

Weight loss, poor humor?

Dear Jo:
To decrease the pain due to arthritis in my knees, I would like to lose 50 pounds. I know I can do it as I have lost weight before.
The thing I am dreading the most is the poor humor I experience when I am dieting. I am 64 years old and would like to look and feel better. What would you suggest?
Mrs. D.W., Western Reader

gerontology



A. Jolayne Farrell

Dear Mrs. W.:
My suggestion is that you have a complete medical exam and state your intention of losing weight to your doctor.
Then find a reputable weight reduction clinic in your city. The best ones are those that incorporate proper diet, behavior modification, exercise and group therapy.
Commit yourself to this major self-help project and in time you will be slimmer, and hopefully find that the pain in your knees has decreased.
New evidence brought to light by Rena B. Wing, Ph.D., assistant professor of psychology and epidemiology at the University of Pittsburgh, suggests that poor humor and irrita-

tion may not be inevitable side effects of losing weight.
After conducting a series of studies to measure the effects of dieting on mood, she found that people on a moderate calorie-restricted diet (1,200 calories a day for women, 1,500 calories for men), combined with behavior modification and exercise, felt happier and less anxious than before they started the program.
The study suggests a relationship between success with the weight loss program and an elevated mood. Dr. Wing stated there may be a number of reasons for a positive mood swing, particularly exercise.
So, Mrs. W., please note the results of Dr. Wing's studies and don't let

your fear of poor humor interfere with your goal of losing weight. Good luck!

Dear Jo:
My husband and I are both retirees. We enjoy your column. My question is: Is it normal for persons in their late 60s to be short of breath?
Mr. J.M.

Dear Mrs. M.:
Being short of breath is normal in

certain instances such as, after exercising, during vigorous activity and while recovering from a serious or prolonged illness. Normal shortness of breath disappears after a few minutes' rest.
If it persists after resting, it may be a sign that something is wrong and a medical consultation is necessary.
Being short of breath on little or no exertion is never normal regardless of age. It is usually a symptom of some underlying disease.

Blanchard cool to video bills

Gov. James J. Blanchard admits he "doesn't stay awake at night" worrying about Sen. Doug Cruce's bills to prohibit libraries from renting out videocassette tapes.
But the Pleasant Ridge resident seemed cool to the Senate-passed bills when interviewed at a Royal Oak senior citizens' center last week. "You don't hear the bookstores complaining about competition from libraries. I don't know why the vi-

decassette stores should complain. The same logic (no rental charges for books) would apply to bookstores," he said.
Cruce, R-Troy, is author of twin bills to prohibit libraries from charging rents to borrowers of videocassette tapes. He contends public libraries by law are supposed to be free and that renting out tapes competes with taxpaying businesses.

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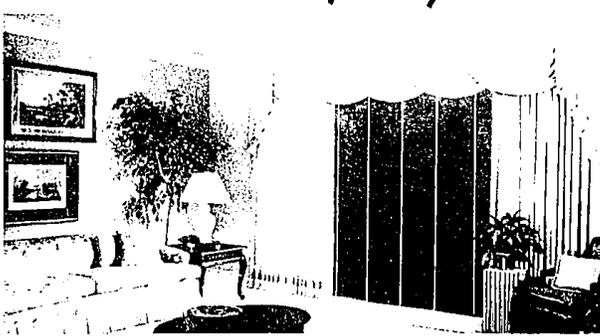
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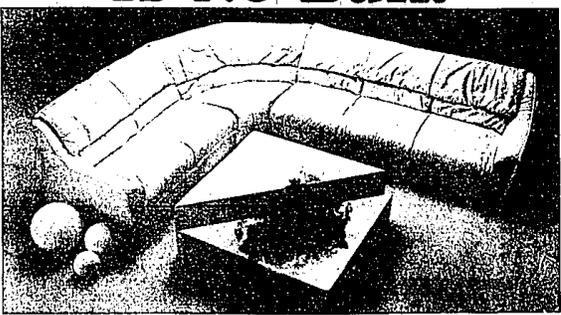
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