

Runners' aren't immune

I, too, was shocked to read the recent newspaper headline, "Heart attack during running kills Jim Fixx, expert on jogging." He was only 53.

Fixx had transformed himself from an overweight, two-pack-a-day smoker to a lean, non-smoking, 10-mile-a-day distance runner. His best-selling "The Complete Book of Running" led thousands to take up running for fitness and heart health.

Although his father had died of a heart attack at 43, Fixx had not had even a routine medical examination for some time.

Perhaps he believed that his distance-running lifestyle would protect him from, or even immunize him to, heart disease.

THE POSSIBILITY of avoiding heart attacks by distance running was first raised almost 30 years ago, after an autopsy of famed marathon runner Charles DeWitt, who died at 70 of cancer.

The medical findings described his heart's arteries as two to three times the normal size with only minimal narrowing from fatty-cholesterol deposits.

In more recent times, Dr. Thomas Bassler, a pathologist and marathon runner, and the American Medical Joggers Associa-

tion have taken the position that marathon running provides "absolute protection" against death due to heart disease.

Unfortunately, the medical literature and lay press have demonstrated the "exercise and immunity" theory to be incorrect.

While it is recognized that each year several cardiovascular deaths while running will occur merely by chance, there is unequivocal evidence that heart disease may occur in some distance runners. Indeed, the autopsy report on Jim Fixx revealed that he had died of a massive heart attack, and that three of his heart's main arteries were blocked.

NO LONGER can we ignore the fact that heart disease is now considered a complex multi-factorial disease.



fitness
Barry Franklin

Genetics, environmental influences and lifestyle habits — know collectively as "risk factors" — probably all play a role. Some risk factors may still remain unidentified.

Certainly, few authorities would disagree that the distance runner's lifestyle — including regular exercise, abstinence from cigarette smoking and careful attention to diet and body weight — may provide partial protection against heart disease.

The ironic death of Jim Fixx emphasizes that modification of one risk factor, such as regular exercise, may not always provide absolute immunity against heart disease for everyone, even if accompanied by other lifestyle changes.

It's time to lay the "exercise and immunity" theory to rest.

College to offer keyboard classes

In response to the increased use of microcomputers in business, industry, government and education, Oakland Community College will offer a new course in keyboarding this fall.

Designed to prepare students to input data on computers and microcomputers swiftly and accurately, the class will emphasize alphanumeric keyboarding techniques and proper formatting procedures for the layout of coding and layout forms, as well as business documents.

Students will work on both the typewriter and the microcomputer during the semester. Use of the 10-key numeric keypad will also be highlighted.

Keyboarding (200-100) will be offered this fall at the Auburn Hills, Highland Lakes, Orchard Ridge, and Royal Oak campuses.

The 1984 fall semester will begin Aug. 30. Registration, according to an alphabetical schedule, will be held Monday-Wednesday, Aug. 27-29.

Contact an admissions counselor at the campus of your choice: Auburn Hills, 633-1267; Highland Lakes, 360-3007; Orchard Ridge, 471-7620; and Royal Oak, 967-6789.

Lexitel to merge with phone firm

Lexitel Corp. of Birmingham and LDX Group Inc. of Chesterfield, Mo., announced an agreement this week to merge their long-distance telecommunications units into a single company.

The new company will be headquartered in Birmingham, the present Lexitel headquarters. George J. Vasilakos, current president and chief executive officer of Lexitel, will serve as the president and chief executive officer of the new company.

Based on total billed revenue, the combined entity will represent one of the largest long-distance telephone companies in the United States.

The new company will have current annualized revenues in excess of \$100 million and a customer base of over 110,000 business and residential subscribers, Vasilakos said.

INITIALLY, the company will serve 18 major metropolitan areas in 10 states, including Detroit and Ann Arbor.

Other markets include Pittsburgh; Ohio cities of Akron, Canton, Youngstown, Cleveland, Columbus, Dayton, Toledo and Cincinnati; Indianapolis, Chicago, Milwaukee, St. Louis, Kansas City, Mo., Denver and Shreveport, La.

