

Recovery

Work helps some heart victims

Cardiac rehabilitation involves, among other goals, restoring the patient's optimal vocational status. For young and middle-age patients, return to work is a particularly important priority.

Today, it is estimated that only about 50 percent of heart attack survivors will return to work. Unfortunately, even lower return-to-work rates are reported among heart bypass patients.

Regardless, the socioeconomic consequences of even a 20 percent failure to return to work are enormous.

Is work too stressful for the cardiac patient? For the vast majority of heart patients, the answer is "no."

It appears the physical demands of occupational work are not as hazardous as once presumed. Moreover, cardiovascular complications occur no more frequently on-the-job than at home.

ONE MAJOR objective of an



fitness

Barry Franklin

exercise program after a heart attack or bypass surgery is to help patients successfully return to work by increasing their physical fitness. Such programs also serve to improve the patient's self-confidence and reduce concern about work safety.

Work is an essential ingredient for quality of living. It is considered psychologically therapeutic for the recovering cardiac patient. Furthermore, economic survival may be predicated on gainful employment.

When possible, the cardiac patient should be returned realisti-



cally to his or her optimal vocational status. A sensible progressive physical activity program can help to facilitate this objective.

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.

Pesticides bug ecology center

Spring is the time to renew the war on lawn pests and weeds. Armed with chemical sprays and puffy powders, "garden warriors" combat such unsavory offenders as ants, aphids, roaches, dandelions and crabgrass.

What about the fallout from these skirmishes? Concern about pesticides and the consequences for human health is growing.

"People are more aware about toxic chemicals in the environment and the effects on their food, water and general health," said David Stead, director of environmental policy at Ann Arbor's Ecology Center. "We get a lot of calls at this time of the year about pesticides."

STEAD EXPLAINED many callers want to know what pesticides are being used in their area and what possible side effects will occur.



our land

Penny Wright

"One alarmed woman said pesticides from a commercial sprayer were raining down on her kids as they played in the backyard. Her kids were soaked with the stuff, and she wanted to know what harm the chemicals would cause."

In response to such concerns, the Ecology Center, along with the West Michigan Environmental Action Council, is helping establish a Michigan Pesticide Network.

Coordinated by the League of Women Voters of Michigan, the network will work to assess the use and

misuse of pesticides across the state.

THE NETWORK will consist of representatives from environmental, scientific, health, farm worker and consumer organizations and the general public.

"We are concerned with the way pesticides are registered and used," said Stead. The first big issues we will look into are the misuse of Caladane in termite control and the spraying of pesticides in public places."

A planning meeting of the Michigan Pesticide Network was held at the end of April. Persons interested in information about the next meeting should contact the Ann Arbor Ecology Center, 753-1116, or the League of Women Voters of Michigan office, 517-484-5383.

Spring is for birds

By Timothy Nowicki
special writer

Spring is certainly the time of courtship and nest building for birds in southeast Michigan. Many species that were feeding at their feeder during the winter are now preparing to raise young.

We have a pair of black-capped chickadees, which attended our feeder all winter and made our yard part of their territory. It would not be surprising to find them nesting in or near our yard when spring arrived. Well, my suspicions were correct. Just the other day I was watching the chickadees after they left our feeder.

One bird flew down to the ground and began collecting some moss from a slab of cement most buried in the ground. This was the first time I had noticed they were collecting material.

I was too late to see where the bird went with his mouthful of moss, but the next time the chickadees arrived I paid particular attention.

On the way back from our neighbor's yard, he landed in our magnolia tree and allowed me a moment to see that he had a mouth full of dog hair.

THIS WAS an indication that the nest was near completion, because mammal hair is used to line the inner cup of the nest.

From our magnolia, he flew to some of the maples in the yard next to us. I was barely able to see him until he flew again and entered into a small hole in another maple tree. In addition to moss and mammal hair, chickadees use small fine strips of bark and pieces of fern to build their nest.

This hollow in the tree was made from the decaying of a branch that had broken off long ago. They may also use old woodpecker holes.

nature



After the nest is complete, egg laying will begin. Four to eight eggs may be laid. When the last egg has been laid incubation will begin.

If I check the nest about 12 days later, chances are I may hear some chirping from the newly hatched young.

Piecing together some clues from careful observation of bird behavior can yield some rewarding experiences, even in your backyard.

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