

Angina "Patchwork" Relieves Pain, Reassures Patient

You have just had your 40th birthday. You are not in bad shape but suddenly, while shovelling the driveway, you feel a crushing

pain on the left side of your chest. Heart attack, right? Maybe not. It could be angina pectoris, a frightening condition that creates

untold pain and anxiety for its victims and for their families.

"Angina is pain which occurs in the chest area as a result of insufficient oxygen supply to the heart muscle", said Dr. Robert Touchon, Professor of Medicine and Physiology at Marshall University School of Medicine in Huntington, West Virginia. It is a symptom of heart disease, Canada's number one killer, but is not a disease in and of itself. It has no cure, but can be treated in many ways.

There are a variety of options available to the angina sufferer which may ease the number of painful attacks. Often, a special diet low in fat and cholesterol may be required. Your doctor may advise a controlled exercise program or you may be required to adopt a less stressful lifestyle.

Medication can be used to help relieve the pain of angina and decrease the number of attacks, and physicians have many categories and therapies

from which to choose. Nitrate therapy, most commonly nitroglycerin, has been used to treat angina for over 100 years, and is the most common form of angina therapy. Often prescribed in pill form, a new way of receiving nitroglycerin is through a patch worn on the skin. Other drug therapies include calcium channel blockers and beta blockers.

The Transderm-Nitro patch allows nitroglycerin to pass directly through the skin into the bloodstream. The patch system replaces the need to take regular pills, reducing fears about missed medication.

Researchers have recently discovered that, as with some other drugs, patients can develop a tolerance to all forms of continuous nitrate therapy. The body becomes tolerant of, or used to functioning with, the medication, which then ceases to provide the desired effect.

The issue of tolerance is of increasing concern for cardiologists. Recent studies have indicated, however, that the patch, worn during the stressful waking hours and removed for 10 to 12 hours a day while sleeping, seems to significantly reduce the tolerance problem.

In addition to the physical pain

of angina, the condition is also a psychological burden on the patient. The symptoms of angina are so remarkably similar to that of a heart attack that the patient never really knows for sure which is occurring -- an angina attack or a more life threatening heart attack. Not only is this a concern for the angina sufferer, it also affects family and friends who will share the anxiety.

If you are experiencing chest pain, don't ignore it. See your doctor right away. Angina pain is an indicator of a problem. If not treated immediately, it may mean more severe heart problems in the future.

Rash of vehicle thefts

By Angie Saunders
The News

Terrace Bay Police Chief Don Kidder wants to inform the public of the recent rash of theft from vehicles.

Over the past months there have been incidents where vehicles have been broken into and contents stolen.

Chief Kidder asked that anyone with information concerning any of these thefts contact the police.

Sgt. Ben Jenkins of the RCMP will be coming to this area to give lectures on drug awareness in the near future.

These lectures will help provide an understanding between young and old people because drugs are a universal problem.

Chief Kidder explained, "You don't have to have a drug problem to go to these lectures. They're to help the general population understand about drugs."

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The North of Superior District Roman Catholic Separate School Board Invites Nominations For a SEPARATE SCHOOL TRUSTEE FOR TERRACE BAY (ENGLISH SECTION)

Due to a resignation, this position on the Board is vacant. A replacement will be appointed by the Board for the balance of the term (to November 30, 1991).

Nominees must be Canadian citizens, 18 years of age or over and residents of the North of Superior District R.C.S.S. Board.

Nominations should be submitted to the undersigned by May 18, 1990.

C. COMMISSO
CHAIRPERSON

G. J. MATYS
DIRECTOR OF EDUCATION



RECREATION DEPARTMENT SUMMER EMPLOYMENT OPPORTUNITIES with the TOWNSHIP of TERRACE BAY

The Terrace Bay Recreation Department is now accepting applications for the following Summer Employment Opportunities:

SWIMMING POOL

1 Pool Manager/Instructor, 1 Assistant Pool Manager/Instructor, 5 Guards/Instructors

NOTE: Applicants applying for a Pool Staff position are advised that verification of qualifications and minimal standards are required.

SUMMER PLAYGROUND

1 Summer Playground Leader, 2 Summer Playground Workers

TOURIST INFORMATION BUREAU

1 Tourist Information Bureau Supervisor, 2 Tourist Information Bureau Counsellors

MAINTENANCE

1 Maintenance Assistant

MINOR BALL/SOCCER PROGRAM

1 Minor Ball/Soccer Co-ordinator

PUBLIC WORKS DEPARTMENT

1 Environmental Supervisor, 6 Environmentalists
(Required to clean-up the Township of Terrace Bay)

CASQUE - ISLES SECTION OF VOYAGEUR TRAIL

1 Environmental Supervisor, 1 Environmental Technician, 4 Environmentalists
(Required to cut walking trail - Terrace Bay to Schreiber)

Interested applicants may pick up job applications and/or job descriptions at the Recreation Office.

APPLICATION DEADLINE IS: FRIDAY MAY 11, 1990, AT 5 P.M.

Applicants are required to submit an application or resume to the Recreation Office or mail to:

Dean Main
Terrace Bay Recreation Department
P.O. Box 460
Terrace Bay, Ontario
P0T 2W0

IN MEMORIAM

McMULLEN - Hugh H.

McMullen, age 82, peacefully at his residence, Thursday morning, May 3, 1990. Beloved husband of the late Rita Agnes (Moore) McMullen predeceased July 8, 1970. Loving Father of Dr. William McMullen (wife, Imelda) and Mary Ouellet (husband, Paul) both of Sudbury, Colleen Fehst (husband Ronald) of Whitby and Donald (wife Melodie) of Sudbury. Dear Grandfather of Peter, Rita, Michael, Michelle, Lisa, Joanne, Hugh Patrick, Kevin, Brian, Andrew, Jill, Shannon and Stacey. Dear brother of Molly Edmonds of Oshawa, Joan Duquette of North Bay and the late Vera, Keith, Beth, and D'arcy, all predeceased. Resting at the Jackson & Barnard Funeral Home, 233 Larch St., Sudbury. Funeral Mass in Christ the King Church, Sudbury, Ontario, Saturday May 5, 1990, at 10 a.m. Interment in the Sudbury Catholic Cemetery. Donations to the Palliative Care Association or the SMH Emergency Dept. would be appreciated. Friends may call, 2 - 9:30 p.m., Friday.

It's a Boy!!

Mel & Pam Johnston (Spikula), are pleased to announce the arrival of their first child, son,

Matthew David Leigh

who was born March 27, 1990, at Regina General Hospital, weighing 6lbs., 15ozs. Proud Grandparents are Spike & Babe and Ross & Gail.