

Hear this: Ear can be vulnerable to skin cancer

PHYSICAL FITNESS



BARRY FRANKLIN

Did you know that...

- It's never too late for older persons to benefit from preventive health related measures. For example, an individual past age 65 who stops cigarette smoking returns to an average risk of heart attack after only two years.

- According to the U.S. Department of Agriculture (USDA), most Americans consume only half of the recommended minimum five daily servings of fruits and vegetables.
- Polysaturated oils include corn, safflower, canola, and sunflower oils. Monounsaturated oils are peanut and olive oils. It is best to use cooking oils from both of these categories since using only

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polyunsaturated oils can lower both your LDL (bad) cholesterol and HDL (good) cholesterol. In contrast, monounsaturated oils can lower the LDL level in your blood while maintaining the HDL.

• The Food and Drug Administration is warning women with high blood pressure that taking angiotensin converting enzyme (ACE) inhibitors during pregnancy can cause serious birth defects. Recently, physicians received notification that due to increased reports of

fetal complications and even death, ACE inhibitors should not be prescribed for pregnant women.

• A new study shows that an overwhelming number of cases of one form of skin cancer originate on the ear. These findings highlight the importance of wearing protective sunscreen on a hat with a brim.

• Repeated cycles of losing and gaining weight may increase your risk of developing heart problems. Several years ago, researchers at

Northwestern University reported on a group of 1,700 men who were followed over a period of 25 years. Individuals who showed the greatest up-and-down weight swings also had the highest risk of sudden death from heart disease.

Barry Franklin, Ph.D., is director, Cardiac Rehabilitation and Exercise Laboratory, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University.

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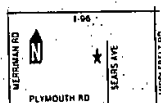
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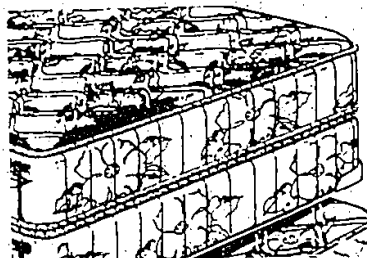
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