

HEALTH NEWS AND FEATURES

Get your Antioxidant: Eat a Salad



Carolyn Guilford

The goal of this series of articles and the goal of the Health Restoration 101 programs are to help you maximize your chances of living a longer, healthier life. Our programs are simple, comprehensive, well documented and easy to follow. "It's not magic, but it can change your life."

by Carolyn Guilford, CNC

You've probably heard a lot about antioxidants in recent years. Antioxidants are a vital part of staying young and healthy. Why?

FREE RADICALS

First of all, we need to know what an antioxidant is. During normal body processes, molecules called free radicals are produced in the body. These are basically unstable atoms or molecules that desperately want to become stable. They become stable by stealing electrons from healthy cells, making them unstable and less healthy. Antioxidants reverse this action, helping to keep the cells of our body healthy and functioning properly.

ANTI-AGING

One of the most talked about effects of antioxidants is their anti-aging properties. As we age, we constantly copy our cells to replace them when they die. Errors in copying occur and build

up to shape the aging process. Free radicals have been shown to promote wrinkles, memory problems, weakness of the immune system, and reduced elasticity of tissue; all of which are associated with the aging process. We can't completely stop aging, but proper amounts of antioxidants can slow the process considerably.

CANCER

Damage caused by these free radicals is also considered to be a cause of certain cancers. Getting more antioxidants can reduce our risk for certain types of cancer, including cancer of the: stomach, prostate, colon, breast, bladder esophagus, pancreas, and possibly many more. Besides cancer, antioxidants have been shown to help prevent other serious problems, such as: cardiovascular diseases, stroke, rheumatoid arthritis, Alzheimer's, Parkinson's and vision problems. It is likely that antioxidants can help prevent other diseases and disorders, but their full effects simply are not known yet.

BAD CHOLESTEROL

Antioxidants prevent the oxidation of bad cholesterol. When this type of cholesterol oxidizes, it can attach to the walls of blood vessels causing heart disease. This increases the risk for heart attack and stroke. Oxidized cholesterol also contributes to the hardening of blood vessel walls, also increasing the risk of high blood pressure. Antioxidants can help keep your heart and the rest of your circulatory system healthy.

IMMUNE SYSTEM

Another great benefit of antioxidants is that they help boost the immune system. If

you get sufficient levels of antioxidants, you're not only less likely to get sick; it's also easier for you to fight off diseases you may get. Along these lines, antioxidants can also help you heal faster when you have an injury; large or small.

So what are you waiting for? Today is the best day to start eating more fruits and veggies to get your antioxidants. Make it easy and simple with:

Remember, Health is Wealth. Remember, Health is a Choice. If you have any comments or questions about health issues we've covered in this column, or an issue you'd like addressed, please call or write to:

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Help Cancer Patients "Look Good...Feel Better ®"

The American Cancer Society will hold its next Look Good...Feel Better ® volunteer training class for licensed beauty professionals on Monday, January 12, 2009 in Savannah. The four-hour class will train volunteers to teach beauty and skin care techniques, as well as tips for disguising hair loss, to women who are undergoing cancer treatment.

Look Good...Feel Better ® is a free, non-medical, product-neutral program offered through a partnership of the American Cancer Society, the Cosmetic, Toiletry and Fragrance Foundation; and the National Cosmetology Association. For more information and to sign up as a volunteer, contact the

American Cancer Society at 912.355.5196.

Look Good...Feel Better ® is currently offered several times per year in the Savannah and Coastal Empire area. The program is ready to expand, but volunteers are needed to help teach the new programs.

LGFB volunteers find volunteering for this program to be a life-affirming, uplifting experience. Robin Fahning, owner of MasterPeace Wig Services in Savannah, has been a Look Good...Feel Better ® volunteer for 10 years and a cosmetologist for over 20 years. She says the feeling she gets from helping cancer patients is overwhelming. "It's a feeling you can't explain in words," she says. "They come mentally fragile and

leave with such self confidence, just by adding a touch of make-up and learning how to position a wig 'just so.' It's heartwarming and very gratifying."

This program is worth the time and effort," said Jennifer Currin, local oncology social worker. "When you're going through cancer, everything changes," she said. "You lose your hair, your skin color changes. This program was designed with the belief that if you look good, you naturally feel better."

