

**STRESS-TEST FOR OVER 45 HEARTS**

JERUSALEM -- An Israeli cardiologist -- a former associate of Dr. Christiaan Barnard -- recommends that "everybody from the age of 45 have an annual exercise test with special stress-testing equipment for the detection of latent or hidden cardiac artery disease."

Dr. Mervyn Gotsman, the Head of the Cardiology Department at the Hadassah-Hebrew University Medical Center here explains: "In this way we can detect those people with impending heart disease before an acute attack occurs. The Department is in the process of completing a new fully-equipped exercise stress-testing laboratory in which such testing could be carried out on at-risk people. We also plan to introduce special exercise programs for the prevention of the disease. If an artery does block,

we can promote the growth of new arteries through exercise, which encourages collateral circulation of the blood in the heart muscles."

Dr. Gotsman stresses that it is possible to prevent the disease by diagnosing and treating contributing factors such as obesity and overweight, smoking, high blood pressure and hypertension, latent diabetes and high blood fats.

"We plan to study the different forms of tension, particu-

larly with regard to the effect of the Holocaust," says Dr. Gotsman. "People express tension differently and we do not have sufficiently accurate criteria of how different people expressed their tensions in the Holocaust experience."

"We are also interested in the elasticity of the heart," he says. "We know that after a myocardial infarction, part of the heart muscle is replaced by fibrous or scar tissue. When the remainder of the heart contracts, this scar

tissue bulges and impairs the contraction of the heart by pumping blood into the fibrous segment. This is responsible for a low cardiac output, heart failure and

"We're interested in studying the elasticity of this fibrous segment and ways of altering it. In order to do this, we use an echo-cardiograph which employs the

principle of sonar to track the movements of the left ventricle and to measure the pressure inside this ventricle -- scar tissue most-ly forms."

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