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**Diet with excess
 iron raises risk
 of cancer in men**

The Associated Press

WASHINGTON — Even a little too much iron in men's diets could increase their risk of cancer, a new study suggests.

Iron is an essential nutrient found mainly in red meat and fortified grains. Too little can cause medical problems, from anemia to retardation. But the new research indicates that supplementing diets with iron, whether in pills or fortified foods, may not be in everyone's best interest either.

The largest study to date, to be published Tuesday in the International Journal of Cancer, shows a risk of cancer in men beginning to rise when the amount of iron in their bodies is 10 percent higher than average.

"There is such a thing as too much of a good thing," said study author Dr. Marc Micozzi, director of the National Museum of Health and Medicine in Washington.

"Iron fortification was instituted with a lot of good intentions but maybe not with complete information."

— Dr. Katherine McGlynn, an iron expert at the Fox Chase Cancer Center in Philadelphia

The study was published alongside one from Finland that found the same phenomenon there. Smaller studies have had similar findings, raising the question of whether American public health policy, with its emphasis on fortified foods and vitamins, should be re-examined.

"Iron fortification was instituted with a lot of good intentions but maybe not with complete information," said Dr. Katherine McGlynn, an iron expert at the Fox Chase Cancer Center in Philadelphia. However, she said more studies are needed "that really nail the coffin down to say we've got to stop" supplementing.

It's much too early to say supplements should be stopped, said Abe Parvanta, a nutritionist with the Centers for Disease Control and Prevention.

"Whether high intakes of iron over a lifetime can potentially affect health, the research is not definitive," he said.

Iron deficiency is mainly a problem of the poor and malnourished. About 20 percent of American children living in poverty are at risk for it.

And, until recently, it had been recommended that pregnant women be given iron pills whether they had iron deficiencies or not.

It has been known that high iron overloads can be dangerous, too. About 2 percent of Americans have a genetic flaw that doesn't allow them to properly process the heavy metal, and they can rapidly accumulate so much of it they die.

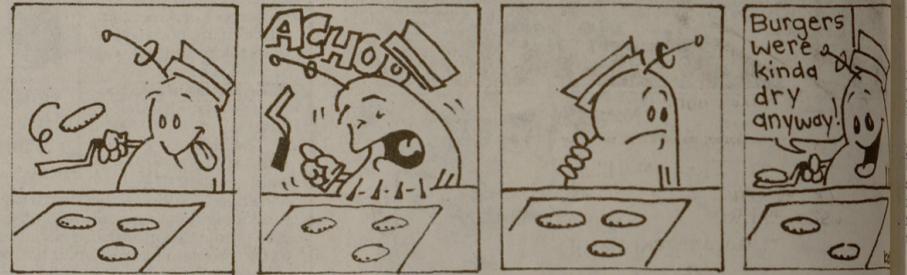
Tubularman

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**Arctic blast freezes activity,
 traffic in Texas Panhandle**

The Associated Press

Parts of the Panhandle shut down Monday under a crust of ice and hard-packed snow dumped by a storm nosing its frigid temperatures south.

Sunshine sparkled in Amarillo on the 10 inches of snow that fell since Sunday. Schools and some businesses were closed.

"It's slow going — a lot of snow packed and icy roads," said National Weather Service forecaster Ed Andrade. "Even though the sun is out, it's not melting."

By noon, Amarillo's temperature had climbed to 13 degrees. Fifteen inches of snow fell in Silverton. Drifts in that town — about 70 miles southeast of Amarillo — grew 5 feet high and kept most people home Monday morning.

"All you see is snow, not hardly any mud," said Diana Ivory, a clerk at Allsup's Convenience Store. "It's real pretty."

The storm hit the Panhandle and South Plains over the weekend and continued blasting across Texas on Monday.

The National Weather Service issued a winter weather advisory for areas including Abilene, Brownwood and San Angelo.

Meteorologists predicted possible sleet and snow flurries as far south as Houston and Victoria by Monday night.

The Department of Public Safety warned of slushy roads and treacherous bridges from Odessa and San Angelo to Wichita Falls and into the Hill Country.

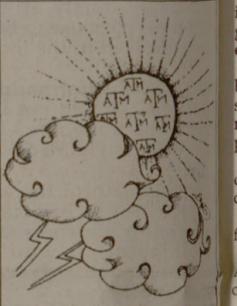
All of Interstate 40 across the Panhandle was extremely slick, DPS public information officer Wayne Beighle said.

Several 18-wheelers had jackknifed, he said, and vehicles were sliding off rural roads.

No serious injuries were reported from the accidents.

"The next 24 to 48 hours are real critical," Beighle said. "Instead of the fluffy stuff, now we have hard-packed snow. I call it the thaw-and-refreeze stage."

Statewide snow tallies included 10 inches in Clarendon, 7 inches in Borger, 6 inches in Dalhart and Pampa, and 2 inches in San Angelo and the Permian Basin.



WEATHER

Tuesday: cloudy, cold, chance of snow, highs in 30s

Wednesday: partly cloudy, highs in 40s, lows in 20s

Thursday: mostly clear, cold, highs in 40s to near 50, lows in 20s

Weekend: cloudy, chance of rain, highs in 50s, lows in 40s

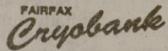
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