

HEALTH

Healthier Lifestyle Is Often The Key To Avoiding Heart Attack

BY JOHN F. BEARY, III, M.D.

The message is simple: Heart disease and heart attack would be less of a problem if more people understood the need to live healthier lives.

People who don't get any exercise, smoke and ignore high blood pressure and high blood cholesterol are at least eight times more likely to develop heart disease. To help avoid heart complications:

Exercise regularly. Thirty to sixty minutes of aerobic exercise three to five times a week strengthens heart muscle and boosts its ability to use oxygen. It also helps raise "good" cholesterol levels.

Aspiring athletes should work closely with their doctors in setting up an exercise regimen.

Eat lean, low-fat foods to lower cholesterol levels. Fruits, vegetables and whole grains are good choices.

Stop smoking. People who

smoke a pack of cigarettes a day have more than twice the risk of heart attack than people who have never smoked. Smokers who have a heart attack have less chance of surviving than nonsmokers.

Reduce salt consumption, watch weight, limit alcohol use and find ways to manage stress to help prevent high blood pressure.

If your doctor has told you are a candidate for a heart attack, it is essential to learn which hospitals in your area offer state-of-the-art treatment. You need to discuss with your physician what treatment is most appropriate for you. Keep an up-to-date list of your prescription medicines and a copy of your most recent electrocardiogram. Also maintain a list of allergies and other treatment-limiting conditions. Be sure to take all of these documents with you to the hospital emergency room if chest pain occurs.

For many patients, heart disease is best managed with a combination of lifestyle improvements and drugs

that control blood pressure (hypertensive medicines), cholesterol (lipid-lowering treatments) and angina (coronary vasodilators). The medicinal arsenal of physicians is impressive, and getting better. A recent advance in preventing clots from forming in coronary blood vessels and from getting bigger are thrombolytic drugs. They are taken as soon as possible after a heart attack to dissolve clots within arteries.

Detailed information about heart disease and heart attacks is contained in a new brochure called "What You Need to Know About Heart Attacks." Developed by the Pharmaceutical Research and Manufacturers of America, it is the first in a series of "HealthMatters" brochures on major diseases.

If you want a copy of "What You Need to Know About Heart Attacks," write to PhRMA, 1100 Fifteenth Street, NW, Box N, Washington, D.C. 20005.

Tobacco-Free Coalition Of Oregon

Students addicted to nicotine are getting help from schools in Oregon, which are beginning to offer tobacco cessation, peer education and diversion programs. Programs are being offered in Bend, Coos Bay, Portland, Hood River and possibly other sites.

Primary Contact-Cathy Rowland-American Cancer Society-295-6422.

TEEN TOBACCO USE IS UP

Joe Camel the choice of a new generation?-Hood River success shows way to reduce teen use.

Illegal tobacco sales to children by Oregon retailers amount to nearly 3 million packs of cigarettes every year. Retailers ring up about \$5.5 million from these sales. The State of Oregon collects about \$800,000 in

taxes as a result of these illegal sales of tobacco to children.

Primary Contact: Brenda Niblock-American Lung Association of Oregon, 246-1997.

Related Stories-upcoming legislative proposals, Project 16 in Hood River, Enforcement checks being done by Oregon Office of Alcohol and Drug Abuse Programs.

PACCHP Members Gain Free Health Classes

PACC Health Plans members in Clackamas, Multnomah, Washington and Clatsop counties now can attend--free of charge--health and fitness classes at local Providence Health System hospitals. Members can attend classes on nutrition, weight control, fitness, family life, parenting, and lifestyle enrichment at no charge, unless otherwise noted.

"We want to give PACCHP members the tools to take charge of their own health," said Julie

Ferguson, vice president of Health Systems and quality. "Being a managed health care company means offering our members preventive care and wellness promotion through these types of programs."

Each quarter, PACCHP members in the four-county area will receive a new class listing filled with fun and educational classes. To sign up for a class, member can complete the registration form in the back of the class catalog and send it to Prov-

idence Health System's Health and Lifestyle Center with a copy of their PACCHP identification card. To receive a registration form in the mail, members can call the Health and Lifestyle Center at 503/645-4864.

PACCHP is a physician-sponsored, not-for-profit health care contractor with 57 years' experience in offering a full line of managed care products. PACCHP serves more than 104,000 members in Oregon and Washington.



