Heart Assoc. sets facts straight on alcohol & heart health

LOUISVILLE — There is no clear evidence that drinking will prevent a heart attack, according to R. A. Miller, chairman of the Nutrition Committee of the American Heart Association of Louisville, Kentucky.

"There is no doubt that the dangers of chronic alcoholism are well known, but we are not convinced that alcohol has any effect, even at subclinical levels," Dr. Miller said.

In 1981, for example, the federal government defined alcoholism as 20 million alcoholics—10 percent of the population—so the U.S. Department of Health, Education and Welfare estimated that for 30 percent of all reported deaths in the nation, alcohol was the cause, or increased the risk of death. The national death rate from heart disease is estimated to be 2.5 million people a year.

On a smaller scale, alcohol is clearly linked to cases of alcoholism, and to 250,000 deaths, primarily in men. Miller said.

"In our society, alcohol is a source of socialization. It's also a way of feeling relaxed. It's a mood modifier. But it's also true that alcohol can cause physical addiction, and that can lead to a variety of problems, from alcoholism to dependence on other drugs," Dr. Miller said.

He added that the "alcohol industry" has capitalized on the "social" aspects of alcohol to promote its products. "The industry has turned the alcohol into a social activity," he said. "And we've worked to get the alcohol out of the bars and into the homes, because that's where the alcohol industry is most successful in getting the product into the hands of the public."

But Miller said the public is not aware of the dangers of alcohol. "We need to do more education about the dangers of alcohol," he said. "We need to make people aware of the risks of alcohol, and the risks of alcoholism."

The American Heart Association, which has 5,000 members, is a nonprofit organization with a mission to prevent and treat heart disease and stroke. The organization has a number of programs, including the "Heart Health 2000" initiative, which aims to reduce heart disease deaths by 2020.

The organization also has a "HEART" program, which is designed to help people live longer, healthier lives. The "HEART" program includes a "HEART" computer program, which helps people track their heart health, and a "HEART" mobile app, which helps people design a personalized heart health plan.

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In addition to the "HEART" program, the American Heart Association also has a "HEART" community program, which aims to improve heart health in communities. The program includes a "HEART" community calendar, which helps people plan heart healthy activities, and a "HEART" community database, which helps people find heart healthy resources in their community.

Miller said the American Heart Association also has a "HEART" education program, which provides education about heart health to healthcare professionals, and a "HEART" outreach program, which provides education about heart health to the general public.

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The American Heart Association also has a "HEART" research program, which supports research to understand heart disease and stroke.

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The American Heart Association also has a "HEART" advocacy program, which advocates for policies that improve heart health.

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The American Heart Association also has a "HEART" volunteering program, which encourages people to volunteer in their communities.

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The American Heart Association also has a "HEART" fundraising program, which raises funds to support heart health programs.

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The American Heart Association also has a "HEART" public relations program, which promotes heart health through public relations and media campaigns.

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The American Heart Association also has a "HEART" community relations program, which provides education about heart health to communities.

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The American Heart Association also has a "HEART" health information program, which provides information about heart health.

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The American Heart Association also has a "HEART" training program, which provides training for healthcare professionals.

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The American Heart Association also has a "HEART" research grants program, which provides research grants to support heart health research.

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The American Heart Association also has a "HEART" community engagement program, which engages communities in heart health programs.

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Political Scene

Jordan says allies are key to Black progress in '80's

By Hardy Brown

President Jimmy Carter said yesterday that there are key to Black progress in the '80's, and that his administration is committed to working with Black leaders to achieve that goal.

Carter made the comments during a meeting with civil rights leaders in Washington, D.C. He said that the administration is committed to working with Black leaders to achieve progress in the '80's, and that the key to success is a strong and united Black community.

"There is no way to achieve progress in the '80's without the support of Black leaders," Carter said. "We must work together to build a strong and united Black community that is committed to achieving progress."
November building year's lowest level

SAN BERNARDINO — Victoria C. "Vicky" Groat, 54, a resident of 1495 Valley Blvd., died on Nov. 28.

The daughter of the late Charles A. and Hattie M. Groat of Rochester, N.Y., Mrs. Groat was born on Nov. 28, 1913, in Rochester, N.Y.

She was a former resident of Rochester, N.Y., and had lived in San Bernardino since 1948.

Survivors include her husband, Mr. Groat; five daughters, Mrs. Harry Metcalfe of San Bernardino, Mrs. Robert J. Miles of Rexford, N.Y., Mrs. Robert G. Bemis of Elmsford, N.Y., Mrs. John A. Cline of New Castle, N.Y., and Mrs. Charles H.Dictionary not found:

The Rev. Robert F. Thompson, chaplain of St. Mary's Hospital, said a prayer of dedication for the new building.

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Saturday, Dec. 17, 1977

MIRM winter Marketing class begins Jan. 8

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THURSDAY, DECEMBER 17, 1977
AF receives "Golden Fleece Award"
NORTON AF
Top Air Force officials from every service present at an awards ceremony in Washington, D.C., Thursday, presented the eighth annual "Golden Fleece Award" to a group of civilians who have performed outstanding work for the United States government.

The award, which recognizes outstanding contributions by civilians, was given to 10 individuals and four organizations.

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