

tionists and medical authorities are earnestly espousing the cause of reducing the amount of saturated fat in the diet.

On the basis of present evidence, I would say that you should not get excited or concerned over the problem of cholesterol, and I would endorse the statement of the American Heart Association:

"There is not enough evidence available to permit a rigid stand on what the relationship is between nutrition, particularly the fat content of the diet, and coronary heart disease. We are certain of one thing—the evidence now in existence justifies the most thorough investigation."

Q. Can you cure heart disease?

A. Not yet.

Q. Have there been any advances in treatment?

A. Very definitely. We have been able, for instance, to use anticoagulant drugs with great success to lessen the frequency and severity of heart attacks. Advances in surgery also have made possible life-saving techniques in some types of heart disease which only a few years ago would have meant certain death in months.

In addition, we have made a major breakthrough in the technique of cardiac rehabilitation. We know now that most heart-disease victims can be returned to a full and useful life at home and on the job.

Nowadays, doctors everywhere will do all they can to assure heart patients that they are capable of working again. Perhaps one of the major remaining obstacles is to convince industry of this fact.

The best thing you can do for yourself is to follow a sensible program of living. After that, forget it. Why ruin the joy of life with unnecessary fears?

WHAT TO REMEMBER ABOUT YOUR HEART

1. Don't be overly conscious of your heart.
2. Don't attempt to diagnose or treat a possible heart attack.
3. If you feel any symptoms of a possible heart attack—chest pain, constriction, sweating, nausea—lie down, rest easy, and call a physician. Take no laxatives or antacids.
4. Don't worry about your occupation. There is no evidence that either manual work or mental work leaves you more or less prone to heart disease.
5. Don't try to eliminate or increase any particular item of food in your diet, not even fatty essentials. There is no positive proof that cholesterol is responsible for heart disease. Just go on eating a balanced diet and keeping your normal weight.
6. Eliminate forever from your mind the fear that a heart attack may mean permanent invalidism. Many cardiacs can return to normal, useful lives at work and at home.
7. The best known regimen for maintaining optimum heart and circulatory health is that of adequate sleep, balanced diet, and exercise.

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