

Health News

Carpal Tunnel Syndrome: Don't Ignore It

(NAPS) — If you spend a lot of time working or playing at a computer, be alert for the following signs:

- * painful throbbing
- * tingling
- * numbness in your hand, wrist and forearm.

These signs should not be ignored because they can indicate Carpal Tunnel Syndrome, a painful and potentially serious condition that puts pressure on the median nerve in the wrist.

The condition is usually caused by continuously repeating the same motion with your hand and wrist. Although it is not limited to computer users, it is a common problem among those who use computers for several hours every day.

Left untreated, carpal tunnel syndrome can lead to damage requiring surgery. Luckily, there is much that can be done to prevent this progression. If you experience any of these symptoms and they persist more than a few days, see your doctor as soon as possible.

Your doctor might recommend alterations to your work station or work habits. One example of

changing habits might be typing with your wrists held in a certain position. A combination of cold therapy to reduce swelling, pain relievers, and a carpal tunnel syndrome wrist brace is often recommended.

Quality braces, such as Bauer & Black brand carpal tunnel syndrome brace are designed to immobilize your wrist while resting or sleeping. This helps reduce inflammation and painful throbbing, tingling and numbing caused by Carpal Tunnel Syndrome. It can help slow the progression of Carpal Tunnel Syndrome and possibly help delay or prevent the need for surgery.

The Bauer & Black carpal tunnel syndrome brace is made of a lightweight material, with an inner lining which provides added comfort. Braces are easy to put on and take off, with convenient laces and Velcro straps that allow adjustment for custom fit.

Ask for it by name at your community drug store or for more information on Bauer & Black wrist braces and where to find them, call 1-800-316-1611.

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

HOT FLASHES ABOUT MENOPAUSE

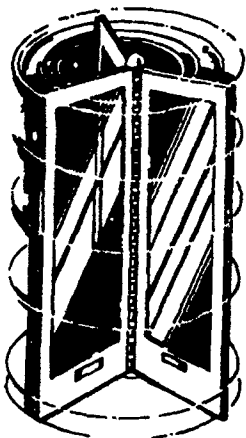
AT THE HOUSING AUTHORITY COMMUNITY ROOM,
AHKWESAHSNE, ON SATURDAY, MAY 25, 1996,
FROM 11 AM TO 4 PM

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.

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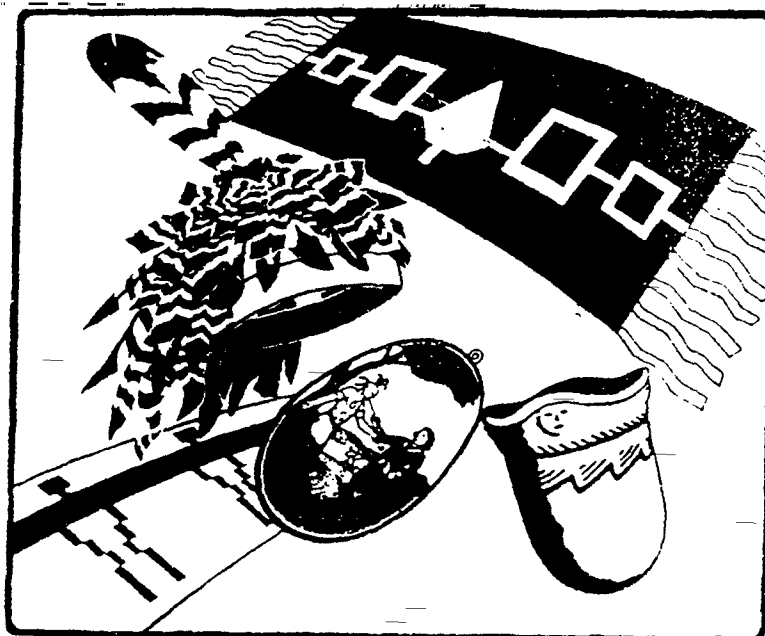
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