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HE'S BACK!

By Clay Welch THING HAPPENED



Doctor reports overnight benefits of low-fat dinner

THE ASSOCIATED PRESS

MONTEREY, Calif. - Eating fish instead of steak tonight sharply cuts your risk of a heart attack tomorrow morning, a doctor reported Wednesday.

New studies suggest that high-fat meals put the blood into a hypercoagulation state within six or seven hours, raising the risk that dangerous artery-clogging blood clots will occur. Low-fat meals quickly re-

"If you take fat out of your diet, you don't have to wait years to lower your risk of heart disease," said Dr. George J. Miller of the Medical Research Council

Researchers have known that high-fat diets will, over time, raise blood cholesterol levels, increasing the risk of a heart attack. But the very short-term effect of high-fat meals on blood clotting hasn't been appreciated, Miller said. The idea that a low-fat supper such as broiled fish

can lower heart-disease risk the next morning should help doctors persuade patients to cut the fat out of Dr. H. Bryan Brewer of the National Institutes of Health agreed that the link between fatty foods and

"It certainly is a risk factor people are beginning to look at," he said. "The recent studies suggest it may be an important one to consider now in risk-factor evaluation.

hypercoagulation is becoming increasingly impor-

Most heart attacks occur in the early morning. There may be several reasons, Miller said, but one could be that high-fat dinners put the blood into a hypercoagulation state by the following morning. In Western societies, most of us take our main

meal of the day in the evening," he said. He reported his findings at the American Heart Association's annual science writers' conference. Miller's studies have shown that fatty meals acti-

vate a blood clotting substance called factor VII. He described it as the fuse that sets off an explosion of blood-clotting chemicals in the blood. Miller's studies of middle-age men in London

found that heart disease risk was related to blood

In one of the most recent studies, Miller looked at 170 men, ages 40-59, and found that those with the highest fat intake had 12 percent higher factor VII activity than those with the lowest fat intake.

The higher the level of factor VII, the shorter the fuse and the larger the explosion of clotting factors," In another study, University of Chicago re-

searchers fed controlled diets to 24 women and found that when they were switched from high-fat diets to low-fat diets their factor VII activity dropped 11 percent.

Miller could not calculate precisely how much heart-disease risk jumps after a high-fat meal, but he said the increase in risk was substantial.

Heart disease is commonly caused when the coronary arteries that nourish the heart become clogged with cholesterol deposits and blood clots. Low-fat diets reduce cholesterol deposits over the long term and reduce the risk of blood clots almost immediate-

Company bans love marks, says hickeys unprofessional

THE ASSOCIATED PRESS

LOS ANGELES - Show a hickey, lose a day's pay. That's the new policy at a Southern California medical company that has banned those telltale marks of passion as unprofessional.

Why kiss off workers branded by love bites?

Because colleagues and patients complained, the Brawley-based Clinicas de Salud Del Pueblo Inc.

says.
"They were visible and no effort was made to cover them," said Diana Tamez, personnel manager for the 115-employee firm in Imperial County, near the U.S.-Mexico border.

Hickeys long have been fodder for teen-age teasing. The Fox TV series "Beverly Hills, 90210" had character Brandon Walsh (Jason Priestly) suffer his friends' jabs after getting a hickey in a 1991

No snide remarks from adults,

Even they react to the signs of zealous kissing, said Dr. Mark Goulston, assistant clinical professor of psychiatry at the University of California, Los Angeles. "Someone with a low sex drive

may look at it as a bruise. Someone with a lot of sex on their mind will look at a hickey as if they're watching Sharon Stone in 'Basic Instinct,'" Goulston said.

The new policy, approved last month by Clinicas' board of directors, requires that workers sporting hickeys be sent home without pay. They may return when the hickey is gone or covered up, Ms. Tamez said.

Although the problem wasn't widespread at its three health care clinics, Clincas formalized the rule to avoid misunderstandings and improve compliance, Ms. Tamez said by telephone Wednesday.

A few workers objected when

the policy was introduced during a staff meeting last week. "They said, basically, 'Isn't what we do on our time our business?" Ms. Tamez recounted.

o'clock, when they come in and don't meet certain standards of professionalism, then it's something we have to deal with." People who show hickeys may

be displaying a rebellious streak, too, Goulston said.

And people who see the small marks could be distracted by big fantasies

'Anything visual that triggers our imagination makes us feel wr-comfortable," he said. "The more it's connected to sex, the more triggers the thought of naked bod-

ies and sex and contact." "It's tough to get it out of your mind and out of your sight and get back to concentrating on

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"We don't disagree with that at all," she said. "But at 8 or 9

something else."