

Health

Do you know the 'Heimlich'? You should!

Thousands of choking victims owe their lives to a simple technique called the Heimlich maneuver. Named after Dr. Henry J. Heimlich, its premier advocate, the Heimlich can be done in several different ways, depending on the type of choking case. In everything from a piece of meat stuck in the throat to water trapped in the lungs after a swimming accident. The November Reader's Digest explains them as follows:

— The victim is standing or sitting. Stand behind the victim, encircle his waist with your arms, place the thumb-side of your fist above the navel but below the rib cage and - with the other hand over it - give a sharp, upward thrust. Repeat the process until the obstruction pops

out.
— The victim is on the floor, already unconscious from oxygen deprivation. Roll the person on his back, face up, kneel astride his hips, place the heel of one hand between the navel and the rib cage, put the other hand over it and press quickly with an upward thrust. Repeat the technique until the object is expelled.

— You are alone and choking. Use your own fist and the other hand for the inward-upward thrust, or press your abdomen quickly and forcefully into a rounded corner of a table or sing, or the back of a chair. Almost any blunt object that provides pressure under the breastbone will cause the lungs to eject an obstruction.

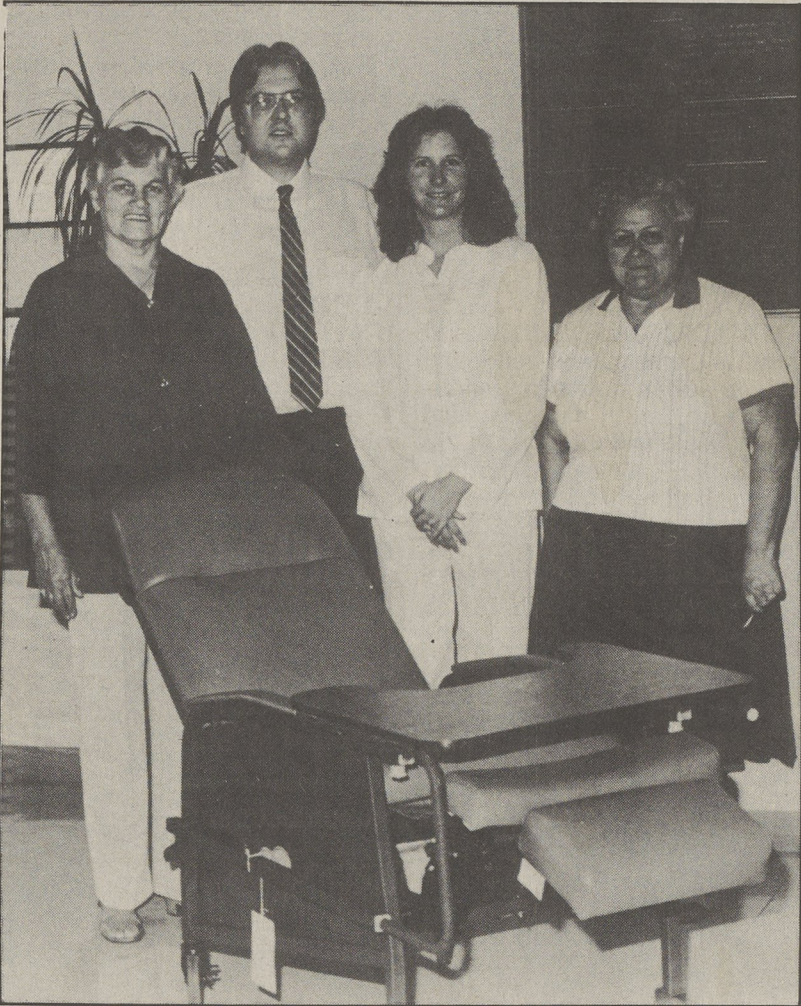
— The victim is an infant under one year of age. Special care is necessary in dealing with babies. Place the child face-up on your lap or on a firm surface, or sit him on your lap facing away from you. Make a "pad" out of the index and middle fingers of both your hands and position it just under the rib cage. Then, with a quick but gentle motion, apply the important inward-upward thrust.

— The victim had been drowning. Place a person on his back, face to one side, and kneel astride the hips. With your hands resting on the diaphragm, one over the other, push the heel of the bottom hand inward and up under the rib cage. The bellows action forces water out of the

lungs, making the victim more responsive to cardiopulmonary resuscitation (CPR), if necessary.

