

Health Division alerts public to alcohol-related birth defects

Alcohol-related birth defects are found among children of women who drink, especially those who drink heavily during pregnancy. The symptoms of Fetal Alcohol Syndrome (FAS) include low birth weight, mental retardation and facial abnormalities. FAS is the third leading cause of mental retardation in the U.S. and affects one in every 500 babies.

No one knows exactly how much alcohol a woman must drink to cause these problems. It is known that many alcohol-related birth defects cannot be cured. But all can be prevented if women refrain from drinking during pregnancy, including during those crucial early weeks and months.

It is important that women be provided with adequate resources to prevent these birth defects. Some women may only need to be alerted to the potential harm alcohol poses to their unborn babies. Others may require the intervention of a caring health professional or treatment to deal with alcohol abuse or alcoholism.

To help combat alcohol-related birth defects, Oakland County Health Division's Fetal Alcohol Syndrome Project has launched a public awareness campaign aimed at health care professionals and women in their childbearing years.

Alcohol consumption among women and youth is increasing. It is estimated that seven out of 10 high school females use alcohol.

Teen-agers who become pregnant are more likely to have babies with problems, and drinking alcohol may increase these risks. Therefore, the FAS committee will put special emphasis on educating young people about the risks associated with drinking during pregnancy.

To promote awareness of FAS among health professionals, educational materials were distributed to obstetricians, hospitals and clinics in Oakland County.

Further information on FAS can be had by calling Oakland County Health Division at 858-1107.

Upward slope indicates optimism

Dear Lorene Green:

I'm really interested in learning what my handwriting says about me. I'm left handed and will be 28 years old in three days. Most people don't believe I'm lefty when they see my writing, especially when we were in Korean, everybody commented on an interesting writing especially for a left-handed person. I suppose this isn't really handwriting but more stylized printing but it's me. I'm looking forward to finding out what all this means to you.

L.K.
Livonia

Dear L.K.:

Your stylized handwriting tells me you are a young woman with a very creative mind and a good intellect. A strong strain of individuality is also woven throughout.

From early life you probably wanted to be independent and do your own thinking and acting. The female influence from that period is rather strong. Still you have been able to step aside from conventional living into a life-style that is more satisfying.

You are not a stranger to some of the finer things life has to offer. When this culture is coupled with your vivid imagination, a most interesting person emerges.



graphology

Lorene Green

I'm really interested in learning what my handwriting says about me. I'm left handed and will be 28 years old in three days. Most people don't believe I'm lefty when they see my writing, especially when we were in Korean, everybody commented on an interesting writing especially for a left-handed person. I suppose this isn't really handwriting but more stylized printing but it's me. I'm looking forward to finding out what all this means to you.

YOU ARE ABLE to meet people in all situations and levels of life. The intuition here is an asset in your people relationships as well as many other aspects of life.

A spirit of optimism rides on those lines that slope upward. But currently

something in the future may have you concerned.

You dislike unpleasantness and can blend comfortably with individuals or conditions of the moment. Still there is a directness about you often. And when the situation calls for it you can say it like it is.

Others probably view you as a woman of poise and composure. Your decisions are not entered into impulsively. Before making a commitment you usually assess the situation to decide how it will affect you personally.

"CHARITY BEGINS at home" is a cliché you can relate to rather well. Neither resources, times nor talent is wasted on things that are not meaningful to you. Money and what it can provide is a high priority.

Criticism is not easy for you to handle. You have a sensitive nature. Your strong ambition for recognition and acceptance seems incongruent with the many low goals in this handwriting. Long-range planning is not here and most of your goals are not at the level of challenge for a woman of your capabilities.

Some ability to make money with money seems highly possible. Real estate, investments or things of this nature may be areas of interest/optimism for you.

If you would like to have your handwriting analyzed through this newspaper, write to Lorene C. Green, a certified graphologist. Please use a full sheet of white, unlined paper writing in the first person singular. Age, handedness and signature are all helpful.

Self-examination kits available

When talking about a problem as serious as breast cancer, is it possible to say things are getting better just because something else is worse?

Not according to the American Institute for Cancer Research (AICR), which has announced free distribution of a special reminder and instruction sticker package on breast self-examination. "Since current estimates indicate that lung cancer will, in 1988, replace breast cancer as the leading cancer killer of women, some women have mistakenly assumed that breast cancer is not as serious a problem as it once was," said Marilyn Gentry, vice president for education for AICR.

"That simply is not the case," Gentry said. She explained that in 1985 an estimated 38,000 women lost their lives to breast cancer, and that total new cases of breast cancer climbed to almost 120,000 across the U.S.

"One of the real tragedies of breast cancer is that it is one form of cancer where early detection is a key to successful treatment and the saving of lives. However, there are still only a small percentage of women performing regular, easy-to-do breast self-examination. That is why AICR is encouraging women to get these easy-to-follow instruction and reminder kits," she said.

While there have been increases in both the number of cases of breast cancer and the number of deaths from breast cancer, both numbers have, for the most part, paralleled the general increase in population. If women would take a more active role on this health matter there exists a good chance for a reduction in those rates, according to Gentry.

Many studies have linked higher rates of breast cancer to diets high in fat. That is one reason why the American Institute for Cancer Research, a national cancer organization that focuses on diet, nutrition and cancer prevention, has given breast cancer increased attention.

"Through more regular breast self-examination, and through simple dietary changes to reduce dietary fat, and to increase consumption of fruits, vegetables and whole grain products, we feel there could be a significant reduction in breast cancer rates in this country," Gentry said.

Free copies of the AICR breast self-examination instruction and reminder kits are available by sending a business-sized stamped self-addressed envelope to American Institute for Cancer Research, Dept. BSE, Washington, D.C. 20069.

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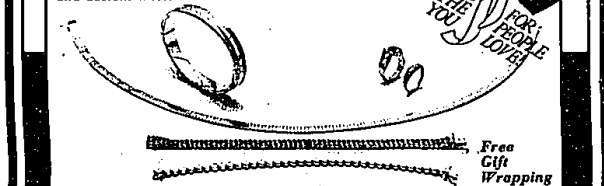
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15 HULA HOOP CONTEST 11:30 a.m. Ages 8 & up
23 "OPEN SESAME" PUPPET SHOW 1:00, 1:45, 2:30 & 3:15 p.m. Sponsored by: The Detroit Dental Hygiene Society

Livonia Mall

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