

Problems of compulsive joggers

Did you know that . . .

- Psychologists have recently classified a compulsive or obligatory runner as anyone who continues to run in the face of adverse consequences such as physical injury or pain. If such runners are unable to exercise, they often become severely anxious or depressed. It is estimated that about 5 percent of regular runners fall into this category.
- There is no scientific evidence that vitamin E improves fitness, enhances sexual performance, slows aging, prevents heart disease, or heals wounds or burns.

- It is now possible to spray away chest pain (angina) caused by heart disease. Although nitroglycerin tablets have been used for years to relieve angina, there is now an aerosol-spray of nitroglycerin. The dispenser, resembling a breath-freshener spray, delivers the equivalent of one nitroglycerin tablet in aerosol form.

- For best protection against summer sunburn, use suntan lotion



fitness,
Barry Franklin

with a skin protection factor (SPF) of at least 15. The higher the SPF, the better the protection.

Farrington Hills, is director of cardiac rehabilitation and exercise laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University School of Medicine.

- It is unnecessary for the average person to consume protein supplements if daily intake approximates 0.8-1.0 grams of protein for each kilogram (2.2 pounds) of body weight.
- Mevinolin is one of the newest and most effective drugs for lowering blood cholesterol. Reductions in blood cholesterol generally occur within one month, side effects appear to be minimal, and the drug seems to be much better tolerated than currently available cholesterol-lowering medications.

Barry A. Franklin, Ph.D., of

Psychologists have recently classified a compulsive or obligatory runner as anyone who continues to run in the face of adverse consequences such as physical injury or pain.



"A compulsive runner . . . continues to run in the face of adverse consequences such as physical injury or pain," psychologists say.

CPR classes scheduled

Free cardiopulmonary resuscitation classes are offered monthly by Pontiac Osteopathic Hospital. The one-time sessions are offered at 7 p.m. second Tuesdays at the hospital, 50 North Perry, Pontiac. Registration is required. Call 338-5385.

College aid available for part-timers

Madonna College is accepting applications for part-time students who qualify for financial assistance under the Michigan Adult Part-time Grant Program.

To qualify, a student must be enrolled for three to 11 credit hours in an undergraduate program at a Michigan degree-granting college or university. The student must be out of high school for two years and qualify as a self-supporting student, according to federal criteria. For information, call 591-5035

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