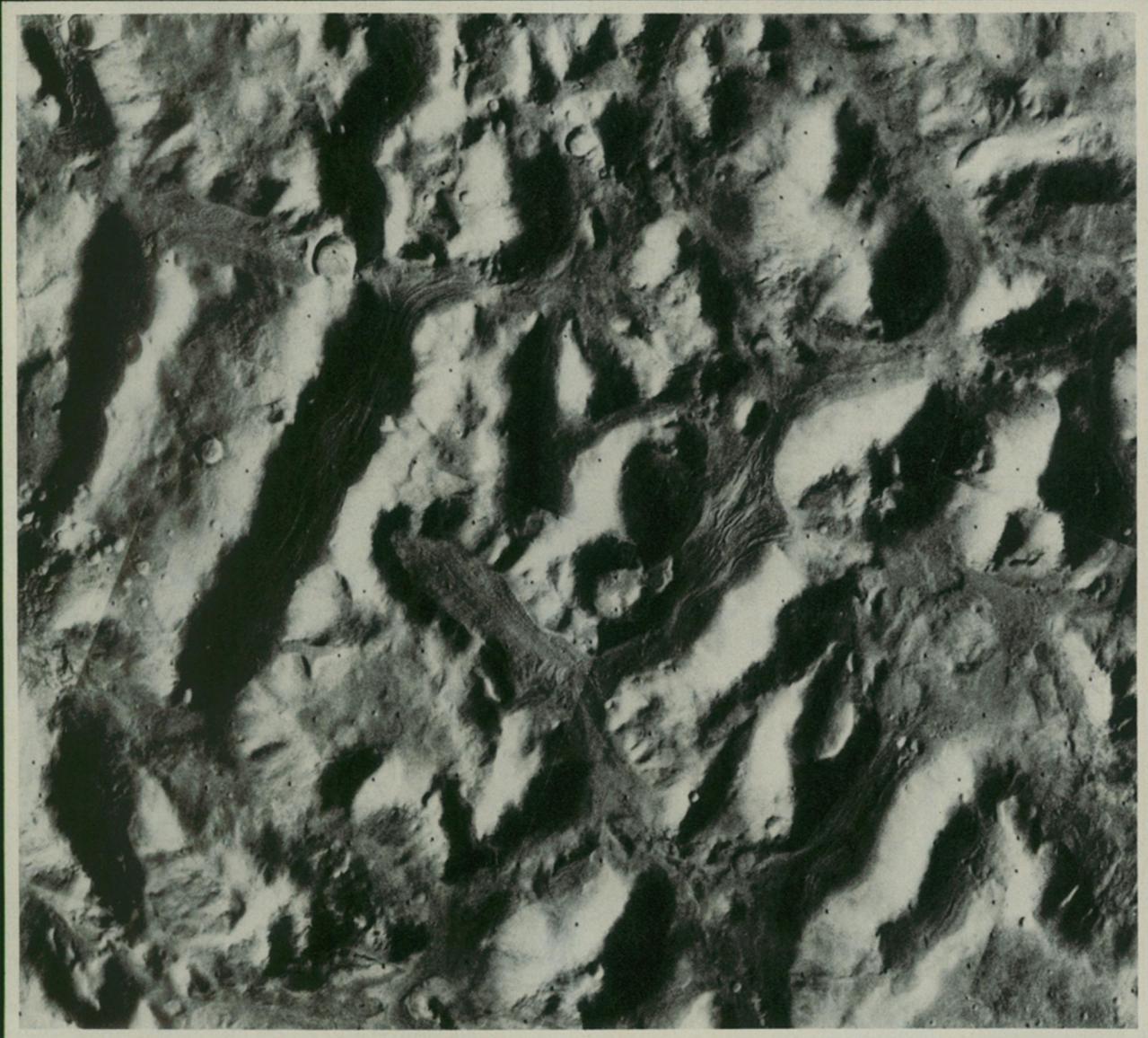


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MARTIAN ICEWORKS

executive health

the report that briefs you on what to watch

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On Estrogens . . .

THE CONTROVERSY OVER "THE PILL"

Some women should never take it! Some women should never take it beyond a certain age! Why?

Mary T., a 34-year-old lawyer who's married to the vice-president of an investment company, has been taking oral contraceptives — the pill — for 12 years. But she's disturbed by news of blood clots and cancer in women on the pill. She's decided to switch to some other means of contraception, but she and her husband are worried that other methods will not be as effective as the pill. If she became pregnant, their lives would be changed in ways they hadn't planned.

Anne R., the 52-year-old treasurer of a publishing firm, is married to the president of an importing firm and has two grown sons. Four years ago, she started taking medication prescribed by her physician to relieve the symptoms of menopause. Now she's worried by the reports she's read in the newspapers that her medication may cause cancer. So she decided to stop taking it. Her husband and sons are worried that the physical and mental symptoms that caused her—and them—so much anguish four years ago will return.

Dilemma for millions?

Both these women are symbolic of millions of women across the country who've been taking prescribed

medicine once hailed as boons and now decried in some quarters as banes. How serious are the reports of blood clots and cancer risks? And what should these women do?

The answers to these questions are not as clear-cut as these women and their families might like. One can't say to every woman: "Don't worry. Continue taking it." Nor can one say to every woman, "Stop taking it immediately." In each case the risks must be weighed against the benefits. And those risks and benefits differ from woman to woman. Many gynecologists continue to prescribe the pill and replacement estrogens because they are convinced that the benefits are greater than the risks. They are prescribed and administered, however, under very carefully controlled and monitored conditions.

What is the first step to consider?

One should consider these medications and their uses in a general way as a first step toward deciding whether to continue or discontinue using them.

Oral contraceptives and menopausal medications can be considered together here because both contain

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

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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?

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George C. Griffith, M.D.: On those irregular heart beats (arrhythmias).

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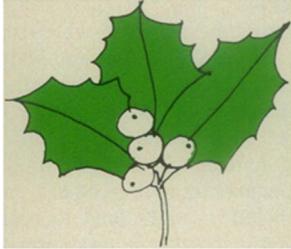
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