



fitness Barry Franklin

Morning worst for cardiac attack

DID YOU know that . . .

- Heart attack and sudden cardiac death are more likely to occur in the morning. In the first few hours after awakening, than at any other time during the day, according to recent research. In one large population study, the risk of dying due to a heart problem was at least 70 percent greater between 7 a.m. and 9 a.m. than the average risk during the remaining 22 hours of the day.
- Boys continue to increase in height until the age of 19, whereas girls stop growing at about 15.
- Although the average American eats between 10 and 15 grams of fiber a day, most nutritionists recommend double that amount.
- You shouldn't worry about small shifts in your cholesterol level. Some variations can be attributed to the cholesterol testing equipment, the laboratory where the blood is taken, or the way your blood is taken.
- The Center for Disease Control in Atlanta recommends that three or



MARVIN TEEPLES/ARTWORK

The first few hours after awakening are the most dangerous for heart attacks and cardiac deaths.

four blood samples be taken one month apart and averaged to get the most accurate assessment.

- Last year more than 1,500 heart transplant operations were performed. Cardiac transplantation is now an accepted procedure for the terminally diseased human heart, with an expected survival rate of 78 percent for the first two years and greater than 60 percent for the first five years after the operation.
- Being male can be hazardous to your health. Whether it's heart disease, lung cancer or drug use — both legal and illegal — men are the more susceptible sex.
- In 1900, American men and women lived to an average of 46 and

48 years, respectively. By 1986 the difference between sexes had increased substantially, 71 years for men and 78 years for women.

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.

How to learn about diabetes

Dear Jo:
In reference to your column on diabetes — I am a borderline diabetic. I want to know as much about my condition as possible. I'd appreciate it if you could direct me to more information on the subject. Thank you.
Ms. L.C.,
Ypsilanti Reader

Dear Ms. C.:
The best person to contact in your

area, either for current literature and other information on diabetes, is your local librarian. He or she can direct you to the most recently published books and pamphlets. The librarian also can give you the addresses of local and national diabetic societies.

Once you have the information, you will be better able to discuss your concerns with your doctor and nutritionist.

Supervision course topic

A one-day workshop at the Oakland University Continuum Center will focus on achieving effective supervisory skills.

Training specialists Jane Goodman and George Cristdale will present the workshop on campus from 9-4 Thursday, March 2. Fee is \$65.

"Supervisory Training" combines the methods of "Situational Leadership," a system that tailors supervision to fit the people and situations involved, and the "One Minute Manager," techniques of goal-setting, praise and reprimand.

For information, or to register by phone, call OU at 370-3033.

gerontology

A. Jolayne Farrell

It is a God given privilege
Take time to be friendly
It is the road to happiness
Take time to laugh
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Take time to give
It is self-satisfying
Take time to work
It is the road to success . . .

When things get tough, I reread these wise words and take their advice.

Dear Jo:
Are tanning machines safe?

Miss E.A. Younger Reader

Dear Miss A.:
Most dermatologists feel they are not. If you are considering going to one, find out all the details first and then consult your dermatologist.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 2P8.

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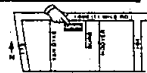
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