a particular race or ethnic group are susceptible. You may think that you know all there is to know about this disease. Does it surprise you that diseases of the heart are the number one causes of death for American men and women?

Well let me shed a little light on what you may or may not know. Heart disease can strike any one at any age. The damage to your heart starts at a very early age and continues to develop over time.

Chances are that you or a family member will develop this disease during your lifetime. If not heart disease, then chances of having a stroke are very strong. This is a disease that should not be taken lightly.

Now your first thought is perhaps of someone that has died from the disease. Well, heart disease does not always result in death. It will more than likely result in lower quality of life for you or a loved one. This need not happen. There are things you can do and modern medicine has allowed more people to live than to die. But you must take charge! This disease and others are preventable. While there are risk factors that increase your chances of having diseases of the heart, such as increasing age, your family health history, race and gender, you can lower your risk! Protecting your own and your family's health must be a high priority.

*Here's to a healthy heart!*

## Religion & Health

### Tell Him So

If you hear a kind word spoken  
Of some worthy soul you know,  
It may fill his heart with sunshine  
If only you tell him so.

If a deed, however humble  
Helps you on your way to go,  
Seek the one whose hand has helped you,  
Seek him out and tell him so!

If your heart is touched and tender  
Toward a sinner, lost and low,  
It might help him to do better  
If you'd only tell him so!

Oh, my sisters, oh, my brothers,  
As o'er life's rough path you go,  
If God's love has saved and kept you,  
Do not fail to tell men so!

*Unknown*

## Health Matters

is published quarterly by the Clinton Holistic and Health Advisory Ministry of Clinton AME Zion Church, 814 Westmore Avenue, Rockville, MD 20850.  
www

*The information found in this newsletter is not intended as a substitute for medical professional help or advice but is to be used only as an aid in understanding current medical knowledge. A physician should always be consulted for any health problem or medical condition. It's intent is to motivate and encourage you to be more aware of and responsible for your own health and well-being.*

**Publisher:**  
Clinton AME Zion Church  
**Editor-in-Chief:**  
Paulette Gray, Ph.D.  
**Layout & Design:**  
Kimberly Singletary Turner  
**Contributors:**  
Martha Baker  
Doris Chavis  
H. Lucille Lee  
Mary McDougald  
Emma Smith  
Jean Bowen  
**Other Members:**  
Majorica B. Eubanks  
Delbert Flowers  
Amy Grier  
Lisa Jackson  
Barbara Smith  
Dr. Hiliary Woodson

**Director**  
Paulette Gray, Ph.D.  
**Assistant Director**  
H. Lucille Lee  
**Secretary**  
Martha Baker  
**Treasurer**  
Mary McDougald  
**Chaplain**  
xxxxxx  
**Pastoral Staff**  
Rev. William M. White, Jr.  
Dr. E. Marie Johnson  
Rev. Deborah Johnson-Mosley  
Adrian Nelson II  
- - - - -  
*Inquiries should be directed to  
Clinton AME Zion Church -Health  
Matters, 814 Westmore Ave.,  
Rockville, MD 20850.*

## the pastor's corner

stomach pain. She had been prescribed numerous drugs by other doctors, without them having knowledge of her situation. Her son had passed, and Wesley believed her pain was caused by her grief, and not by some physical ailment. Therefore, he provided pastoral counseling to help her cope with her bereavement.

Wesley established some very simple, but important rules for people to follow to achieve and maintain good health. The areas dealt with cleanliness, diet, sleep, exercise, regularity in bodily functions, and the importance that emotions play upon health. Cleanliness and good hygiene were an extremely important part of Wesley's prescription for good health. As a matter of fact, the well known phrase, "Cleanliness is next to godliness," can only be traced to Wesley's sermons, before it came into wide-spread use.

Finally, Wesley's entire ministry focused on being true to the liberation and healing message of the Gospel of Jesus Christ. Wesley demonstrated how the gospel message could be made applicable to people's everyday lives. He was compelled to defy traditional preaching and teaching, and to be an instrument of reformation within the Anglican church. These reformation efforts eventually led to the formation of the Methodist Church. For those who are ministers in Methodism, it is incumbent upon them to revisit Wesley's preaching, teaching and ministry. They will discover a very progressive and holistic ministry that should serve as a model for all ministers and churches today.

*Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?  
1 Corinthians 3.*



## Senior Scene

### What we may not know about a woman and cardiovascular diseases can kill her!

Because the numbers of older women and women at risk in the population are growing, the diagnosis and treatment of heart disease, stroke and other cardiovascular diseases are vital. Clinicians must take action to prevent these diseases, before signs and symptoms appear or a heart attack or stroke occurs. Prevention and control of risk factors must start when a woman is young and continue throughout her life.

Heart disease and stroke are "equal opportunity" killers:

- ✗ Heart disease and stroke kill more than half a million women in the United States every year - more than the next 16 causes of death combined, and nearly twice as many as all forms of cancer, including breast cancer.
- ✗ Women who have heart attacks are more likely than men to die from them within a few weeks.
- ✗ Coronary heart disease caused the deaths of more than 236,000 women in 1995 - 49 Percent of all deaths from CHD.
- ✗ Over 96,000 women died from a stroke in 1995 - 61 percent of all stroke deaths.

Heart attack and stroke can strike at any age, but the risk steadily increases with age. Each year coronary events kill almost 20,000 women under age 65, more than 31 percent of them under age 55. And more than one-fourth of the women who have a stroke in a given year are younger than 65.

*American Heart Association*

## Men's Health

### Cardiovascular Disease in Men

The American Heart Association reports that heart attack is the single biggest killer of American males. Men are more likely to die of stroke and are almost twice as likely to die of heart disease than are women. High blood pressure increases the risk for stroke and heart attack and men under age 55 are much more likely to suffer from high blood pressure than are women.

African-American men are at even greater risk for high blood pressure, stroke, and cardiovascular disease. They are 3 \_ times more likely to die from high blood pressure than are white men, 50% more likely to die of cardiovascular disease, and almost twice as likely to die of stroke.

*American Heart Association*

**Chocolate Boosts Longevity.** Men who eat just a few pieces each month live nearly a year longer than those who don't. Antioxidant compounds in chocolate, similar to those found in red wine, get the credit, say researchers.

*Bottom Line Health*

## Stretch Away Discomfort Anywhere Anytime

### Arms and Shoulders

Sit upright in your chair or seat. Place your palms together, in the prayer position, near your chest. Press your palms together and hold for five counts. Relax, then repeat.

### Lower Back

Sit straight in the seat. Tighten your abdominal muscles and press your lower back into the seat back. Hold for 10 counts, then relax. Repeat five times.

### Neck

Gently bend your head toward your body, pressing your chin toward your chest. Hold for five counts. Then relax and repeat.

Bend your head to the side. Gently press your ear toward your shoulder. Hold for five counts, then repeat on the other side.

Healthy Side Newsletter

**Exercise your brain.** Crossword puzzles, computer games, returning to school and writing your autobiography are all good ways to make sure that the most important “muscle” in your body gets exercised.

## Special Report

### The Cholesterol Low Down

When it comes to heart disease, you've got to think, 'It can happen to me. You need to learn your own risk factors, including the ones you can't change, like age and personal history, so you can focus on the ones you can change, like cholesterol, which is what many people have done to lower their risk for heart disease.

Most health-conscious Americans are aware that high cholesterol is a leading risk factor for coronary heart disease. However, many people may not know what cholesterol is, what it does or even how to control cholesterol levels.

Shrimp is full of cholesterol. But the real cholesterol danger lurks in the slyly packaged “cholesterol-free” cookie. You see, shrimp contains very little of the saturated fat that makes that cookie taste so good, not the cholesterol, that has the greatest effect on your cholesterol level.

No wonder people are confused.

Cholesterol is a waxy substance produced by the liver and also supplied in the diet through animal products such as meats, poultry, fish and dairy products. Cholesterol is needed (in the body) to insulate nerves, make cell membranes and produce certain hormones. However, the body makes enough cholesterol, and any dietary cholesterol may be considered to be excess.

