

ANCHOR 1:

YET ANOTHER REASON TO REACH FOR FRUITS AND VEGETABLES AND GRAB A HANDFUL OF NUTS.

MEDICAL RESEARCHERS BELIEVE THAT VITAMIN E MAY PLAY A KEY ROLE IN PREVENTING BLADDER CANCER.

FOODS SUCH AS SPINACH AND PEPPERS ARE RICH IN VITAMIN E..AS ARE ALMONDS.

A NEW STUDY FINDS THAT PEOPLE WHO EAT FOODS THAT CONTAIN LOTS OF THE NUTRIENT CAN CUT THEIR RISK OF BLADDER CANCER IN HALF.

THE STUDIES LOOKING AT HEART DISEASE AND ALCOHOL USE IN WOMEN ARE IN AND THEIR RESULTS RESEMBLE THOSE IN MEN.

WOMEN WHO DRANK MODERATELY.. LESS THAN TWO DRINKS A DAY, CUT THEIR HEART ATTACK RISKS BY MORE THAN A THIRD.

**THE RESULTS OF A STUDY FROM THE
NATIONAL CENTER FOR HEALTH
STATISTICS SUGGEST THAT A LITTLE
WINE WITH DINNER MAY BE A GOOD
THING.**

**BUT THE RESEARCHERS ARE QUICK
TO ADD, THAT TOO MUCH ALCOHOL
USE CAN CUT DOWN ON YOUR LIFE
EXPECTANCY.**

**ALL IN ALL..IF YOU HAVE TO CHOOSE..
GIVE UP SMOKING AND CUT DOWN ON
FAT..RATHER THAN TAKE UP DRINKING.**

ANCHOR 1:

ALL WEEK WE HAVE BEEN EXAMINING THE LATEST STRIDES IN CORONARY CARE. THESE DAYS A GROWING NUMBER OF HEART RELATED PROBLEMS HAVE BECOME MUCH MORE TREATABLE INCLUDING AN EXTREMELY LIFE THREATENING CONDITION KNOWN AS AN ANEURYSM OF THE AORTA.

THE AORTA IS THE LARGEST BLOOD VESSEL IN THE BODY. AND AN ANEURYSM FORMS WHEN THE WALL OF THE AORTA WEAKENS AND SWELLS OUTWARD.

IF AN AORTIC ANEURYSM BURSTS IT CAN KILLS INSTANTLY..BUT IF IT'S CAUGHT EARLY SURGEONS CAN FIX THE PROBLEM. UNTIL NOW SURGERY MEANT A LARGE SCAR AND WEEKS IF NOT MONTHS OF RECOVERY.

MR. TOBIN WAS RELEASED FROM THE HOSPITAL THE NEXT DAY AND HE'S UP AND WALKING AROUND ALREADY, CONTINUING TO RECOVER WELL. HIS GOAL IS TO BE BACK AT WORK BY NEXT WEEK.

ANCHOR 1:

**A BABY IS BORN. BUT THE JOY OF HIS
BIRTH IS TEMPERED BY A SAD REALITY:
HE IS SUFFERING BECAUSE HIS MOTHER
TOOK COCAINE WHILE PREGNANT.**

**UNTIL RECENTLY, LITTLE WAS KNOWN
OF COCAINE'S EFFECT ON THE BABY.
BUT WITH THE EXPLOSION IN THE USE
OF COCAINE BY PREGNANT WOMEN,
MORE AND MORE DRUG AFFECTED
INFANTS ARE BEING SEEN IN INTENSIVE
CARE NURSERIES THROUGHOUT THE
COUNTRY.**

**DR. JOANNA SMITH OF MONTANA
MEMORIAL HOSPITAL RUNS THE
OLDEST PROGRAM RESEARCHING THE
EFFECT OF COCAINE ON THE NEWBORN.
THE PROBLEM REACHES ACROSS THE
ENTIRE POPULATION.**

