

Health & Fitness

Dietary fat adds to heart attack risks

By Dr. SETH FISHER
Cardiologist
Geisinger Wyoming Valley
Medical Center

Improve your diet today, and you could cut your risk of a heart attack tomorrow.

That, at least, is the finding of a recent medical research report. Although the finding will require further study and testing before we in the medical community can declare it valid, we have no problem endorsing the key recommendation of the report:

Limit the amount of fatty foods you eat.

Of course, we have long known an excess of fat in your diet can substantially increase your risk of developing heart disease over a period of years. Now, however, a British study says cutting fat from your diet at supper could reduce your risk of suffering a heart attack the following morning. Here's why, according to the study:

High-Fat foods boost the pro-

duction of clot-forming chemicals in the blood. If a clot develops from those chemicals and lodges in an artery, a heart attack could result. Thus, if a person who eats a high-fat diet switches to a low-fat diet, he will decrease the production of those clot-forming chemicals and, within hours, diminish his risk of a heart attack.

Sound too good to be true? Maybe. But, as we said, it would do no harm for you to follow the main recommendation of the report. At the very least, you could be reducing your long-range risk of developing heart disease.

As a general rule, total fat intake should not exceed 30 percent of your daily intake of calories. And the intake of saturated fats - the kind of fat most likely to "thicken" your blood and clog your arteries - should not exceed 10 percent of your caloric intake.

(Each gram of fat contains nine calories. So, if you're on a 2,000-calorie-a-day diet and eat 100 grams of fat - 900 calories - the fat

calories you eat would make up 45 percent of your caloric intake. That's excessive. How can you tell how much fat - and what kind - a food contains? Read those labels on cereal boxes, soup cans and milk cartons.)

Remember, though, that limiting dietary fat won't automatically immunize you against heart disease. If you smoke, for example, you will continue to run a risk (tobacco being probably the greatest risk to your health in general and to your heart in particular). You may also run a risk if you don't exercise, or if you fail to get regular check-ups when you know that your family has a history of heart disease.

• So cut out the liverwurst and cheesecake.

• Quit smoking.
• Take a walk - every day.
• And tell your doctor about any heart problems in your family's past and present.

Those simple measures could keep your heart ticking.

Medicare covers some eye care, but not all

Under present Medicare Law, when a symptom is present and necessitates an eye examination and treatment, the eye health part of an eye examination will be covered by Medicare.

Medicare also provides coverage for glasses or contact lenses

after a patient has had cataract surgery. For those patients who need glasses or contact lenses following intraocular lens implants (IOLs), Medicare limits coverage to one pair of glasses or contact lenses following surgery.

Medicare does not, however,

cover the part of the eye examination which determines the need for regular prescription eyewear.

Anyone with questions about Medicare Coverage or any other vision or eye health concerns should contact their eye care professional, or the Pennsylvania Optometric Association, PO Box 3312, Harrisburg, Pa., 17105.

1 WEEK FREE

Visit our facility and receive a Gift Certificate for a Week of Fitness. Don't forget to bring a friend!

Not Good With any other Offers. Offer expires 12/31/96



FEEL OVERWEIGHT? FEEL OUT OF SHAPE? THAT'S O.K.! AT ERNIE'S WE'RE NOT ABOUT LEOTARDS & MUSCLES.

Exercise in a comfortable atmosphere where you're accepted regardless of your physical condition and feel great about yourself!



Route 309, Dallas
(next to Treat Ice Cream)
674-2420

RIVERSIDE REHABILITATION CENTER Is Proud To Offer A ...

Pulmonary Rehabilitation Program

HELPING PATIENTS WITH:

- Black Lung • Emphysema • Asthma
- Chronic Obstructive Pulmonary Disease
- Bronchitis • Undergoing Lung Reduction Surgery

For More Information Or A
FREE ASSESSMENT

Call Program Coordinators Gary Brinton, CRRN, or Linda Latoski, OTR/L at

824-3444

A Comprehensive Outpatient Rehabilitation Facility




Riverside Rehabilitation Center
 220 S. RIVER STREET
 PLAINS

Back Mountain Eye Care Center



Dr. Curtis Goodwin

Certified to diagnose and refer patients for
(PRK) Photorefractive Keratectomy
*(the latest vision corrective treatment using the
Excimer Laser to correct nearsightedness.)*

- Comprehensive Eye Exams
- Pediatric Optometry
- Fashion Frames
- Computer Vision Specialists

- Sports Visionwear
- Complete Contact Lens Department
(disposable, tinted & gas perm.)
- Full Service Lab on site

Convenient Parking • Day, Evening & Saturday Hours
170 N. Memorial Highway, Shavertown
675-3627



ARE YOU SERIOUS ABOUT YOUR HEALTH AND FITNESS?

