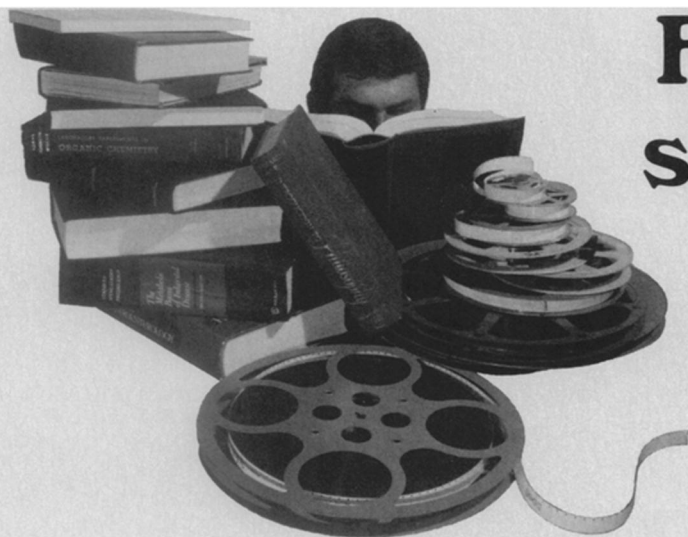


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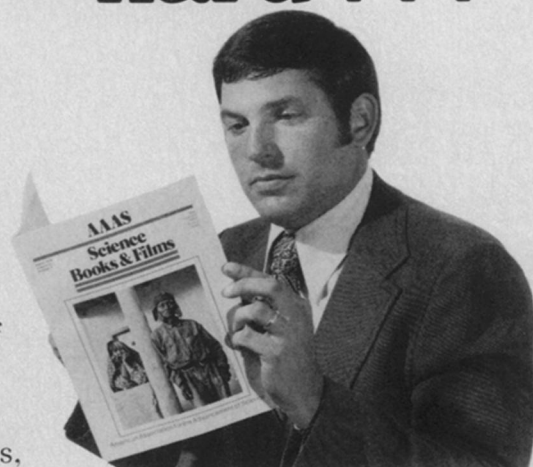
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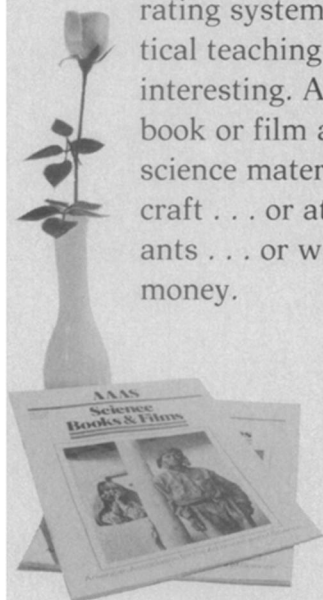


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Volume XI, Number 3

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Area 714:756-2600

Alton Ochsner, M.D.:

ON "THE CHAIR DISEASE" ...

Why blood clots in your veins are a little-realized occupational hazard of desk-bound executives

PUBLISHER'S NOTE: *Dr. Ochsner is one of the outstanding international leaders in modern medical progress. Now Emeritus Professor of Surgery at Tulane University School of Medicine, he maintains an active practice at the famed Ochsner Clinic in New Orleans. As a member of our Editorial Board we have asked him, out of his long personal experience, to explain this little-realized occupational hazard of your executive life.*

—Richard Stanton

Until former President Nixon was first hospitalized for what was expected to be "routine" treatment of *thrombophlebitis*, the chances are you had never heard of the medical problem involved and could not care less. However, when it was discovered that part of a blood clot that had formed in a vein in his left leg had broken loose and traveled up into his right lung, this potentially dangerous hazard (called a pulmonary embolism) created world-wide attention. The events that have followed, one after another, should be a warning to you of a little-realized occupational hazard of your own executive way of life. Why?

Thrombophlebitis is no uncommon medical happening and its possible end results hold a potential threat to any executive who spends his life SITTING . . . sitting at a desk, sitting at a conference table, sitting as he travels by car, train, or transcontinental plane . . . sitting at night reading, playing cards or viewing television . . . always sitting, sitting, sitting! I call it "the chair disease"!

According to the National Heart and Lung Institute, as many as 400,000 Americans suffer from a *pulmonary embolism* (one of the potential hazards of a blood clot within their veins) . . . and most of them do not even

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