

volunteers

The Oakland County Volunteer Bureau has weekly listings of volunteer opportunities. Further information about these and other volunteer needs at more than 200 agencies may be obtained by calling the bureau at 642-7272. Any non-profit organization needing volunteer assistance may call the bureau.

TOUR GUIDES — See the zoo close up. If you are outgoing, over 18 and interested in animals, you could conduct groups through the Detroit Zoological Park in Royal Oak. Hours are primarily from 9 a.m. to 1 p.m. any day. Training class begins in September, and physically handicapped persons are welcome in the program.

CLINICAL ASSISTANTS — Would you work well with medical patients? The Michigan Cancer Foundation in Detroit needs pleasant persons to han-

dle telephone inquiries, prepare patient charts, type and work with the Dictaphone. One half-day per week is the time commitment.

RESIDENT ADVOCATES — If you are interested in improving the quality of health care, your support and intervention would aid convalescents. Citizens for Better Care is seeking advocates to act as problem-solvers by visiting staff and residents of a nursing home near your home on a regular basis. As little as two hours per week is involved after a two-day orientation.

TEACHERS AIDES — Would you like to help others develop their reading skills? The Macomb Association for Retarded Citizens in Mount Clemens wants patient, understanding volunteers over 16 to work with retarded children and adults. One half-day per week is requested.

Some foods and drugs don't mix, FDA warns

When you take medication, there may be some foods you should avoid eating. For instance, you should not take tetracycline, a widely prescribed antibiotic, with a glass of milk, since the calcium in milk impairs absorption of the tetracycline.

The U.S. Food and Drug Administration warns that the effects of food and drugs on each other can determine whether the medications do their job. And some combinations of food and medication can actually be dangerous.

For the free report "Food and Drug Interactions," telling about various food and drug combinations you should avoid, send a postcard to the Consumer Information Center, Dept. 571J, Pueblo, Colo. 81009.

THE MOST dangerous food and drug combination is aged cheese or Chianti wine with monoamine oxidase (MAO) inhibitors, prescribed for depression and high blood pressure. MAO inhibitors react badly with a substance called tyramine in foods like chicken livers, sausages and wines.

The reaction can cause the blood pressure to soar

to dangerous levels, sometimes causing severe headaches, brain hemorrhage, and, in extreme cases, even death. To avoid a reaction, also stay away from aged or fermented foods; sharp or aged cheeses; bananas; and even cola beverages, coffee and chocolate.

As a general rule, remember that alcohol, which is actually a drug itself, does not mix well with antibiotics, sedatives, anticoagulants, anti-diabetic drugs, including insulin, antihistamines, high blood pressure drugs and MAO inhibitors.

Certain medications you take can increase your need for specific foods. For example, people who take diuretics regularly should eat foods rich in potassium. Sources of potassium are tomatoes, tomato juice, oranges, orange juice and bananas.

WOMEN on birth control pills should eat more green leafy vegetables which are a good source of folic acid. Oral contraceptives are known to deplete the food of folic acid and vitamin B6.

Mineral oil, an old-fashioned laxative still used widely, can hinder the absorption of vitamin D, vi-

tamin K and cartene, a substance the body converts to vitamin A.

What you take your medication with is important, too. Check with your doctor, but you're generally on the safe side if you take your medication with water. Swallowing the medication with soda pop, fruit juice or coffee may alter its effect on your system.

Also ask your doctor when the drug should be taken — on an empty stomach or after meals — and also whether it's safe to drink alcohol. And don't be afraid to ask how drugs might interact with your favorite edibles. Be sure to tell your doctor about any unusual symptoms that follow eating particular foods.

WHEN YOU order a copy of "Food and Drug Interactions," you'll also receive a free copy of the "Consumer Information Catalog."

Published quarterly by the Consumer Information Center of the General Services Administration, the catalog lists more than 200 selected free- and low-cost federal consumer booklets.

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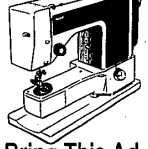
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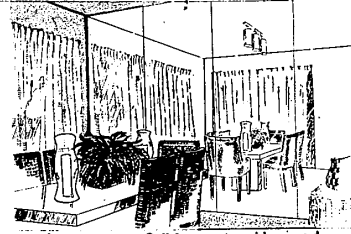
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