

Reading made easy . . . and inexpensive

The "Slightly Read Bookshop" at the Back Mountain Memorial Library is officially open, thanks to financial and elbow grease support from the community. Located in the basement of the new wing, the store is filled with hard cover and paperback books culled from the library's collection or donated by members of the public. In photo below, volunteers who helped sort and shelf books took a break for a photo. From left, Valerie Williams, Christina Royer,

Mike Milunic, Nick Long and Matt McMahon. Adult volunteers Edwin Johnson and Jo Besecker took a well-deserved rest also, lower left photo. At left, Paul Rodda and Ruth Tetschner posed beneath the sign that Rodda designed and had built with funds donated by the Dallas Rotary Club. The store is open Wednesdays from 1 to 8 p.m. and Saturdays from 10 a.m. to 5 p.m.



POST PHOTOS/CHARLOTTE BARTZKEK



Health & FITNESS

Poll finds women are more savvy than men about health

By DR. JOANNA CAIN
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Socrates said, "There is only one good, knowledge, and one evil, ignorance."

When it comes to information about human health, women know plenty, according to a nationwide New York Times/CBS poll. Men, however, often can't tell one end of a thermometer from the other. They are dots.

Sorry, guys. Why are women so savvy on matters of health?

Probably because (1) they are the chief medical practitioners in their families, and (2) they are more likely to report their own medical problems to physicians.

When the typical American woman has a medical problem, she does not attempt to remedy it until she has spoken with her physician and conducted her own research into the problem, the poll found. Most American women, too, get regular check-ups and try to avoid bad lifestyle habits such as smoking and inactivity.

In addition, American women have pointed opinions about how doctors should treat patients. In particular, they say, physicians should:

- Listen attentively. That means sitting down with the patient one on one and allowing her or him to report all symptoms and complaints.

- Communicate in an honest, straightforward manner. That means informing the patient about

all diagnostic and treatment options, all side effects, all risks.

- Use understandable language (without condescending). That means talking in a friendly way across the backyard fence, in plain English.

- Pay just as much attention to women's problems as to men's. (Many women polled believe that physicians don't take women's problems as seriously as men's problems.)

Although the poll found that women focus on their health more often than men, women cope better with pain and other symptoms of a medical problem.

What does all of that information mean? What should be the response to it?

Probably it would be a good idea to research this issue further

so that everyone - doctor and patients alike - have more scientific results to act upon. But, in the meantime, it would be a good idea if physicians evaluated their "office manner" with women and whether they do, in fact, take men's problem's more seriously than women's.

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