

Barry Franklin



Why 'isometric' work forbidden heart patient

Question: I am 42 years old and have recently had a heart attack. My doctor is strongly against my returning to my former job as a furniture mover. He says the heavy lifting and associated "isometric exercise" is particularly hazardous for me.

What is isometric exercise and why is it so dangerous?
Is there anything I can do to reduce the stress associated with this form of exertion?

R.T. Livonia
Isometric or static efforts involve muscle contraction with little or no movement. Examples: tensing one muscle group against another, or straining to push or lift a heavy object. In contrast to rhythmic exercise, isometrics cause a sudden reflex rise in blood pressure, creating a tremendous pressure load on the heart. Consequently, most doctors caution their cardiac patient to refrain from isometric efforts during occupational and leisure-time activities.

ISOMETRIC exertion is deceptive

because the magnitude of cardiovascular stress is often underestimated. Two reasons are frequently given.

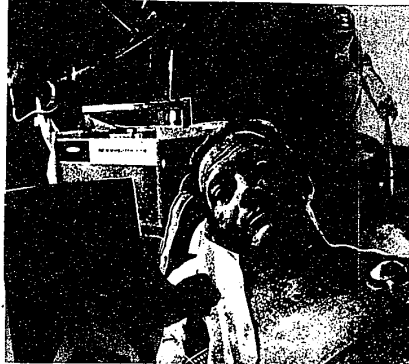
First, the excessive demands on the heart are dangerously camouflaged by the low metabolic requirements. Consequently, the usual warning signs of overexertion (e.g., rapid pulse, sweating and breathlessness) are absent.

Second, the magnitude of cardiovascular stress during static efforts may be unrelated to the weight of the load. The stress is apparently dependent on the weight of the load lifted relative to the maximal strength of the muscles used.

For example, lifting light loads with small weak muscle groups will result in approximately the same degree of cardiovascular stress as lifting larger loads with larger muscle groups!

THE HAZARDS of isometric exertion, particularly in persons with heart disease, are well documented.

President Eisenhower is said to have sustained a heart attack while attempting to open a stuck window, a task which involves a sustained isometric



Many heart attacks and sudden deaths occur during intense isometric exercise — where a sudden reflex raises the blood pressure and puts a tremendous load on the heart.

contraction.

There have been numerous reports of heart attack and sudden death occurring during snow shoveling and water skiing, two activities which incorporate intense forms of isometrics.

Other activities that involve a substantial isometric component include the carrying of heavy luggage or weights, certain forms of carpentry, and pushing against immovable objects (e.g. a car stuck in a snow bank).

Various mechanical assist and labor-saving devices are helpful in reducing the degree of isometric efforts in daily living. These include shoulder straps for carrying objects, and dollies or platform wheels for moving heavy loads.

The writer is co-director of cardiac rehabilitation at Sinai Hospital and on the faculty of Wayne State University. Send questions in care of this newspaper.

Thursday, February 5, 1981

(S, Ro-15AJO)17A

WE WILL BUY...
Your fine jewelry and precious gems. Immediate payment. Fully insured consignment arrangements available. By Appointment 642-2650

GREENSTONE'S Jewelers
Creators of fine jewelry for over 50 years.
528 N. Woodward Ave., Birmingham, Mich. 48011
642-2650
Woodward Shopping Plaza, 335-38
Major Credit Cards



CUSTOM DRAPERIES
SAVE UP TO **40% OFF**
on Fabrics
• Styling with imagination
• Sensible prices
• Decorator fabrics
• Fine workmanship
• Direct mill buying

Labor Special #6 per panel installed

Vertical Blinds
50% OFF
No Freight
No Handling
Charges
All Previous Orders Excluded
* PVC Decorator Cloths & Macramé

CUSTOM WOVEN WOODS
45% OFF
CONCORD, WESCO
* All previous orders excluded

HORIZONTAL 1" BLINDS
30 Decorator Colors
"BALI" DESIGNER BLINDS
40% OFF
No Freight or Handling Charges

