

Mondays hard on heart, study says (the story so far...)

by thomas deeny

THE ASSOCIATED PRESS

NEW ORLEANS — Here's another reason to hate Mondays: The risk of a heart attack may be as much as 50 percent greater than on any other day.

Not surprisingly, this discovery only applies to people who work. Researchers from Germany studied nearly 6,000 heart attacks to come to the conclusion that Mondays are even worse than people thought.

"It must have something to do with going from being a couch potato to a working person," said Dr. Robert Zoble of the University of South Florida.

For several years, researchers have been studying when heart

attacks occur, because this can provide clues about precisely what triggers them. And that information will help doctors come up with new strategies to prevent heart attacks, the No. 1 killer in the United States and other industrialized countries.

Recently, for instance, other scientists have found that the chance of dying from a heart attack is twice as high during the first two hours after getting up as it is for the rest of the day.

The latest data were presented Monday at the annual scientific meeting of the American Heart Association.

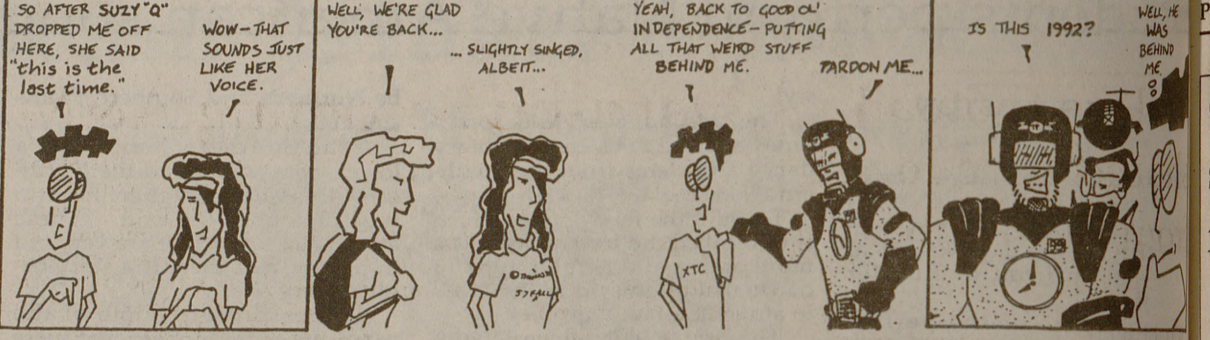
"This points to the role of changing activity levels in triggering cardiac events," said Dr. Stefan N. Willich of the Free Univer-

sity of Berlin, who directed the study.

He and colleagues kept track of all the heart attacks and coronary arrests over five years among 330,000 people who lived in the Augsburg area.

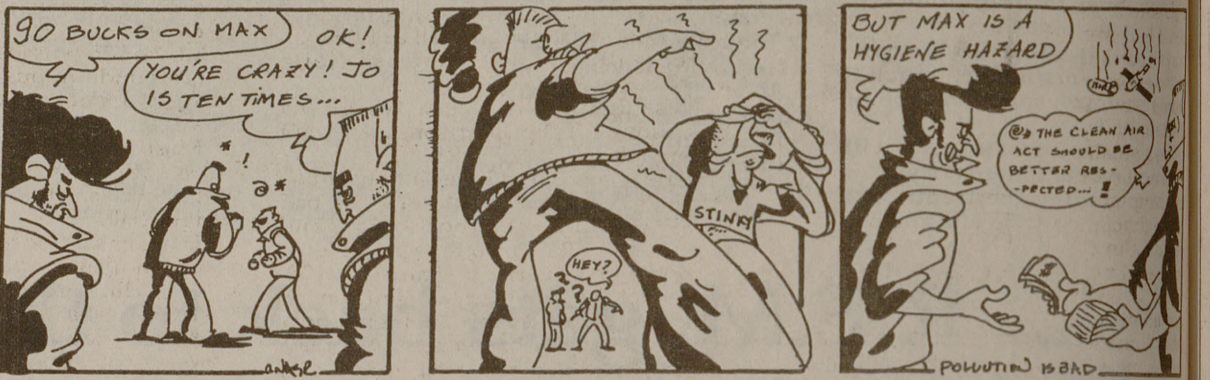
During this time, 5,596 attacks occurred. The researchers found that among working people, Mondays were especially hazardous, accounting for 18 percent of all heart attacks. Sunday was the safest with 12 percent of all heart attacks, or 50 percent less than on Mondays.

Mondays' risk was 40 percent higher overall compared with the rest of the week, the researchers said. The second-riskiest day was Thursday, followed by Saturday, Tuesday, Wednesday and Friday.



The Food Chain

by george



kozzy "k"

By Clay Welch

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Man settles for doughnuts in robbery

THE ASSOCIATED PRESS

BROKEN ARROW, Okla. — An apologetic, hungry robber stole a dozen doughnuts from the Sugar House Bakery — at gun-

point. Bakery employee Ruth Poplin said her first customer of the day Saturday ordered a dozen glazed doughnuts.

When she asked for \$2.95, the man pulled out a pistol.

"He asked me how much money I had, and I thought he meant how much money I personally had. I told him I didn't have any," Poplin said. "Then he said, 'Well, I'll just take the doughnuts, then.'"

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Zoo puts elephant to sleep

THE ASSOCIATED PRESS

BUFFALO, N.Y. — The Buffalo Zoo euthanized an Asian elephant because a veterinarian said it wouldn't have survived the pulling of an infected tooth.

Lulu was killed Sunday with a lethal injection. The 42-year-old elephant had lost weight because of an abscessed tooth. Last April, zoo veterinarian Allan Proviter tried drugs and an operation to clean the abscess, but the infection flared a week ago.

Zoo officials said pulling the tooth would have caused the elephant excruciating pain and left her unable to eat, making her lose weight faster. It would have taken at least six months for Lulu to recover, zoo officials said.

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