Having too much cholesterol in the blood may lead to increased risk for heart disease. Over half of all American adults have levels that are too high (200 mg/dl or higher) and one fifth have levels that are in the high-risk zone (240 mg/dl or higher). The good news is that you can take steps to control your level.



Excerpted from [americanheart.org](http://americanheart.org)

*To get heart healthy, you don't need a lifestyle overhaul. Even making little changes can bring big benefits.*

The best prevention is exercise. Being physically fit helps protect the heart, perhaps even more than eating a nutritious diet. A study at Stanford University found that volunteers who exercised three times a week cut their cholesterol, while those on a low-fat diet saw no change. Here are easy ways to get moving.

- ✗ **Kick it up a notch.** A vigorous workout has double the heart benefits of mild exercise. Men who jogged, played tennis or swam cut their risk of a heart attack by as much as 20 percent.
- ✗ **Fit it in.** Too busy to exercise? Several short sessions of exercise (about fifteen minutes each) can cut heart-attack risk as much as a longer workout.
- ✗ **Pump some iron.** Regular strength training increases muscle strength and endurance, improves heart function and reduces the risk of coronary disease. Plus, it can boost metabolism.
- ✗ **Turn up the heat in the bedroom.** Having sex not only helps you feel more connected to your spouse, but it's also a mini-workout equivalent to running three minutes on a treadmill. Consider it an exercise bonus.
- ✗ **Take some flextime.** Try yoga and breathing and relaxation techniques. These exercises may help to reverse symptoms of heart disease.

*Ladies Home Journal*

**We probably wouldn't worry about what people think of us if we could know how seldom they do.**

*Olin Miller*

## Nutrition Know-How

Maintaining a healthy weight will put the brakes on three of the biggest heart hazards: high cholesterol, diabetes and hypertension. These eat smart habits also can help.

- ✓ **Cut back on coffee.** Drinking two to three cups a day can elevate blood pressure.
- ✓ **Eat often.** Instead of skipping meals, or taking the three-square route, try grazing. Eating several small, low-fat meals throughout the day, can lower cholesterol.
- ✓ **Get plenty of C.** Vitamin C is a powerful antioxidant that mops up damaging particles known as free radicals, which have been linked to the development of heart disease. Boost your intake with apples, bell peppers and oranges.
- ✓ **Eat a balanced diet.** A low-fat diet rich in fruits and vegetables, helps lower high blood pressure. Studies show that it significantly lowers levels of homocysteine, an amino acid linked to an increased risk of heart disease and stroke.

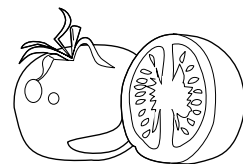
## You can cut 100 calories if you:

- ✓ Order a sandwich with barbecued chicken instead of barbecued pork.
- ✓ Replace one cup of corn with one cup of carrots.
- ✓ Eat one hot dog instead of two.
- ✓ Fix one cup of turkey chili with beans rather than regular chili with no beans.
- ✓ Eat a turkey sandwich instead of a chicken salad sandwich.
- ✓ Choose 4 1/2 ounces of tuna packed in water instead of 4 1/2 ounces of tuna packed in oil.
- ✓ Skip the second helping of mashed potatoes.
- ✓ Use one tablespoon of mayonnaise in your tuna salad instead of two tablespoons.
- ✓ With your sandwich have 3/4 cup of split pea soup instead of one cup of chunky bean and ham soup.
- ✓ Munch on one cup of frozen grapes instead of eating an ice cream sandwich.
- ✓ Replace two brownies with two fig bars.

## POWER FOODS

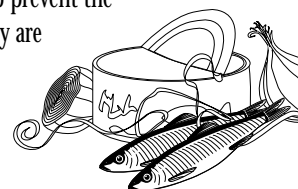
Stocking up on four to ten servings of fruits and vegetables a day may decrease your risk of heart disease by as much as 30 percent. Here are fabulous foods to pile on your plate.

- ✓ **Tomatoes.** These are chock-full of lycopene, an antioxidant that protects against heart disease and cancer. Your body can absorb more lycopene from cooked or processed tomatoes (like those in tomato sauce or ketchup), while fresh tomatoes are a good source of vitamin C.