Licensed cosmetologists or estheticians who are interested in becoming trained Look Good...Feel Better ® providers can call the American Cancer Society at (912) 355.5196 or visit www.lookgoodfeelbetter.org

Jewish Family Services Educational Series presents: Am I At High Risk For Cancer?

Jewish Family Services Educational Series will present an informative discussion about the increased risk of Breast and Ovarian Cancer in Jewish Women, Tuesday, January 27, 2009 at 7:00 p.m. at the Jewish Educational Alliance. C.

Shai Huffard-King, MS, CGC, a Genetic Counselor will lead the discussion which will include Dr. James J. Burke, II, MD and Dr. Ray Rudolph, MD.

The presentation is free and open to the public.

Everyone has some risk

to develop cancer. Most people know that the common risk factors for cancer include advancing age, high fat diets, exposure to smoke, hormones, certain viruses, etc. Of course, many of these risk factors we can limit or avoid.

However, there are some risk factors that we have no control over, and one of these is our gene composition and this results in individuals and ethnic groups (including Ashkeanzi Jews) that are at higher risk than others.

Make a Difference in 2009 by Volunteering to Drive!

The American Cancer Society's Road to Recovery program provides transportation for cancer patients to and from cancer-related treatment and doctor/medical appointments. Rides are provided by volunteer drivers who donate their time and use of their personal vehicle.

Access to transportation is a major factor in cancer treatment, and Road to Recovery is a basic Society service to the local community, which offers assistance to cancer patients who, otherwise, might not be able to keep their critical treatment appointments. To participate, patients must be ambulatory.

In 2009, the Society in Chatham County is looking to expand this transportation program. Currently we have several drivers who are providing rides for patients in need. However, more drivers are needed to meet an increasing demand for the service. You can make a critical difference is by becoming a volunteer driver for the Road to Recovery program.

Volunteer driving requires no special skills or education; just a safe driving record, some free time, a serviceable vehicle, and the desire to help.

The lack of transportation has become a major problem for thousands of cancer patients. Many need daily or weekly treatment, often over the course of several months. Increasingly, these treatments are provided on an outpatient basis, which means that the patient must have a way to get to the appointment. Many patients

have no car or are simply too ill to drive. Family and friends may help, but they may not have the time or financial means to assume the total burden of frequent trips to treatment centers.

Road to Recovery is the very essence of the Society's mission - people helping people overcome cancer. Road to Recovery volunteers provide an essential and necessary service.

If you would like to get involved, call your local American Cancer Society office at (912) 355.5196.

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Red Cross asks African American to give Blood

Blood Types O and B, Common in These Communities, in High Demand at Area Hospitals
ATLANTA - The American Red Cross is putting out a special call to African Americans and Hispanic Americans to donate blood and platelets during the coming winter months.

While the American Red Cross invites everyone

to donate blood, African Americans and Hispanic Americans are highly encouraged to donate blood and blood components. A recent study completed by the Red Cross shows that in communities with higher populations of African Americans and Hispanic Americans there is a higher percentage of blood donors with Type O or Type B

blood, the two most requested blood types by hospitals.

During the winter holiday season, the overall blood supply often suffers shortages for a number of reasons. With donors on vacation and preoccupied with other holiday-related activities, collections typically decline between Thanksgiving and New Year's Day. When this collection shortfall is paired

with the increased demand also common during this season of travel, a potentially dangerous situation can develop as demand for blood and blood products becomes greater than the supply

Blood can be safely donated every 56 days. For more information or to schedule an appointment to donate, please call 1-800-GIVE LIFE (448-3543).



Marc E. Bisseck, M.D.
Plastic & Reconstructive Surgeon

Please Join Us in Welcoming
Dr. Marc E. Bisseck

East Georgia Regional Medical Center is proud to announce that Dr. Marc E. Bisseck has joined our medical staff. Dr. Bisseck attended Meharry Medical College in Nashville, TN and completed his general surgery residency at Wake Forest University in Winston-Salem, NC. He completed a plastic surgery fellowship at the Medical University of South Carolina in Charleston, SC. Dr. Bisseck can be reached at Statesboro Plastic Surgery (912) 681-3330.



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