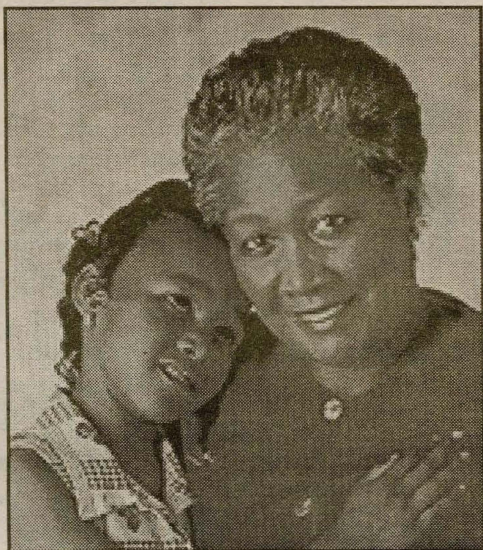


Americans Most In Need, But Less Likely To Donate

(NAPSM)-In comparison to other groups, African Americans are at an increased risk for needing an organ transplant because they are at a higher risk for health conditions such as heart problems, diabetes, and kidney disorders. However, new research shows that they are less likely to donate organs. Currently, 35 percent of the people waiting for kidney transplants are African American. Yet, recent statistics show that African Americans account for only 13 percent of organ donors. In an effort to encourage African Americans to donate organs, tissue, and bone marrow, the Linkages to Life Program was established by The Links, Incorporated, a predominantly African-American women's service organization. "While donation shortages exist overall in the U.S.,

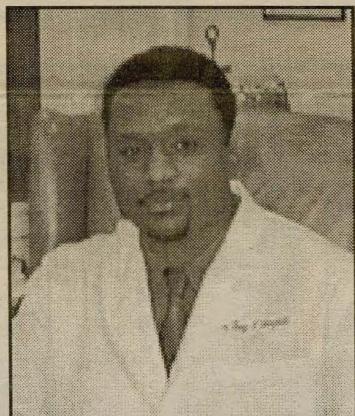


African Americans consistently have a disproportionate number of people on the waiting list," said Victoria Dent, project coordinator of the Linkages to Life Program. "What's more alarming is most people don't realize that African Americans have a higher incidence of heart problems, diabetes, and kidney disorders, all of which can lead to organ failure and a need for a transplant." According to Dent, the African-American community needs to learn the facts, understand the effect a shortage of donations has and tell their families and loved ones they wish to donate:

- Better matches are made when an organ donor and recipient are of the same race;
- All major religions endorse organ donation; and
- The decision as to who receives an organ is fair and non-prejudicial.
- Because of recent medical advances in organ and tissue transplantation surgery and improved medical treatments to reduce rejection, more transplant recipients are surviving and living longer with a greatly improved quality of life. "The increasing level of research we're gathering in African-American transplant patients allows us to offer a better chance for an active life. Recent studies have shown that some of the newer anti-rejection therapies actually improve survival in this patient population," said Dr. Carlton Young, assistant professor, University of Alabama at Birmingham. "Increasing donation within a race allows for a better match and, inevitably, better outcomes." The program is supported by Roche, a company committed to organ donation education and improving transplantation outcomes through scientific excellence and innovative research approaches. People of color are helping each other by registering to be organ, tissue and marrow donors.

Early Prevention is the Key!

A recent study published in the Journal of the American Medical Association evaluated the risk of developing carpal tunnel syndrome (irritation of the median nerve which causes tingling, numbness and pain in the hand) from computer use. This is a condition that has been treated with much success through Chiropractic care. Researchers collected data from over 5,000 people. A very low incidence of carpal tunnel syndrome in association with mouse use (more than 20 hours/week) and no statistically significant association with keyboard use was found. Researchers concluded, computer use does not seem to pose a severe occupational hazard for carpal tunnel syndrome. However, if you are experiencing tingling, numbness and/or pain in the hand or any other part of the body, I encourage you to contact your Chiropractor or other health care provider for a proper evaluation.



Dr. Tony K. Hemphill, D.C.

Early prevention is the key!

Diabetes! Is It Hiding In You?

by Paul Blustein

Diabetes, and Hypoglycemia can slowly grow to a point and not be detectable for many years. Believe me when I say that.

If you don't mind me talking about myself, I will fill you in how low blood sugar can surface in your unsuspecting lives. Back in 1980, I had just come home from a date around 11:00 at night. I began to watch the sports reviews one weekday summer night. The lights, television, and air conditioner were all on. I did feel somewhat more tired than usual that evening and just wrote it off to a hard day at work.

