

Health



Luncheon held

The 14th Annual Volunteer Recognition Day Luncheon of the Wilkes-Barre Branch Pennsylvania Association for the Blind will be held Thursday, October 2, in the Sheraon-Crossgates, Wilkes-Barre. Mrs. Lillian Smith is this year's chairwoman. Shown here planning the event are, from left, seated, Betty Frith, Wilkes-Barre; Eilene Kaska, Mountaintop, Association staff. Standing, Jane Slabinski, Wilkes-Barre, Association staff; Lillian Smith, Dallas, chairwoman; and Ronald Petrilla, Ph.D., Hazleton, Executive Director.



Tickets sold

The Association for Retarded Citizens of Luzerne County is settling raffle tickets for a 1986 BMW 325. Only 300 tickets will be sold and may be purchased by calling the Wilkes-Barre ARC office at 829-7953. All proceeds will benefit citizens and children with mental retardation in Luzerne County. The BMW was made available through the cooperation of Wyoming Valley Motors. Shown here, from left, are Laura Marino, Wilkes-Barre; Cornelia Romanowski, Trucksville, committee chairperson; Sam Mundro, Wilkes-Barre; Michael S. Miller, Dallas, Executive Director, ARC; and Patrick Cleary, Shavertown.

Gum disease is prevalent

Expensive dentures, bridgework and gum surgery are not necessarily part of growing older. Many people who lose their teeth could have saved them through proper care, sparing themselves unneeded discomfort and expense as well.

The leading cause of tooth loss is periodontal disease, also called gum disease. It is responsible for 75 percent of tooth loss after age 40. In fact, even if your teeth are free of cavities, you can still lose them from gum disease.

Periodontal disease can be prevented. It is caused by a colony of bacteria called plaque. But plaque can be removed from your mouth daily with simple tooth brushing and flossing.

If plaque is not removed, it can inflame the gums causing them to recede away from the tooth. This is called gingivitis in its early stages. If left untreated, the bone surrounding the roots of the teeth will be destroyed and the tooth will loosen and fall out.

Think 'healthy' when canning

In recent years there has been a back to the earth movement. More people are putting in vegetable gardens for the sheer joy of turning up the soil, planting some seeds and watching them grow. With the experience of abundance that proves too much for the family, friends and neighbors to consume while still fresh, would like to "put up" some of those garden goodies to enjoy later.

Billie June Eichelberger, R.D., chief public health nutritionist in the state Health Department, says precautions are necessary for home canning to prevent illness from food spoilage and injury from accidents.

Reminding would-be home canners that the organisms that cause food spoilage and illness are always present in the air, water and soil, Eichelberger says two procedures are necessary to prevent these disease-causing organisms from multiplying and contaminating canned foods.

"The first is heating the foods in their containers long enough and hot enough to completely destroy the yeasts, molds and bacteria that cause spoilage. Second is closing the container with an air-tight seal to prevent further contamination."

She says high acid foods such as fruits, tomatoes and pickled vegetables can be processed safely in a boiling water bath canner. However, a steam pressure canner must be used to process low-acid foods such as vegetables, meats and poultry.

"The length of time a food is processed varies. The length of time and the temperature at which a food must be heated should be carefully checked in a reputable canning guide, such as one prepared by the U.S. Department of Agriculture."

Stanks acquires Penssee

Edward W. Stanks Jr., C.P.A., recently announced the acquisition of Penssee Medical Corporation, 576 Wyoming Avenue, Kingston, whose main business is to provide equipment and services for rehabilitation use in the home.

They also supply doctor's offices, nursing homes, outpatient surgery centers, clinics, hospitals and the general public with medical and physical exercise equipment and supplies.

Edward Stanks is also president of Homecare Ventures, Inc., a Dallas, Pa.-based consulting company whose main emphasis is on the operational and financial concerns of the durable medical equipment industry. He was previously the chief financial officer and senior vice president as well as co-owner of Penox Technologies, Inc., a durable medical equipment manufacturer.

Stanks was also the former financial vice president of Shoval Associates, a commercial insurance firm and a senior accountant with the firms of Coopers & Lybrand in Philadelphia and Baron, Strassman, Zneimer & Co. in Wilkes-Barre.

He attended King's College in Wilkes-Barre, Pa. where he graduated with a BS degree in accounting and a minor in data processing. He is a member of the American Institute of CPAs, the Kingston Rotary Club and the Pennsylvania Institute of CPAs. He has been involved as a consultant and accountant to the health care industry for 10 years.

These canning guides are available from county agricultural extension offices," Eichelberger says.

To be absolutely sure organisms which cause botulism, a severe and generally fatal form food poisoning, do not develop in low-acid food, it is necessary that the pressure canner be in perfect working condition and that all canning recommendations be followed exactly.

Since botulism-causing organisms are widely found in the soil and it is possible for canned vegetables or meats to contain the organisms without showing signs of spoilage, Eichelberger recommends boiling canned vegetables at least 10 minutes before tasting if you are unsure of your canning equipment or methods. The boiling will kill the organisms.

"If during the heating process, the food has an off odor, foams, or

looks spoiled destroy it so that no humans or pets will accidentally eat it. Spoiled foods may be simply burned or treated with lye and buried," Eichelberger says.

"Although botulism-causing organisms can sometimes be present without visible signs of spoilage when the container is opened, there is often a good indication that something is wrong with the food before it is heated."

Eichelberger recommends learning to recognize the common signs of spoilage in canned food—both home canned and the store-bought variety. The signs are, leaks in the containers, which means the seal has been broken; bulging can ends, jar rings or lids; mold in the food; off-color or off-odor; and spurring liquid when the container is open.

Questionable canned foods should never be tasted.

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Most families believe that you shouldn't see a doctor until you are too sick to do anything else. You certainly wouldn't wait until the engine in your car blew up to change the oil. No, you make sure your car gets proper maintenance because you know it will last longer.

If you do this for your car, why won't you do this for yourself or the loved ones in your family?

Chiropractic helps your body be naturally healthy by allowing all the proper nerve energy to reach every part of your body. Without nerve energy your body parts begin to react like a car without gas.

Practice preventive maintenance on your body in the same manner that you do it to your car. Visit the Klein Chiropractic Clinic today and let Dr. Klein begin you on a plan designed to give you and your family good health.

It's easier to prevent sickness than try to cure it. Call the Klein Chiropractic Clinic today and make your family a happier, healthier, Chiropractic family.

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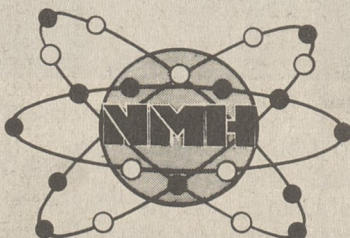
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