*EXERCISE YOUR RIGHT
TO STAR TREATMENT!*

STAR offers the area's only personal training program for men and women of all ages and fitness levels serious about:

- Safe weight loss
- Increased strength, flexibility and endurance
- Improved cardiovascular fitness

Our facility offers state-of-the-art equipment in a private setting with a certified and degreed professional staff committed to helping you achieve your individual health and fitness goals.



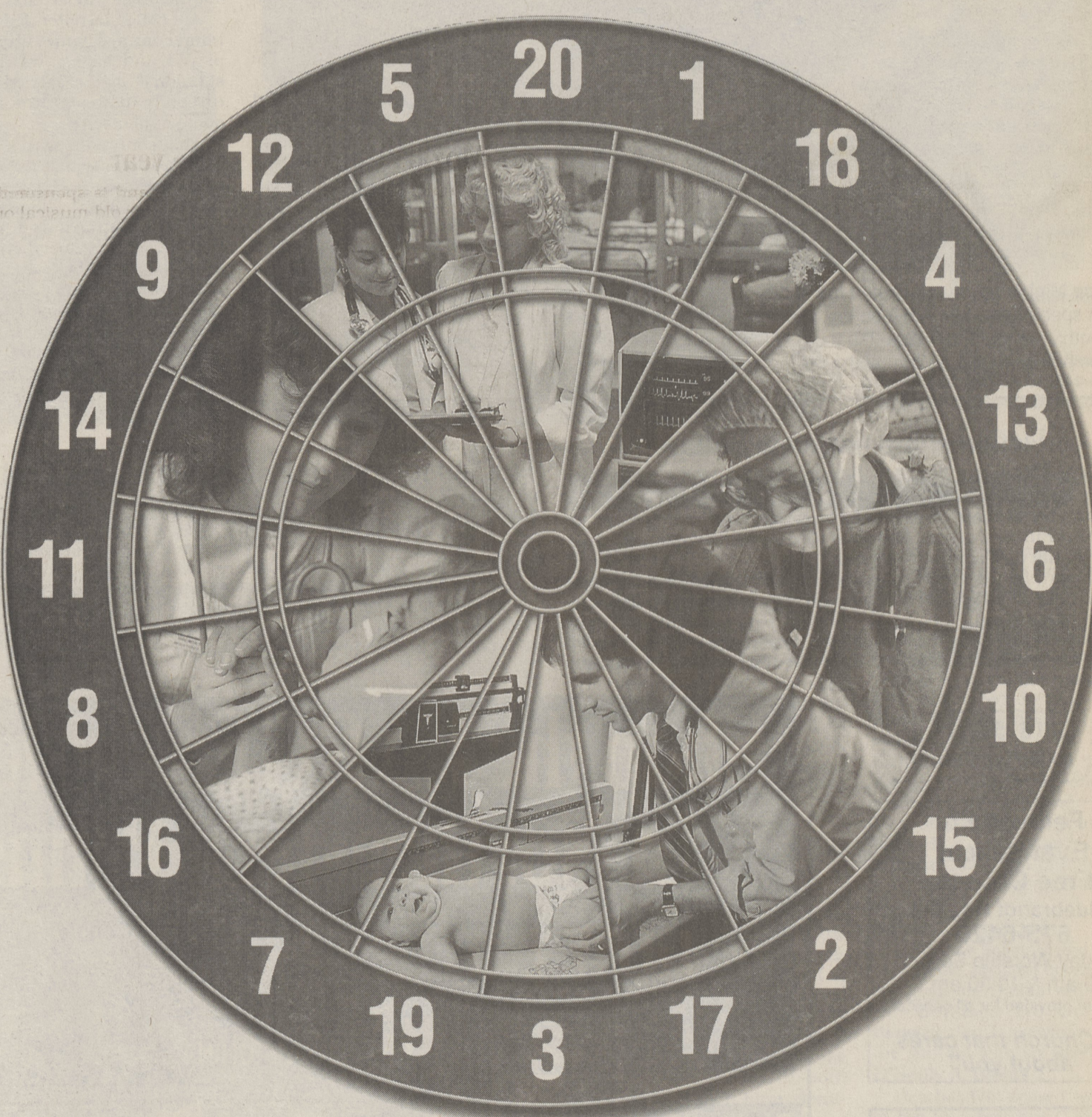
Call 674-6017 to find out about
STAR Personal Training, today!

STAR

Personal Training

Dallas Shopping Center • Route 309 • Dallas

WYOMING VALLEY HEALTH CARE SYSTEM




So, how are you going to pick your health care plan?

With so many health plans making the same old claims about "quality" care, it might seem like picking the right one is simply a hit-or-miss proposition. But choosing your family's health care coverage is too important for you to rely on empty promises. You need facts. Like the fact that with Geisinger Health Plan, the decisions about your health care are made by physicians,

not accountants. Or the fact that with GHP you can choose from more than 1400 physicians and specialists in nearly 100 local communities. Why not call us at 1-800-631-1656 and get our free brochure with all the facts? It just might help you make a better choice.

Just
The Facts.



Geisinger
HEALTH PLAN

A choice for the better.