

fitness

Barry Franklin



Heart patient has chest pains in cold weather

Question: Two years ago I suffered a heart attack. Since then, I have regularly walked to improve my physical fitness. Last winter, I often experienced mild angina (chest pain) during my walks outdoors. Can you explain why cold weather seems to bring on my chest discomfort? What can I do this year to reduce this problem?

T.S., Southfield

Your problem is not uncommon. Exposure to cold air has been shown to precipitate angina pectoris in some patients with coronary heart disease.

Two mechanisms have been implicated as underlying factors.

First, inhalation of cold air may cause a reflex spasm or constriction of the heart's (coronary) arteries. It may also increase the volume of blood ejected with each heart beat. In the presence of an already compromised coronary circulation, these added stresses may provoke chest pain.

Second, exposure to a cold environment evokes a

temperature regulation reflex causing constriction of the skin's blood vessels to conserve body heat. The transient narrowing of these peripheral blood vessels serves to increase blood pressure and the heart's demand for oxygen, thus more readily provoking angina pectoris.

In addition to the use of anti-anginal drug therapy, I suggest the recommendation of Dr. Terrance Kavanagh of the Toronto Rehabilitation Center in Canada. Dr. Kavanagh recommends that a cold weather mask (figure) or scarf be worn to avoid inhalation of or face and neck exposure to cold air. Such measures, he contends, are most effective in reducing the symptoms of angina during activity in cold weather.

The writer is co-director of cardiac rehabilitation and physical fitness at Sinai Hospital, and on the faculty of Wayne State University's School of Medicine. Questions may be sent to him in care of this newspaper.



moral perspectives

Rev. David Strong

Religious tolerance, diversity are under attack

The now-famous remark by the president of the Southern Baptist Convention, the Rev. Bailey Smith, that "God Almighty does not hear the prayer of a Jew," has raised a furor. This is good, for such views need to be made public and exposed to the reactions of the public.

Religious tolerance and dialogue are values we need to uphold. Religious tolerance is of the essence of the American experience.

Many have come to America to escape tyranny and persecution. Much of the greatness and energy of this nation comes from this diversity and atmosphere of religious toleration.

IN RECENT times we hear this rich diversity and this tolerance challenged.

Communities seek to exclude religious groups and racial minorities. Protests are raised against assisting Vietnamese and Cuban refugees. A hard note has sounded from those who would wish the rest of the society to conform to their values.

Some would even argue that toleration implies support for the views and values of those tolerated. This is not a reasonable assumption.

We need to support a human search for God as

long as it does not seek to destroy persons. At the same time, we need to carry out dialogue and critical reflection concerning religious movements.

Some religious groups and leaders have come to believe that their way of faith is the only way. They may even feel that their religion does not need to acknowledge basic human values or rights. These make the fatal mistake of assuming they know the mind of God.

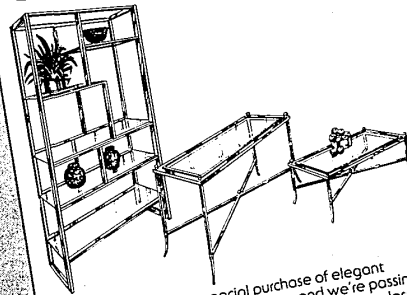
CHRISTIAN SCRIPTURE warns us that we are not to judge others, but we are to love those who do not accept us or who treat us as enemy. These two

guidelines — the withholding of judgment and the decision to love your enemy — are the true bases of religious tolerance.

Without the presence of these two principles, religion becomes a destructive force within the world. At the same time it is spiritually destructive to those who create intolerance and rejection of others.

We are in the midst of religious awakenings across the world. It would be a great tragedy for mankind if these awakenings lead to the destruction of people rather than to their fulfillment.

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