

# This Feels Like I'm Having A "Heart" Attack

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Obstetrics and Gynecology  
Special To The Post

Heart attacks can strike anyone. When it occurs there is no time for delay! Most heart attack victims survive if they recognize the early warning signals of heart attack and

get medical care at once.

One must remember the pain of heart attack is not exactly the same for every victim. It might be an intense pain for one person, or a milder pain for another. The pain is often misinterpreted as "indigestion."

Heart attack victims of-

## For A Longer Life Span

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Medical science and society as a whole has the knowledge presently to produce an average life span of 90 to 100 years, according to the American Medical Association.

Perhaps you've heard someone talk about the

aunt or uncle who smoked, drank, and ate everything in sight and still managed to live to age 90. That may be true, but on the average, any person who continues to abuse his or her body can probably expect a shorter life span than someone who has stimulated their mind and body wisely throughout life.

Research tells you to

## Colon And Rectal Cancer

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which progress to colorectal cancer and the surgical removal of cancers while they are still curable are our best weapons today.

The secondary preventive measures for colon cancer are appropriate for large numbers of people in the United States since this country is at higher risk by world standards.

People in average risk groups should have stools tested for occult blood annually. The stool occult blood test may not detect up to 30 percent to 40 percent of tumors in the lower colon and rectum. Therefore, this test is used in conjunction with a sig-

moidoscopy. If both tests are normal, sigmoidoscopy is repeated every three to five years. By early detection and removal, sigmoidoscopy can interrupt the polyp to cancer sequence and thereby lower the incidence of colorectal cancer by 85 percent.

Approximately 50 percent of person with positive stool occult blood tests will have disease (mostly polyps, but also colorectal cancers).

The effectiveness of screening depends upon the use of proper techniques of occult blood testing, followup studies with X-rays of the colon, and full colonoscopy in people who have positive tests.

ten hesitate for one reason or another. Some do not want to admit that they are ill. Others mistakenly decide that the symptoms don't mean anything or are due to indigestion. They don't know the early warning signals of heart attack - they wait, ignoring the warnings hoping the

spend your 20s and 30s building your body, your mind, and your career. In your 40s and 50s you consolidate and maintain what you have built. Beyond 60, you depend upon your reserve powers to keep you going. If you fail to build and consolidate early - research shows - you are more likely to face in your later years, illness and disability.

A recent study completed at the Medical Clinic in Palo Alto, California, revealed that once you've reached the 50s and 60s you should continue regular exercise, which significantly strengthens muscles and bones. It also steps up blood and oxygen flow, improving cardiac fitness. The study also revealed that people who use their brains more extensively in later life become less forgetful and stay more alert.

It is never too late to get involved. If you haven't been active in the last few years remember to check with your doctor before undertaking any type of exercise program or social activity that might put a strain on your precious body.

pain will disappear.

Signals vary, but the usual warnings of heart attack are:

--Uncomfortable pressure, fullness, squeezing, or pain toward the center of the chest; often persistent in nature.

--Pain may spread to the shoulders, neck or arms.

--Severe pain, dizziness, fainting, sweating, nausea, or shortness of breath may also occur.

--These signals are not always present. Sometimes they subside and then return.

When you suffer a heart attack every minute counts. Don't wait! Call the emergency rescue service. If you can get to the hospital faster by car, have someone drive you. Be sure that you know the signals described above, they may save your life.

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