

Medical advice

# Profile doesn't paint pretty picture

by PAUL GUILLEUX, D.O.

It's true. There has been an amazing 27 percent decrease in mortality from heart attacks in the last 10 years.

Strokes have decreased by 40 percent. To keep these figures in perspective, the overall death rate has decreased only 12 percent. The question is why such dramatic declines in mortality from heart attacks and strokes.

Heart attack was once the major killer of man prior to the mid-60s. In 1965, following a trend started in the '50s the frequency of infarction fell below all other causes of death for the first time. In 1960, 425 people in 100,000 died from heart attack. This dropped down to 264 in 1979, a 161 percent drop.

Life expectancy as a result has increased dramatically in the last ten years. Before 1970, there was little increase. Maybe there was a one-year increase in life ex-

pectancy from 1960-70. But from 1970-80 expectancy rose from 70 years to 73 years for all classes.

For females it rose from 75 years to 78 years. For men it rose from 68 to 69 years. For black men life expectancy rose dramatically from 61 to 66 years by 1980.

Along with the sweet must come the bitter. The bitter pill is that as we are living longer, cancer has risen as a cause of death, from 16 percent in 1968 to 21 percent today. This is a natural progression if you accept the theory that in any normal body certain cells are tripped all the time and begin to reproduce rapidly. A normal body has an effective immune system to shut down these cancer cells. An older body doesn't and cancer cells that normally are destroyed go on to kill the individual.

The reason for the declines in heart attacks and strokes is the change in all the risk factors to a

favorable degree. Average cholesterol levels have fallen 10-20 percent because of less animal fat in the diet.

Hypertension is now being controlled at lower levels, and earlier. What was once considered normal blood pressure has been shown to drastically increase the risk of death by up to 20 percent over a fixed period of time.

A decline in smoking and increased exercise are all important. More expert care in coronary units, better paramedic care, and quicker response times genuinely improve survival rates.

Perhaps the single major index to improved survival is the increased rates of heart, valve, bypass and pacemaker surgeries.

To sum it up in a light way, what is meant by risk factors that influence our chance of having a heart attack? Here is a character

profile of the person least likely to have a heart attack:

He is an effeminate municipal worker or embalmer, completely lacking in physical and mental alertness and without drive, ambition or competitive spirit. He has never tried to meet a deadline of any kind.

He is a man with a poor appetite, eating fruits and vegetables laced with corn and whale oil, detesting tobacco, spurning ownership of radio, television and motor car, with a full head of hair.

He is scrawny and unathletic in appearance, yet constantly straining his puny muscles by exercise. Low in income, blood pressure, blood sugar, uric acid, cholesterol, he has been taking nicotinic acids, pyridoxine (B6), and long-term anti-coagulants ever since his prophylactic castration.




**ENCHILADA**  
\$1.09  
Fri. • Sat. • Sun.  
Good only at...  
Sandy • Gresham • Estacada • Parkrose  
11252 NE Sandy Blvd.


## Lowest prices in town on meat,

### CHUCK ROAST

BLADE CUT  
USDA CHOICE BEEF



**\$1.08** LB



GRADE "A" FROZEN  
**JENNIE-O TURKEY BREAST**

**\$1.38** LB



USDA CHOICE BONELESS  
**CROSS RIB ROAST**

**\$1.98** LB

Sirloin Steak USDA Choice Boneless "Top" <b>\$3.68</b> LB	7-Bone Chuck Steak USDA Choice <b>\$1.48</b> LB	Hillshire Sausage Smoked Polish <b>\$2.28</b> LB
Stew Beef Boneless USDA Choice <b>\$1.98</b> LB	Boneless Chuck Roast USDA Choice <b>\$1.88</b> LB	Fish Sticks Frozen <b>\$1.18</b> LB
Cut-Up Fryers Oregon Grown Fresh <b>88¢</b> LB	Fresh Pork Cutlets Armour Veri-Best <b>\$1.68</b> LB	Pacific Oysters Fresh 10 Oz. Jar <b>\$1.68</b>



MJB GROUND COFFEE 3 POUND REG. EL. PERC., DRIP.