- ✓ **Complex carbs.** People, particularly women, who eat lots of potatoes, white bread and white rice are two and half times more likely to develop diabetes than women who eat these foods sparingly; they also double their risk of heart attack. Choose heart-healthy complex carbohydrates such as whole-grain breads, brown rice and beans.
- ✓ **Nuts.** It's true that nuts are high in fat, but it's the unsaturated kind that can help lower cholesterol. For a mid-afternoon snack, grab a handful of almonds. They're rich in vitamin E, which may help reduce the inflammation associated with heart disease, as well as calcium and folate.

- ✓ **Fish.** Salmon, mackerel and trout may help prevent the deadliest cases of heart disease. Why? They are loaded with omega-3s, powerful fatty acids that inhibit the formation of blood clots, lower triglycerides and may slow the accumulation of artery-clogging plaque.



- ✓ **Green tea.** It contains polyphenols, powerful phytochemicals that reduce the risk of heart disease by fighting damaging free radicals.

## Healthy Bites

If you have finished eating and still suffer from hunger pangs, drink some water, chew sugarless gum or walk the dog. Just get out of the kitchen or dining area before you blow your diet.

## Hugs. Our heart's delight. Give them and get them!

Remember what your mother told you: "Always wear clean socks and underwear." You never know when an accident or a medical problem might occur resulting in an unexpected examination.

Lighten up. Be aware of your perspective. Why let insignificant events bend you out of shape? Be an actor, not a reactor. **Choose** your actions. Don't lose your cool. It's not worth the rise in your blood pressure or the surge in powerful fight or flight hormones that can contribute to a heart attack.

## Stroke Warning Signs

Stroke is America's No. 3 killer and a leading cause of serious disabilities. That's why it's important to reduce your risk factors, know the warning signs and know how to respond quickly and properly if warning signs occur.

The American Stroke Association says these are the warning signs of a stroke:

- ✓ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- ✓ Sudden confusion, trouble speaking or understanding.
- ✓ Sudden trouble seeing in one or both eyes.
- ✓ Sudden trouble walking, dizziness, loss of balance or coordination.
- ✓ Sudden, severe headache with no known cause.

As with a heart attack, not all these signs occur in every attack. Sometimes they go away and return. If you notice one or more of these signals, don't wait. Get immediate medical attention. The faster you call an ambulance and get to the hospital, the greater your chance of limiting brain damage. *Stroke is a Medical Emergency! Get help fast and call 9-1-1.*

*Stroke Connection Magazine*

*People who are informed about health care get the best treatment. So don't be shy—talk and ask questions.*

## What Your Blood Pressure Means

Two numbers are important in blood pressure readings: The systolic (the first number), measures blood pressure when the heart contracts; the diastolic (the second number), indicates pressure between beats, when the heart is resting. Normal blood pressure is below 120/80 mm Hg (millimeters of mercury). One high reading doesn't indicate hypertension, it is diagnosed only when systolic pressure consistently measures 140 mm Hg or higher, or diastolic is 90 or higher. However, research has shown that even high-normal readings (130 to 139 systolic and 85-90 diastolic) can signal trouble, especially for people with obesity or diabetes.

*Bottom Line Health*

*Healthy Ideas, Nourishing Body and Mind News*

## Heart Attack Warning Signs

Coronary heart disease is the leading cause of death in the U.S. It's important that you know how to recognize its onset.

According to the American Heart Association, these are the warning signs of a heart attack:

### Most Common Signs:

- ✓ Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.
- ✓ Pain spreading to the shoulders, neck or arms.
- ✓ Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

### Less Common Signs:

- ✓ Atypical chest pain, stomach or abdominal pain.
- ✓ Nausea or dizziness.
- ✓ Shortness of breath and difficulty breathing.
- ✓ Unexplained anxiety, weakness or fatigue.
- ✓ Palpitations, cold sweat or paleness.

As with a heart attack, not all these signs occur in every attack. Sometimes they go away and return. If any occur, get help fast and call 9-1-1.

