

Stress affects cholesterol

PHYSICAL FITNESS
Did you know that...
■ New research confirms that acute mental stress can markedly elevate an individual's blood cholesterol level. These findings highlight the potential significance of behavioral factors in the development of heart disease.
■ Estimates by the World Health Organization indicate that of all the people who are alive today, approximately 500 million will die from tobacco-related diseases.
■ Head injuries account for 85 percent of the nation's 1,000 bicycling deaths each year. Many of these deaths could be prevented if all cyclists wore helmets.
■ Adherence to an exercise program can be significantly improved by the use of well-conceived behavioral management strategies.

ment strategies. Recently, researchers at Michigan State University reported that 117 faculty and staff who bet 40 dollars that they could maintain an exercise program for six months were successful 97 percent of the time. In contrast, the 20 people who served as a comparison group, who weren't required to adhere to the program only 19 percent of the time.
■ Although Tylenol (generic name acetaminophen) can be substituted for aspirin to treat pain or fever, it does not have the same effect on preventing blood clotting. Consequently, Tylenol can't be substituted for aspirin as a preventive measure for heart attacks.
■ Your body is more likely to convert fat calories into body fat than calories from carbohydrates. One study suggests that if you consume 100 excess carbohydrate calories, only 77 of them will end up being stored as body fat. On the other hand, 97 out of every 100 excess fat calories ends up

being stored as body fat.
■ According to a recent report from the Cleveland Clinic, devices that shock the heart back to normal electrical activity can cut the death rate from serious heart rhythm disturbances. Seventy-five percent of patients were alive approximately five years after receiving an automatic implantable cardioverter defibrillator (AICD). In contrast, only 25 percent of patients with serious heart rhythm abnormalities who were treated with medication survived over a comparable length of time.
Barry A. Franklin, Ph.D., is director, 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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2. My work experience is not worth college credit.
3. All of my previous college credits will count.
4. College credit can be earned by passing challenging exams.
5. I'm too old to go back to college.
6. I'll be in school more than at home.
7. I would have to stop working to go back.
8. College credits can be awarded for military training.

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