**IT IS ESSENTIAL, SAYS DR. SMITH,
THAT A PREGNANT WOMAN TELLS HER
DOCTOR IS SHE IS USING COCAINE. THE
FIRST AND MORE IMPORTANT STEP:
GET HER OFF DRUGS. HAL MILLER,**

**RESEARCH COORDINATOR FOR THE
HOSPITAL'S PERINATAL CENTER FOR
CHEMICAL DEPENDENCE, LEARNED
THAT A WOMAN IS STILL TAKING DRUGS
IN HER 8TH MONTH.**

**THE DANGER FROM DRUGS CONTINUES
AFTER THE BABY IS BORN.**

**SOME PEOPLE CALL IT CRIB DEATH.
THE NUMBER OF CRIB DEATHS THAT
MAY BE BLAMED ON DRUG USE BY
PREGNANT WOMEN IS STUNNING.
ACCORDING TO SMITH'S DATA, THE
INCIDENCE OF CRIB DEATH IN THE
GENERAL PUBLIC IS FOUR-TENTHS OF A
PERCENT, ABOUT ONE IN 200 WOMEN.**

**AS A COMPARISON, CRIB DEATH AMONG
HEROIN ABUSING WOMEN JUMPS TEN
TIMES THAT, ABOUT FOUR PERCENT.**

**BUT AMONG WOMEN WHO HAVE USED
COCAINE WHILE PREGNANT, THE
INCIDENCE OF CRIB DEATH IS NEARLY
15 PERCENT. THAT'S ABOUT ONE**

**OUT OF EVERY SIX WOMEN! THOSE
BABIES THAT SURVIVE FACE OTHER
DIFFICULTIES.**

**AN INTEGRAL PART OF DR. SMITH'S
PROGRAM TO HELP THE BABY IS
CONSTANT COUNSELING AND THERAPY.
DR. SMITH BELIEVES THAT INFANTS CAN
OVERCOME THEIR POOR START IN LIFE
AND GROW UP TO BE HEALTHY ADULTS
WITHOUT PERMANENT DAMAGE. BUT IT
WILL TAKE PROPER CARE AND LOVING
BY THOSE CLOSEST TO THE INFANT.**

**BRINGING A BABY HOME INCREASES
TENSION IN EVERY FAMILY. AND THE
MOTHER-CHILD RELATIONSHIP IS
COMPLEX ENOUGH WITHOUT THE
ADDED BAGGAGE THAT DRUG TAKING
BRINGS. BUT FOR THOSE FAMILIES
THAT ARE NOW DRUG FREE, THE
SUCCESS IS APPARENT.**

**SCIENTISTS KNOW THAT EVEN A SINGLE
TIME USE OF COCAINE BY A PREGNANT
WOMAN CAN CAUSE SEVERE BIRTH**

DEFECTS. DOCTORS KNOW THERE IS AN INCREASED RISK OF MISCARRIAGE, PREMATURE LABOR, AND LOW BIRTH WEIGHT. AND DR. SMITH SAYS THAT THE INFANTS ARE MORE LIKELY TO HAVE ABNORMAL BRAIN FUNCTIONS AT BIRTH, AS EVIDENCED BY INCREASED IRRITABILITY, IMPAIRED BEHAVIOR AND LEARNING PROBLEMS. IN ADDITION, RESEARCH INDICATES THAT THERE IS GREATER DANGER OF FETAL STROKE, AND A HIGHER RATE OF SUDDEN INFANT DEATH OR CRIB DEATH.

AND THERE ALSO IS DANGER OF AIDS FROM MOTHERS USING CONTAMINATED NEEDLES DURING INTRAVENOUS DRUG USE.

AND, DR. SMITH BELIEVES THE NEW AND MORE POTENT FORM OF COCAINE, CRACK, MAY BE EVEN MORE DANGEROUS.

