

MEDICINE

Prevent Heart Attack

➤ **WEIGHT REDUCTION** and reduction of fat in the diet were urged as among the possible ways of "reducing the dreadful toll of heart attacks."

"By eating less, you live longer to eat considerably more," Dr. Irvine H. Page, director of research at the Cleveland Clinic Foundation, told a conference on atherosclerosis sponsored in New York by the New York Heart Association.

Bicycle riding for exercise, maintenance of normal blood pressure and avoidance of excesses of all kinds were among the other recommendations Dr. Page made.

Only since President Eisenhower's heart attack and Stalin's death from stroke, Dr. Page said, has atherosclerosis, a form of arteriosclerosis that leads to hardening of the arteries, received the attention that such a major health problem deserves.

Dr. Richard Warren of Harvard Medical School, Boston, Mass., said no operation has yet been devised that can prevent this disease or alter its course.

"But the surgeon can help the arteriosclerotic patient," he said, "by relieving him of certain specific complications of his disease."

Dr. Warren said arteries so damaged that circulation is obstructed, or those in danger of rupture, which might cause fatal hemorrhage, can be replaced.

Veins from the patient himself, arteries from other patients or tubes of plastic fabric can be used for the purpose. He said obstructed arteries can be unplugged by removing the diseased center and leaving the outside wall.

Where the arteries are in the lower half of the body, such as those leading to the kidneys and intestines, or arteries leading to the arms or to the brain, replacement and unplugging operations have become established procedures, Dr. Warren said.

Still in the experimental stage, however, are operations on arteries within the skull and in the heart muscle, he reported.

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PUBLIC HEALTH

Fake Health Devices Hit

➤ **FAKE "HEALTH" MACHINES** not only take millions from a gullible public but hasten the death of thousands who delay valid medical treatment.

The machine quack who makes devices out of odds and ends of metals, wire and radio parts was denounced in Today's Health, Feb., 1961.

"With these gadgets—impressive to the gullible because of their flashing light bulbs, ticks and buzzes—" the machine quack carries out "a vicious medical con game, capitalizing on people's respect for the electrical and atomic wonders of our scientific age."

In such diseases as cancer, tuberculosis, heart disease and diabetes, the article said, "Doctor Fraud's cure-all gadget" can prove fatal.

Federal laws provide only one year in

jail and \$1,000 fine for initial offenders in machine quackery. The Food and Drug Administration is handicapped, therefore, in its constant battle against charlatans.

The AMA bureau of investigation has set up rules to help educate the public in spotting a quack. Beware, the bureau warns, if:

1. A medical "expert" uses a special or "secret" machine or formula he claims can cure disease.
2. He guarantees a quick cure.
3. He advertises or uses case histories and testimonials to promote his cure.
4. He clamors constantly for medical investigation and recognition.
5. He claims medical men are persecuting him or are afraid of his competition.
6. He tells that surgery, X-rays or drugs cause more harm than good.

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OPHTHALMOLOGY

Electrode for Eye Surgery

➤ **A NEW TYPE** of liquid electrode has been developed for eye surgery.

Experimental studies have indicated this new type of electrocoagulation equipment may be effectively and safely applied to treatment of retinal detachment and certain types of glaucoma.

The instrument is composed of a glass tube containing saline solution and an electrolytically coated silver wire. Treatment current is transmitted through the silver wire and saline solution to the tissues of the eye. A fluid reservoir maintains a

uniform contact pressure and provides replacement of liquid lost through evaporation.

Electrocoagulation, in which a metal electrode is used, is a standard form of therapy in the care of retinal detachment, as well as certain forms of retinal degeneration, cysts and tissue tears.

The purpose of this treatment is to establish a firm union between the weakened tissues and surrounding normal structures and thus prevent the spread of disease in the eye.

The primary advantage of the liquid electrode over the standard metal electrode is the optimum and uniform contact with eye tissue that is established and maintained.

This optimum contact permits careful control of the electrical current used for treatment and makes possible accurate measurement of the electrical properties of the treated tissues. The alterations in treated tissues can then be used as an objective guide to the effectiveness of treatment.

The instrument was developed by Dr. Bradley Straatsma, Kermit Ratzlaff and Dr. Alexander Kolin of the University of California, Los Angeles.

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