Heart Attack Study Finds Men, Heeding Health Advice Better

By Vicerey Culh

A federally financed study of 12,000 men-half instructed to improve their health habits and half getting only "read care" from their doctors-had produced an unexpected result.

Both groups had the same rate of heart attacks, but it was only one-fourth the rate of the general population of the same age.

Only 1% percent of all 12,000 men in the study died of heart attacks, while 6 percent of the average American male population 20 to 77 years old would be expected to succumb to heart disease during the same period.

The study, conducted over four years, was monitored by the National Heart, Lung and Blood Institute, and it was during the 1970s, when the study was conducted, almost all Americans were reading the same medical book on how to lose five or lower their cholesterol levels and blood pressure.

And they were lowering their in¬
dices of heart disease sharply.

Elderly or not, most of the men in the study and their doctors appar¬
ently got the same messages, and did not do better than the average Ameri
can.

This was one of the main conclusions as a group of leading heart doc
tors, the directors of the $13 million study, presented their results recently.

Despite the study's surprising re
tsults, the main message, said Dr. Paul O’Dwyer of Harvard University, is "Shoulders should rise. Hypertension should be sought medical care and lower their blood pressure. Those with elevated cholesterol should re
duce such factors as smoking and alcohol intake.

Paul Winter, a senior scientist at the National Heart, Lung and Blood Institute, said, "If we had not done this study, we would have been in the dark about what methods work best for reducing heart disease."