

# science news

SEPT. 18, 1976  
VOL. 110, NO. 12, 177-192

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## CRYPTOGRAPHY

# executive health

the report that briefs you on what to watch

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Volume XII, Number 11 • August, 1976 • Pickfair Bldg., Rancho Santa Fe, Calif. 92067 • Area 714:756-2600

Mark D. Altschule, M.D.:

## IS IT TRUE WHAT THEY SAY ABOUT CHOLESTEROL?

Do so many of our favorite foods, such as eggs, that contain cholesterol increase your risk of heart disease? Or are those TV ads for "substitute" foods that loudly proclaim "No cholesterol, no animal fat" a lot of pseudo-scientific nonsense?

The diet-cholesterol hypothesis has been around for many years but never before in its long history have so many people known about it. Today an awesome collection of powerful agencies, public and private, put forward statements that assert or imply its truth. These agencies are mostly American, the Medical Research Council of Great Britain, for example, having expressed differing views.

*One of the useful consequences of any theory, right or wrong, is that it stimulates study.* The purpose of such study may be to prove the favored hypothesis by acquiring more data, or more convincing data, that tests the hypothesis, regardless of the outcome.

The diet-cholesterol hypothesis has stimulated a host of studies. What do the results tell us?

### The Honolulu Heart Study . . .

A new report by Dr. G. E. Rhoads and his col-

leagues of the Honolulu Heart Study, National Heart and Lung Institute, particularly invites analysis<sup>(1)</sup>. These physicians studied the incidence of coronary heart disease in relation not only to the total serum (blood) cholesterol level *but also in relation to what the cholesterol was attached to*. They separated the blood cholesterol into two fractions, alpha and beta. They found that although the incidence of coronary heart disease and the amount of beta cholesterol in the blood were parallel, the frequency of coronary heart disease was *opposite* to the amount of alpha cholesterol. The more alpha cholesterol the patients had in their blood, the less likely they were to have coronary heart disease. In other words, if you assume that the blood cholesterol level is important in causing heart disease, then you must assume that cholesterol attached to small

(1) Rhoads, G. G., Gulbrandsen, C. L., and Kagan, A. Serum lipoproteins and coronary heart disease in a population study of Hawaiian Japanese men. *New Eng. J. Med.* 294:293, 1976.

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Please study the reports listed here and circle your three choices:

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James Greenwood, Jr., M.D.: On Vitamin C in the Treatment of Back Pain.

John K. Lattimer, M.D., Sc.D.: On That Treacherous Gland . . . Your Prostate.

Mark D. Altschule, M.D.: What Causes Your Arteries to Harden.

On Fatigue, the Great Deceiver: Why most men never get their "second wind."

If You Sit At a Desk All Day, how to avoid a pot-belly and double-chin.

Never Take a Chance. Never Ignore Any Sign of a TIA (Transient Ischemic Attack) such as a sudden temporary weakness of an arm or leg.

The Anatomy of Courage. Some truths a man must learn to accept about life. 120/80 or what? High blood pressure: the hidden hazard of your executive job.

The executive's dilemma: "Now I lay me down to sleep" (I hope!).

On "The Horizontal Exercise." New research findings about sex and how to keep your middle age young!

John Yudkin, M.D.: On "This Slimming Business" . . . The truth about the prevention and cure of overweight!

Linus Pauling, Ph.D.: What about Vitamin E? Eminent investigators now suspect it may be one of the key factors to help resist disease and slow the aging process.

Go easy gentlemen, too much social drinking damages your liver (even though you may feel well, eat well, and never get tight!)

Mark D. Altschule, M.D.: Is it true what they say about cholesterol? Do so many of our favorite foods, such as eggs, that contain cholesterol increase your risk of heart disease? Or are those TV ads for "substitute" foods that loudly proclaim: "No cholesterol, no animal fat" a lot of pseudo-scientific nonsense?

"The non-dieting diet." Walking is magic to keep or win back a strong, lean body (and that is just the first of its great health benefits.)

On how to live 90 to 100 healthy years! (The syndrome of longevity . . . its 7 great "constants").

On The Arthritis Mystery. Can what you eat—or don't eat—make you arthritis-prone or arthritis-resistant?

Alton Ochsner, M.D.: On "The Chair Disease" . . . Why blood clots in your veins are a little-realized occupational hazard of desk-bound executives.

Trace Minerals . . . Part I. On chromium deficiency and atherosclerosis.

Trace Minerals . . . Part II: On your danger from cadmium in the water you drink and the food you eat—and how to protect yourself!

Hans Selye, M.D.: On Stress Without Distress. Your mind can make or break you!

The B Vitamins . . . Part I. On B<sub>12</sub> . . . When to suspect a deficiency of this remarkable vitamin in your diet.

Stephen R. Elek, M.D.: On "The Hurry-up Disease." Why it may be a key factor that triggers heart attacks at 40.

The B Vitamins . . . Part II. On Vitamin B<sub>6</sub> (Pyridoxine) "The Sleeping Giant of Nutrition."

Linus Pauling, Ph.D.: For the Best of Health, How Much Vitamin C Do You Need?

The B Vitamins, Part III . . . On Biotin and Pantothenic Acid.

The B Vitamins, Part IV . . . On Folic Acid: The most commonly deficient B vitamin.

George C. Griffith, M.D.: On those irregular heart beats (arrhythmias). Some mean little or nothing, but others warn your heart is in trouble. All call for a doctor's immediate examination.

Ross Hume Hall, Ph.D.: Beware of those fabricated foods. There is still too much we do not know about all the chemical additives that are hidden away in the fine print on the labels of processed foods.

Roger J. Williams, Ph.D., D.Sc.: On your startling biochemical individuality. Some amazing facts about your body you need to know if you want to understand yourself (and other people) better.

On "The Unsuspected Illness"—Hypothyroidism. How it can subtly sap health in a variety of ways . . . and a simple test to uncover it.

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