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women taking ERT. Dosage and duration of therapy play a significant role. Studies point out that the risk of uterine cancer was four to eight times greater than that of the normal population (100 cases per 100,000). Endometrial hyperplasia is a precursor to cancer seen more often in women taking estrogen alone. The chances of developing hyperplasia is found to decrease considerably if estrogen is combined with progestin.

Inconsistent data

Data concerning breast cancer with the use of ERT have been inconsistent. The Nurses Health Study 1976 has been following more than 100,000 women who are now in their 50s and 60s. The risk of breast cancer was 1.3 - 1.4 in women using estrogen or estrogen plus progestin. The risk increased slightly in women over 60 who have been using hormone therapy longer than five years.

The incidence of breast cancer also seems to be related to dosage and length of therapy. A Seattle study showed no relationship between estrogen use and increase cancer risk for up to 15 years.

At one time experts believed any woman with a history of breast cancer or endometrial cancer should avoid Hormone Replacement Therapy. If menopausal symptoms persist and are severe enough, using HRT for a short time could be beneficial. Women should read the literature concerning HRT and go to their doctor with questions to help make a more informed consent to treatment. If a woman has a history of breast cancer, she must be in touch with her cancer doctor to obtain a status on her lymph nodes. Studies have found that 25 percent of women with positive nodes are cancer free at 10 years, compared with 75 percent

of women with no nodal involvement. If a breast tumor is estrogen dependent, HRT should be avoided.

Continue healthy lifestyle

The usual dose of estrogen is 0.625 mg or less. HRT may not be the best prescriptive medication. There are ways to continue a healthy lifestyle with or without HRT. A woman has at least one third more of her life to live after menopause. Since loss of estrogen elevates the cholesterol in the bloodstream and increases the potential for occlusions in the arteries of the

heart, regular exercise three or four times a week can help maintain fitness and improve the blood levels to minimize clot formation. Exercise also helps to build bone mass, relieve stress, and increase a sense of well being.

To avoid the overwhelming feeling of heat brought on by hot flashes, it's helpful to wear natural fibers. A woman can benefit by dressing in layers. To relieve menopausal symptoms, women should stop smoking, limit alcohol and avoid caffeine.

All women should learn about the dangers and benefits of HRT

and how it would apply to them. Reports show that problems related to the arteries in the heart are decreased by 50 percent in women taking estrogen. Women living a healthier lifestyle and women taking replacement therapy. A healthier lifestyle involves a number of health-promoting measures - compliance, education, and follow-up tests and treatments.

More HRT research is needed. Long-term studies will be important to determine the effects of estrogen and progestin and its benefit to continued protection against cardiac disease. Continued awareness and support of research in this subject is paramount to advancements in women's health.

For more information, call the National Women's Health Network at (202) 347-1140, the National Women's Health Resource Center at (202) 293-8045 or the Society for the Advancement of Women's Health Research at (202) 223-9224. These centers are in Washington D.C.

Lisa Starkey of Farmington Hills is in the master of nursing program at Madonna University in Livonia.

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this gives us the opportunity to do that."

If people like what they hear and want to buy the CD, that's perfectly fine with Harris, who happens to hold down a day job with an Oak Park computer company.

But despite obvious Christian messages in his lyrics - In songs such as "CD Preceded," "I Long To Glorify" and "Who Is Like Him," he isn't at all about shoving the gospel down anyone's throat.

"Any place I feel the music can be of help to people, without banging them over the head with the Bible, that's where I want the music to go," Rufus said. "Yes, it's subtle. But when you hear the CD, there's no mistaking that the lyrics are gospel oriented."

The message

Meanwhile, Harris does realize the stage is a platform, and that his music is an extension of the ministry for the Lord he has been doing for decades. In addition to his earlier work with Jubal, he ministered on stage and

in concert with the likes of David Wilkerson, the Winans and Phil Keaggy.

"I have no problem with my faith. I'm just not one to want to hide the message ... It's part of my life."

During his Warner Mansion concert, he plans on doing more than just play and sing, however.

"I'll talk about each song, it's what I think is part of the ministry," said Harris, whose previous career as an audio recording engineer enabled him to hobnob in the studio with the Four Tops and George Clinton, among other notables. "... You can get it from just listening to the songs. But hearing the writer tell the why behind it makes it a little more personal."

One glance at the sepia-toned cover art, a soulful photograph taken of the guitar-strumming musician on the roof of a Greentown parking garage, provides sufficient insight into what the enclosed, heartfelt disc includes.

Mostly all Harris originals, he displays his versatility and talent by singing lead and harmony vocals and playing many of the instruments. Bass players James McGee and William Pope contributed to the smooth, solid backing tracks.

Having the unlimited use of friend Mike Moore's high-tech Smoke Eaters Studio recording studio in another Detroit suburb allowed him to spend as much time as he wanted to get every nuance perfect. He estimated it took about 200 hours to record the CD.

Meanwhile, such artistic luxuries aren't

always possible in commercial studios where hourly rates are \$50-to-\$100, "if not more."

"With the digital technology that's out," Harris explained, "you just don't need to have that (commercial studio) anymore. You don't have to have as much. You get a good vocal microphone and you don't know that you recorded something in someone's basement anymore."

Actually, the recording of the album had a couple false starts before Moore came through. "We thought it would never happen," said Denise.

But over a two-year period it did, and beautifully so.

Rufus said he is thrilled with how the songs came together, including "Risen," of which the guitar intro was composed while relaxing at home in front of the television.

He played a string-bending sample, one that was a note-for-note copy of the recorded version.

"I start it on guitar, very simple, and it opens up into a whole song all by itself," Rufus explained while picking the strings. "In fact, I was just fooling around at the time and I never thought this would really come to anything."

Harris said how fulfilling it is to create something almost right out of thin air, although he does write some tunes based on inspirational scriptures.

That's why he knows the music contained on the CD is good, enough to hopefully sell 30,000 copies by the end of next summer. "We're very excited about, with the little effort we've done, how tremendous the response has been."

Before the Warner concert, there will be an album release party (\$5 cover, 888-543-9306), slated for 6-8:30 p.m. Sunday, Aug. 22 at the Wired Frog Coffeehouse, 21145 Gratiot Avenue in Eastpointe.

"We just want to start out like a little tornado in the city and create a buzz," said Denise, who is spearheading promotional efforts for the album.

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