Safe shoveling

Take care: guard against a heart attack

dread most is drawing near — show shoveling.

Blessed with the Great Lakes, we are, in turn, cursed with an annual snowfall that residents of most other slates cannot fathorn. Even though the sturdiest Michigan resident has braced himself and honed a fine edge

braced himself and honed a fine edge Aghis shovel, is he really ready? - Snow shoveling is a cardiovascu-ture challenge as well as a test of one's determination. The American Heart Association of Michigan warns that many Michiganians suf-fer heart attacks while shoveling

ar. Franklin, director of cardiac rehabilitation and exercise labo-ratories at William Beaumont Hospi-fal, says. "Based on the risk factors

Ah yes, the activity Michiganians dread most is drawing near—snow shaveling.

His section with the Great Lakes, we filter a beart attack while shoveling. The person who's generally showed that residents of most other shares cannot fathom. Even though the sturdiest Michigan resident has been that's most likely to have a heart attack."

one that's most likely to have a heart attack."

Anyone with a heart problem should not shoved at all. If you're over 40 or have one or more risk noters, you should check with you factor before the snow starts piling up. Franklin, chalman of a challen and the should be considered to the control of the challen and the

Bloodmobile to visit

in Five American Red Cross Bloodcombiles will be in the Farmington of a during November.

12 Your blood donation helps more than one patient because the components are separated. For example, the red cells will be used to treat a patient with anemia or may go to a patient with anemia or may go to a patient with anemia or may go to a patient with electrogenies surgery. The platest may be needed by a patient with leakeman or by a patient undergoing chemotherapy for the treat report of cancer.

The plasma might be fresh frozen for translation to a patient wide good with other donor plasma and fractionnated into derivatives used to treat patients suffering from shock, bleeding problems, burns or hemophitia. Derivatives may also be used in the preparation of various vacuous.

1. If you have never donated blood you should know it it safe, relatively paintess and takes less than 45 minutes from registration to post-donating snack. Only sterile, disposable

Knight States.

Knights slate a Vegas night

St. Francis Knights of Columbus, at 21900 Middlebelt Road, is holding a Las Vegas Night Friday, Nov. 6 between the hours of 8 p.m. and 1 a.m. Admission is 43 per person. St. Francis K. of C. has for many years donated to the mentally returned programs in the area. Two of the main projects are the Farmington Training Center and St. Clare Catholic Church Mentally Retarded Program. They also donate \$100 every month to a different needy family in the Farmington. Farmington Hills and Southfield area.



WOMAN'S POINT OF VIEW

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"There is another strain on the cardiovascular system that a lot of people don't realize — the cold," says Franklin, Cold weather makes your heart work harder because it has to pump blood through vessels that have constricted in reaction to the cold.

"SNOW SHOVELING involves up-per extremity exercise and Isomet-ric (static) exertion," says Franklin. Unfortunately, both forms of effort create an excessive demand on the heart.

create an excessive demand on the heart.

Exercising in a standing position, especially when the legs are frequently motionless, may cause pooling of the blood in the lower extremites. This may reduce blood flow to the heart while the pulse rate and oxygen demands of the heart are high.

Shownling itself is harder work.

the heart white the pulse rate and oxygen demands of the heart are high.

Shoveling itself is harder work than one might think, too. According to research studies, a 184-pound man shoveling a weight of 8.8 pounds (shovel and snow) is exerting the energy equivalent to singles tennis or light downfull sking. Shoveling a combined weight of 13.8 pounds is equal to the energy required to play basketball or handball or running 5.5 miles per hour. Shoveling 22.5 pounds (wet snow) at a rate of 10 shovels full per minute is as strenuous as running at nine miles per hour for the same amount of time.

Another strain that you may not even be aware of is brought about by a common response to strenuous lifting. This response, holding your breath with your mouth closed, can cause sudden changes in the heart rate and blood pressure. This should be avoided, particularly by people with cardiovascular disease.

Finally, if you have to showel a large area, do it a bit at a time. Resh yourself. If the snow is winning the battle, hire a youthful neighbor.

ANOTHER DANGER is that some shovelers don't realize they're having a heart attack and dismiss heart pain as indigestion, indeed, more than 25 percent of all heart attacks are unrecognized. In 1994 an estimated 350,000 people died of a heart attack hefore reaching the hospital. The symptoms of heart attack relude:

• Uncomfortable pressure, fullness, squeezing or pain in the center of your chest, lasting two minutes or more.

of your circus, insuring two manner.

Pain that may spread to shoulders, neck or arms.

Severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur.

Not all symptoms may be present. If you suspect that you or someone with you is having a heart attack:

stop whatever activity you're doing

■ stop whatever activity you're doing on whatever activity you're doing of the water activity you're doing of the water activity you're doing of the water activity of the wate

of heart attackis available free.
For more information on prevention and warning signs of heart attack, write. American Heart Association of Michigan, 16310 W. 12 Mile,
P.O. Box 160, Lathrup Village 48076.
The American Heart Association
of Michigan is a United Way agency.

FIGHT HEART DISEASE KIDNEY DISEASE AND BLINDNESS

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Harry A. Kezelian, D.P.M., Kevin E. Till, D.P.M. and George G. Budak, D.P.M. announce the opening of the newest Arbor Foot Clinic at the Farmbrook Medical Center 29877 Telegraph Road, Suite 400 (just north of 12 Mile Road behind the AMC Jeep Dealership) in Southfield 354-0057 for all walks in life . . . Arbor Foot Clinics, P.C. $A_{\mathsf{F}}\mathsf{C}$ Hutzel Professional Building 4727 St. Antono, Suite 311 in downtown Detroil

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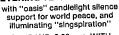
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