**\$5.99**



BLUE BONNET MARGARINE VEGETABLE 1 POUND

**2.99** FOR

AUTOMATIC DISHWASHER ELECTRA SOL DETERGENT 50 OZ. **\$1.99**

COTTAGE, LONG SPAGH., ELBOW MAC. SPAGHETTI or MACARONI 32 OZ. **89¢**

NACHO OR TORTILLA NALLEY'S SUNBRITOS 12-13 OZ. **\$1.49**

<b>Delic' Delights</b>	<b>Dairy Specials</b>	<b>Frozen Food Buys</b>	<b>Beverage Features</b>
HYGRADE'S LUNCHMEATS SLICED ASSORTED 12 OUNCE <b>98¢</b>	MEDIUM CHEDDAR BANDONS 2 POUND LOAF <b>\$4.69</b>	WESTERN FAMILY 8 OZ. MEAT PIES *Chicken *Turkey <b>3/99¢</b>	MOUNTAIN DEW OR PEPSI-COLA REG., DIET, LIGHT 6 PACK 12 OZ. CANS <b>\$1.89</b> PLUS DEP.
TURKEY WEINERS JENNIE-O 12 OUNCE PACKAGE <b>68¢</b>	VELVEETA SLICES KRAFT 16 OUNCE INDIVIDUAL WRAP <b>\$2.49</b>	GREEN GIANT WITH CREAM SAUCE VEGE-TABLES 10 OZ. <b>88¢</b>	MILLER BEER REG. OR LITE 12 PACK 12 OZ. BOTTLES <b>\$5.29</b> PLUS DEP.
LAND-O-FROST ASSTD 2 1/2 OZ. THIN SLICED MEATS <b>2/98¢</b>	WESTERN FAMILY LARGE BALLS MOZZARELLA 12 OZ. <b>\$1.89</b>	ORE-IDA HOMESTYLE POTATOES 24 OZ. <b>\$1.19</b>	PREMIUM CHAB. BL. BURG. RHINE WHT BURG. RED ROSE PINK CHARLIS 1.5 LITER <b>\$3.99</b>
ARMOUR CHUB THURINGER 20 OZ. <b>\$3.28</b>	BLUE BONNET SOFT MARGARINE 1 LB. <b>88¢</b>	SENECA 8 OUNCE APPLE JUICE <b>2/88¢</b>	EXTRA DRY PINK SPARK BURG. COLD DUCK 750 ML. <b>\$2.49</b>
		TOTINO'S 'EXTRA' PIZZAS Pepperoni 15.75 OZ. <b>\$1.88</b>	ANDRE CHAMPAGNE <b>\$2.49</b>
		MRS. SMITH'S NAT. JUICE Apple, Apple Strawb. 37 OZ. <b>\$2.69</b>	



RED LEAF, GREEN LEAF, ROMAINE **ASST'D. LEAF LETTUCE** **279¢** BUN.



FRESH GREEN SPEARS **LARGE ASPAR-AGUS** **\$1.39** LB.

SPINACH FRESH BUNCHES **279¢** FOR

AVOCADOS LARGE & RIPE **279¢** FOR

CANTALOUPE Ripe, Sweet Thick Meated **58¢** LB.

RIPE PEARS FRESH D'ANJOU **279¢** LBS.

# TOMATOES

LARGE RED AND RIPE **39¢** LB.

We reserve the right to limit.

ASSORTED, DECORATED SCOTTOWELS GIANT ROLL EACH <b>79¢</b>	NEW ENGLAND STYLE SNOW'S 15 OZ. CLAM CHOWDER <b>99¢</b>	SUN-MAID SEEDLESS RAISINS 15 OZ. <b>\$1.39</b>
---	---	--

SANDY SENTRY

39180 Pioneer in Sandy. 668-7418

**2 Saver Shields**  
Good Thru 4-8-82  
3 TINS, CAMPBELL'S 10 1/2 OZ TOMATO SOUP

**2 Saver Shields**  
Good Thru 4-8-82  
WESTERN FAMILY 14 OZ ENGLISH MUFFINS

**3 Saver Shields**  
Good Thru 4-8-82  
10 LB BAG, NO. 1 RUSSET POTATOES

**3 Saver Shields**  
Good Thru 4-8-82  
Western Family 1/2 Thick Sliced Bacon

**Saver Shield Special!**  
WESTERN FAMILY FRESH BUTTER 1 LB. Cubes **89¢**  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.

**Saver Shield Special!**  
CREST, 8.2 OZ. TOOTH PASTE **69¢**  
Reg. Mint Jet  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.

**Saver Shield Special!**  
ALL PURPOSE FLOUR GOLD MEDAL 5 LB. BAG **39¢**  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.

**Saver Shield Special!**  
KELLOGG'S CORN FLAKES 18 OZ. BOX **39¢**  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.

**Saver Shield Special!**  
FAMILY SCOTT BATH TISSUE 4 ROLL PACK **39¢**  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.

**Saver Shield Special!**  
WESTERN FAMILY BISCUIT MIX 40 OZ. BOX **39¢**  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.

**Saver Shield Special!**  
LAUNDRY DETERGENT COLD POWER 49 OZ. BOX **99¢**  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.

**Saver Shield Special!**  
ARMOUR STAR SLICED PAN-SIZE BACON 12 OZ. PKG. **89¢**  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.

**Saver Shield Special!**  
GLAD, CLEAR FOOD WRAP 200 Foot Roll **69¢**  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.

**Saver Shield Special!**  
DRY DOG FOOD PURINA DOG CHOW 15 LB. BAG **\$2.49**  
With one Used Saver Shield Card. Offer Good Thru April 6, 1982.