



Healthwatch

by Steven Bailey, N.D. and Adam Ladd, N.D.

The recent article in the May 9, 1985 issue of the *New England Journal of Medicine*, "on the inverse relationship of fish consumption and the development of coronary heart disease is another step toward the understanding of how important nutritional factors are regarding overall health, especially heart disease.

The first article in this issue draws the conclusion that an average of 30 grams of fish per day (28.5 grams = 1 oz.) in a person's diet will, as a single variable significantly decrease the chance of developing heart disease. The second article in this issue investigates the role of fish consumption associated with serum triglyceride levels.

The role of fish consumption, as a protecting factor against heart disease was first reported 20 years ago by researchers from Portland. These scientists were aware that their study group (Greenland Eskimos) had no heart disease, yet consumed over half of their calories in the form of fat. At this time the medical community considered fat/cholesterol consumption as a primary factor in the development of heart disease and the health of the Eskimos was an enigma to say the least.

What resulted from this study was the discovery of a particular type of fatty acid that actually serves to protect the consumer from the damages incurred by high fat consumption. This fatty acid is called an "Omega 3" fatty acid, meaning that the 3rd carbon of the fat has a double bond. This may be meaningless to those who have limited chemistry backgrounds, but basically it is a form of fat that must be consumed, as the body cannot alter fat structures at this position by itself (the body can create double bond from the 6th carbon on). This fat is called eicosapentaenoic acid "EPA", and is readily available in salmon, as well as many other forms of fish.

While human and animal studies have shown that EPA will alter clotting time and thrombus formation (essential activities in atherosclerosis) this report falls short of linking EPA solely with the positive results of fish consumption. It does, however, conclude that 2 fish meals per week are a justifiable guideline for the prevention of coronary heart disease.

The second article on triglycerides is very closely related, but researchers fall in the common trap of comparing polyunsaturated oils with saturated oils and avoiding the single best oil for heart concerns, which is the mono-saturated olive oil. Triglycerides are a type of fat in the blood that have proven over time to be accurate indicators of general coronary health. The triglycerides are separated into three groups: HDL

(heavy density lipoproteins), LDL (low density) and VLDL (very low density). The greater the percentage of HDL to LDL and VLDL the better the overall coronary health.

Fish intake tends to increase HDL levels and decrease the overall triglyceride levels which are important factors toward good coronary status. Ironically, serum cholesterol is not as indicative of coronary health as are triglyceride levels, and the polyunsaturated oils (no cholesterol) actually increase LDL and thus act in an injurious manner when consumed. Olive oil has the unique ability to

lower cholesterol levels as well as increasing HDL levels. Garlic has also shown these positive influences (lower cholesterol and increased HDL). One final negative input to triglyceride is simple sugar. Sugar in excess will increase LDL and thus the chance of developing heart disease.

Considering the recent N.E.J.M. article that showed no real benefit from bi-pass surgery (\$60,000 average cost) over a 10-year follow-up period and the consistent research that has linked dietary factors with heart disease, I wonder why the F.D.A. stands so firm in condemning the health

food industries for their marketing of EPA at \$20.00 per bottle, while tolerating so many questionable surgeries that prey on the helplessness of patients, who are told that bi-pass is the needed treatment for their condition.

Next week: The "Will Rogers" phenomenon, or the statistical manipulation of cancer results, that lead us to once again question whether lung cancer patients have paid billions for fraudulent claims of success in what may be the greatest medical quackery of this century, brought to you by great expense by the A.M.A.

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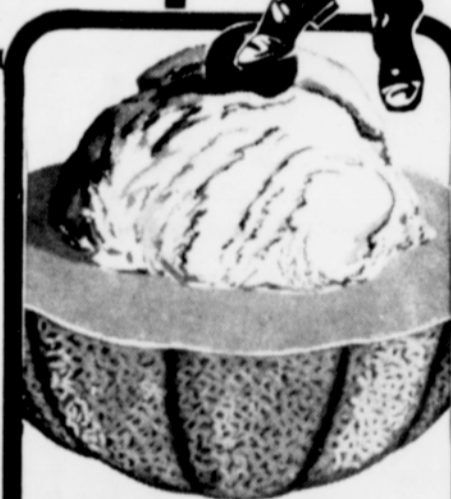
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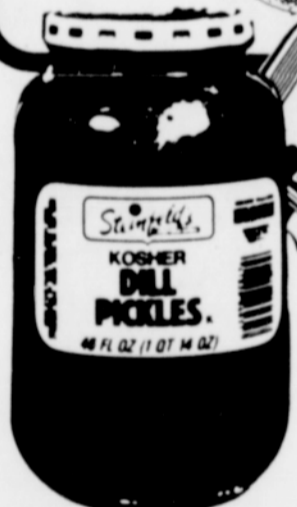


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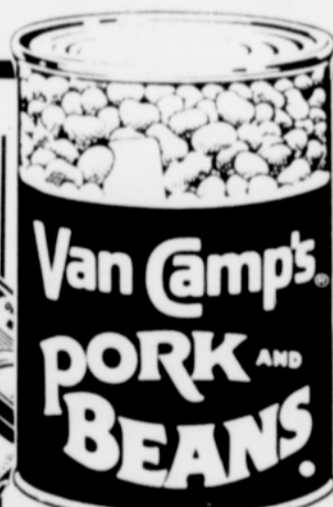


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More licenses revoked

The Motor Vehicles Division revoked nearly 2,400 Oregon drivers last year as habitual traffic offenders. The 1984 figure represents more than a hundred percent increase over 1983.

The increase resulted from a change in the law which took effect January 1, last year. It allows DMV to revoke a driver license for five years when the driver has three or more major convictions, such as driving under the influence of intoxicants (DUI), or 20 or more rules of the road convictions, such as ignoring signs, signals, or right-of-way laws — all within a five-year period.

Before the updated law took effect, courts had to order revocations for habitual offenders, but many were escaping revocation because of demands on time of prosecuting attorneys.

DMV officials say the law, as amended in 1983, makes it difficult for habitual offenders to escape revocation.

Dr. Asa Hilliard King Facility speaker

Dr. Asa Hilliard, chief consultant for Portland Public Schools Desegregation Plan, will speak to Irvington parents and other interested persons on Thursday, June 27, 1985 at 7:00 p.m., King Facility, 4815 NE 7th.

PUBLIC NOTICES

The friends of Herb Cawthorne cordially invite you to share in expressions of appreciation for outstanding contributions to the community and to congratulate him on his appointment as President and Chief Executive Officer of the Urban League of Portland.

The event will be held Sunday, June 30, 1985, 3 - 5 p.m. in the Cascade Student Dining Room, 705 North Killingsworth, Portland.



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