*Nutrition, Genetics and Stroke,  
Stroke Connection Magazine*

## High Blood Pressure... and Women

- ✓ About 60 percent of all women ages 65 to 74 have high blood pressure.
- ✓ Black women have a death rate from high blood pressure that is significantly higher than the rate for white women.
- ✓ Women who are 20 pounds or more over a healthy weight (for their height and build) have a family history of high blood pressure or take certain types of birth control pills are also at high risk. It's more dangerous to use the Pill if you smoke.
- ✓ One in four American adults has high blood pressure, and more than one-third of them are not aware of it.

*American Heart Association*

## An Aspirin A Day...

*Take a daily aspirin tablet. One children's aspirin (81mg) per day reduces your risk for heart attack and stroke.*

Your doctor may have told you to start taking an aspirin daily to help prevent a heart attack. For certain people low dosages of aspirin every day or every other day appears to be an effective preventive measure against a second heart attack or stroke and may help prevent a first heart attack or stroke. So, check with your doctor to see if an aspirin a day would be good for you.

**(The AHA cautions people not to begin taking aspirin on a long-term basis without first consulting their doctors. Side effects include bleeding disorders).** Whether healthy people would benefit from regular aspirin intake is unclear. The risks and benefits need to be discussed with your doctor.

*Health Alert continued on page 8*

## Some abc's for getting better zzz's

There is no one magic formula for achieving healthy sleep. However, these tips may help:



- ✓ Avoid caffeinated drinks in the evening and eating too close to bedtime.
- ✓ Stick to a regular bedtime and adopt a bedtime ritual, like reading a few pages.
- ✓ Be sure your bedroom is quiet, dark and not too warm.
- ✓ Exercising will improve the quality of your sleep, but don't do it right before bedtime.

*AARP Bulletin, The Promise of Sleep by William C. Dement*

## Little Life Changes

The daily grind can take a toll on your heart. If you're constantly stressed, blood pressure climbs and the risk of heart attack increases. Ease up with simple changes.

- 👉 **Indulge yourself.** Getting a massage is not only relaxing, but it also reduces heart rate, lowers blood pressure and improves circulation.
- 👉 **Get over your grudge.** It's not worth the effort. Read a book!
- 👉 **Adopt a furry friend.** Blood pressure readings of pet owners were lower, rose less and returned to normal faster than readings of those without pets.
- 👉 **Soothe your temper.** People who get angry easily have a nearly threefold higher risk of a heart attack or dying from heart disease than calmer folk.
- 👉 **Make new friends and keep the old.** People who have little contact with friends and family have a two to three times greater risk of heart disease than those with a good support network.
- 👉 **Kick the habit.** Smoking is the leading cause of lung cancer and a major risk factor for coronary heart disease. According to the American Heart Association, 50 percent of heart attacks in middle-aged women are linked to smoking.
- 👉 **Manage stress.** It's critical to find a way to relax, whether through yoga, listening to music, meditating or laughing with friends.

*Ladies Home Journal*



## Does eating eggs raise the risk for heart disease?

Egg consumption is *not* a major risk factor for heart attack. Since eggs contain lots of cholesterol, it's long been assumed that eating them raises heart attack risk...and that avoiding eggs cuts the risk. Yet recent research shows it's the amount of saturated fat in the diet, not dietary cholesterol, that affects blood cholesterol levels and therefore heart attack risk. *Bottom line:* Eating up to one egg a day does not raise heart disease risk. *Exception:* Eating eggs *does* raise risk among diabetics.

*Frank B. Hu, M.D., Ph.D., Harvard School of Public Health; Bottom Line Health*

## Does drinking lots of water promote weight loss?

Yes. It does so by preventing the 2% to 3% drop in the body's resting metabolic rate that occurs if fluid intake is restricted. The resting metabolic rate is the rate at which a person at rest burns calories. Since the resting rate accounts for most of the calories burned in a day, even if you get lots of exercise, even a small decline can make it hard to lose weight.

