

HEALTH NEWS AND FEATURES

CPR Training Offered

Immediate CPR can mean the difference between life or death for those who suffer from sudden cardiac arrest. But too few Chatham County residents are prepared to perform CPR in emergency situations. In response to this need, Saving Lives In Chatham County, Inc., will be teaching one hour CPR

courses in a huge training event at the Savannah Civic Center on November 1, 2008. There is no charge for the training. The trainees will need an American Heart Association CPR kit, which costs \$32.10 (including tax) and can be purchased at the time of your on-line registration. A couple can share a kit, and

trainees can take the kit home to teach their family & friends. Pre-registration is required.

The first course begins at 7:30 AM, and the last begins at 4:30 PM. A "CPR for Infants" course will also be offered at selected times throughout the day.

Register online at <http://www.SLICC.org>

Women Challenged to "Go For BP Goal" to Control High Blood Pressure

Renowned nutritionist and lifestyle coach Dr. Ro Brock and cardiologist and hypertension expert Dr. Wallace Johnson challenged some 1,000 Savannah-area African American women to learn more about high blood pressure, including their own pressure, and work to better control a factor that can lead to life-threatening conditions. Doctors Brock and Johnson conducted an educational seminar on high blood pressure at the BET Foundation's Women's Health Symposium at Savannah State's Tiger Arena on Saturday.

High blood pressure, also known as hypertension, is a major health problem in America, especially among African Americans. Forty percent of African-Americans in the U.S. have high blood pressure, and the condition occurs more often, at a younger age, with greater severity and with more frequent complications in

African Americans compared with Whites. More than one quarter of women in the U.S. have high blood pressure.

Dr. Brock and Dr. Johnson were at the BET Foundation's Women's Health Symposium as part of the "Go for BP Goal" public awareness program that is seeking to reach people in their hometowns nationwide to help educate them about the threat of uncontrolled blood pressure, while also seeking to motivate them to work with their healthcare provider to set and maintain a healthier blood pressure goal.

During the educational seminar, Dr. Johnson explained the importance of checking blood pressure regularly, the challenges African Americans face in controlling blood pressure and the serious health implications of hypertension. Blood pressure that is not controlled can lead to a heart attack, stroke or damage other organs such as the kidneys. The longer it is left uncontrolled, the more serious the complications can become.

Attendees received free blood pressure screenings and real life advice from Dr. Brock on how to make positive lifestyle changes to help control blood pressure, like preparing healthier recipes without sacrificing flavor, and incorporating exercise into daily routines.

But lifestyle changes alone may not be enough. Dr. Johnson said that most people will require medication to help get their blood pressure under control, and the vast majority will need more than one medication. Nearly half of the African Americans taking medication for high blood pressure do not have it within healthy ranges, and are candidates for new treatment options that combine two widely-prescribed medications into one pill.

For those who could not attend the BET Foundation's Women's Health Symposium, the blood pressure information provided during the seminar is available, along with other tips to lead a healthier lifestyle and "Go for Your BP Goal" on the Web at: www.goforbpgoal.com.

Managing Stress

by Carolyn Guilford, Certified Nutritionist

A reader recovering from heart surgery asked what can she do to get a handle on stress? Her doctor told her that she must find a way, to avoid another heart attack, and she certainly wants to be able to get back to 'normal life'.

My answer I thought would benefit many persons, recovering or not, to think about the ways we handle stress on a daily basis. Some persons are so accustomed to common stressors, that they don't even recognize it as stress. So here's the test. --- Think about the times when you are working toward a deadline, but there's just not enough time; You are arguing with someone close to you, but just can't make him understand; You are trying to get somewhere important, but the traffic is heavy and barely moving; You are speeding to pick up your child on time, and suddenly you see the blue light rolling up behind you; You receive a call in the middle of the night; --- Suddenly, you are aware that your heart was pounding, racing, and you are breathing hard, almost out of breath. Your body is tense and there's a tightness in your throat..... These are the physical signs of stress. Persons in chronic heart fail-



Carolyn Guilford

Think about the things that upset you, and make a list. This is good therapy. Go over the list and think about what you can do to head off these situations before they occur. Spend less time with people who tend to upset you. If rushing about gives you a headache, start out earlier. If the deadline is looming, ask for help or an extension. If it's the rush-hour traffic, leave earlier or later. Use the drive time to listen to a humorous book on tape. If you have issues with money, get a budget.

ure need to avoid this physical response to stress, which makes the heart work harder, and can make symptoms worse. This response in a person with heart disease can bring on a heart attack, and could end in sudden death.

Persons with any chronic illness and certainly persons with heart disease will feel anxious about their health and long-term prognosis. We all have certain stress-causing "triggers" — things such as rush-hour traffic, a hectic work environment, challenging boss, financial concerns, dependent children, or family conflict. No one can manage all of these troubles, but there are ways to cope with them better. Here are some strategies for minimizing stressors and for managing stress in everyday situations. These are great for anyone. Using them will even help avoid stress related illnesses.

An exercise routine daily is a wonderful and relaxing habit to get into. It will help you physically and emotionally, to feel strong and balanced. Make it something you enjoy, walking, swimming, jogging, golfing, tai chi, biking, or curves. Check with your doctor, if you have any illness, to determine what activity level is right for you.

Take 10 minutes twice a day, to sit quietly, breathe deeply and think peaceful thoughts.

Count to 10 before answering when you feel angry.

Do not use smoking, drinking, overeating, drugs, or caffeine as part of coping with stress. These bad choices will make things worse.

To Be Continued

Red Ribbon Week

October 18th – 26th marks the 20th annual celebration of Red Ribbon Week. This is an ideal way for people and communities to unite and take a visible stand against drug and alcohol addiction.

If you or someone you know is struggling with drug or alcohol addiction, Narconon Arrowhead can help. Narconon offers free addiction counseling, assessments and referrals to rehabilitation centers nationwide by calling 1-800-468-6933 or logging on to www.stopaddiction.com.



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**Spend one minute reading this now.
Protect your family for a lifetime.**

SMELL GAS? ACT FAST.

Natural gas is a colorless, odorless fuel, but for safety reasons, a chemical odorant sometimes described as a "rotten egg" smell is added, making the presence of gas detectable.

IF YOU SMELL THIS ODOR:

- Alert others and leave the area immediately.
- Leave the door open as you exit.
- Do not operate electric lights, appliances or other equipment such as telephones, cell phones, or flashlights.
- Go to a phone away from the area and call Atlanta Gas Light.

Natural gas odors should be reported right away. Do not try to locate the source of the smell.

If you smell natural gas, call Atlanta Gas Light at 877-427-4321.



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