

Advice & More

Community Life Bulletin Board

Doctor says defender of tobacco use is merely blowing smoke

Dear Abby: The letter from "Not Ready to Kick the Butts in Kenosha" (April 13), the smoker asking how to respond to people who lectured him/her about quitting, had ME "smoking." "Not Ready" said it's none of their business. And, with reservations, you agreed.

This is a common argument used by many addicts, whether their substance of choice is tobacco, alcohol, cocaine, heroin or food. Consider this: The "Not Readys" will turn 65 — if they're lucky — and go on Medicare, or they may wind up on disability or Medicaid before age 65 because of the choices they claim are nobody else's business.

Please tell me if you think you'll ever receive letters signed "Not Ready to Get a Disability Check Every Month Because I Won't Quit," or "Not Ready to Let Everybody Else Pay 80 Percent of My \$276,000 Hospital Bill," or "Not Ready to Let Everyone Else Pay \$1,500 a Month for My Oxygen and Medications." — Dr. Steven in Reno

Dear Dr. Steven: I doubt I'll get many — or any. While I agree with you, you should know that the letter from "Not Ready to Kick the Butts" inflamed the emotions of smokers and non-smokers



Jeanne Phillips

Syndicated advice columnist

Dear Abby

alike. Read on:

Dear Abby: I was surprised at your reply to "Not Ready." It was rude and judgmental, and you owe that writer an apology. As a former smoker, I think (s)he has every right to smoke. Everyone at this point knows the risks. Smokers are behaving respectfully by smoking outside and away from non-smokers. The final sentence of your "advice" — to "try not to breathe on them because it could be hazardous to their health" — was out of line. — Christina in Noble, Okla.

Dear Abby: People with an allergy to tobacco don't have to be exposed to the smoke itself, or even be able to smell the cigarette to have an adverse reaction. My ex-boyfriend was a secret smoker. He would have a single cigarette outside work in the late morning, wash his hands thoroughly, then go out with me at night. Every single time, within minutes of sitting next to him, my asthma would flare up enough to

require me to use my inhaler.

Anyone who sits within 3 feet of a smoker for the rest of the day is exposed. And when you consider people with asthma, cystic fibrosis or other lung disorders, the smoker's personal choices are NOT limited to just his/her own health. — Sensitive to Smoke in California

Dear Abby: As I sit here, sadly watching my husband of 42 years waste away from the ravages of tobacco. I wish "Not Ready" lived here. I'd invite that person to sit with me and watch the chemicals from the chemo drip into his arm, with the follow-up nausea, rash, hair loss and fatigue.

My husband smoked for 30 years, but quit 34 years ago. The doctors say his disease began when he took that first puff. — Judi in San Diego

Dear Abby: All smokers know the effects of smoking, and as long as we choose to do it, IT'S OUR CHOICE. We are lectured every day about it. "Not Ready" was being respectful, so why can't non-smokers reciprocate and leave us smokers alone? The help is out there if we choose to seek it. — Still Smoking in Iowa — Write to Dear Abby at P.O. Box 69440, Los Angeles, CA 90069 or www.DearAbby.com.

Ulcerative colitis needs attention

Dr. Gott: Can you give me some advice about ulcerative colitis? I have had this condition for 25 years. I have seen several doctors and taken lots of medication over the years and had to quit my job because of it. My doctor insists it is caused by bacteria, but I was wondering if it could be caused by allergies.

Reader: Ulcerative colitis is a disease of the colon and rectum. It causes ulcers in the intestinal lining and inflammation. The ulcers form where the swelling has killed the lining cells, causing bleeding and pus. The inflammation can also cause diarrhea.

UC affects men and women equally. It can occur at any age but generally starts between ages 15 and 30, appears to run in families and is more common in Caucasians and those of Jewish descent.

Symptoms include bloody diarrhea, abdominal pain, weight loss, skin lesions, anemia, rectal bleeding, fatigue, joint pain, loss of appetite, loss of body fluids and nutrients and more. Children with UC often fail



Peter Gott

Syndicated medical columnist

to grow properly.

The cause is unknown. Sufferers have immune-system abnormalities, but it is unknown whether they are caused by or the result of the disorder. It is believed that, because of this abnormality, the body reacts adversely to normal intestinal bacteria, thus causing inflammation, which in turn leads to ulcers. This is essentially an allergic reaction. However, in this case, there are no foreign substances (such as pollen or animal dander), and the body is overreacting to its own normal tissues.

Diagnosis is based on symptoms, colonoscopy, imaging studies and medical history. It is important during diagnosis to find out the severity of the disease. This will dictate the treatment.

Treatment consists of medication (corticosteroids, high-strength anti-inflamma-

tories and immunodulators), hospitalization (for severe symptoms causing dehydration) and surgery. Surgery is a final, and often necessary, option for severe disease. Up to 40 percent of UC sufferers will have to have part or all of the colon removed because of massive bleeding, rupture or because medications don't work or endanger the patient's life (because of side effects and allergic reactions). Surgery may also be necessary because of the risk of cancer. Nearly 5 percent of UC patients will develop colon cancer. Studies are currently being done on how the immune system works and to develop new and more specific therapies.

I urge you to follow the advice of a gastroenterologist. This type of doctor specializes in disorders of the esophagus, stomach and intestines. He or she will be up to date on the newest medications, procedures and treatment options.

— Write to Dr. Gott c/o United Media, 200 Madison Ave., 4th Fl., New York, NY 10016.