*Wayne Askew, Ph.D., University of Utah; Bottom Line Health*

## Is it safe to eat foods that have become moldy?

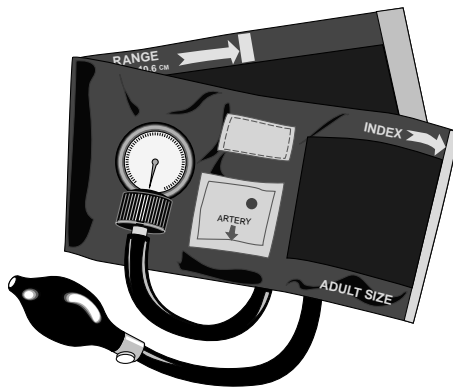
Some molds that grow on food are highly toxic, even carcinogenic. To be safe, it's a good idea to discard all moldy fruit, vegetables, breads...and soft cheeses, such as Brie, cream cheese and cottage cheese. Cheddar, Swiss and other hard cheeses that have become moldy can safely be eaten, as long as you cut away the moldy area with a margin of at least one inch. *Important:* Rewrap the cheese with fresh plastic wrap or aluminum foil. To differentiate between harmless and potentially harmful molds on mold-ripened cheeses, such as blue, Gorgonzola, Roquefort and Stilton, check the mold's color and pattern. If you see "furry" spots or specks of other colors in addition to the usual blue or green veins, discard the cheese.

*Carolee Bildsten, RD, American Dietetic Association; Bottom Line Health*

*That it may be well with thee, and thou mayest live long on the earth.  
Ephesians 6:3*

## Salt and Blood Pressure

Now that salt's been put on the dietary "nogoodnik" list because of its ill effect on many people's blood pressure, America's ever-resourceful food processors and manufacturers have hopped on the anti-sodium bandwagon. Suddenly, phrases like "no salt" or "low sodium" have popped up on favorite foods stocked on supermarket shelves everywhere. But what do all those terms mean?



- Σ "Sodium free" (also "salt free") – 5 milligrams or less of sodium per serving
- Σ "Low-sodium" – 35 milligrams or less
- Σ "Moderately low sodium" – up to 140 milligrams
- Σ "Reduced sodium" – at least 75 percent of the sodium has been removed from the food through special processing.

If you're concerned about the amount of salt (sodium) in your food, here's some good news. You can eat many of the items you've been forsaking (and craving). The trick is to give them a 60-second bath first. The sodium content of water-packed, salt added tuna can be reduced by as much as 79 percent if you run tap water over it for one minute and then let it drain. The same procedure flushes away 41 percent of the sodium in canned vegetables.

*Preventions Everyday Health Hints*

## Ditch the mothballs?

Napthalene, the substance responsible for that pungent odor in mothballs and public restroom deodorizers, causes cancer in rats, the National Institute of Environmental Health Sciences announced recently.

The National Toxicology Program ran tests after some workers exposed to napthalene developed cancers. The rats inhaled doses comparable to levels of human exposure.

Experts say more research is needed to determine if humans are at similar risk.

In the meantime, try using cedar chips or cloves instead of mothballs to protect your woollens.

*AARP Bulletin, Health Discoveries, Roberta Yared*

## COVER STORY Coronary Heart Disease (CHD)

- ✗ Know the warning signs of cardiac arrest. During cardiac arrest, a victim loses consciousness, stops normal breathing and loses pulses and blood pressure.
- ✗ Call 9-1-1 immediately to access the emergency medical system if you see any cardiac arrest warning signs.
- ✗ Give CPR to help keep the cardiac arrest victim alive until emergency help arrives. CPR keeps blood flowing to the heart and brain until defibrillation can be administered.

Death from cardiac arrest is not inevitable. If more people react quickly by calling 9-1-1 and performing CPR, more lives can be saved.

*American Heart Association*

## Why You Should Have A Regular Physical Exam

- ✓ To detect "silent" diseases, deadly disorders that, if identified early, can be successfully treated, such as cancer, heart disease, high blood pressure, and AIDS.
- ✓ To maintain good health over the years through a continuing relationship with a doctor who knows your vulnerabilities and can monitor them.
- ✓ To have continuing peace of mind, which comes from being told, "You're OK" every once in a while.

