

Old smokers should still kick the habit

EDICAL, health and fitness news update:

Cigarette smokers older than 65 who have been smoking for many years an still benefit from discontinuing amoking. Data from a long-term study of 2,674 persons aged 55-74 years were analyzed to determine whether eigarette smoking locaresed the risk of heart disease death in the elderly.

Current eigarette smokers had a risk of heart disease that was 52 percent lighter than nonsmokers. The care for the person of a 69-year-old women and who stayed voluntarily in bed for 30 years following her father's death. Upon physical examination, her resting case report of a 69-year-old women who stayed voluntarily in bed for 30 years following her father's death. Upon physical examination, her resting case report of a 69-year-old women scientific studies, researchesters recently estimated that more than half of the decline in heart disease deaths between 1988 and 1978 was related to changes in lifestyle, specifically to reductions in blood cholesterol levels and cigarette smoking.

On Oct. 3, 1982, Anthony "Scott" Welland ran the Derioti marathon in 4 hours, 7 minutes and 54 seconds. What's noteworthy about this performance life ran the 26-plus miles backwards!

Illip fractures among the elderly are now considered one of the most serious problems of the last years of life. Unfortunately, many never make a full recovery. Furthermore, research shows 20 percent of older people who break hips die within one year of sustaining the fracture.

Scientists believe that lifestyle changes, initiated in her mid-30s or earlier, including milk or calcium intake and regular exercise, may drastically received the condition of the control of the properties of the pr



Barry Franklin, Ph. D., a Farmington Hills resident, is co-director of cardiac rehabilita-tion at Sinai Hospital and teaches physiology at the college level.

Parents take course on kids' self-esteem

Programs on children's self-esteem and travelling alone are planned this month by SPACE. The or-ganization for separated, divorced and widowed people is a non-sectarian community service of the National Council of Jewish Women greater Detroit

National Council of Self Esteem" will be section. "Enhancing Your Child's Self Esteem" will be presented by Barbara Halpern at 8 p.m. Thursday, Jan. 17. Travel consultant Silva Stewart will ofter "How to Travel If You Are Alone" at 3 p.m. Sun-

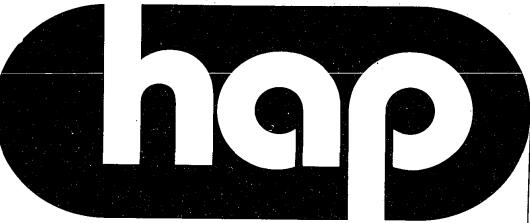
day, Jan. 20.
Both workshops will be in the SPACE office, 30233 Southfield, suite 101, Southfield. For information, call 258-6806.

Health jobs workshop scheduled at Marygrove

Marygrove College will hold a one-day workshop on careers in the health field. The \$15 seasion is from 9 a.m. to 3:30 p.m. Saturday, Jan. 12, on the college campus in northwest Detroit, 3823 W. McNichols at Wyoming. Covered will be careers in EKG technology, X-ray/radiology technology, central supply, cardivascular technology, operating room (surgical technology, purse's aide, ward (unit) secretary, medical laboratory assisting, medical records clerk, medical insurance billing and respiratory Therapy.

clerk, medical insurance billing and Therapy. To enroll, call 862-8000 ext. 240.

When it Comes to Health Care Experience, Nothing Else Comes Close.



HEALTH ALLIANCE PLAN.

Because HAP has been around two to three times longer than all its imitators, you get the experience others can't give. And the quality, value, innovation and convenience that comes with that experience

People trust HAP to deliver the kind of quality health care they need. For 25 years HAP has provided quality coverage that combines personalized medicine with the latest in technology. And the value that comes from never having to pay a doctor bill again.

HAP's innovations began 25 years ago.

We expanded the concept of health care coverage to include preventive care such as testing, health classes and seminars. And now you can get optical services and eyeglasses at any of the ten Hudson's Optical Centers. Plus fill your prescription at conveniently located Perry Drugs.

Convenience is another important way HAP makes health care better. Because with easy access, you're more likely to take care of the things you should. When you should. And with HAP's 16 centers, plus four new facilities that will open this year (in Taylor, Warren, Rochester, and Southfield), there's one in your neighborhood. Unlike other health care plans, HAP has 6 emergency rooms open 24 hours a day, 7 days a week. If you can't get to a HAP emergency facility, you can use any facility, anywhere And you don't have to call us first.

So when it comes to your health, don't take chances. Choose the health care plan with the most experience, Health Alliance Plan.



FORD MOTOR AND GENERAL MOTORS EMPLOYEES CAN SIGN UP NOW.