

Strategies against 'bad' cholesterol

By Frank Frontis

Low-density (LDL) cholesterol, commonly called "bad" cholesterol, collects along blood vessel walls, often resulting in hypertension and coronary heart disease. Our best solution against this "killer substance" is to refrain from it as much as possible and team up with its rival — high density (HDL) cholesterol, an apparent scavenger of LDL.

Dr. Marshall B. Elam of the VA Medical Center in Memphis offers a number of ways to pursue this wise, healthful strategy:

1. Exercise regularly: Regular exercise, says Elam, lowers LDL and raises HDL. However, he cautions individuals — particularly those with heart problems — to consult their doctors before beginning an exercise program.

2. Reduce weight: Excess weight, according to the cardi-

ologist, lowers HDL levels.

3. Lower intake of saturated fats: They raise LDL levels. As a result, Elam recommends a shift toward more of the two types of unsaturated fats — poly-unsaturated and mono-unsaturated. According to Dr. Elam, poly-unsaturated fats lower levels of LDL, but they also lower levels of HDL as well. Mono-unsaturated fats are preferred because they lower LDL while preventing decreases in HDL. Elam cites canola oil, peanut oil and olive oil as good sources of mono-unsaturated fats. However, despite the apparent benefits of these fats, Elam stresses that a lower intake of unsaturated fats in general is recommended.

4. Reduce caloric intake: Since much of our caloric intake consists of saturated fats, a reduction in it can aid a reduction in LDL levels.

5. Drastically reduce or quit smoking: Cigarette smoking is known to lower HDL levels.

6. Understand the "alcohol factor": Since the airing of the *60 Minutes* feature examining the role of red wine in the control of cholesterol, many of us are still somewhat confused. According to Dr. Elam, alcohol does indeed seem to raise HDL. But he says consumption of the amounts to raise it significantly can be detrimental to other functions of the body.

***Total Cholesterol Standards:**

<i>Acceptable:</i>	<i>Moderate:</i>	<i>High:</i>
under 200	200-240	240-up

*Since total cholesterol readings, usually gotten from screenings, do not indicate distinct measurements of LDL and HDL, they may not reflect one's true health picture. For example, some individuals with acceptable total readings may have high levels of LDL and low levels of HDL.

Soviets say POWs in Vietnam after war

Current and former officials of the KGB have said interviews for an Australian television program that Soviet agents interrogated American servicemen captured in Indochina during the Vietnam War, and that some interrogations took place after the war ended in 1975, contrasting Hanoi's claims that all American prisoners had been returned.

The Defense Department has asserted that interviews with American prisoners who returned after the war turned up no evidence of interrogation by Soviet agents. However, Defense spokesman Bob Hall said the Pentagon was looking into the KGB allegations.

The Soviet agents also said they believed that America who had been interrogated might have been killed after being returned to the Vietnamese. The United States lists 2,200 Americans as missing in Vietnam, Cambodia and Laos.

This coincides with a report from Cambodia's official news agency that the United States will open an office there early next year to try to resolve the fates of some of those Americans listed as missing.

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