*Ladies Home Journal*

*Health Alert continued on page 9*



**A blood-pressure check:**

*if the doctor detects a significant increase in pressure, early treatment can save your life.*

**Clever Tips**

- ✓ Place an apple in your bag of potatoes to keep them from budding.
- ✓ To prevent egg shells from cracking when hard boiling, add a pinch of salt to the water before adding eggs.
- ✓ To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing. You can also warm them in the microwave. This really releases the juices!
- ✓ Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.
- ✓ To easily remove burned food from your skillet, add a drop or two of dish soap and enough water to cover bottom of pan. Bring water to a boil. The skillet will be much easier to clean.
- ✓ To prevent stains, spray your plastic ware with nonstick cooking spray before pouring in tomato-based sauces.
- ✓ If you accidentally over-salt food while it's still cooking, drop in a peeled potato. It will absorb excess salt.

*Stroke Connection Magazine*

**Germs On The Run!**

*While you and the children are washing hands, try this ditty:*

Washing Hands Can Be Fun, Fun, Fun  
Germs On The Run, Run, Run

Power'em out--Pow

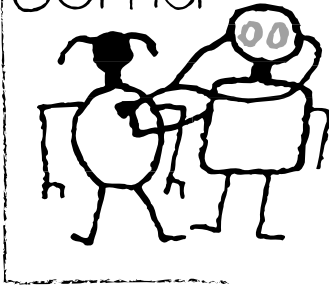
Power'em out--Ka-zow!

Germs On The Run, Run, Run

Remember these handwashing instructions:

- ✓ use warm running water and soap
- ✓ wash for 10-20 seconds
- ✓ rinse
- ✓ dry with paper towel

**Kids Corner**



**Sit down to a nice dinner , for your children's sake.** A national survey found that children from families who ate dinner together had better eating habits than those who did not. Children who frequently had family dinners tended to eat more fruits and vegetables and less fried foods and soda.

*Archives of Family Medicine*

**Food Safety Quiz for Kids**

- 1. If you touch raw meat or chicken, before you touch anything else you should:**
  - a. Wash your hands with hot soapy water?
  - b. Wipe your hands on a paper towel?
  - c. Wipe your hands on your pants?
- 2. Eating raw cookie dough made with raw eggs is OK.**
  - a. True
  - b. False
- 3. The best way to defrost frozen meat or chicken is to:**
  - a. place on kitchen counter for a few hours
  - b. place in refrigerator over night
  - c. microwave
- 4. At a party, picnic or family meal, it's OK to leave food on the table for:**
  - a. No more than 2 hours
  - b. No more than 6 hours
  - c. No more than 3 hours
- 5. When packing food for lunch or a picnic, refrigerated food will be OK for several hours if:**
  - a. the food is in a cooler
  - b. a special ice pack is included
  - c. the food was frozen

**Knock, Knock Joke**

Knock, knock  
Who's there?  
Lettuce.  
Lettuce who?  
Lettuce in, it's cold out here.



*FDA Kid's Food Safety Quiz. www.foodsafety.org*

**SAFETY QUIZ ANSWERS:** Ans 1. a - Raw meat or chicken can have bacteria on it which can get on your hands and after you touch raw food. And never put cooked food on the dish that held raw food.  
 Ans 2. b - False: Cookie dough contains uncooked eggs and may carry bacteria which causes food poisoning. So wait until the cookies are done before digging in!  
 Ans 3. b or c - Meat, poultry and seafood need to stay cold while they thaw. So, the best way to thaw them is in the refrigerator for 1 to 2 days before you cook the food or in the microwave. When defrosting meat in the microwave be sure to use the "defrost setting" and cook the food right away.  
 Ans 4. a - If meat is left out for 2 or more hours, germs can grow. So, put leftovers in the refrigerator or freezer as soon as you finish eating. Put them in shallow dishes so they cool faster. Be sure to eat leftovers in the next few days, before they go bad.  
 Ans 5. a,b,c - Actually, all three of these answers are correct. As long as the food is kept cold it is fine to take on a picnic even on a hot day.



