

Heart ailments focus of OHSU lecture series

In recognition of American Heart Month, the Oregon Health Sciences University is offering a special series of three lectures on prevention and treatment of heart disease in children and adults.

The free lectures are scheduled for Tuesday evenings at 8 p.m. in the OHSU Library Auditorium.

The first lecture on Feb. 18 will cover the unique problems of "Caring for Heart Disease in Children." Dr. Cecille Sunderland, director of pediatric cardiology, will discuss new approaches to diagnosis and treatment of children with congenital heart disease who survive to adulthood.

Dr. John Reynolds, director of the Neonatal Intensive Care Center, will explain how care is provided to the newborn with heart disease — both in the hospital and at home.

The Feb. 25 lecture, "Transplantation of the Human Heart," will feature three members of the University Hospital's cardiac transplant team. Dr. Jeffery Hosenpud, director of the noninvasive laboratory, will answer the question: Who needs the operation and why?

Dr. Douglas Norman, director of the immunogenetics and transplantation laboratory, will discuss how the team fights rejection of the implanted heart. Dr. Albert Starr, head of the division of cardiopulmonary surgery, will explain what is involved in performing the transplant surgery.

The third lecture on March 5 will explore the "New Frontiers in Heart Research."

For more information about the special Heart Month lectures, contact the OHSU office of university relations at 225-7686.

Boosters

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In addition, there will be a cardiac risk evaluation that looks at an individual's lifestyle and other factors in an attempt to determine if they are likely candidates for heart disease. Among the considerations, Cole said, are a smoking, diet, history of heart disease in a family, weight and lifestyle.

"We identify if they have several risk factors," she said. "If they do, we tell them they are statistically prone to heart disease and ought to make some lifestyle changes."

Exercise can be an antidote and prevent heart disease, she added. While vigorous exercise programs should be started gradually and with the advice of a doctor, Cole said that walking is a good way for most people to begin.

For more information about the heart check event, contact Welsh at 661-9295 or Cathy Thenell at 661-9562.

National Heart Month is celebrated each year in February. Sponsored by the American Heart Association, the month is intended to increase awareness about cardiovascular fitness.

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