High blood pressure (generally over 140/90 for adults) can be kept in check by: shaking the salt habit, watching your weight, learning to relax, and taking any blood pressure medicine as prescribed by your doctor.



People who smoke a pack of cigarettes a day have more than twice the risk of heart attack than people who have never smoked.

Furse Condemns Oregon Anti-Abortion Group

Rep. Elizabeth Furse has condemned the anti-abortion rights group that has targeted three Portland doctors for harassment.

The Portland-based American Coalition of Life Activists recently released a list of 12 doctors to be the focus of harassment to drive them out of business.

"I am shocked by the news report that three fine Oregon doctors have been targeted for harassment by an Oregon anti-choice group which has created a 'deadly dozen' list identifying 12 doctors - three of them from Oregon - to be the target of intense harassment," Furse said, on the floor of the U.S. House of Representatives.

"This is the kind of terrorism that leads to murder at abortion clinics. This must be stopped.

"Abortion is legal and is a right that must be protected. Anti-abortion groups that refuse to condemn acts of terrorism and murder are encouraging violence. This lawlessness is extremely frightening to me and should be to all of us.

"In addition to the federal laws we have protecting clinic entrances, I call of my colleagues to support Rep. Meehan's resolution requiring federal law enforcement officials to act swiftly to protect clinics.

"I support freedom of speech, but not harassment, not murder. Regardless of one's position on choice, we must stand against the escalating lawlessness at clinics," Furse said.

Legacy Condemns Threats Against Its Staff

The president and chief executive officer of Legacy's Portland hospitals issued a statement Monday to condemn recent actions by a Portland anti-abortion rights group.

"Legacy Health System and its hospitals are outraged by and strongly condemn recent threats made by radical terrorists groups against physicians on our medical staff," said James E. May. "We believe in the independent practice of physicians and we strongly support physicians' rights to practice in safety."

May said Legacy will do everything in its power to preserve these rights.

Join us in celebrating
25th
 ANNIVERSARY
 The Portland Observer's
 Twenty-fifth Anniversary.

Hollywood Senior Center

SPECIAL EVENTS
Be As Well As You Can Be:
 Tuesday, Feb. 28, 10:30 AM.
Stroke...It's Brain Attack. What are the symptoms? What should you do? How can you reduce your risk? Why are the first six hours so critical?
 In the U.S. 500,000 have strokes each year, 150,000 die. Stroke is the third leading cause of death and the number one cause of disability. It is the second leading cause of dementia following Alzheimer's.
 Join us when Kathy Kearns, RN, Acute Stroke Study Coordinator at Oregon Stroke Center at OHSU talks about stroke and reducing your risks.
Breakfast With Seniors:
 Sat, Feb. 17, 9-11:30 am, all-you-can-eat pancakes, with bacon & eggs, juice, and coffee. Adults \$2.75; Kids \$1.25
Slides:
 Tuesday, Feb. 21, 10:15 am. "Armchair travel" with Leonard Schoessler to Puerto Rico & Central America including Panama, Guatemala, Costa Rica and Mexico City.
Alzheimer's Social Group:
 (For patients)...Every Wednesday, 1-4 pm. Our music and activity therapists and caring volunteers add zest to life for call Pat for information or to register, 288-8303.
Stroke Club:
 Tuesday, Feb. 7, at 10:30. Allison Stoll, crime prevention specialist with Central NE Neighbors, will talk on Personal Safety, Home Security, and Beware of Fraud and Scam Artists.
 Contact: Pat Williams or Mary Ann Campbell, 288-8303

Safeway Low Prices



Prices effective February 8 through February 14, 1995 at your nearby Safeway store.

Fresh Oregon Cut-Up Fryers
 • Economy Pack
 • SAVE UP TO 39¢ PER LB.
59¢ Lb.

Ovenjoy Fresh Bread
 • 22.5-Ounce
 • White or Wheat
3.99¢ for

Bumble Bee Chunk Light Tuna 2\$1 for
 • 6-Ounce
 • Oil or Water Packed

Golden Ripe Bananas 29¢ Lb.
 • Dole or Bonita Brand

Look In Your This Week Magazine for our weekly Safeway Savings Guide!

This Week MAGAZINE

Enjoy Extra Savings With The **EXTRA In-Store Safeway Savings Guide** Available at your Safeway store.