

ABOUT YOUR HEALTH

New Discoveries May Help

Solve Arthritis Problems

Recent discoveries may lead to superior drugs for combatting the pain and inflammation of arthritis, medical researchers report.

Substances in cells called prostaglandins were recently discovered to play a major role in inflammation, some speeding up the process and some slowing it down, a research team from the New York School of Medicine announced recently.

The new information was gained through experiments in the United States, Sweden and Great Britain through investigating the reasons that aspirin and corticosteroid drugs relieve pain and inflammation in arthritis, the doctors said.

"We now understand how both aspirin and the steroids reduce inflammation by inhibiting prostaglandin production," said Dr. Gerald Weissmann. "Further, we have identified the additional impact of the steroids on other elements of the inflammatory process."

Corticosteroids are often effective but are prescribed sparingly because its use can leave a patient virtually defenseless against the lethal effects of an infection, the doctors said. They hope to develop a new drug which can block prostaglandin production without the ill side effects.

Vaccine Found To Be Effective

A vaccine which could be used to combat an epidemic-producing type of meningitis has been found to be effective in protecting infants from this life-threatening disease.

A study conducted during a recent epidemic in Finland of the Group A form of meningococcal meningitis has demonstrated that children as young as three months old remained free of the disease in the year following the vaccination.

The Finnish results, reported recently, were hailed by American health officials as a major step toward control of a devastating disease of worldwide magnitude.

"This is the first time a meningitis vaccine has been reported to protect children as young as three months - the age group at high risk for all types of bacterial meningitis. The results of the study may lead to the further development of other meningitis vaccines effective in the very young," said Dr. Richard M. Krause, director of the National Institute of Allergy and Infectious Diseases, which helped fund the Finnish study.

Bacterial meningitis cause a serious inflammation of the membranes surrounding the brain and spinal cord, leading to neurological damage and sometimes death. It usually starts with a sudden high fever, headache, stiffness and pain in the upper body, as well as a rash, although symptoms in infants are less specific.

Wallace Drayton: A Very Busy Man

He is a very busy man. Wallace Drayton is a many faceted person. One facet of Wallace is that he is a member of the Board of Mann, Minor/Madrona Housing Rehabilitation Program. His position on the Board is that of president. He functions as a guide to the board, in their pursuit to establish policies for the Program.



Wallace L. Drayton

As MMMNHRP was beginning to form into a service program, Wallace volunteered his time. This was during the fall of 1976. When asked why he wanted to be a part of this program, he said, "It is always nice to be able to

start something. Also he was concerned about the neighborhood and wanted to see it change into a quality area for the residents to enjoy.

Wallace is concerned that the program hasn't done more within the community. He believes

one approach to a more effective marketing program would be a Block by Block Plan.

In implementing this plan the program would canvass the target block, hold block meetings, have block parties, and work on homes all in the same block.

This approach would be beneficial to the contractors. The economy of location for all people working on the project would be used to speed up the whole rehab process.

The final benefit is the publicity that results with a whole block of homes that

have been rehabed.

Another facet of the many facets of Wallace, is his support of Youth Activities (Coach, Senior Little League), activities on several other community boards, avid supporter of Cherry Hill Coalition, as well as full-time position at Washington Federal Savings & Loan Bank. He is assistant Vice-President and Commercial Loan Officer.

MMMNHRP is pleased to have Wallace Drayton as an active member of the program. His expertise is invaluable to the progress of the rehabilitation of the Mann, Minor/Madrona target area.

Nancy Wilson, Duke Ellington Orchestra To Appear in Benefit Concert

Washington, DC--Nancy Wilson and the Duke Ellington Orchestra will highlight opening day of the 65th annual convention of the National Dental

Association (NDA) on July 30, in Washington, DC.

The occasion will be a gala benefit concert at the John F. Kennedy Center for the Performing Arts, with proceeds going to the NDA Scholarship Fund for needy dental students.

According to NDA President, Dr. Walter Tucker, "One of the top

priorities of the NDA is the expansion of opportunities for needy minority students and other disadvantaged youth interested in pursuing careers in the field of dentistry.

"The benefit concert will provide scholarship funds for students who have the ability, but lack financial resources for pursuing

professional training."

The concert will be preceded by a cocktail party at the Kennedy Center, and followed by an "afterglow" session and dinner dance, for which Will Bill Davis will provide the music. Ticket sales are already in full swing.

The National Dental Association represents the more than 3,000 Black dentists across the United States. A record attendance is expected at this year's convention which will run from July 30 through August 3.

Dr. Herman D. Lujan, director of the University of Kansas Institute for Social and Environmental Studies and professor of political science, was named vice president for minority affairs at the University of Washington.

The appointment of Dr. Lujan, 42, an experienced Spanish-Hawaiian American educator-administrator, became effective June 15.

The University also expects to recommend to the Board of Regents his appointment as professor of

political science.

Dr. Lujan was chosen from a slate of five finalists whose names had been submitted from a list of more than 250 applicants throughout the nation by a Seattle-based management consultant firm.

The University's minority affairs program, instituted in 1968, is a full-time student support service, nationally recognized for its many multi-ethnic, multi-cultural achievements. Its flagship is the Educational Opportunity Program (EOP), enrolling

2,620 undergraduates in the American Indian, Asian American, Black, Chicano, and Economically Disadvantaged Student Divisions.

Other minority affairs components are the Resident Release Project, the Tutorial Center, the Reading and Skills Center, the Ethnic Cultural Center and Theater and the Upward Bound Project.

The University's racial minority enrollment among 27,993 undergraduates is 4,411 or 11.9 per cent.

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Plan Now for Your Own Future

Children need to have challenges in their own lives to build independence and self-confidence, and to learn to cope with inevitable setbacks. Margaret Movius, Washington State University's King County Extension Agent raises an important question about parents. How much independence and self-confidence do parents have?

Some parents put aside their own interests for the sake of doing a good job with their children. When children grow up and leave home, parents are left with lives that seem empty--far emptier than they need to be.

Parents may wish to project ahead to a time when their children announce they are leaving home. When that time comes, will you be overwhelmed with sadness, or will your feelings be mixed?

If parents wait to find their own interests, that inevitable leave-taking will leave an awful emptiness. On the other hand, if parents have grown as their children have, the children's move to independence will be partly sad. But parents will also know the excitement of having more time to spend with their spouse, doing the things that they want to do.

Parents need to have their own interests. The time spent with children will be more productive and pleasant if both spouses have hobbies, friends, and social activities that do not include the children.

According to Movius, not all of parents' activities should include their spouse, either. Each partner has his/her own life to live--as a part of their lives together.

Finding new interests may take a deliberate effort. Try to learn at least one new hobby or other activity really well each year. Individuals may need to take classes at a community school, read new books, meet new people, and spend hours practicing to become really good at the new hobby.

Time spent away from the family, developing independence and self-confidence, may result in a fuller life--before and after the children leave home.

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