

Smoke hurts lungs, heart

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"The frustrating thing is that although large sums of money are spent in research of chronic pulmonary disease, there's little evidence that research alters the course of the disease," Rabinowitz said.

Despite the Surgeon General's warning on cigarette packages, the TV ad ban, the chocolate cigarette/nicotine flavored gum substitutes, the prevailing attitude among smokers is "It will never happen to me."

"THEY COULDN'T BE more wrong," Rabinowitz says. "This year in the U.S., there will be 100,000 deaths due to lung cancer."

On morning rounds, Rabinowitz performs a fiberoptic bronchoscopy, a five-minute non-surgical procedure using bending light through tubes to diagnose a lung spot. The patient, a 41-year-old man, sought medical treatment because of joint stiffness he thought was due to arthritis.

"Symptoms of lung cancer are very subtle," Rabinowitz says later in his office.

"It could be a cold that doesn't go away, fatigue all the time, weight loss, coughing up blood, or muscle soreness in the chest."

The symptoms are so vague that they often go unnoticed. Doctors discovered a lung tumor in one 33-year-old patient whose only complaint was a nosebleed that wouldn't stop.

"The patient had been smoking a pack a day since age 14."

Most cases are inoperable because the cancer has spread to other parts of the body, most commonly the brain, liver and bones.

For information on quitting, call local chapters or write: American Cancer Society, 7737 Kercheval, Detroit, 48214; American Lung Association, 28 W. Adams, Detroit, 48226; Michigan Heart Association, 1610 W. 12 Mile, Lathrup Village, 48076.

The Seventh Day Adventist Church has a five-day plan to stop smoking. For information, write: Seventh Day Adventist Church, Narcotics Education Division, 6940 Easter Ave. N.W., Washington, D.C. 20012.



Eugene Leapheart walks a computer-run treadmill that pushes patients to the limits of human tolerance. Background technicians Barry Lewis, Allen Schultz and Dolores Lewandowski are monitoring Leapheart's continual electrocardiogram. The stress test can run five to 20 minutes. Track speed and elevation take place at short intervals. (Staff photo by Randy Borst)

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