

Stress affects cholesterol



**BARRY
FRANKLIN**
FRANKLIN

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 manage-

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 wager, adhered 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.

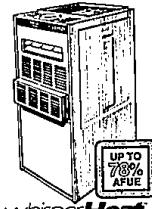
■ Your body is more likely to convert fat calories into body fat than calories from carbohydrates. One study suggests that if you consume 100 excess carbohydrate calories, only 77 of them will end up being stored as body fat. On the other hand, 97 out of every 100 excess fat calories ends up

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 who survive 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.

LENNOX

The ultimate in indoor comfort!



\$250 CASH DISCOUNT

OFF EITHER LENNOX FURNACE

OR

0% INTEREST FOR

12 MONTHS WITH APPROVED CREDIT

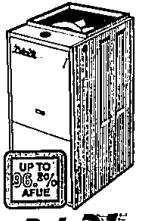
OR

90 DAYS NO INTEREST, NO PAYMENT

FOLLOWED BY 9.9% APR FOR 2 YEARS

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.



Pulse

Good until 11/20/92

S & FREE ESTIMATES

SM HEATING SALES COMPANY

23262 Telegraph • Southfield, Mich. 352-4656

We Service All Makes and Models

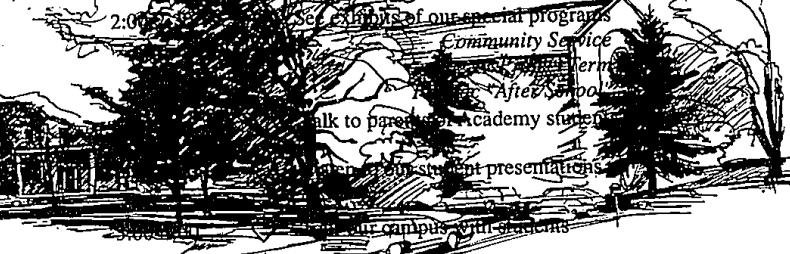
Service maintenance agreements very affordable. Complete 24 hour service company.

Open House at the Academy of the Sacred Heart

Upper School - Grades 9-12: All Girls

Sunday, November 15, 1992

2-4 pm



See exhibits of our special programs

Community Service

Academy of the Sacred Heart

After School

Talk to parents, Academy students

Student presentations

Meet our students

Walk our campus with students

Learn about our curriculum from faculty

1250 Kensington Road, Bloomfield Hills, 48304 (E. of Woodward, S. of Long Lake)
(313)-646-8900

We've Moved!!

to the
"NEW" TROY HIGH SCHOOL
4750 Northfield Parkway

Long Lake - Between Caledonia and



Ann Arbor

Antiques Market

"Your Invitation to Christmas Shopping"

Sunday, Nov. 8

5:00 a.m.-4:00 p.m.

Third Sunday of the Month

(except November)



Over 350 Dealers in Quality
Antiques & Select Collectibles

All Under Cover

All items guaranteed
as represented.

Locator services for
specialties and dealers;
on site delivery and
shipping service.

**FREE PARKING
ADMISSION \$4.00**

The "Should I Return To College" Quiz

True False

1. Finishing my bachelor's degree will take at least three years.
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.

CALL FOR CORRECT ANSWERS

Since 1972, more than 2100 working Metro-Detroit adults have successfully completed the QUIZ and THEIR BACHELOR DEGREES.

Join This Smart Group
Begin To Finish This January

SIENA HEIGHTS COLLEGE
SOUTHFIELD CENTER

17050 Dorsel + Southfield, MI
569-6490 or 1-800-521-0009 ext. 201

SIENA HEIGHTS is accredited by North Central Association



SEE CLASSIFICATION 702 ANTIQUES

For further information contact
M. Brusher, Manager
P.O. Box 1512, Ann Arbor, Michigan 48106