

### Health News

## Early detection may prove to be a lifesaver

**Headlock A Heart Magnifying Glass**  
Cancer, heart disease, diabetes and high blood pressure can be killers, but there are medical tests that will give you early, perhaps life-saving, warning of these ailments.

Each year hundreds of thousands of people die or are disabled from diseases detected too late for successful treatment, according to an article in the current issue of *Headlock*.

## COPD the leading cause for hospital admissions

**Mr. Julie Pfeiffer**  
*Orthopedic Memory*  
No, you haven't a risky lifestyle!

No, you haven't maintain climbing lately. But do you smoke or eat too much?

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Women need to watch out for gall bladder disease and hypertension.

For both groups, there is a high incidence of diabetes, obesity and hypertension, said Carlisle physician Dr. Tim Scott.

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Scott said risky lifestyles include heavy smoking, lack of exercise, obesity and lack of exercise. Unfortunately, he said, the history of many problems is a risky lifestyle.

While gall bladder disease may not seem like it can be prevented by lifestyle change and women do seem predisposed to gall stones, Scott said he is being particularly "cautious" during these hot summer days.

As for summer health problems, both Hester and Scott expressed concern about dehydration.

Scott said he was surprised at how few cases of dehydration he has seen. "This indicates that people are being particularly 'cautious' during these hot summer days," he said.

Water is not the only fluid good for preventing dehydration, Scott said.

Even sugary colas and sports drinks can be good for preventing dehydration, Scott said.

He also said it was important to recognize bad habits now, while something can be done to reverse the ill effects of smoking or overeating.

The symptoms of risky behavior don't appear until it is too late to make a big lifestyle change successfully, Scott said.

Here are the nine drugs and vaccines that have been approved for human use by the Food and Drug Administration, according to a survey by the Pharmaceutical Manufacturers Association. Listings include the product name, the developer, and the health problem it treats.

Mandelis, Armour (Barrer Group Inc.), hemophilia. Humulin, Eli Lilly and Co., diabetes. Humatrope, Eli Lilly and Co., human growth hormone deficiency in children. Protopin, Genentech Inc., human growth hormone deficiency in children. Activase, Genentech Inc., acute myocardial infarction. Rofen-A, Hoffman-La Roche Inc., hairy cell leukemia. Rembrevax, Hill, Merck & Co. Inc., hepatitis B vaccine. Orthoclone OKT3, Ortho Pharmaceutical Corp., kidney transplant rejection. Intron-A, Schering-Plough Corp., hairy cell leukemia, chronic myelogenous leukemia.

Let's suggest the following: getting second opinions. Education and Welfare is a Patient's Bill of Rights and other relevant information, including symptoms, lab reports, X-ray films, suggested treatment, etc. Speak with another person who has had the same problem. Ask about the experience, the treatment, recovery, attending physician. Research the problem. Conduct a literature review at a public library or use a research service which - for a fee - will provide the latest information from consumer magazines and books and medical journals. Llewellyn's *The Health Resources*, 209 Katherine Drive, Conway, AK 72032, 505-229-2272; or Information Research Services, P.O. Box 18827, Cleveland Heights, OH 44118, 216-377-3484. Contact such organizations as the American Heart Association, American Cancer Society or Muscular Dystrophy Association which specialize in health problems. Their free literature, support groups and advice available medical specialists can be helpful. Seek advice about your illness, proposed treatment and alternative treatments from a hospital or medical school department head. Be prepared to work. Collect slides, reports, X-rays for shipment or delivery to consulting physicians. If you don't have the information, get the name of a responsible person in each doctor's office and be sure that person signs for the material. Generally, physicians recognize that patients who fight for themselves and go into surgery with confidence recover faster than those who accept a diagnosis without question, the magazine points out.

afflicted with Dr. John's Riverside Hospital in Yonkers, N.Y. He added: "Risk factors include smoking, obesity, diabetes, high blood cholesterol, chronic high blood pressure (hypertension), high-fat diet, chronic stress and a family history of these diseases or risk factors."

Blood pressure screening. Blood pressure is the effort exerted by the heart to pump blood through the arteries. When the arteries become narrowed by fatty deposits, blood pressure increases because the heart has to work harder. Increased blood pressure can lead to heart disease or stroke.

Cholesterol tests. Cholesterol is a component of plaque, the fatty substance that can collect inside arteries, block blood flow and lead to heart disease or stroke. A doctor can gauge your risk by drawing blood to have the cholesterol level measured.

