

To your health



LCCC offers training

Shown using the new equipment in the Emergency Medical Services lab at the main campus of Luzerne County Community College, are, from left, James Johnson, Dallas, EMS program director; and Cheryl Ann Schell, Kingston. The system was developed by the Acronics Corporation and approved for use by the American Heart Association, and it allows student to learn CPR at their own pace without being in an actual classroom with instructors. Being that the device is designed to train anyone, those interested should contact the EMS Office at Luzerne County Community College, 829-7471.

Dieters beware of saturated fats

BY ROBERTA DUYFF, M.S., R.D.
Special to The Post

Thanks to a growing interest in better health, consumers today are more aware than ever that diets high in saturated fats can be a factor in heart disease. In an effort to stay healthy, many consumers are selecting foods, such as vegetable oils, which they've learned are lower in saturated fats.

Unfortunately, consumers often equate saturated fats only with animal fats and unsaturated fats with vegetable oils. But that's not always the case. And this misinformation may be harmful to their health!

"Pure vegetable oil" may not be just one ingredient. Coconut, corn, cottonseed, palm, palm kernel, safflower, sesame, peanut, olive or soybean oils or combinations of these or other oils may all be called "vegetable oils". But all vegetable oils are not alike. Each is made up of different saturated, monounsaturated and polyunsaturated fatty acids which occur in varying amounts.

Many consumers are unaware that palm, palm kernel and coconut oils...sometimes called "tropical fats"...are high in saturated fats. Coconut and palm kernel oils are almost 90 percent saturated, and palm oil is about 50 percent saturated. Soybean and corn oils, on the other hand, are less than 15 percent saturated fat.

Contrary to popular belief, most tropical fats have more saturated fats than animal fats. For example, lard (pork fat) is about 42 percent saturated, and butterfat is about 65 percent saturated.

Because tropical fats are often sold below prices of U.S. vegetable oils, manufacturers have increased their use of tropical fats in processed foods, such as crackers, chips, cookies, cake mixes and granola bars. Thus, Americans may be consuming more saturated fats than they realize.

Labels raise other consumer questions. Manufacturers, for example, can vary the vegetable oils in processed foods without specifically listing them on the label. Current regulations allow manufacturers to label multiple ingredient, such as "contains one or more of the following vegetable oils: soybean, cottonseed, palm and or coconut oil". With this wording the manufacturers save the cost of changing labels when they switch oils.

But multiple ingredient listings make label reading confusing. Such listings also make it impossible for shoppers to identify the specific type of vegetable oil—unsaturated or saturated—in the food.

Another term that may need explanation is "hydrogenated". Food manufacturers are required to indicate on the label when hydrogenated oils are used. Partial hydrogenation is a process that makes oils more solid and improves their shelf life or increases stability at high temperatures. This process, for example, allows margarine, made from vegetable oil, to keep its shape at room temperature. Hydrogenation also makes oils somewhat more saturated. But from a nutrition standpoint, partially-hydrogenated soybean and corn oils still end up less saturated than tropical fats.



TOUGH MARKS ANNIVERSARY — Blue Cross officials present Gilbert D. Tough with special congratulations sent by President and Mrs. Reagan.

Blue Cross honors 30 years' service

Gilbert D. Tough, CAM, President and CEO of Blue Cross of Northeastern Pennsylvania, recently marked his 30th consecutive year as a Blue Cross professional. Mr. Tough received well-wishes from President and Mrs. Ronald Reagan which were presented by Blue Cross Executive Vice President Thomas J. Ward.

Tough began his career with the area's largest health care insurer on February 25, 1958 as coordinating director. In 1971

he was promoted to director of operations, elevated to vice president of internal affairs in 1972; vice president of operations in 1975 and was named President and Chief Executive Officer in 1983.

Under his leadership, Blue Cross of Northeastern Pennsylvania has developed and offered subsidiary health insurance protection plans including Access Care, Universal Managed Care and the HMO of

Northeastern Pennsylvania...the only HMO in the region backed by Blue Cross.

He is married to the former Vera Whitesell. The couple has two children, daughter, Mrs. Jonathan Pineno of Lehman, and son, Gary, of Harrisburg. Grandchildren Stephanie and Phillip Pineno occasionally help Grandpa in Blue Cross television commercials with his reminder for everyone to "Stay Healthy!"

From Generation to Generation...



Families Rely on Nesbitt.

Birthdays are truly something to celebrate. Last year, Nesbitt Memorial Hospital helped over 2,000 families celebrate new birthdays. That's more birthdays celebrated than in any other hospital in Northeastern Pennsylvania!

But you know your family's health care needs don't end at birth. In fact, they're just beginning. As your family grows, your needs change. You need a community hospital you can count on — one that offers the services your family needs when you need them.

Families in the Wyoming Valley have been relying on Nesbitt Memorial Hospital for their health care needs for more than 75 years. Today, Nesbitt offers not only the finest in obstetrical care, but pediatric, emergency, laboratory, radiology, medical surgical care and substance abuse programs as well.

We also offer the most complete range of complimentary community outreach programs in the area. Each service has been specially designed to help you and your family maintain healthy and happy lives.

