

FDA Issues Ephedrine Warning

WASHINGTON (AP) — It's billed as a "natural" stimulant that gives the same euphoria as illegal drugs and it's sold in health food stores and mixed into fruit drinks on California beaches.

Now the U.S. government is telling young people to steer clear of certain dietary supplements that contain ephedrine, saying they can cause heart attacks, seizures, even psychosis.

The consumer warning was just a first step in a move by the U.S. Food and Drug Administration to crack down on the products.

The supplements are "recreational, street drug-like products that are masquerading as dietary supplements," said FDA Commissioner David Kessler.

"I believe they're drugs and should be treated as such."

The FDA warned consumers not to buy or use certain ephedrine-containing supplements, such as Herbal Ecstasy, that promise euphoria, heightened sexual awareness and enhanced athletic performance. They're marketed mostly to young people.

READERS: Please note the deadline for submissions is **WEDNESDAY at NOON sharp.**

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The Facts About HIV and AIDS

Message #1: The AIDS epidemic continues to grow rapidly

* The World Health Organization estimates that more than 3 million people worldwide have developed AIDS and that more than 14 million people have been infected with HIV, the virus that causes AIDS.

* Since the epidemic began, over 500,000 Americans have been reported with AIDS. At least 300,000 of the people have died of HIV-related illnesses.

* It is estimated that nearly one million Americans are currently infected with HIV.

* HIV-related illness is the leading cause of death among young adults ages 25 to 44. Due to the long incubation period between HIV infection and the onset of AIDS, many of these people were probably infected in their late teens and early twenties.

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Sandra Fox, Trudy Lauzon and First Environment Communications, Environmental Risk and Women's Health Project
 Present:

HOT FLASHES ABOUT MENOPAUSE

AT THE HOUSING AUTHORITY COMMUNITY ROOM, AHKWESAHNSNE, ON SATURDAY, MAY 25, 1996, FROM 11 AM TO 4 PM

This free workshop will be closed after the first 75 registrants, so please register early. To register call Marita Thompson at First Environment Communication at

(518) 358-3381 or Trudy Lauzon at First Environment Research Program (518) 358-9223

The Workshop Agenda Will Feature:

* Andrea Parrot, Ph.D. Associate Professor, Department of Human Service Studies at Cornell University. Her areas of expertise include human sexuality, women's health & sexual assault.

* A special brunch prepared by Chef Tony Del Plato formerly of Moosewood Restaurant will focus on Plant Estrogens and Nutrition for the Menopausal Women.

Many of the problems you are likely to have are genetically determined. To assess your likelihood of developing specific health conditions, gather the information on this sheet by talking with your genetically related grandmothers, mother, father, sisters, and aunts. If they are not available, or don't remember, you may be able to get the information from another source, such as an uncle, grandfather, or father. The information you want is listed below. Try to get all of the following information for all of the people listed on this sheet. Use additional sheets if necessary. If you were adopted, this information will still be helpful. If you have not already done so, you may want to try to get your adoption records opened for you family health history. Those conditions or experiences marked with an asterisk are for females only.

Health Conditions	Cause of Death	How did these conditions affect his/her life?
Age of first Menstrual period*	Age of last menstrual period*	Cervical Cancer*
Symptoms during menopause*	Breast Cancer	Ovarian Cancer*
Premenstrual Syndrome (PMS)*	Labor/Birth experiences*	Menstrual Problems*
Osteoporosis	Hardening of the arteries	Heart Disease
Anorexia/Bulimia	High Blood Pressure	Age of Death

Father's Side				Mother's Side			
Father's Mother's Mother	Father's Father's Mother	Mother's Mother's Mother	Mother's Father's Mother				
Father's Mother	Father	Mother's Mother	Mother				
Father's Sister	Father's Sister	Father's Sister	Father's Sister	Mother's Sister	Mother's Sister	Mother's Sister	Mother's Sister
				Your Sister	Your Sister	Your Sister	Your Sister
						You	