

fitness
Barry Franklin
Heart risk higher for blue collars

DID YOU know that...
• The RJR Nabisco Co. recently announced that it is developing a cigarette that produces little smoke, no tar, no ashes and no odor. The "smokeless" cigarette heats tobacco rather than burns it. The product, billed as "the world's cleanest cigarette," gives the smoker the tobacco flavor and nicotine of a regular cigarette. However, many health authorities aren't convinced that it will be any safer.

• Blue-collar workers are 43 percent more likely to die of heart disease than are white-collar workers, even after differences in risk factors have been considered. However, it remains unclear whether other influences — such as diet, medical care, or cultural factors — may play an even greater role in the increased risk than the jobs themselves.

• The U.S. Food and Drug Administration recently approved a new prescription drug called lovastatin which markedly lowers total cholesterol and the particularly dangerous low-density lipoprotein (LDL) cholesterol in the blood. The drug, marketed under the brand name Mavator, is recommended for people who have been unable to lower their elevated blood cholesterol

ZINGFIELD'S ASH TRAYS

MARVIN TEEPLES/ARTWORK

Arnold Zingfield, ash tray entrepreneur, revamps his product for the advent of the smokeless cigarette.

by diet alone.

• A J-released study concluded that using tiny balloon catheters to open clogged arteries immediately after a heart attack, as opposed to 10 days later, offered no advantage to patients whose blockages were dissolved by a drug called tissue plasminogen activator (TPA).

• The primary reason most Americans exercise is for health or because of their doctor's recommendation. According to a recent survey of regular exercisers, almost half (48 percent) gave this answer.

• There is now a relatively safe, easy to administer and highly accurate test to determine your level of heart-lung fitness. The test simply

involves walking one mile as fast as you can and noting your time and pulse rate immediately afterward. Rockport, the shoe company, put together an excellent little booklet that includes this test — along with custom-designed walking programs based on how well you scored. For a copy of the booklet, send a postcard with your name and address to The Rockport Walking Institute, P.O. Box 480, Marlboro, MA 01752.

Barry A. Franklin, Ph.D., is director of cardiac rehabilitation and exercise laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University School of Medicine.

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