



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. I.

Dear Mrs. I.:
Age 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 skin that are exposed to the sun. They can be seen but not felt. Any spot that is raised or rough is not an age spot.

Age spots are the result of years of exposure 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 column, age spots can be partially lightened by the use of a prescription lightening creams from your dermatologist. The cream must be applied twice daily for about six months 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 age spots, you should work closely with your dermatologist and never be exposed to the sun unprotected.

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

Ms. L. S.

Dear Mrs. S.:
Many considerate and organized older people like your mother are planning their own funerals. They do not look on it as a morbid act; they feel 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 toward older people making their own funeral arrangements. His clients, he said, are calm and business-

like. Most of them want to spare their next-of-kin the distress of making many of the emotionally laden 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 eulogy, 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.

Q. How can I get enough calcium in my diet without taking calcium supplements? Most calcium-rich foods 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 eating three dairy foods or two dairy foods plus a serving from a non-dairy, calcium-rich source, such as broccoli or salmon.

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

Calcium carbonate can cause constipation in some people, and calcium lactate tablets must be swallowed 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



Terry Gibb

be calcium enriched. (See below.)

These foods contain 10 to 100 percent of the RDA for calcium while costing only slightly more than the non-fortified 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 substance.

• Excessive doses of any form of calcium can cause kidney stones in susceptible people. Excessive doses of calcium carbonate can cause a condition called milk-alkali syndrome, which damages the kidneys.

For calcium, try fortified foods

• Read the labels. While increasing the calcium, some also increase the sodium, fat or sugar that you might not want to include to get the extra calcium.

SOME FORTIFIED foods include:
Flour — Both Gold Medal and Pillsbury are manufacturing a calcium-fortified variety. It's available in white flour only. This flour provides 32 percent more calcium than regular flour at about the same price.

Cereal — Pet's Dairy Crisp cereal provides 850 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 variety which provides twice as much calcium as regular bread. In addition, the dark bread gives almost

triple the amount of dietary fiber than the white.

Beverages — Tab is test marketing on the West Coast a 10 percent calcium enriched soda pop in a 12-ounce serving. General Foods Barga Drink offers 30 percent of daily calcium needs. These drinks are both sweetened with Nutrasweet which may be a drawback for some people.

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

The Consumer Mailbag answers your questions. Address mail to the Consumer Mailbag, Concern Detroit, 1025 Shelby, Detroit, 48226.

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