- Family-Centered Birthing Center
- Neonatal Care Unit
- Pediatric Care Unit
- Critical/Intermediate Care
- 24-Hour Emergency Care Center
- Short Stay Surgery Unit
- Outpatient Chemotherapy
- Respiratory and Physical Therapy
- CT Scanning and Magnetic Resonance Imaging
- Cardiac Rehabilitation
- 18 Outpatient Satellite Centers
- Breast Imaging Center
- CareUnit Substance Abuse Program
- Nesbitt Home Care Services

From generation to generation, families rely on Nesbitt for the best in family health care. You can, too.



Nesbitt Memorial Hospital

EST. 1912

562 Wyoming Avenue, Kingston, PA 18704 (717) 288-1411

CARING FOR YOUR ELDERLY RELATIVES CAN BE AN ENORMOUS RESPONSIBILITY

THAT'S WHY

Community Counseling Services

IS OFFERING A CAREGIVER'S SEMINAR

YOU'LL LEARN ABOUT SAFETY IN THE HOME

MANAGING STRESS

MEDICATIONS

COMMUNITY RESOURCES

AND MUCH MORE

THE

SEMINAR

BEGINS

APRIL 5

AT

7:00 P.M.

THE COST IS

\$15

PER PERSON

MAKE YOUR RESERVATION

CCSS call 823-2155 or 836-3118
Community Counseling Services

110 South Pennsylvania Avenue • Wilkes-Barre, PA 18701

99 Bridge Street • Tunkhannock, PA 18657

Introducing MEDIFAST

by the Nutrition Institute of Maryland
"Weight Reduction without Calorie Counting"

Harry Alexanderian, M.D.
654-1018
or
288-6491

FAMILY CHIROPRACTIC

Fully Equipped Facilities Including On Premises:

- X-ray, Thermography, Vascular Testing
- Computerized Muscle Testing
- Laboratory Workups, Therapeutic Massage
- Gentle Spinal & Extremity Manipulation
- Scoliosis Screening, Sports Injuries and Rehab.
- Nutritional Counseling and Supplements
- Physical Therapy Modalities
- Non-needle Acupuncture

24 HOUR EMERGENCY CALLS

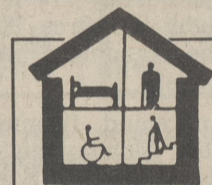
Medicare/cald • Personal Injury • Work Comp • Group or Private Insurance
• Blue Cross Major Medical • Blue Shield

FREE PARKING

PITSTON CHIROPRACTIC
DR. EUGENE DeMINICO
654-0036

WOMEN'S CHIROPRACTIC CLINIC
DR. CHRISTINE SWATKO
654-4242

DALLAS CHIROPRACTIC CENTER
DR. S. SWATKO & DeMINICO
675-1882
(550 RT 415 DALLAS CORNERS BLDG)
DALLAS CORNERS, DALLAS

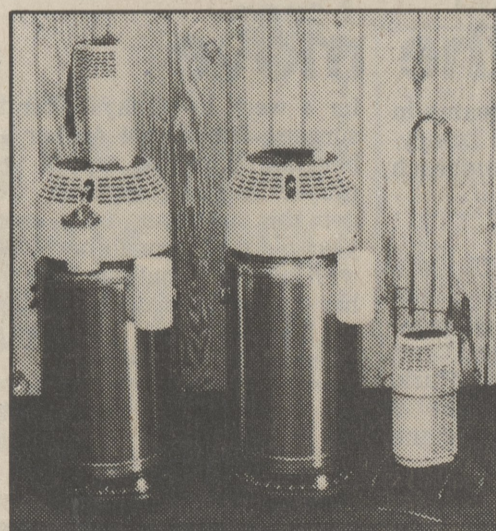


PATIENT CARE

Your Home Health Care Specialists
IF YOU NEED OR USE LIQUID OXYGEN FOR YOUR OXYGEN THERAPY

CONSIDER PATIENT CARE!!!

YOU CAN SAVE MEDICARE \$\$\$



LIQUID PORTABLE OXYGEN SYSTEM

\$165⁰⁰*

Rental Per Month
Full Service Rental



24 HOUR OXYGEN SERVICE
7 DAYS A WEEK

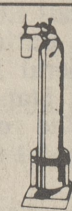
LIQUID OXYGEN
Stationary & Portable Available

RESPIRATORY THERAPIST SERVICES AVAILABLE-CERTIFIED RESPIRATORY THERAPIST ON STAFF FULL TIME

MEDICARE ASSIGNMENT ACCEPTED AT THIS PRICE!!

*This Price and Service Available in Luzerne County. Prices Slightly Higher For Services Outside Luzerne County.

COMPRESSED TANK OXYGEN
Stationary & Portable Available



CALL NOW FOR INFORMATION
283-0691



OXYGEN CONCENTRATOR FULL SERVICE RENTALS
\$75⁰⁰*

Total Rental Charge Per Month MAY VARY

MEDICARE
(we accept assignment when qualified)

MEDICAID
(we accept assignment when qualified)



BLACK LUNG
(we accept assignment when qualified)

PRIVATE INSURANCE
(we accept assignment when qualified)



IN THE BUSINESS OF HEALTH CARE... MORE THAN JUST A BUSINESS!
515-517 MARKET STREET, KINGSTON 283-0691
OPEN TO THE PUBLIC 9 A.M. to 5 P.M. MON-SAT.

