gerontology A. Jolayne **Farrell**

How to remove age, liver spots

Dear Jo:

What can be done about age and liver spots? I have them on my face and neck and would like to get rid of them.

Mrs. E. J.

Dear Mrs. I.

Dear Mrs. I.

Ago and liver spots are pretty well the same thing. They have nothing to do with age (although they are referred to as such) or the liver.

They are the light brown spots that appear on the areas of the akin that are exposed to the sun. They can be seen but not felt. Any spot that is raised or rought snot an age spot.

Age spots are the result of years of expoure to the sun. They can be prevented by applying a high strength (15) sun screen before going out into the sun.

How to get rid of them? According to Dr. Jon Blum, the consulting dermatologist to this colutin, age spots can be partially lightened by the use of a precyription lightening creams from your dermatologist. The cream must be applied twice daily for about six mooths to get significant lightening of the spots.

Unfortunately, if you go back into the sun without a sunscreen, the spots will return.

So, Mrs. I., if you are really serious about getting rid of your ago, by one of the spots.

Dear Dock Mrs. St. Mrs. as a spot of the present of the present of the procession of the processio

Dear Jo:

My mother (age 81) has arranged her own funeral. She has always been a very organized person, but hasn't she gone a little too far with this? I would appreciate your comments.

Dear Mrs. S.:
Many considerate and organized older people-like your mother are older people-like your mother are planning their own funerals. They do not be the constitution of all as a morbid act, they test that it is simply something that has to be done, so they do it.
The funeral director I consulted said he is seeing a definite trend (loward older jeople making their own-funeral arrangements. His clicents, he said, are calm and business-

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ilke. Most of them want to spare their next-of-kin the distress of mak-ing many of the emotionally ladened decisions at an often inopportune

time.

A few years ago, I attended the funeral of a friend who had planned her own funeral. The music was of her own choosing, and the culogy given by her business associate, was personal, humorous and touching. It was a day I will always remember and a credit to her memory. Your mother is very much in step with the times, and I congratulate her on her organization — and consideration of those she cares about.

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For calcium, try fortified foods

Q. How can I get enough calcium n my diet without taking calcium upplements? Most calcium-rich oods are also high in calories.

A. For a lot of calorie-conscious Americans, it's not easy to get enough calcium in the daily diet and still maintain a diet. Recommended daily allowances suggest eathere dairy foods or two dairy foods plus a serving from a non-dairy, calcium-rich source, such as broccoll or salmon.

As a result, calcium supplements have exploded on the market as "the" answer to this problem. How-ever, these supplements are not the answer for everyone.

Calcium carbonato can cause con-stipation in some people, and calci-um lactate tablets must be swal-lowed by the handful to be effective.

THERE'S ANOTHER alternative — calcium fortified foods. What's interesting about these foods is that some are not foods you'd expect to

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Terry Glbb

be calcium cariched. (See below.)
These foods contain 10 to 100 percent of the RDA for calcium while
costing only alightly more than the
non-fortifiled version.
Before you rush out to stock up on
these new products, here are a few
tips to keep in mind:

Current research indicates that calcium is equally well absorbed whether it's joined with phosphate, sulfate, carbonate or any other sub-

· Excessive doses of any form of Excessive doses of any form of calcium can cause kidneys stones in susceptible people. Excessive doses of calcium carbonate can cause a condition called milk-nikali syn-drome, which damages the kidneys.

SOME FORTIFIED foods include: SOME PORTIFIED foots include:
Flour — Both Cold Modal and
Fillsbury are manufacturing a calcium-fortified variety. It's available in
white flour only. This flour provides
25 percent more calcium than regular flour at about the same price.
Cereal — Pet's Dairy Crips cereal
provides 859 milligrams of calcium
per serving. When added with milk,
100 percent of the daily calcium is
achieved. On the negative side, it
contains one teaspoon of fat per
serving, Most cereals contain no fat.
Bread — Hollywood Special Formula offers both a light and dark varriety which provides twice as much
calcium as regular bread in addition, the dark bread gives almost

than the white.

Beverages — Tab is test marketing on the West Coast a 10-percent calcium enriched sods pop in a 12-ounce serving. General Foods Septra Drick offers 30 percent or distly calcium needs. These drints are both swoctened with Natraswood which may be a drawhack for some people.

ECO-TIP: For a free sheet illustrating what foods provide which diamins and minerals, send for "Know Your Sources." It's free from Concern. Please include a self-addressed, stamped envelope with your stamped en ed, stamped envelope with you st and mail it to the address by

The Consumer Mailbag at swers your questions. Address mail to the Consumer Mailbag, Concern Detroit, 1025 Shelby, Detroit, 48220.





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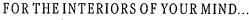


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