If you are over 40 or have other risk factors for heart disease, your doctor may order a fasting cholesterol test, which requires blood to be drawn after a fast of 12 to 14 hours.

Urinalysis. If glucose (sugar) is detected in a sample of your urine, you may have diabetes, a significant illness and key risk factor for heart disease and stroke.

Electrocardiogram (reading ECG). Small metal disks are attached to the chest to measure the heart's electrical activity.

Exercise Stress Test (Treadmill ECG). With electrodes in place you walk a motorized treadmill or pedal a stationary bicycle. Because the heart works harder during the test, it is a key up with annual check-ups.

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### For Rent or Sale

- ✓ Cane
- ✓ Crutches
- ✓ Walkers
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**Hopkins Drug**  
Main Street - Carlisle 289-2274

Nine new drugs FDA approved

LET US FILL YOUR NEXT PRESCRIPTION

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CARLISLE, KY.

## Nicholas County's Primary Health Care Facility

# NICHOLAS COUNTY HOSPITAL

We're Here to Serve You 365 Days a Year!

Keeping You In Touch... A Community Commitment The Carlisle Mercury

## PIC-PAC SUPERMARKETS

CARLISLE PIC-PAC



## MEALS IN MINUTES

15 OZ. KELLOGG'S **Corn Flakes \$1.59**

10 OZ. HYDE PARK **Ice Cream 99c**

15 OZ. KELLOGG'S **Froot Loops \$2.39**

10 OZ. HYDE PARK **Vegetable Soup 2/79c**

10 OZ. KELLOGG'S **White Bread 3/\$1**

### THE Meat Market. TRIMMED FOR MORE LEAN MEAT PER POUND!

<b>Chuck Steak \$1.69c</b>	<b>Baking Hens 59c</b>	<b>Leg Quarters 59c</b>
<b>Half Ham \$1.99</b>	<b>Sirloin Steak \$3.99</b>	<b>Bread Quarters \$1.09</b>
<b>Shoulder Steak \$1.59</b>	<b>Smoked Sausage \$1.79</b>	<b>Pro League Wieners \$1.29</b>
<b>Country Style Ribs \$1.69</b>	<b>Stacked Ham \$2.49</b>	<b>Platter Bacon \$1.29</b>
<b>Chicken Livers 89c</b>	<b>Ground Turkey 99c</b>	<b>Nuggets \$2.49</b>
<b>Chicken Gizzards 89c</b>	<b>Chunk Bologna \$1.09</b>	<b>Nuggets \$2.49</b>
<b>Fish 'n Batter \$1.59</b>	<b>Sliced Bacon \$1.79</b>	<b>Hamlets \$2.49</b>
<b>Cube Steak \$2.79</b>	<b>Sliced Bologna \$1.59</b>	<b>Country Ham Slices \$2.99</b>

**Hyde Park 2% Milk... \$1.69 Gal.**

**Maxwell House Instant Coffee 12 oz... \$5.99**

**Fruit Slush 4 pk... \$1.99**

**Orange Juice \$1.49**

**Potatoes 89c**

**Frozen Vegetables 2/89c**

**Orange Juice \$1.99**

**Bath Tissue \$1.19**

**Cheese Singles \$1.59**

**Dish Liquid 99c**

**Spaghetti Sauce 99c**

### FRESH BY A Country Mile.

**Western Cantaloupes \$1.19**

**White Potatoes \$1.99**

**California Plums 89c**

**Variety Lettuce 79c**

**Lemons 5/\$1**

**Potatoes 3/\$1**

### Bakery-deli.

**Boiled Ham \$2.49**

**Pickled Loaf \$2.99**

**Braunschweiger \$1.29**

**Cheese \$2.99**

**PEPSI 8/6 oz. + deposit... \$1.89**

**COKE 12 pk. 12 oz. cans... \$2.79**

**2 Liters... 99c**

**MAGIC MONEY**

David Tipton, Tony Dowell, Hamie Cagle, Roy Mann, Everett Brendick, Jackie Bassell

**Magic Money Winners**

Babin Beverly, Lane Gray, Joyce Gerrett, Mike Abbott, Randall Lewis, Jackie Bassell

Louise Giff, Henry Vaughn, Will Farris, Lou B. Allison, Karen Bassell

A. C. Klump, Karen Bassell, May Towles, Julie Herington, Virginia Guy