Girls don't have to prove love

Dr. Wallace: I wasn't sure I wanted to write this letter, but I knew that I had to share my story with your teen audience so they will not make a similar mistake. I am not a child; I'm 19, and should have known better.

I met Chad at a party. We exchanged telephone numbers and soon we were dating. It didn't take long before I fell in love with him. He was everything I wanted in a guy — good looks, intelligence, a sense of humor and money.

I was not a virgin, but when Chad tried to get aggressive, I told him no. After that, Chad stopped calling.

Since I was in love, I called him and asked him why he was avoiding me. He said he wasn't avoiding me, it was simply that he felt I didn't love him. He said he was a virgin and I was the first girl he wanted to have sex with. I fell for this stupid line.

For the next three months we were lovers, but only when he wanted to see me. Then one night he talked about getting engaged — but the girl wasn't me. He had only been using me. All the time, he was engaged to another girl! They are now married.

What I'm saying is this: If a guy really loves you, you won't have to prove anything. —



Robert Wallace

Syndicated advice columnist

Lenore, McAllen, Texas.

Lenore: I'm sorry you got tangled up with such a jerk, but it sounds like you're on your way to recovery, and are learning the right lessons from your bad experience. Thanks for sharing your experience with other teens.

Dr. Wallace: I'm 18 and sexually active with my boyfriend and have been for over a year. About four months ago, I considered myself lucky that I hadn't become pregnant so I went to a free clinic and picked up some birth control pills.

Well, my mother found them in my room and went into a rage. I asked her what was better, for me to be on the pill or to be pregnant? She called me names and told me that I was sick and that she was disappointed in me. — Nameless, Alliance, Ohio.

Nameless: It would be better for you to be on the pill than to be unwed and pregnant.

But it would be better still if you waited until marriage before launching into an active sex life. I'm sorry you and your

mom aren't in better communication with one another. Her calling you names doesn't help matters. What you need from her is guidance, not rage.

— Write to Dr. Wallace c/o Copley News Service, P.O. Box 120190, San Diego, CA 92112



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Elks announce humanitarian awards

Posted by Lane Baker

Dan Coty and William "Buck" Crosby have been named winners of the 2008



Coty



Crosby

Emory Dawson Humanitarian Award by the Brunswick Elks Lodge.

Mr. Crosby was nominated by Tom Fuller, president of the Risley Alumni Association. Crosby is active in St. Athanasius Episcopal Church where he serves as senior warden. He graduated from Risley High School in 1955 and went to Benedict College. He is a member of the Benedict College Athletic

Hall of Fame and worked for the Glynn County school system for 38 years. He has been married for more than 50 years to Velma Crosby. He is a member of the Democratic Party, the YWCA Foundation Board, Brunswick Rotary Club, Risley High School Alumni Association, Glynn-Brunswick Memorial Hospital Authority, Okefenokee Area BSA and the 14 Black Men of Glynn.

Coty, owner of CinDot Systems, has been very active in Glynn County activities for more than 40 years. He is a member of First Presbyterian Church, Brunswick. He has served as vice chair of the Coastal Georgia Regional Development Authority, the board of directors of the Golden Isles Chamber of

Commerce and the Glynn County Planning Commission. He is past president of the 1-95 Merchants Association. Boy Scouting has always played a big part in Coty's life. He is an Eagle Scout, as are both of his sons. Coty has served as president of the Okefenokee BSA. He is a Silver Beaver holder and Vigil Honor of Order of the Arrow. He was nominated by Shaw McVeigh, past president, Okefenokee Area Council, BSA.

The Emory Dawson Humanitarian Award carries with it two \$1,500 scholarships for disabled students at Coastal Georgia Community College. The awards will be presented at a luncheon on Aug. 29 at the Elks Lodge, Brunswick. Details: 265-6940.



New STAR class graduates

Posted by Leslie Lamkin



The spring STAR Foundation graduating class recently completed an eight-week employment training program, which prepared them for long-term meaningful employment. All 10 graduates completed and passed the state of Georgia's new Work Ready Certification test, demonstrating proficiency in several competencies. Three graduates are now employed, and six will begin studies at the College of

Coastal Georgia in the fall or winter.

The STAR Foundation trains those with limited income in computer literacy, life skills for professional and personal growth, and job readiness — at no cost to participants.

STAR is currently accepting applications for the summer quarter, which begins July 8. Interested individuals should call 554-0540 for registration information.

Now in its 12th year, the

Brunswick-based STAR Foundation has helped provide the community with a higher quality workforce.

Pictured in the front row are **Lateesha Jones**, from left, **Estella Wright**, **Unita Fleming**, **Sharetta Jackson**, **Kimberly Obley-Thornton** and **Barbara Mott**. Pictured in back are STAR Training Director **Katie Orrel**, **Shayla Pappy**, **Connie Poarch**, **Laure Loumingou**, **Dale Bennett** and STAR Executive Director **Ellen Murphy**.

THIS SECTION

How to submit news for Community Life

You may submit information and photographs about the civic or charitable activities of individuals or groups to Community Life by:

- **Mail** The Brunswick News, 3011 Altama Ave., Brunswick GA 31520
 - **E-mail** comlife@thebrunswicknews.com (including photographs as attachments)
 - **Fax** 280-0926 (information only; faxed photographs are not of newspaper quality)
 - **In person** at either News location, 3011 Altama Ave., Brunswick or Edwards Plaza, 1701 Frederica Rd., St. Simons Island
- Please include your name and daytime telephone number.



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