IT IS CLEAR FROM THE EVIDENCE THAT THE PROBLEM OF COCAINE USE DURING

**PREGNANCY IS GIVING BABIES A ROUGH
START IN LIFE. AND THE TRAGEDY IS
THAT IT APPEARS MORE AND MORE
BABIES WILL SUFFER BECAUSE MORE
AND MORE WOMEN OF CHILD BEARING
AGE FROM EVERY PART OF SOCIETY
SEEM WILLING TO RISK THEIR YOUNG
FOR THE SAKE OF A HIGH.**

ANCHOR 1:

**THIS MORNING ON THE MEDICAL BEAT,
THE RISE IN CHEERLEADING INJURIES.**

**EVEN THE YOUNGEST CHEERLEADERS
ARE TACKLING SOME OF THE
TOUGHEST MOVES, FROM LIFTS AND
TOSSES TO SKY HIGH PYRAMIDS.
ACCORDING TO TODAY'S JOURNAL
OF PEDIATRICS, INJURIES TO
CHEERLEADERS MORE THAN DOUBLED
BETWEEN 1990 AND 2002.**

**DR. JEFFREY SALOMON IS A PROFESSOR
OF ORTHOPEDICS AND PEDIATRICS
AT CHICAGO UNIVERSITY SCHOOL OF
MEDICINE. GOOD MORNING.**

**UP NEXT IN THE MEDICAL BEAT..HOW TO
MAKE SURE YOU AREN'T TAKING MORE
PAIN RELIEVER THAN YOU REALLY
NEED!**

**THIS MORNING ON THE MEDICAL BEAT,
DRAMATIC INCREASES IN ACCIDENTAL
OVERDOSES OF A COMMON PAIN
RELIEVER. A NEW STUDY SAYS THAT**

**ACETAMINOPHEN, FOUND IN OVER-
THE-COUNTER DRUGS LIKE TYLENOL,
IS NOW THE LEADING CAUSE OF LIVER
FAILURE, A POTENTIALLY DEADLY
CONDITION. DR. DAVID CHEN OF THE
UNIVERSITY OF TEXAS SOUTHWESTERN
MEDICAL CENTER LED THE STUDY.
GOOD MORNING.**

ANCHOR 1:

**THERE MAY BE A NEW WAY TO HELP
PREVENT BREAST CANCER AND
CHANCES ARE, YOU ALREADY HAVE IT
IN YOUR MEDICINE CABINET! WE'LL
GIVE YOU THE INSIDE STORY HERE ON
U-T-V NEWS!**

**AND LATER, THERE'S SOMETHING
LURKING IN THIS BEAUTIFUL POND
THAT'S SO BAD, IT'S BEEN BANNED BY
AN ENTIRE STATE! WE'LL SHOW YOU
WHAT IT IS.**

**BUT FIRST, IN THE HUNT FOR WAYS
TO PREVENT BREAST CANCER,
RESEARCHERS TONIGHT REPORT
FINDING A POSSIBLE NEW WEAPON.
AND IT TURNS OUT TO BE ONE OF THE
OLDEST, LEAST-EXPENSIVE AND MOST
WIDELY-USED MEDICINES AROUND.**

**U-T-V NEWS MEDICAL CORRESPONDENT
CAROLINE VELASQUEZ HAS THE INSIDE
STORY.**

THANKS CAROLINE.

**HAVE YOU EVER THOUGHT HOW
STRESSFUL SOME JOBS CAN BE? EMS
PARAMEDICS AND TECHNICIANS SAVE
HUNDREDS OF LIVES A DAY. BUT ONE
PARAMEDIC TOLD CITY COUNCIL
THAT THE JOB RELATED STRESS IS
UNBEARABLE. EMS WORKERS FEEL
THAT THEY ARE EXPECTED TO HANDLE
TOO MUCH. THEY MUST HELP THE
VICTIM WHILE SUPPORTING UPSET
FAMILY AND FRIENDS. IN ADDITION,
THE EMS WORKERS WORRY ABOUT
CONTRACTING TB AND AIDS. CITY
COUNCIL SAID THEY WOULD LOOK
INTO WAYS OF HOW TO ALLEVIATE
EMERGENCY WORKERS STRESS. EMS IS
CALLING FOR A SPECIAL COUNSELING
UNIT.**