**October**

**“Bells for Remembrance”** - Breast Cancer

**November**

**Blood Pressure Screening**  
Clinton A.M.E. Zion Church

**National Diabetes Month**  
**National Alzheimer’s Disease Month**

**December**

**Dorothy Day House Gift Packages**

If you would like to donate items or volunteer, please contact Mrs. Jean Bowen at (301) 340-8598.

**Baskets for Nursing Home**

If you would like to donate items or volunteer, please contact Mrs. Mary McDougald at (301) 871-1080.

*That it may be well with thee, and thou mayest live long on the earth. Ephesians 6:3*

**Check-ups and Immunizations are an important part of keeping your children healthy. Doctor's schedules fill up fast with athletic, etc. check-ups. Don't find yourself without an appointment.**

**Screenings & Seminars**

**Free Up-to-date Pollen Count in Your Area**  
*American Academy of Allergy, Asthma and Immunology's National Allergy Bureau*  
800-976-5536 between 8 a.m. and 8 p.m. Eastern Standard Time

**Bethesda Senior Source**  
A unique health education and wellness center focused on movement and intellectually stimulating classes and social events for adults 55 years of age or older.  
Call (301) 951-1990 for more information.

**Caregiver Resource Center**  
As part of the *Holy Cross Hospital Adult Day Care Center*, the resource center offers and ongoing caregiver education series, weekly caregiver support groups, a library of books and resources, and a 24-hour help line for families caring for a health-impaired adult.  
Call (301) 754-7152 for more information.

**Cross Connect** (*physician referral*)  
A free service to the community, *Cross Connect* offers information about 500 doctors in 32 medical specialties, enabling you to choose the doctor best suited for you. Call (301) 754-7164, 8:30 a.m. – 4:00 p.m., Monday – Friday.

**Monthly Blood Pressure Screening**  
First Wednesday of the Month  
10:30-11:30 a.m.  
*Gaithersburg Up-County Senior Center*  
80A Bureau Drive, Gaithersburg, MD  
Please call to register at 301-258-6380

**Clinton Holistic & Health Advisory Ministry is looking for volunteers to form support groups. Support groups may be of grieving parents, cancer survivors, individuals with diabetes, neurological disorders, respiratory illness, asthma, obesity, depression, spiritual, etc. If you are interested in serving on a specific group, please contact Jean Bowen at 301.340.8598 or Rev. Dr. E. Marie Johnson at 301.365.2283. Suggestions for other support groups are welcomed.**

**Useful Web Resources**

**American Heart Association**  
[www.americanheart.org](http://www.americanheart.org)

**National Heart, Lung and Blood Institute**  
[www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/)

**First Gov for Seniors**  
[www.seniors.gov/](http://www.seniors.gov/)

**American Dietetic Association**  
[www.eatright.org](http://www.eatright.org)

**Cooking Light**  
[www.cookinglight.com/](http://www.cookinglight.com/)

**President's Council on Physical Fitness and Sports**  
[www.fitness.gov](http://www.fitness.gov)

**Men's Health Week**  
[www.menshealthweek.org/](http://www.menshealthweek.org/)

**Heart Disease and Stroke**  
[www.noah.cuny.edu/heart\\_diseaseheartdisease.html](http://www.noah.cuny.edu/heart_diseaseheartdisease.html)

**National Council on Alcoholism and Drug Dependence**  
[www.ncadd.org](http://www.ncadd.org)

**Montgomery County Recreational Department**  
[www.co.mo.md.us/rec/home.html](http://www.co.mo.md.us/rec/home.html)

**New Website Details Benefits Programs**

The National Council on the Aging (NCOA) and American Online, Inc. have launched a new online service that identifies all federal and state assistance programs available to older Americans.

The program, called *Benefits-CheckUP*, is a free public service that will help individuals quickly and easily determine what benefits they qualify for and how to get them.

More than 5 million older Americans are currently missing out on benefit programs that can provide help with health care, transportation, income support, legal services, housing and energy assistance, meals and other important services, says NCOA President James Firman. NCOA is a nonprofit advocacy group for older Americans based in Washington, D.C.

Individuals can access the new service through the following Web address:  
**[www.benefitscheckup.org](http://www.benefitscheckup.org)**.