

fitness

Barry Franklin



## Three weeks in bed wears down the body

**QUESTION:** While I was in the hospital, my doctor suggested I perform self-care activities and mild exercise only a few days after my heart attack. Isn't this too soon to be doing any form of exercise? I thought prolonged bed rest was best after a heart attack.

**ANSWER:** The human body adapts remarkably to heat, cold, altitude, regular exercise — and to inactivity as well. Unfortunately, the latter may lead to a number of serious metabolic and cardiovascular complications.

Prolonged confinement to bed may increase the possibility of blood clots in the veins of the lower extremities. In addition, continued bed rest leads to

a loss of skeletal muscle mass and strength, along with essential minerals from bones and tissues.

The deconditioning effects of extended bed rest also include an increased heart rate at rest and during effort and an inability to adapt to a sudden change in posture. You may feel dizzy, even faint, when standing up. These may be due, in part, to the reduced circulating blood volume which occurs.

**ONE STUDY** noted a number of deleterious cardiovascular changes in male volunteers following a three-week period of enforced bed rest (for many years the traditional management of the patient with a heart attack).

Most notably, the physical fitness — as measured by the maximal oxygen consumption — decreased 27 percent. This is the approximate decrease in fitness which normally occurs from ages 30 to 60. In other words, three weeks of confined bed rest resulted in approximately the same decrease in fitness which normally occurs over 30 years!

Fortunately, restoration of the pre-bed rest fitness level resulted within weeks of resumption of physical activity.

**YOUR PHYSICIAN'S** recommendation for low level exercise (e.g., calisthenics, walking) and self-care activities following medical or surgical treatment is well-established.

It represents an effort to avert or minimize many undesirable effects of prolonged immobilization. Similar concerns for our astronauts led to the implementation of exercise programs during their extended space flights.

The saying, "Use it or lose it," is indeed true when it comes to maintaining proper body function.

Questions on physical fitness may be sent to Dr. Franklin in care of this newspaper. The writer, a Farmington Hills resident, is co-director of cardiac rehabilitation and physical fitness at Sinai Hospital and assistant professor of physiology at Wayne State University.

## Senate sends to House measure to speed antitrust cases

Here's how area members of Congress were recorded on recent major roll call votes.

### HOUSE

**ANTITRUST CASES:** The House passed, 227-169, and sent to conference with the Senate a bill aimed at shortening the time it takes to resolve antitrust cases which now take an average of five years. If a federal judge feels the defendant has been dragging things out too much, he can add interest to the amount of actual damages eventually awarded.

Rep. Robert McCleary, R-Ill., a supporter, said "all too often the reason that antitrust cases are protracted is that the parties and their lawyers are engaging in dilatory tactics."

Rep. Caldwell Butler, R-Va., an opponent, said "the one thing the federal judges of this country do not need is more power... but that is all that this legislation is." Members voting "yes" favored increased financial penalties for antitrust defendants judged to be unnecessarily dragging out the litigation.

Reps. Carl Pursell, R-Plymouth, David Bonior, D-MI, Clemens, William Ford, D-Taylor, William Broadhead, D-Detroit, and James Blanchard, D-Pleasant Ridge, voted "yes."

Rep. William Broomfield, R-Birmingham, voted "no."

**WATERWAY FUNDS:** By a vote of 185-230, the House refused to block an additional \$59-million appropriation for the Tennessee-Tombigbee Waterway now under construction between the Ohio River and the Gulf of Mexico through Kentucky, Tennessee, Mississippi and Alabama. The \$3 billion project, due to be completed in 1986, will provide an alternate shipping route paralleling the Mississippi River.

The amendment was offered to a bill (HR 7542) making additional appropriations for the current fiscal year. The bill was later approved and sent to the Senate. Congress previously allocated \$188.5 million for this year's work on the waterway.

Rep. James Martin, R-N.C., a supporter of deleting the money, said "nearly three-quarters of the claimed navigation benefits for the project are spurious and fictitious."

Rep. G.V. Montgomery, D-Miss., an opponent, said delaying the project would make coal shipment more expensive and "stifle progress toward America's energy independence."

Members voting "yes" opposed the additional funding. Pursell, Bonior, Broadhead and Broomfield voted "yes." Ford and Blanchard "no."

**TAX BREAK:** The House failed, 214-196, to get the two-thirds majority

### roll call report

#### SENATE

**LEGAL SERVICES CORP.:** By a vote of 29-41, the Senate rejected an amendment to cut \$21.3 million from the fiscal 1981 budget of the Legal Services Corp. The Senate later passed a bill authorizing \$321.3 million for the agency in fiscal 1981. Through 7,500 attorneys and paralegals working in 320 projects nationwide, the semi-governmental program provides free legal assistance to the poor.

Sen. Jesse Helms, R-N.C., the sponsor, said the Legal Services Corporation's record is replete with "horror stories of harassment and intimidation, far apart and beyond the intent of the legal services system."

Sen. Jacob Javits, R-N.Y., an opponent, called Legal Services "perhaps the single most successful" remnant of the war on poverty, adding that due to it "millions have seen that the judicial system can indeed work to the benefit of all segments of society..."

Senators voting "yes" wanted to cut the Legal Services Corp. budget. Democratic Sen. Donald Riegle and Carl Levin, voted "no."

The amendment was proposed to a \$4.8-billion foreign aid bill which was later passed and sent to conference with the House.

Sen. Robert Packwood, R-Ore., who favored killing the proposal, said: "I am tired of the drumbeat we hear upon Israel... They have as much right to settle in the West Bank as does anyone else..."

Sen. Adlai Stevenson, D-Ill., who opposed shelving the amendment, said the settlement policy of Israeli Prime Minister Menachem Begin "isolates Israel, threatening to make it an international outlaw."

Senators voting "yes" opposed economic retaliation against the Israeli policy. Riegle and Levin voted "yes."

**ISRAELI SETTLEMENTS:** By a vote of 85-7, the Senate killed an amendment to withhold \$150 million of the \$2.2-billion in U.S. economic and military aid Israel is scheduled to receive during 1981. The money would be held until Israel heads U.S. calls for it to halt the expansion of its settlements in occupied Arab territories.

**DEATH PENALTY:** By a vote of 38-50, the Senate refused to kill an amendment setting procedures for imposing

the death penalty for certain federal crimes. This vote set the stage for a final vote on a capital punishment amendment, which was offered to a bill authorizing Justice Department programs in 1981.

More than a dozen federal offenses, including treason, espionage, deaths connected with kidnappings and killing of federal or foreign officials, now carry the death penalty. The government has been blocked from imposing death sentences by court rulings that there must be a standard method of determining when capital punishment will be used.

Sen. Howard Metzenbaum, D-Ohio, a supporter of delaying the capital punishment vote, said the Senate should not rush to decide "one of the most important issues we will ever vote on..."

Sen. Jesse Helms, R-N.C., an opponent of putting off the issue, said: "Innocent victims are being forced to walk the streets in fear because criminals do not fear being executed for their crimes."

Many Senators voting "yes" oppose the death penalty.

Levin voted "yes." Riegle did not vote.

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