

OCC sets women's legal clinics

The Womencenter at Oakland Community College's Orchard Ridge Campus is hosting free legal clinics for women.

The clinics, held the first Monday of each month, provide women with the opportunity to obtain professional advice in a variety of areas, including domestic and property issues.

The next one is 6:30-8:30 p.m. Dec. 7 in Room J-308.

The clinics are open to the public and are free of charge. Due to the popularity of the event, appointments are necessary. Each appointment lasts one-half hour. To schedule a time, please call the Womencenter at 471-7602, weekdays, 9 a.m. to 3 p.m.

The Orchard Ridge Campus is at 27055 Orchard Lake Road, south of I-696, in Farmington Hills.

It's no skin as to when you remove it

PHYSICAL FITNESS



Barry Franklin

case are not known.
■ It doesn't matter whether you remove the skin from chicken or turkey before roasting or broiling rather than after in order to elimi-

nate most of the fat.

■ According to a recent report, heart patients who consume 23 percent or less of their total calories from fat show little or no progression in their heart disease. These findings highlight the significance of a low fat diet in cardiac rehabilitation and secondary prevention efforts.

■ Wayne McLaren, who portrayed the rugged "Marlboro Man" in cigarette advertisements, recently died from lung cancer at the age of 51. In the months before his death he made numerous public appearances to warn about the dangers of smoking. McLaren stated: "I've spent the last month of my life in an incubator, and I'm

telling you, it's just not worth it."

■ Recent studies suggest that there is an association between low blood cholesterol levels and noncardiovascular deaths in men and women.

■ Serious heart rhythm irregularities, called arrhythmias, can result when using the antihistamine Seldane with certain other drugs. Since 1989, 60 such cases have been reported among Seldane users (four of whom died as a result). A new warning stresses that potentially dangerous arrhythmias can occur in people who are taking Seldane with either the antibiotic erythromycin, or Nizoral (ketoconazole), which

is used to combat fungal infections.

■ A just-published actuarial report indicates that your lifespan decreases two minutes for each minute of cigarette smoking. For the average cigarette smoker, this translates to about 6 years less life.

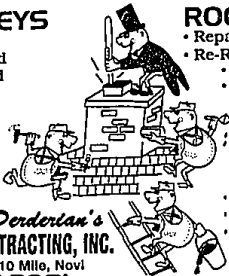
Barry A. Franklin, Ph.D., is director, Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University, School of Medicine. You can leave him a message from a push-button phone, by calling 953-2047, Ext. 1869.

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