BATH SALE!
• Towels • Shower
• Wicker • Curtains
• Lattice **25% OFF**

DRAPERY BOUTIQUE COUPON
30% OFF ALL WALLPAPER
Any book - Any group in our library. Freight and Handling Additional. Expires 2-28-81
No Charges Accepted
Coupon must be presented upon placing order only

FARMINGTON TOWNE CENTER
3701 Grand River
Farmington
(313) 478-3133
Daily 9:30-6:00
M-Th 9:30-8:30

ORCHARD & 14 MILE CENTER
3088 Orchard Lake Road
Farmington Hills
(313) 826-4313
Daily 9:30-6:00
M & Th 9:30-8:00

drapery boutique

TAKE A BREAK FROM HIGH FUEL BILLS.
Your energy dollars are going right up the chimney if your heating system isn't professionally designed for your home's special needs. Kast's comfort engineers can custom match a new Lennox furnace to your home's specific heating problem and achieve maximum efficiency. Include an energy-saving cooling system, too, if you like. Add the security of Kast's proven reliable service and you've got SYSTEM 81—the start of lower fuel bills.

LENNOX GAS FURNACES

SAVE! Additional value this winter in reduced installation prices. Call for a free in-home energy survey today.

Quality service. It's the key to your comfort.

KAST HEATING & COOLING
580 S. Telegraph Road, Pontiac. Call 338-9255
Other offices in Royal Oak. Call 542-3850 or 642-7150

Gallery of Oriental Rugs
Visit Our New Showroom to See our Fine Selection of Newly Arrived Chinese, Pakistan Persian & Romanian Rugs
• Sell • Buy • Trade • Appraisals
• Cleaning • Repairing

251 E. Merrill St. Business & Residence
Birmingham, MI 48011 (313) 644-7311

Announcing Our 8th Annual Pre-Inventory Storewide **SALE**
25-50% OFF Regular Prices
Sale starts Thurs. Feb. 5th thru Feb. 28th

LAKE JEWELERS
100 South Woodward Avenue
Birmingham • 644-3315 Mon-Sat: 10-5:30

GOT A VIDEO MACHINE?
PAYING OUTRAGEOUS PRICES TO BUY MOVIES?
RENT A VIDEO MOVIE \$5.00 FOR 4 DAYS
WITH VP CLUB MEMBERSHIP NOW ONLY \$35

RENT HUNDREDS OF HOLLYWOOD MOVIES:
• BRUBAKER • BLUES BROS. • "10"
• THE FURY
• RAISE THE TITANIC
12 Mile at Evergreen
Evergreen Plaza, Sfld.

VIDEO PLUS 569-2330
OPEN 7 DAYS

MID WINTER SALE!

NOW... SAVE 20% ON THE WEST COAST CASUAL LOOK OF WOODBRIAR II.

Drexel's most popular collection of furniture is a warm, open "California" look with an elegant, sophisticated feeling. The design is rustic but contemporary. All the pieces are solidly constructed and feature a beautifully grained wood pattern that is characteristic of its solid dining room or bedroom. For the perfect accent to any dining room or bedroom, the natural look of Woodbriar II is the answer. And right now, during our Great Mid-Winter Sale, the whole collection is 20% off.

HURRY, SALE ENDS MARCH 1.
Only two of the 103 room settings you'll find on sale at Gorman's

	Was	Now
DINING ROOM		
Rectangular table	\$1139	\$911
Arm chair	310	248 each
Side chair	279	223 each
Cabinet	1299	1039 each
BEDROOM		
Armchair	\$639	\$569
Light bridge (Queen)	459	367
Light bridge (King)	499	399
Mirror	125	99 each
Mirror	145	116 each
King-size bed	629	499
Queen-size bed	519	415

GORMAN'S
SOUTHFIELD Telegraph at 12 Mile • 353-9880
TROY W. Big Beaver at Crooks • 649-2070
NOW IN FAIRLANE 260 Town Center Drive Dearborn
(ACROSS FROM FAIRLANE SHOPPING CENTER) • 336-0340
All stores open daily 10 to 6: Mon. Thur. Fri. till 9
Troy and Fairlane open Sunday Noon to 5:30
*Bedroom furniture not on display in Southfield store

The Woodbriar II Dining Room by Drexel

The Woodbriar II Sleep Center by Drexel