

It's time to Pedal for a Cure

GILBERTOWN — For the 3rd year, local bicyclists will have the opportunity to show off their cycling stamina while raising money for cancer research.

The Third Annual 'Pedaling for a Cure' event is now being planned, with a tentative date set for April 17.

Last year, Pedaling for a Cure riders completed the 100-mile trek

that stretched from Gilbertown through the southern portion of the county into Washington County, and circled back to Gilbertown to complete the route. According to Michael Martin, one of the organizers for the event, this year's trip will again stretch for 100 miles, but will begin in Chatom, going through Gilbertown, Butler, and finish in Meridian.

Martin adds that, for those who might not be able to complete the 100-mile trip, shorter distances will also be allowed for the fundraiser.

All funds collected through Pedaling for a Cure will go to Relay for Life.

For more information about the fund-raiser, contact Martin at 251-843-5446.

Basic life support course offered to local residents

By Tommy Campbell
 The Choctaw Sun

BUTLER — In a world attempting to deal with multiple-level threats following the terrorist attacks of Sept. 11, 2001, many emergency, "first responder" groups — even those in rural areas like Choctaw County — have had to reevaluate their strategies and get advanced training in order to be prepared.

For example, emergency medical service personnel, Haz-Mat team members, public health professionals (including doctors, nurses, and other medical support personnel), law enforcement officers, and other first responders, are invited to

attend a Basic Disaster Life Support course that will be conducted on Friday, March 16th from 8 a.m. until 5 p.m. at the EMS (Ambulance) Base in Butler.

The 8-hour course will be offered free of charge but persons must pre-register by calling Donna Rhone at 334-295-1000 or by email at donnarhone@adph.state.al.us; or, Tyson Volkmann at 205-934-7735, or by email at tvolkmann@ms.soph.uab.edu.

Among the topics to be covered are handling natural and man-made disasters; traumatic and explosive events; nuclear and radiological weapon attacks; biological events; chemical events; the

public health system overall; and the psychological aspect of such disasters.

In order to receive credit for the course, participants must complete the entire 8-hour course and receive a passing grade on the competency exam. Renewal training is required every three years to maintain the credentials, officials said.

Those completing this basic course can later participate in Advanced Disaster Life Support training.

Continuing Education Units will be offered free of charge to nurses through ADPH, and CME's will be awarded to physicians free of charge through the American Medical Association.

Sleep-disorder help available at Bryan Whitfield Memorial Hospital

DEMOPOLIS — An estimated 70 million Americans currently suffer from some form of sleep disorder. Many times, these individuals simply trudge on through the day, all the while day-dreaming about the good night's sleep that's surely just hours away.

This can make an irritating situation increasingly more dangerous with each passing day. According to information released by the Institute of Medicine in April, the cumulative long-term effects of sleep loss and sleep disorders have been associated with a wide range of deleterious health consequences, including an increased risk of hypertension, diabetes, obesity, heart attack, and stroke. In addition, sleep loss and sleep disorders have a significant economic impact.

Billions of dollars a year are spent on over-the-counter medications. Compared to healthy individuals, those with chronic sleep loss are less productive, have health

care needs greater than the norm, and have an increased likelihood of accidents.

The Sleep Disorders Center at Bryan Whitfield Memorial Hospital, in Demopolis, encourages you to talk to your doctor if you have any of these signs of a sleep disorder:

N You consistently take more than 30 minutes each night to fall asleep.

N You consistently awaken several times each night and then have trouble falling back to sleep, or you awaken too early in the morning.

N You often feel sleepy during the day, you take frequent naps, or you fall asleep at inappropriate times during the day.

N Your bed partner says that when you sleep, you snore loudly, snort, gasp, make choking sounds, or stop breathing for short periods.

• You have creeping, tingling, or crawling feelings in your legs or arms that are relieved by moving or massaging them, especially in the

evening and when trying to fall asleep.

• Your bed partner notices that your legs or arms jerk often during sleep.

• You have vivid, dreamlike experiences while falling asleep or dozing.

• You have episodes of sudden muscle weakness when you are angry or fearful, or when you laugh.

• You feel as though you cannot move when you first wake up.

Area residents in need of the rejuvenating rest of a good night's sleep have a valuable ally in the Bryan W. Whitfield Memorial Hospital Sleep Disorders Center in Demopolis.

Accredited by the American Academy of Sleep Medicine, the center's personnel are trained to evaluate your sleep patterns in a comfortable, home-like setting.

If you, or someone you know, are suffering from a sleep related disorder, call 334-287-2804 for more information.

