

# Changing lifestyles

## Fast-food restaurants move onto hospital scene

Did you know that...

- A patient's severe allergic reaction to heartwise cereal was recently reported in the medical literature. This incident prompted the Kellogg Co. to put a "health warning" on boxes of the psyllium-based cereal.

- Fire fighting, one of the most dangerous and demanding occupations, is associated with a considerable number of fatalities each year. Many of these deaths are due to heart attacks.

- Heart-lung fitness, as measured by the maximal oxygen consumption, generally decreases by about one percent per year. Since an exercise program will generally increase this variable by about 20 percent, the physically trained 60-year old may actually achieve the same fitness level as the inactive 40-year old (figure). In other words, regular exercise can lead to a 20-year functional rejuvenation in this respect!

- Fast-food hamburger restaurants have now moved into several hospitals across the nation. Needless to say, these restaurants are strongly promoting their "healthy" menu items like salads and broiled chicken sandwiches.

- At the Cleveland Clinic, the average age of heart surgery patients

### Expectant parent classes offered

The Oakland County Health Division will offer a series of six Expectant Parent Classes beginning on Thursday, Nov. 8, in the Waterford Adult Education Center, 1415 Crescent Lake Road, Room 210, Pontiac. Classes will be 7-9 p.m. and will be taught by public health nurses. There is a \$10 charge for attending the series of classes, and you are asked to pre-register as enrollment is limited.

Topics will include maternal physical changes, good nutrition, growth and development of the fetus and the baby, labor and delivery, infant care and parenting.

To register by Nov. 1, please call 424-7090.

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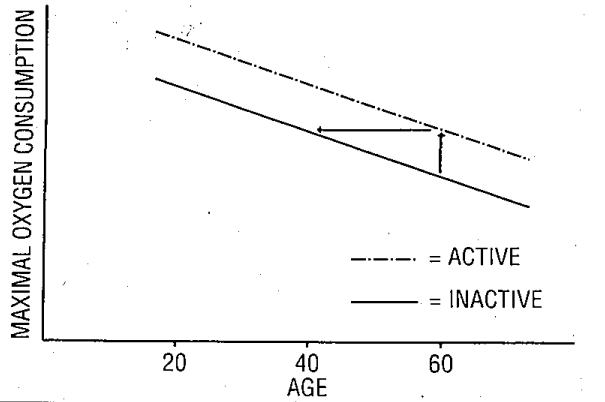
fitness  
**Barry Franklin**

has increased by 10 years over the past decade. This is attributed, at least in part, to the fact that surgical techniques for treating heart disease in older patients have vastly improved.

- A just-published study showed that comprehensive lifestyle changes can actually reverse heart disease, without the use of cholesterol-lowering drugs. Patients in the experimental group agreed to make

major lifestyle changes that included a low-fat vegetarian diet, stopping smoking, stress management training, and moderate exercise. Overall, 82 percent of the people who made these changes showed some reduction in their coronary blockage after only one year.

Barry A. Franklin 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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