**Points For Parents**

**Inhalants: A Deadly High**

(ANPSA)—Experts claim up to 1,000 household products can be used as "inhalants"—airplane glue, rubber cement, paint thinned-ner, nail polish remover, bleach, kerosene, lighter fluid, insecticides, gasoline, dry cleaning fluid, spot remover, vegetable cooking spray, and perfume. And parents often don't know about it.

Inhalants may be the first substance of abuse children try, before marijuana, juana, tobacco or alcohol, often in late childhood or early adolescence. National studies suggest that inhalant abuse reaches its peak at some point during the tenth through ninth grades. The latest government study reports that 9.1 percent of 8th graders and 6.6 percent of 10th graders used inhalants in the past year (Monitoring the Future, 2001).

The biggest danger in using inhalants is that kids can die—the first time, the third time or the 100th time. "Sniffing Death" happens when inhalants disrupt heart rhythms and lead to cardiac arrest. Death can also result from suffocation or fatal injury from car crashes when driving while high. Inhalant use can cause damage to the heart, kidney, liver, brain and other organs.

Signs and symptoms of inhalant use include: chemical odors on breath or clothing; paint or other stains on face, hands, or clothes; drunk or disoriented appearance; fast breathing; impaired judgment; forgetfulness; lack of coordination; hidden empty spray paint or solvent containers; and chemical-soaked rags or clothing.

When should you be concerned? Do put household products in a safe place and clearly mark them "poison." There are also simple, everyday things you can do to keep your kids away from drugs:

- Be absolutely clear with your children that you don't want them to use household products.
- Don't leave room for interpretation. Talk often—more than once or twice a year—about the dangers of drug and alcohol use.
- Don't react in a way that will cut off further discussion. If your child says things that challenge you, accept with a calm discussion of why people use drugs and whether doing so is worth the risk.
- Be involved in your child's life. Always know where your children are and what they're doing. Get to know your child's friends and their parents. Find time to spend with your child each week.

For further information and a helpful guide, see Keeping Your Kids Drug-Free: A How-To Guide for Parents and Caregivers’ visit www.theantidrug.com, the parent site of the National Youth Anti-Drug Media Campaign. These materials are also available by calling 1-800-788-2800 (ask for document number P25884).

**Elderly nursing home residents have been thought to be beyond the reach of treatment for cognitive impairments associated with Alzheimer's disease. Study results published in the Journal of the American Geriatrics Society (JAGS), however, indicate that nursing home residents with Alzheimer's disease can benefit from treatment with Aricept® (donepezil hydrochloride tablets). For more information about managing Alzheimer's disease and about Aricept®, call the Eisai Inc. and Pfizer Inc.-sponsored toll-free number, (888) 999-9616, or see www.aricept.com.**

**Bad Credit Need Not Be Forever**

(ANPSA)—Bad credit hurts. It can affect your ability to get a home, a job, a bank account, a telephone, insurance, and even a car.

But it is a problem that can be fixed in time by working with the right lender and proving that you can meet your obligations.

It is not uncommon for someone to sign up for many credit cards, run each one up to the limit, and then have difficulty paying bill after bill.

When the time comes to buy a car, this person may have a hard time getting financed because of a bad credit record.

However, working with the right lender can make a difference. For example, the almost 1,000 new car dealers affiliated with Car dealers affiliated with Credit Acceptance Corporation offer car loans to people with "sub-standard" credit ratings.

Credit Acceptance guarantees that virtually every customer will qualify with a regular source of income will get a credit approval within seconds through the Internet-based Credit Application Processing System (CAPS). If the customer of finding it can make it easier to get a car and a second chance to build credit. When the time the loan is paid off with on-time monthly payments, the borrower's credit rating will reflect his or her newfound discipline and be substantially improved.

**More Love, Fewer Hot Flashes**

(ANPSA)—Contrary to what many people think, menopausal women do not have to spell the end of sexuality.

In fact, a recent study found that 92 percent of the women surveyed were finding sex to be as satisfying as or more satisfying than before menopause. At the other end of the spectrum, women polled also admitted that they have sex as often, or more often than they did prior to menopause.

Many women find that their sexual experience changes in positive ways.

Menopause is the beginning of a new phase in a woman's sexual life," says Dr. Donnica Moore, gynecologist and president of Vitality. "This can be an exciting time, children tend to be born, the risk of pregnancy is eliminated and many women find they have time to reconnect with their partners on a variety of levels, including sexually.

Sexual symptoms are just one of the issues that menopausal women shy away from discussing with their partners. Three questions that women can use to start a dialogue about sexuality at menopause are:

• What kinds of physical changes accompany menopause, and how may those changes affect my sex life?
• Can I do to combat vaginal dryness if it makes intercourse uncomfortable?
• What are my treatment options and how should I choose what option is right for me?

Declining levels of estrogen during menopause can cause some women a variety of symptoms such as vaginal dryness that may make sex from the start uncomfortable or painful. Other reasons

**Important Skin Care Tips For Feet**

(ANPSA)—While there are many conditions that can affect the foot, athlete's foot is one of the most common. Athlete's foot can be very painful and take away from a healthy, active lifestyle. However, it is relatively easy to cure, with the help of your podiatric physician.

Athlete's foot is a skin disease caused by a fungus, usually occurring between the toes. The fungus commonly attacks the feet because shoes cause a warm, dark, and humid environment that encourages fungus growth.

The warmth and dampness of some areas surrounding the athlete's foot, showers and locker rooms are also a likely place for athlete's foot to get a foothold. With more people working out indoors, gym locker rooms are the prime growing grounds for athlete's foot's signs. The signs of athlete's foot are dry skin, itching, burning, inflammation and blistering. Itching and burning may increase as the infection spreads. You can prevent athlete's foot by practicing good foot hygiene. Daily washing of the feet with soap and water; wear cotton socks and change socks daily, especially between the toes; and changing shoes and hose regularly to allow moisture to escape.

Athlete's foot Tip:
Avoid walking barefoot; use a pair of sandals while showering.

When humans interact over computer networks their interaction is said to take place in Cyberspace. The phrase was coined by William Gibson in the book Neuromancer.

**Free Things to Send For**

**WOMEN’S HEALTH**

**Sexual Satisfaction After Menopause**

Sexual satisfaction may improve after menopause for many women. Study results published in the Journal of the American Geriatrics Society (JAGS), however, indicate that nursing home residents with Alzheimer's disease can benefit from treatment with Aricept® (donepezil hydrochloride tablets). For more information about managing Alzheimer's disease and about Aricept®, call the Eisai Inc. and Pfizer Inc.-sponsored toll-free number, (888) 999-9616, or see www.aricept.com.