

Segregation bigger risk to smokers

Cigarette smokers should be increasingly concerned about their health.

This concern stems not only from the harmful effects of cigarette smoking itself, but rather the recent social trend of designating public areas between smokers and non-smokers.

Certainly the acute and chronic effects of cigarette smoking are well known. Smoking even one or two cigarettes serves to markedly increase the heart rate and blood pressure. Blood fats and blood clotting mechanisms are increased, while heart rhythms often become irregular.

Cigarette smokers suffer from an increased risk of heart disease and lung cancer.

RECENT RESEARCH indicates that cigarette smoke is potentially harmful to others in the immediate environment of the smoker. As a result, social demands and legislation have led to the grouping or congregation of cigarette smokers in public places.

• We now are questioned by the airlines whether we wish to sit in the smoking or non-smoking section.

• Restaurants must designate separate smoking and non-smoking areas for patrons.

• Recent legislative proposals indicate business and industry will soon be setting up similar offices for employees.

It is clear that within the very near



fitness
Barry
Franklin

future, all public places will be designated as "smoking" or "non-smoking." Non-smokers naturally applied this option.

ON THE OTHER hand, cigarette smokers will be penalized even further. Not only will they inhale their own cig-

arette smoke, they will now be continually bombarded, even when they are not smoking, by the noxious cigarette smoke of others.

Essentially, this may serve to transform even the "half-pack-a-day" smoker to the equivalent exposure of the "one-or-two-pack-a-day" smoker. Although the health ramifications of this social stratification may not be known for years, it appears reasonable to conclude the harmful effects of cigarette smoking will be magnified.

A Farmington Hills resident, Barry Franklin, Ph.D., is co-director of cardiac rehabilitation at Sinai Hospital and teaches in two colleges.

medical briefs/helpline

• ALLERGY-ASTHMA

Monthly seminars on allergy and asthma will be conducted by Dr. Ulrich Ringwald, director of the Allergy and Asthma Center of Rochester. The sessions are free and open to anyone interested in allergies and asthma. The next meeting will be at 8 p.m. Friday, June 1, in the Crittenton Hospital conference room.

Presentations will include discussions on asthma, sinus trouble, hives, food allergies, drug reactions and reactions to stinging insects.

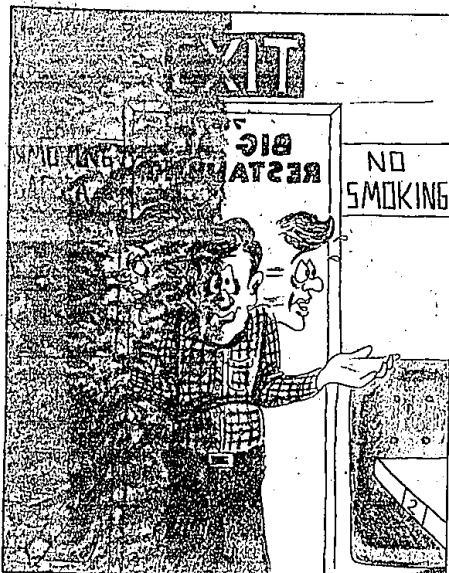
For further information, call the center at 651-0688.

• CATARACT SUPPORT

The Cataract Support group will present a sneak preview of their own slide production, "Journey Out of Darkness, Journey Into Vision" at 1 p.m. Saturday, June 2, at the Beacon Hill Professional Plaza, Southfield. The production takes the viewer through a cataract patient's office care and testing, surgery and post-office care.

Dr. Henry J. Spiro, cataract specialist and director of the Cataract and Eye Care Institute in Southfield, will be present for a question and answer discussion.

The meeting is open to the public. There is no admission charge and refreshments will be served.



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For an eye care brochure or more information about the Kresge Eye Institute, please phone the patient hot line number, given below.
The Kresge Eye Institute and Harper Hospital are affiliated with the School of Medicine, Wayne State University and the Medical Center in delivering world-class quality health care.

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