While watching TV, the sound went off, and then, the air conditioner seemed to also go off. I looked around, then many thoughts ran through my mind. Was it the beginning of a black out? Then, the lights went out. Before I knew what hit me, my head began to bounce back and forth from the wall to my chest. I really got scared and realized that it wasn't PSE & G, our utility company, in New Jersey. It was me, I called my girlfriend at that time and told her to get help. Before knew it, I was in the hospital and woke up with nurses and doctors telling me I had just suffered from a severe attack of low blood sugar.

To make this a short story on how this all came about can basically be told in a short paragraph. Being a bachelor, and always being on the run, we forget to eat balanced meals.

By eating sandwiches, Hawaiian Punch and anything that looked good when we are in a rush, doesn't cut the mustard. After taking a glucose blood test for a period of six hours, it was determined that my blood sugar count was down to 29, which is quite low and therefore put me unconscious.

Here is how this begins and what makes low blood sugar slowly creep into our lives!

The starches, sugars, fats and protein in the food you eat are all converted to glucose, a sugar that your body uses for fuel. Insulin is a hormone produced by the pancreas to control the amount of glucose in the blood. Without insulin, the body cannot use or store glucose, so it stays in the blood.

Type I, or insulin-dependent diabetes mellitus (IDDM), occurs when the pancreas fails to make enough insulin. This usually occurs in childhood or adolescence, but can develop at any age. People with type I diabetes, unfortunately must inject insulin every day.

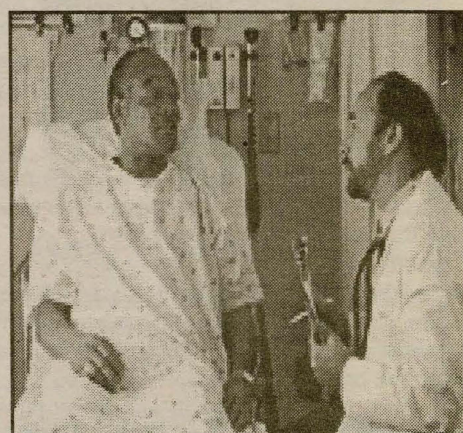
Type II, or non-insulin-dependent diabetes mellitus or (NIDDM), occurs when body cells become resistant to insulin. This reduces the amount of glucose that can be used by the cells at any one time. Type II diabetes is more common among adults, especially those who are overweight, and near or over the age of 40. (I was just about 50 pounds overweight back then), and 33 years old. But because of more over indulgence in terrible foods and sugar loaded soft drinks, got there faster with hypoglycemia that could have lead to this stage, type II.

Many people with type II diabetes are able to control their blood sugar through weight control, regular exercise, and a sensible diet. Some people may need to have injections or oral medications to lower their blood sugar.

The following are risk factors for type II diabetes:

- Age 40 or over
- Family history of diabetes
- The symptoms of diabetes are vague, and by themselves, seldom lead to a doctor visit. They include:
 - Increased thirst
 - Increased appetite
 - Skin infections
 - Difficulty with erections
- Overweight
- African-American, Hispanic or Native American
- Increased urination
- Fatigue
- Slow healing wounds
- Blurred vision or black outs
- And finally, tingling or numbness in the hands or feet

A blood test is needed to accurately diagnose diabetes. Blood glucose tests are inexpensive and very low risk. Ask your doctor if you should eat or fast before the test.

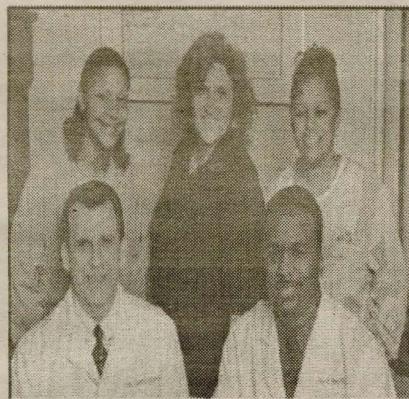


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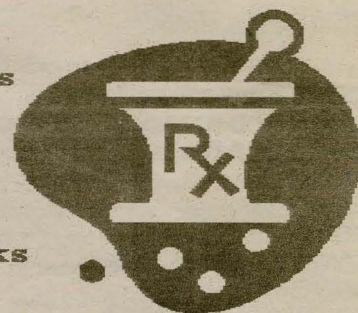
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