

About that garlic

Friends - not cholesterol - may decrease

Did you know that...

• A low total cholesterol level does not necessarily confer "immunity" to heart disease. Twenty percent of all heart attacks occur in people who have cholesterol levels that are under 200! These occur, almost invariably, in people with low HDL ("good" cholesterol) values, that is, below 40.

• According to a recent study, subjects who performed three 10-minute exercise bouts each day showed the same improvement in heart-lung fitness as those who exercised for 30 minutes continuously. The investigators concluded that how long one exercises at one time is really less important than the total amount of activity we do in one day.

• Although some people claim



fitness
Barry Franklin

that garlic lowers blood cholesterol and inhibits blood clotting, which reduces the risk of heart attack, there is no good scientific evidence to support this notion. Be assured, however, that a large consumption of garlic will almost certainly keep your friends and family at a distance.

• A just-published report showed that excessive carbon monoxide exposure markedly increased the frequency of potentially dangerous

heart rhythm irregularities during exercise. Cardiac patients, in particular, were cautioned to avoid exercising in highly polluted air.

• The most common reaction to the symptoms of a heart attack is denial. This is unfortunate, since the greatest risk of death from a heart attack is within the first two hours after onset. When a heart attack is even suspected, the victim should obtain immediate medical attention.

• Most studies suggest that exercise in moderation does not have harmful effects on the fetus in physically fit women who are continuing regular exercise into their pregnancies. Physician approval, however, remains as the best guideline for individual cases. A specific set of sanctioned exercise recommendations may be obtained by writing directly to The American College of Obstetricians and Gynecologists, 600 Maryland Ave., SW, Suite 300, Washington, D.C.

Barry A. Franklin, Ph.D., is director of the Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University School of Medicine.



Presenting a successful image

The Oakland University Continuing Center presents a one-day workshop of non-verbal communication skills designed to develop the power of a good physical appearance and action.

"Image: Presenting A More Successful You" is set from 9 a.m. to 4 p.m. Thursday, Oct. 18, on the Rochester campus.

Participants will explore body language, brush up on rules of the new etiquette and discover how to make appearance work through color choice, grooming and clothing selection.

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