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= etc. =

Bulimia

(continued from page 1)

Kimbrough and Dr. Kerry Hope, a counseling psychologist at the PCS, have started a therapy group for bulimics there. Individuals interested in attending the meetings should call the PCS (845-4427) for information. All services are confidential.

"Realizing I'm not by myself has helped," Martha, another bulimic, said. She said by meeting other girls who have this problem she realizes she is not crazy.

Martha began binge-eating and purging after she ate a whole package of cookies. She was worried about whether or not her pants would fit the next day. Her roommate told her to just make herself throw up.

It worked. But after awhile

Martha began to get worried. "After I threw up, my left arm would go numb," she said.

Martha got counseling after reading an article that scared her.

Hope said bulimics have common traits. They usually are attractive, brighter than average, involved in activities and predominantly female.

Martha and Carol, both attractive young women, make good grades. Both are involved in University activities and Martha is in a sorority.

Kimbrough said any kind of stress — career, boyfriend, parental or sexual conflicts — can lead to binge-eating and purging.

Binging and purging give a bulimic a feeling of control, she said. Bulimics seem to be perfectionists who are used to controlling their lives. A lack of assertiveness also may lead a person to try to control her life with binge eating and purging.

Part of the problem is society's emphasis on thinness, Kimbrough said.

She said bulimics usually are normal weight and don't appear to have a problem at all. The pressure of the "perfect image" creates some of the problem.

"You have a distorted self-image," Carol said. When she was very thin, she still believed she was huge.

Martha said there's nothing you can do about society, so she has learned to be happy and satisfied with herself and what

she sees as important.

"It occurred to me that I expect so much," Martha said. She said she assumes others expect from her what she expects from them.

She said therapy has helped her to realize everything can't be perfect. She said she has learned to stop herself when she demands too much of herself.

Hope said the therapy group tries to help bulimics change their thoughts and learn not to take events so seriously. She said the group works on handling stressful situations with other ways besides eating.

"Knowing why there's a problem won't solve it, but it gives

cues on what we need to work on," Hope said.

Tips from the therapy group for bulimics: take a friend to you grocery shopping; cafeteria lines pick up your hands before you get to the desk because it's more difficult to grab food when your hands are busy; take up a hobby; and if you feel lonely, call a friend. Keep your mind off eating.

Martha and Carol appear to be well on their way to recovery. "I'm very happy now," Carol said. "Grades and looks are a reflection of the real me."

Martha agreed: "It's a controlling thing, but it's not a hopeless thing."

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**Girl's 'cancer' brings
attention to diagnosis**

United Press International
WASHINGTON — Doctors cite the case of a 6-year-old girl who appeared to have a form of cancer as an example of how a non-malignant disease can mimic cancer and possibly lead to unnecessary and hazardous treatment.

It turned out that the youngster had what physicians call "cat scratch disease," a benign, self-limiting disorder of the lymph nodes believed to be caused by a virus transmitted by a cat scratch.

The case was reported by Dr. Ruth E. Luddy of the University of Maryland Cancer Center in Baltimore in the August issue of Cancer, a journal published by the American Cancer Society.

Dr. Luddy said the girl was well until January 1980 when she experienced a one-week period of lethargy and a brief episode of face reddening and eye tears. A week later, she developed progressive swelling below her left eye. Two weeks later, the girl's left eyelid became swollen.

The swelling continued and the girl's doctor referred her to the University of Maryland Hospital for a biopsy. Examination then revealed enlarged lymph nodes and an enlarged gland near the ear.

Tissue samples were taken March 5, 1980. The biopsy samples indicated a generally benign but potentially serious condition known as histiocytosis X, but because of the uncertainty, the tissues were forwarded for review to the Baltimore Cancer Research Program of the National Cancer Institute and to the institute itself.

Dr. Luddy said pathologists at both centers interpreted the specimen as having an unknown malignant potential. She said the most likely diagnosis was that of a lymphoma, a cancer of lymphatic tissue.

The child was referred to the Maryland cancer center and additional tests were conducted. Dr. Luddy said another biopsy and treatment with anti-cancer

drugs were contemplated, she said in an interview she was reluctant to begin chemotherapy because she was not sure of the diagnosis.

While the girl was awaiting an additional biopsy, however, her swelling subsided and the tissues became tender.

Dr. Luddy said it was noticed that the girl had a cat and frequently played with her friend's cats. That suggested that perhaps cat scratch disease was the culprit — not cancer.

Skin tests confirmed that the girl indeed had cat scratch disease.

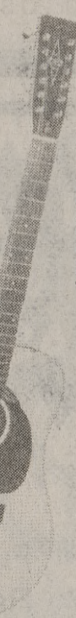
By July 1980, five months after the beginning of the ordeal, all the girl's symptoms appeared and Dr. Luddy said the youngster has been well since then.

In discussing lessons learned from the case, Dr. Luddy said it is likely that similar cases in the past may have so closely resembled lymphoma that the patient received unnecessary treatment.

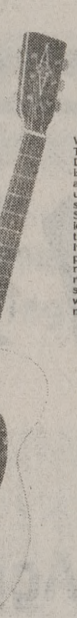
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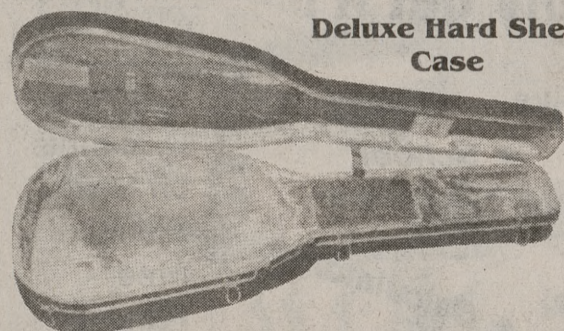


Yamaha SJ180
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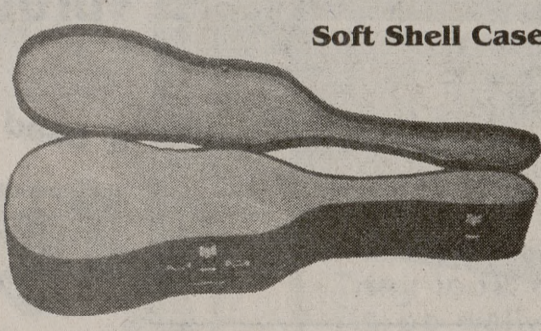
Mahogany, steel string with spruce top; great for a beginner or intermediate.

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**New brain scanner offers
chance to follow patterns**

United Press International
A vital new tool is already helping scientists map the patterns of brain activity associated with mental illness, normal thinking and feelings.

The PET — positron emission tomography — scanner is a machine that can detect and visualize brain chemistry in action by tracing the consumption

of glucose. Eventually it may pinpoint the precise neurobiological mechanisms that lie at the root of human thought.

With PET scans, reports the August issue of Science Digest magazine, a patient is injected with radioactive tracers that mimic the action of glucose metabolism, showing that manic depression and schizophrenia

are accompanied by abnormal consumption.

Though still in its infancy, PET scans have already become the definitive test for epilepsy who must undergo surgery because their seizures cannot be controlled by drugs. In time, PET may do for behavioral sciences what the CT scanners do for physical medicine.

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