

## Counsel On Aging

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The American Association of Retired Persons' "Healthy Older People" campaign recently addressed drugs and the elderly. Patients who don't take their drugs properly, commonly referred to as "noncompliance," pose one of the most difficult problems faced by physicians. Consequences of noncompliance can be serious. There are many reasons that older adults have trouble taking medications exactly as directed.

In addition to having more chronic diseases, thus seeing more health care providers, consuming more prescription drugs, and having more complex drug regimens, older persons are also heavy users of non-prescription drugs that can interact negatively with prescription drugs.

Older people may have a variety of false beliefs about the causes and consequences of different diseases. Older people often take their drug out of the original containers and then can't recognize the drug or remember instructions.

Disruptive life transitions common in later years lead to distress, which in turn, can lead to confusion or problems in taking medications according to instructions.

Many cases, patients do not receive adequate information about a medication when it is prescribed and dispensed. Thus, its purpose, dosage, possible side effects or interaction, or specific instructions such as "take with food" can be a mystery.

Research on health promotion for older people has shown that his age group finds it difficult to sort through conflicting information on health practices and to figure out what's right for them.

Three observations have been noted about older adults who take medications:

First, the longer a person takes a medicine, the greater chance he or she will not take it exactly as prescribed.

Secondly, the more medicines a person is taking, the less likely he or she is to take them exactly as prescribed.

And thirdly, patients are more likely to follow prescribed instructions and schedules for medicines they consider important, such as antibiotics, as opposed to something like high blood pressure medication, where the condition treated is chronic and symptoms may be minimal.

Compliance improves when a patient is provided with individual, specific, detailed instructions about the drug regimen. Better communications and better understanding between older people and health professionals are needed.

## Page Duties For Local Resident

A student from the Mooresville area worked last week as a governor's page in Raleigh.

Kelley Earnhardt served in the Governor's Communication Office as part of Gov. Jim Martin's page program for high school students.

Earnhardt, the daughter of Mr. and Mrs. Dale Earnhardt of Rt. 8, Mooresville, is a sophomore at Oak Ridge Military Academy.

Governor's pages are chosen on the basis of merit and are recommended by teachers, principals or other community leaders. Pages assist various departments in communications with other state offices.

The pages are also given the opportunity to tour state museums, the Governor's mansion, the Legislative Building and the State Capitol.

## Melchor Cited For Home Sales

Frank Melchor of Mooresville has been recognized by Sterling Manufactured Homes for his sales achievements during the past year.

Melchor is vice president of American Homes here, a Sterling dealer.

Melchor was among mobile home salesmen honored during the recent North Carolina Manufactured Home Show in Winston-Salem. He was awarded two five-day cruises to the Bahamas, a golf bag and a gold ring.

Polly Hegler, American Homes receptionist, was presented a spa bathtub accessory during the show.

**MOORESVILLE**

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# "THE REASONS NOT TO COOK TONIGHT JUST KEEP ADDING UP!"

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2. The "Three-Hours-Later-And-It's-Still-Not-Defrosted" reason.
3. The "But-I-Had-To-Take-The-Dog-To-The-Vet" reason.
4. The "5-More-People? You've-Gotta-Be-Kidding!" reason.
5. The "What-Could-I-Do — He's-My-Boss" reason.

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## Mooreville Brothers Accept Challenge Of New York Marathon

Loneliness may be the only constant companion of the long distance runner.

But a pair of Mooreville brothers will be anything but alone when they join some 22,000 others in tackling this weekend's annual New York City Marathon '87.

In what is a first for this area, and perhaps, an unprecedented feat covering a much wider geographical circle, brothers Larry and Jim Edwards will be among the runners who will be viewed by an estimated crowd of three million, plus a live worldwide television audience, Sunday morning when they take on

the 26-mile, 385-yard course that winds directly through the five New York City boroughs.

For 38-year-old Jim, the younger of the two, he will be taking part in his second consecutive New York Marathon, and his fifth long-distance event overall.

As for the 43-year-old Larry, race day will provide an first-time thrill for the veteran of seven previous marathons and 30 running races overall, as he will be in the New York line-up for his first time.

Just being accepted for the field is quite an achievement, as only the first 12,000 entrants are selected on a

first-come, first-served basis.

Five thousand additional spots are filled through a lottery.

The remaining 5,000 guaranteed positions are then reserved for non-USA applicants on a quota system by country.

Additional starting positions are then added to field based on marathon finish times run by qualified candidates on a certified course since last January.

With their receiving of official numbers — Jim's is 448 and Larry's is 1944 — recognizing them as New York marathoners, the Edwardses become the first known set of brothers from the Mooreville area to earn the right to compete together in the yearly attraction that is itself billed as the "largest, and most prestigious attraction of its kind."

"It's one heck of a way to tour the city," noted Jim, a veteran of the one previous marathon. "The hardest parts about it is waiting for the gun at the starting line, and then recuperating from it the next day."

The most satisfying part, though, is seeing the finish line in Central Park and realizing you are about to complete perhaps, the greatest marathon in this country with the world's top runners.

"It's the excitement of the race day that I'm looking forward to the most," revealed Larry, who perhaps was convinced to try it after hearing of his younger brother's adventures.

The two will leave out of Charlotte today (Wednesday) and return to Mooreville next Tuesday.

In between, they will receive a first-hand view of the Big Apple, as the marathon will take them through the various ethnic groups that reside in the boroughs of Staten Island, Brooklyn, Queens, the Bronx, and Manhattan.

"The most interesting part of the race," added Jim, who is employed in Duke Power Company's Human Resources Department as a corporate safety coordinator, "is running through the various communities and listening to them pulling for you to keep running."

The race begins with dual starts on the Staten Island side of the two-mile-long Verrazano Bridge, utilizing both the Brooklyn-bound and State Island-bound lanes.

The groups will merge at the eight-mile mark in Brooklyn, and the course then proceeds along through Queens, into Manhattan, across to the Bronx, back to Manhattan, and then winds up in

well-known Central Park.

The best of the elite racers in the field will complete the course in just over two hours, while the top women are expected to cross the finish line in just under two and a half hours.

As is the case year in and year out, some of the biggest names in the world of long distance running will be included in the field.

And while the Edwardses don't expect to be among those top finishers, who are rewarded handsomely for their efforts, they each do have a similar specific goal in mind.

"This will be my sixth marathon," stressed Jim, who is attracted to long distance running because of the sport's "built-in" individual challenges, "and I have finished them all to date. I don't know how well I'll do, but I will finish. New York is too far to travel not to finish the race."

Ditto for brother Larry, an avid runner for this his eighth year.

"I'd really like to be able to finish the race," echoed the elder Edwards, who is employed with the Mooreville Graded School District. "That's my number one aim. I'd like to be able to say that I finished the New York Marathon."

Based on that determination alone, both will accomplish their primary goal, but there is always the possibility of an injury occurring along the way that may knock them from the race.

"One of my biggest concerns," admitted Jim, "is coming up with an injury and not knowing how to get back to the hotel."

That would be an even greater concern were there an ordinary marathon that offers loneliness as the most constant companion.

But this is the New York Marathon, the biggest single-day event of its kind in the world, where too much participation, rather than not enough, is the rule rather than the exception.

And for the first time, a pair of Mooreville area brothers will be among the 22,000 strong attempting to cover every step of the course.

"Would I do it again?" asked Jim, who then provided his own answer with a definitive, "Absolutely."

It's a feeling that, among the Edwards brothers, is mutual.



Larry, Left, And Jim Edwards Hold Marathon Acceptance Card

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