

Health programs pay off but smokers only pay

DID YOU KNOW THAT...

• According to a recent landmark study, daily energy expenditure increased 104 percent among employees at companies offering a health promotion program. Estimated physical fitness of the workers increased by more than 10 percent. Moreover, these beneficial changes persisted over a two-year period.

• At current cigarette prices, the two-pack-a-day smoker will spend almost \$8,000 over the next decade supporting his/her habit.

• Bypass grafts for people with heart disease may be constructed from an "extra" vein that can be removed from the leg or from an artery that lies inside the chest wall. Recent research, however, indicates that the artery grafts have a better long-term patency rate (the percentage of grafts that remain open).

• Although many cardiac patients on low-fat diets have been told to avoid shellfish, newer analytic techniques have shown that the cholesterol levels of most shellfish are considerably lower than previously believed. Thus, complete prohibition of



shellfish seems no longer warranted.

• A recent report concluded that static radio "white noise" was superior to either music or silence in helping subjects fall asleep. Next time you have insomnia, try tuning your radio to the the end of the FM dial.

• It's widely known that many well-trained endurance athletes have low resting heart rates. Dr. Kenneth Cooper, father of "Aerobics", has reported examining one distance runner with a rate of 28 beats per minute!

Barry Franklin, Ph.D. is director of cardiac rehabilitation and exercise laboratories, William Beaumont Hospital, Royal Oak. He holds faculty appointments at Wayne State University, Oakland University and the University of Michigan.



Barry Franklin

OCC is offering all new students an 'experiment'

The Highland Lakes Campus of Oakland Community College is sponsoring an "Experiment with College" program for high school students, transfer students and returning adult students April 8-9.

Students on those two days will have an opportunity to observe classes, learn about programs, register, and learn about financial aid.

job placement and student services. Special activities and classes will run 8:30 a.m. to 8 p.m. For registration information, call 360-3007.

There will be a complimentary snack and welcome at noon on those days.

The campus is located on 160 acres near Union Lake and Cooley Lake roads.

Heart attack: balloon treatment better than drugs

Using a balloon to open restricted arteries for emergency treatment of heart attacks is more effective than a standard drug, says a cardiologist from the University of Michigan Medical Center.

The balloon technique is known as angioplasty, said Dr. William O'Neill, assistant professor of internal medicine. He called it superior to streptokinase, the standard drug used to treat heart attacks.

The reason: The balloon alleviates the buildup of plaque or cholesterol on the walls of heart arteries, the underlying cause of the heart attack.

THE STUDY was jointly conducted with William Beaumont Hospital in Royal Oak. Many of the patients treated at University of Michigan Hospital were referred by W.A. Foote Memorial Hospital in Jackson and McPherson Community Health Center in Howell.

"The drug is useful for dissolving blood clots that are often the immediate cause of a heart attack. But the underlying obstruction in the artery is still there," O'Neill reported in the New England Journal of Medicine.

The patient may still suffer from angina — chest pain caused by restricted blood flow to the heart — and may still be at risk for a future heart attack.

"We found that immediate opening of the restriction from plaque significantly reduces the incidence of angina following a heart attack, and also reduces the risk of an additional heart attack," O'Neill said.

HEART ATTACKS commonly occur when a blood clot develops at the

point where an artery supplying the heart muscle is narrowed by plaque. The blood clot blocks the flow of blood to the heart muscle. If the blood flow is not restored quickly, permanent damage to the muscle may occur.

O'Neill believes that the most effective treatment for heart attacks is likely to be angioplasty in combination with clot-dissolving drugs.

O'Neill and his colleagues studied 56 patients who were treated within 12 hours of the onset of symptoms of a heart attack. These patients were randomly assigned treatment by either angioplasty or the drug streptokinase.

"Our study compared initial success of angioplasty and streptokinase with long-term results. We found that both techniques initially opened blocked arteries with the

same frequency, about 85 percent of the time.

"HOWEVER, with angioplasty, the restriction in the artery remained after initial success with the technique in only 4 percent of the patients," O'Neill said.

"The artery remained restricted in 83 percent of the patients who were first treated successfully with streptokinase."

O'Neill, director of the cardiac study unit at the U-M Medical Center, has been a pioneer in studying the use of angioplasty during a heart attack.

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