The market areas are connected by a microwave network extending from Pittsburgh to Chicago, and by circuits leased from other carriers. The existing network will be expanded through additional microwave facilities, fiber optic systems and new switching centers.

The merger, which is subject to shareholder approval, is expected to be closed in 30 to 45 days.

LDX GROUP, Inc., as sole owner of the LDX unit prior to the merger, will be a major stockholder in the new company. LDX Group, a subsidiary of Kansas City Southern Industries, is a diversified telecommunications company.

To Blue Cross and Blue Shield of Michigan non-group "Medigap" subscribers:

SENIORS CAN SAVE 18% WITH MEDICARE PLUS.

MEDICARE PLUS SAVES ON PREMIUMS AND EXPANDS HEALTH CARE BENEFITS.

- For just \$26 a month, you receive all services with no Medicare copayments or deductibles.
- MEDICARE PLUS includes office visits and unlimited hospitalization at no charge.
- And no paperwork.

Now HEALTH CARE NETWORK, a Blue Cross and Blue Shield of Michigan-sponsored HMO, adds benefits and cuts costs for you with its new Medicare Plus program.

Medicare Plus is a comprehensive plan that covers hospital, medical, surgical, lab, emergency and home care. It also pays for preventive services not covered by your present Medicare plan.

You can now join this new plan and combine your Medicare and your complementary coverage into one package.

Here are 10 of the more than 20 additional benefits you get at no additional charge:

Service	Medicare	MEDICARE PLUS
Private-Duty Nursing	NO	YES
Health Exams	NO	YES
Allergy Tests and Shots	NO	YES
Vision and Hearing Screening	NO	YES
X-ray and Lab	20% Copay	No Charge
Ambulance Service	20% Copay	No Charge
Radiation Therapy	20% Copay	No Charge
Office Visits	20% Copay	No Charge
Hospitalization	Limited Days, Deductibles	Unlimited Days, No Charge
Durable Medical Equipment	20% Copay	No Charge

HERE'S HOW MEDICARE PLUS WORKS:

As a Medicare Plus member, you select your personal physician from a list of 350 well-qualified participating doctors in convenient locations. Your physician will coordinate all your health care needs, including referrals to specialists and admission to any of 70 participating hospitals.

Any time you are traveling out of the area, you are covered for accidental injuries, life-threatening emergencies and "urgent" care.

MEDICARE PLUS ELIMINATES PAPERWORK.

There are no claims to file with Medicare Plus. Neither are there receipts to collect or complicated documents, printouts or forms to understand. Medicare Plus handles it all: paperwork and records. You simply present your identification card when you visit your personal participating physician, specialist or facility to which you are referred. The only time you may have to submit receipts and fill out a claim is when you have an emergency or urgent service out of the area.

YOU CAN ENROLL NOW IN MEDICARE PLUS:

- If you are a resident of Wayne, Oakland or Macomb counties.
- If you are eligible for Medicare.
- If you are *not* a member of a group retiree program.

Telephone HEALTH CARE NETWORK at

559-7580

for an application and benefit information.

JOIN MEDICARE PLUS NOW AND SAVE MONEY.

PROFESSIONAL CARPET CLEANING SPECIALS

2 ROOMS PLUS HALL \$37.50
WHOLE HOUSE (5 ROOMS) \$59.50

COMMERCIAL RESIDENTIAL
UPHOLSTERY STEAM CLEANING 478-7356

COUCH \$28.75
LOVE SEAT \$24.75
CHAIR \$15.75

L-CARPET MEDIC
EXPERIENCE

BUY FACTORY DIRECT AND SAVE!!

ABOVE COMPLETE INCLUDING TAX: \$2,828.00
SOME STARTING AS LOW AS \$1,195.00

POOL CHEM 5804 SHELTON RD. CANTON MI 48105
FREE SOLAR COVER WITH PURCHASE OF SPA

Elect. BILL ORTMAN

A Reagan Republican • Lawyer

OAKLAND COUNTY SHERIFF

Call Your Favorite Dealer...
Skiers
compare our prices...

Don Thomas
SportHills