Timing is everything

By Douglas Laube
 American College of Obstetricians and Gynecologists

In February, during American Heart Month, we are encouraged to eat a heart healthy diet, manage medical conditions such as high cholesterol and diabetes, and exercise to reduce the risk of developing cardio-vascular disease (CVD). However, one in three American adults already has CVD and is at risk for heart attack and stroke. CVD kills an American every 35 seconds and is the leading cause of death in women over age 25.

Suffering a cardiac event is not a sure death sentence, but time is of the essence. The sooner victims receive medical attention, the better their chances for a life-saving intervention. Some medications and therapies can even help stop a heart attack or stroke in progress. To be most effective, these therapies should be administered within one

hour of the onset of symptoms.

Heart attack and stroke traditionally were thought to be more of a man's problem, and public awareness campaigns focused on recognizing symptoms in men.

Now we know that women account for more than half of the annual fatalities from heart attack and stroke and that their warning signs may be more subtle or differ completely from those in men. Women, for example, are more likely to experience nausea and dizziness than men are; men more often feel pain in the center of the chest. Lack of familiarity with these different symptoms may be why about one-third of heart attacks in women go unnoticed or unreported.

The American Heart Association advises that you call 9-1-1 immediately if you experience or witness someone else experiencing these warning signs of heart

attack and stroke:
 Signs of Heart Attack in Women

- Sudden, uncomfortable pressure, fullness, squeezing, or pain, usually in the center of the chest that lasts for more than five minutes.

- Pain in the chest that radiates out to the shoulders, back, neck, jaw, stomach, or one or both arms

- Shortness of breath

- Lightheadedness, fainting, sweating, nausea, and vomiting

Signs of Stroke in Women

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body

- Sudden trouble seeing in one or both eyes

- Sudden confusion, trouble speaking or understanding

- Sudden trouble walking, dizziness, loss of balance or coordination

- Sudden, severe headache with no known cause?

Alabama sisters needed for breast cancer research

The number of cancer deaths in the U.S. may have dropped but there is still no answers as to why some people get it while others don't.

According to the American Cancer Society this year 178,480 women are expected to be diagnosed with breast cancer, 40,460 are expected to die of breast cancer.

In Alabama there are expected to be 2,750 new cases of breast cancer in women.

Breast cancer is local to all women. Most people know a friend, or have

another or sister who has been affected by breast cancer. This disease may strike anyone.

But what if women could help find a cause to keep future generations of women from suffering the same fate?

To date, 239 Alabama women are making an effort to find the causes of breast cancer by joining the Sister Study. The Sister Study is the only long-term study of women aged 35 to 74 whose sister had breast cancer. It is a national study to learn how envi-

ronment and genes affect the chances of getting breast cancer. In the next year, another 18,400 more women are needed to reach the study's goal of 50,000.

The Sister Study is asking more Alabama women to join the project. Specifically, the study is looking for sisters -- one who has had or now has cancer, and one who doesn't -- for the research.

Interested women can call 202-842-3600 ext 233 for more details on how they can get involved.

**Want more HEALTH news?
 Get the Sun for comprehensive health-related news that affects your life.**

SCES
 will hold a
**Writing
 Workshop**
 for 5th
 graders
 and their
 parents
 on
**Thursday,
 February 22**
 from 5:30
 p.m. til 7 p.m.

Judson, Inc
 A Timber Buying Company

**LET YOUR TIMBER
 MAKE YOU
 MONEY!**

Top Dollar for standing timber
 and or delivered timber

Call Scott Nordan
 Toxey Woodyard: 251-843-2601
 Pennington: 205-654-2707
 Home: 251-843-5399

Bud Martin, Cory Martin - Pennington 205-654-2707
 Toxey 251-843-2601 or E-Mail comartin@tds.net

*Be Mine
 Come to*

Magnolia Traditions

For the gift she really wants this Valentine's

- Valentine Cards
- Millionaire candy
- Jewelry
- Ever Poplar Soi Toy
- Balloons
- All New Bath & Body Items
- Stuffed Animals: Bears of All Sizes
- Design Your Own Gift baskets

Free Delivery!!!

Bridal Registry: Love Is In The Air

Emily Franks bride elect of John Michael Knowles
 February 17, 2007

Teri Abston bride elect of Michael Murphy
 April 28, 2007

Mr. Mrs Zachary Wade Taylor nee Angela Melissa Johnson
 January 6th, 2007

13418 Choctaw Ave. • Gilbertown, Al • 251-843-2002

Choctaw County's Award-Winning Home-Owned Newspaper
 Now published twice weekly -- Tuesdays and Fridays!