

Your Health

Walk the Talk



GERALD W. DEAS

HOUSE CALLS

Many folks talk the walk, rather than walk the talk. There's a great difference in walking the talk. In other words, you're walking while you're talking. If you walk just three times a week, for 45 minutes during each outing, you can talk about it. Walking will:

- Strengthen your immune system
- Increase pineal gland func-

tion (melatonin production)

- Reduce the risk of heart attacks
- Stabilize blood sugar levels
- Lower hypertension (blood pressure)
- Prevent osteoporosis
- Strengthen the muscles of your lower back
- Decrease stress reaction
- Increase stamina and energy levels
- Fend off depression

If you walk, you will never have to talk about bad health and its consequences. Walking is free! You will also save a fistful of money, not having to go to doctors and spend money

on medications. You can walk on streets, walking paths, etc. It is very wise, however, to wear adequate walking shoes and walk on surfaces that are soft, such as grass or soil. Here is some advice about walking from Dr. Mort Malkin, "the walking doctor."

- Get a cardiovascular exam from your doctor prior to walking.
- Walk with a companion in case of any illness which you might experience.
- Walk short distances first and build up gradually.
- Increase your time walking by five minutes.

- Lace your shoes a bit looser.

- Walk with a heel and toe movement (during the first phase, you push forcefully down and back with your heel following a second phase of pushing off with the calf muscle).

- Bend your arms at a 90-degree angle and totally relax your shoulders.

- Hold your head high and keep your steps light.

- Walk at the time of day that is best for you (morning, afternoon or evening).

- If walking in the morning, eat a light breakfast of toast,

fruit and juice. At other times, wait an hour or two after a large meal.

- Drink water before and after walking. Drink every 20 minutes during your walk.

- Do not walk in extremely cold weather to prevent shortness of breath. The same is true for extremely hot weather to prevent heat exhaustion.

- After walking, you should feel exhilarated, not exhausted.

- Ideally, you should maintain a heart rate of 60-85 percent of 220 minus your age.

Finally, stop all the talking and let's do some serious walking!

Woman at the forefront in fight against HIV/AIDS

By GLENN TOWNES
Special to the AmNews

As the highest-ranking African-American senior executive at technology industry giant Orasure Technologies, Debra Fraser-Howze is used to being at the vanguard of change. In her role as senior vice president of government and external affairs for the Bethlehem, Pa., scientific research company, Fraser-Howze, among other things, works with legislators to ensure that often under-served communities



Debra Fraser-Howze

are provided with the necessary resources to detect and treat certain medical conditions, particularly HIV/AIDS.

Fraser-Howze joined the company in 2008 after spending nearly 20 years as the head of the National Black Leadership Commission on AIDS (NBLCA). In a recent interview with the *AmNews*, Fraser-Howze said the perceived stigma of HIV/AIDS continues to dissuade many people from knowing their status and taking an HIV test. "The virus hits

our community the hardest, yet we are the most likely not to be tested," she said. "People are afraid to know if they have the virus and won't go to a physician or clinic to even be tested."

Images of terminally ill infants remain fresh in Fraser-Howze's mind. "I remember standing in the pediatrics ward at Harlem Hospital and holding babies that were infected with the virus," she said. "I remember hearing stories from people who were living with the virus and didn't

know if they would live." These sobering images and melancholic stories motivated Fraser-Howze to assist in the development and marketing of the first-ever rapid, in-home HIV/AIDS test. The OraQuick In-Home HIV Test allows individuals to test for the HIV virus in the privacy of their home. "Knowing your status is the first step in the treatment of HIV/AIDS," Fraser-Howze said. The preliminary results of the test are displayed within 30 minutes.

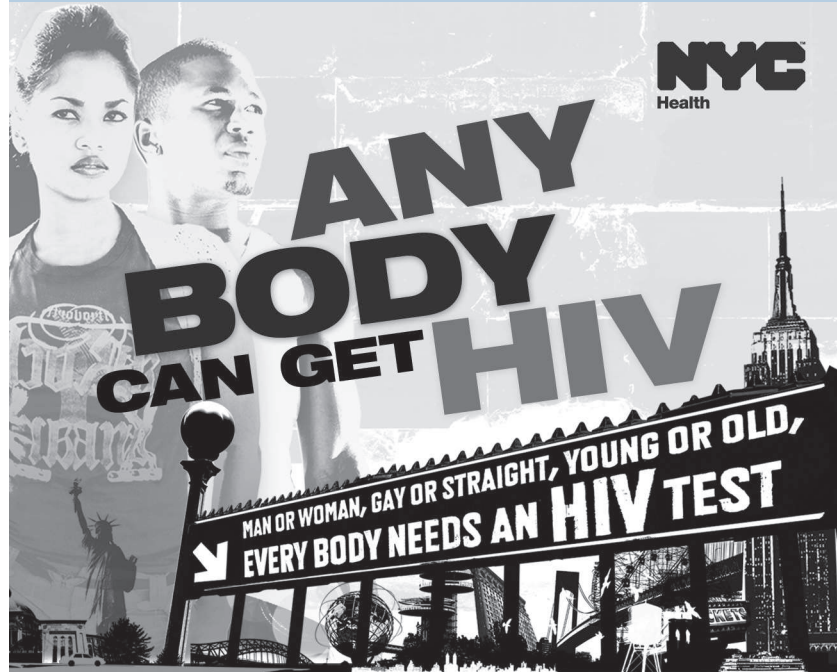
According to the most recent statistics from the Centers for Disease Control and Prevention in Atlanta, 1 in 16 African-American men and 1 in 32 African-American women will be diagnosed with HIV/AIDS at some point in their lifetime. About 40 percent of all new HIV infections are among African-Americans, with Latinos also disproportionately infected with the virus. About 1.1 million Americans are living with the virus.

Finally, as someone who has stood at the helm of several organizations created to fight HIV/AIDS; served on the Presidential Advisory Council; attended the Interna-

tional HIV/AIDS Conference; and participated in several National Black HIV/AIDS Awareness Day events, Fraser-Howze said the landscape of the HIV/AIDS epidemic has indeed changed in the

past 30 years. "We are doing well [in the fight against HIV/AIDS]," she said. "But we could be doing better."

To find out more about the at-home HIV/AIDS test, visit www.oraquick.com.



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NATIONAL BLACK HIV/AIDS AWARENESS DAY
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stay safe get care get tested

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