Dr. Heimlich, professor of advanced clinical sciences at Xavier University in Cincinnati, cautions that you have about four minutes before a complete shut-off of oxygen will cause permanent brain damage or death. Knowing what to do if you or someone near you is choking means the difference between life and death.

For a free reprint of "Everyone Should Know 'The Heimlich,'" send a self-addressed, stamped envelope to: Reprint Manager, R1-1, Reader's Digest, Box 25, Pleasantville, N.Y. 10570.



Chair purchased

Recently the Meadows Nursing Center Auxiliary was informed of the need for a reclining geriatric chair at the Meadows Nursing Center in Dallas. Within a very short time, the auxiliary voted to make the purchase at a cost of \$399. Shown at the presentation are, from left, Bernice Hill, Auxiliary Treasurer; Jack Liput, Director of Admissions and Social Service; Diane McAndrew, R.N., Charge Nurse of the second floor, where the chair will be used to add to the comfort and safety of residents there; and Barbara Barakat, Auxiliary First Vice President.

DiETING myths clarified

Ever wonder why you seem to gain back those pounds you shed a few months earlier when you were dieting?

The November Reader's Digest suggests the problem may be that dieting can actually make you fat.

According to Geoffrey Cannon and Hetty Einzig, authors of "Dieting Makes Your Fat," most diet books are based on two assumptions: that diets do not affect the speed at which the body works and that weight loss on a diet is mostly fat. Both assumptions are wrong.

Typically dieting slows the metabolic rate. When the metabolic rate drops, the body burns fewer calories, making it harder to lose weight. Also, much of the weight lost on a diet is not fat; in fact, any initial weight loss includes almost no loss of fat.

The body's first reaction to a diet is to draw on the energy that is immediately available. This is not fat. It is glycogen, a carbohydrate stored in solution with water in the muscles and the liver. Once a dieter's body has adapted to the diet by releasing glycogen and shedding water, it will then tend to lose both fat and muscle. Overweight, sedentary dieters tend to lose more muscle than active,

lean individuals.

A diet prolonged over several weeks will result in a loss of fat, together with glycogen, water and lean tissue. But unless an individual is willing to stick with the regimen for life, the weight loss will be short-lived.

As soon as their diets have ended, many people actually begin eating at least as much food as they ate before starting to diet. As a rule, any diet that has resulted in the loss of 10 to 15 pounds in the first week or two will result in a gain of the same amount a few months after the diet has ended.

In general, sedentary individuals suffer greater post-diet weight gains than active people. Once water and glycogen have been replaced, the sedentary tend to regain fat without rebuilding lost muscle tissue. Overall, the proportion of fatty tissue in their body increases.

For Cannon, who finally abandoned the idea of dieting, the answer was regular exercise. "Exercise is a most effective way of losing some weight and more fat," he says. Exercise—especially aerobic activities sustained for at least 20 minutes at 60 to 80 percent of maximum heart rate—speeds up the body's metabolic rate.



Athletes named

The Meadows Apartments, Dallas, recently announced its winners for the "Athlete of the Month" contest. Pictured below are some of the athletes. From left, Emily Long, Grace Resio, Tess Polachek, and Barbara J. Williams, manager. Dot Adamski, and Wilbur Hoyt were absent when photo was taken.

Check presented

Mercy Center Auxiliary presented a check for the sum of \$10,000.00 to Mercy Center Convent, to be used for the care and needs of the retired and sick Sisters of Mercy Center Complex. Above are, from left, Father James Jacobs, Chaplain at Mercy Center; Sister Ruth Neely, Director of Health Services at Mercy Center; Sister Jayne Pruitt, Administrator of Mercy Center Complex; Ann Mushinski, President of the Auxiliary; Sister Jean Messaros, representing Sister Mary Denny, Provincial Administrator; and Sister Stephanie Olek, Coordinator of Mercy Center Convent.



Party held

The Meadows Apartments, Dallas, recently held a Halloween party. Costumes were optional. Ice cream sundaes, cookies and candy were served. Music was provided by the Lee Vincent Orchestra. Committee members are, from left, seated, Marjorie Gabel, Eva Jenkins, and Ann Branch. Standing, Ruth Foley, Dorothy Williams, Tess Polachek, Doris Margellina, and Barbara J. Williams, manager. Absent at the time of the photo were Alice Nordfors, George Bartorillo and Ruth Muchler.



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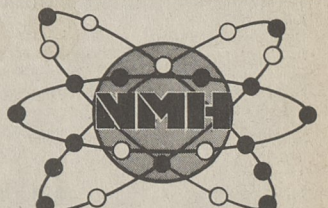
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