

BeeHealthy *Timely Hints for a Healthy Lifestyle*

Sleep disorder awareness clinic set at Dent Tower

Dent Neurological Sleep Disorders and American Homecare Supply of Western New York will present a seminar on sleep deprivation from 9 a.m. to 2 p.m. Saturday, Oct. 14 at the Dent Tower located at 3980 Sheridan Drive, Amherst.

Certified sleep specialists Dr. Kenneth Murray and Dr. Lixin Zhang will be on hand from 10 a.m. to 2 p.m.

A respiratory therapist and registered sleep technologist will be on-site to help with replacement of supplies and machine pressure checks.

Dent has also provided the following information for those with sleep assistant technology:

- Headgear and masks should be replaced at least once a year.
- Tubing should be checked periodically for leaks.
- Nasal pillows and chin straps should be checked periodically for proper fit and replacement.

The program will also feature the newest masks and equipment and many manufacturing representatives will be displaying their product lines.

For more information, call Dent Sleep Disorder Center at 250-7007 or American Homecare Supply at 656-0195.

Call a dentist toll-free in October

Why do my gums bleed? What is the next step if I need a root canal? How can I learn more about whitening my teeth?

Dentists from the New York State Dental Association will put down their explorers and pick up the phone from 6:30 to 8:30 p.m. Tuesday, Oct. 24 to answer New Yorkers' oral health questions via a toll-free line for the association's Dial-A-Smile.

All calls are confidential, and multilingual dentists are available to answer calls in English, Spanish, Korean, Chinese and Hindi.

The Dial-A-Smile toll-free number is 1-877-833-8479 or 1-877-TEETH RX.



Life Line Screening Radiology can reduce risk of stroke

Residents living in and around the Buffalo community can be screened to reduce their risk of having a stroke.

At 9 a.m. Friday Nov. 3, Life Line Screening Radiology will be at the Amherst Community Church at 77 Washington Highway in Snyder.

A stroke, also known as a "brain attack," is ranked as the third leading killer in the world among women. But through preventive screenings the risk of having a stroke can be greatly reduced.

Screenings are fast, painless and low cost. They include the use of ultrasound technology, which scans for potential health problems related to blocked arteries. A blockage can lead to a stroke, aortic aneurysms, which can cause a ruptured aorta, and hardening of the arteries in the legs.

Also, a bone density screening to assess the risk for osteoporosis is offered for both men

and women.

"About half of the persons with significant carotid stenosis do not show any symptoms before they have a major stroke," said Dr. J. Crayton Pruitt.

"The stroke itself is the first symptom. We cannot wait for symptoms to occur before we diagnose and treat," Pruitt said.

Each screening requires 10 minutes or less to complete. A complete vascular screening package including the stroke/carotid artery, abdominal aortic aneurysm and ankle brachial index screenings, costs \$109.

Sign up for a complete vascular package, include the osteoporosis screening, and pay \$129.

For more information regarding the screenings or to schedule an appointment, call 1-877-237-1344. Pre-registration is required.

What's Going On

WIICH to host Chinese auction

Women Interested In Cystic Health will host a Chinese auction from 11 a.m. to 12:30 p.m. Wednesday, Oct. 11 at Brookfield Country Club, 5120 Shimmerville Road in Clarence. The cost is \$20 per person.

People Inc to host speaker series

The Museum of disABILITY History, a project of People Inc., will host the 2nd Annual disABILITY Film Festival and Speaker Series every Saturday from 2 p.m. to 5 p.m. throughout the month of October. The series will take place at the Dipson Market Arcade Film and Arts Center, 639 Main Street in Buffalo. Admission is \$2 per person and free for students with proper I.D.

Church to host David Setzer

David Setzer of Slow Food Buffalo will talk about how to live the slow life with food at 7:30 p.m. Wednesday, Oct. 11 at Unitarian Universalist Church, 6320 Main St.

Council to sponsor basketball game

The All Class Leadership Council of Sweet Home High School will sponsor a charity basketball game between Sweet Home faculty and Buffalo Sabres Alumni at 6:30 p.m. Wednesday, Oct. 11 in the high school gym, 1901 Sweet Home Road. General admission is \$5. Call 250-1328.

Fifth annual Theatre Night Out set for Oct. 12

The Sisterhood of Temple Shaarey Zedek will hold its fifth Annual Theater Night Out at 7:30 p.m. Thursday, Oct. 12 at Musical-Fare Theatre Company, 4380 Main St. The show, Sisters of Swing: The Andrews Sisters Musical, costs \$23. Call 838-3232.



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Do You Have an 8 to 12 Year Old Child?

UB is recruiting 8-12 year old children for a study about **computer games and eating behaviors.**

The study involves one visit to the lab. This visit lasts approximately 90 minutes.

Participants will be reimbursed \$20 for their time.

 University at Buffalo

Call **829-3400** for more information
Ask for April (ext. 28)

Leonard H. Epstein, Ph.D.,
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PROTECTION AGAINST THE FLU

It's time for the annual flu vaccine, an important protection for individuals in high-risk categories who are most vulnerable to influenza complications. These people include children between 6 months and 5 years old, pregnant women, people with certain chronic medical conditions, and people living in nursing homes and other long-term care facilities. Individuals can get vaccinated either by receiving a flu shot containing the killed flu virus or by being administered a nasal spray flu vaccine made with live but weakened flu viruses. Each vaccine contains three influenza viruses, one of which is changed each year based on expert estimates of which types and strains of the viruses are most likely to circulate.


April, with most cases occurring between late December and early March. The flu is often confused with the common cold, but flu symptoms tend to develop quickly (usually 1 to 4 days after a person is exposed to the flu virus) and are usually more severe than the typical sneezing and stuffiness of a cold. For more information or to schedule an appointment, please call WNY MEDICAL. Please visit us at our three convenient locations: 10440 Main St., Clarence (759-8363), 154 Cazenovia St., S. Buffalo (822-2028) and 4979 Harlem Road (923-4380).

P.S. The best time to get vaccinated against the flu is in October or November.

The flu season is from November to

Please call (716) 759-8363

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For a complete list of sites visit www.vna-wny.org/flu