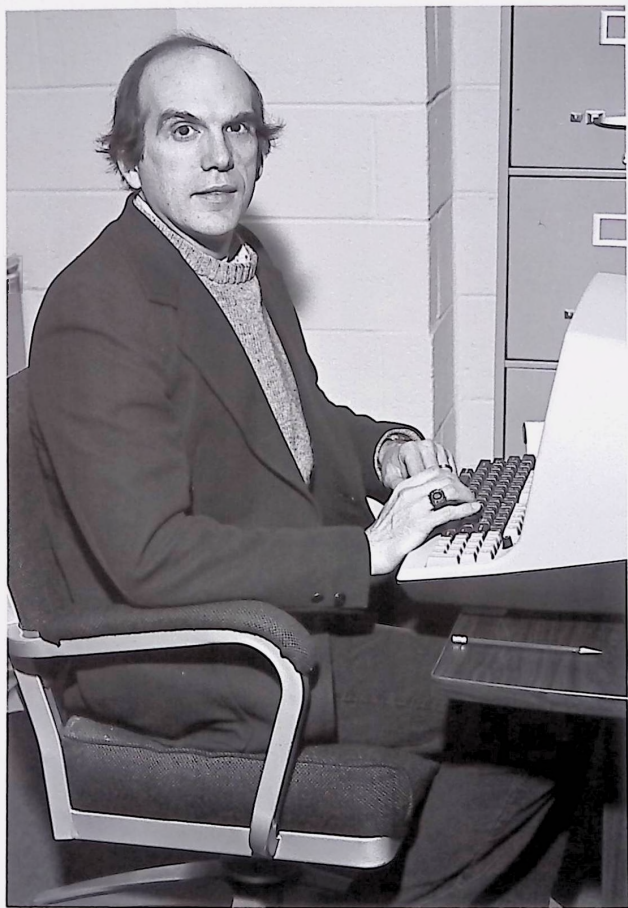






Faculty Resume Information Sheet

Full Name	Tillman	Stephen	J.
	Last	First	M.I.

School or College and Department Dept. of Mathematics and Computer Science

Age as of September 1, 1988, Date of Birth 45 - 3/31/43

Academic Rank Professor

Full-Time ☒ Part-Time ☐

Non-Wilkes College Teaching, If Part-Time _____

Earned Degrees			Area, Field	Degree	Date
	Name of Institution	Location	or Major	Received	Conferred
	Brown University	Providence RI	Applied Math.	Sc. B.	6/65
	Brown University	Providence RI	Math.	Ph.D.	6/70
	Lehigh University	Bethlehem PA	Indus. Engr.	M.S.	10/78

Teaching Experience	Name of Institution	Location	Subjects/ Fields Taught	Full or Part-Time	Dates of Service
Incl. Wilkes				Rank	From-To
	Brown University	Providence R.	Math.	T-A	9/68-6/69
	Brown University	Providence R.	Math.	Instructor	9/60-6/70
	Wilkes College	W-B. PA	Math./C.S.	FT Asst. Prof.	9/70-6/75
	Wilkes College	W-B. PA	Math./C.S.	FT Assoc. Prof.	7/75-8/85
	Wilkes College	W-B. PA	Math./C.S.	FT Prof.	8/85-present

Non-Teaching Experience

Full-Time	Firm or Organization	Dates of Service		
	or Self-Employed	Duties	Title	From - To
Part-Time				

List Major Consulting Activities

Bibliographic Citation of Principal Publications - Last Five Years

Memberships in Professional and Scientific Societies

Scope:

Local, State,

Offices

Organization Name	Regional, National	Held
MAA	National	
ACM	National	
ORSA	National	

Teaching at Wilkes 1988-89 (including teaching overloads)

					# of
					Evening or
					Weekend
					Sections/
					Enrollment
Course Title					
Hrs. of					Contact
Lecture					Hrs. of
Recitation					Laboratory
per Week					per Week
per Week					# of Day
					Sections;
					Enrollment
					Enrollment
Fall '88	MA 150A	Elem. Stat.	3		24
Total of	MA 150B	" "	3		23
Students	CS 324A	Sys. Analysis	3		22
Taught	CS 335A	Adv. Database	3		4
73					
Spring '89					
Anticipated					
Total of	MA 102	Fund. Math. II	3		2 sections
Students	CS 124	COBOL Prog.	3		
Projected	CS 325	Database Mgt.	3		

Other Duties Performed for Base Salary, 1988-89 (Full-Time Faculty)

Duty/Activity	Hours per Week	# of Advisees: 24
Advising	Many	
Research/Scholarship	Many	
Committee Work	Many	
Department Chairperson		

Other Duties for Extra Compensation, 1988-89 (Full-Time Faculty)

Duty/Activity	Hours per Week

esc

9-26-88

WILKES COLLEGE
DEPARTMENT OF PUBLIC RELATIONS
PERSONNEL RECORD

Date: 9/29/78

NAME STEPHEN J TILLMAN BORN 3/31/43 SPRINGFIELD, MASS.
106 MARY ST (date - place)

ADDRESS SHAVERTOWN DEPARTMENT MATHEMATICS AND
COMPUTER SCIENCE

MARRIED TO RHODA B LIPSON 6/20/65 PROVIDENCE, R.I.
(date) (place)

CHILDREN ADAM JASON 9 8/15/69
(first name middle married age date of birth)
AARON SHAWN 6 3/14/72

PARENTS' NAME DR. AND MRS. H. B. TILLMAN

HIGH SCHOOL CLASSICAL HIGH SCHOOL, SPRINGFIELD, MASS.

TRAINING AND STUDY

Colleges and Universities	Dates	Degrees	Degrees now sought
<u>BROWN UNIVERSITY</u>	<u>9/61-6/65</u>	<u>SC.B.</u>	
<u>BROWN UNIVERSITY</u>	<u>7/65-6/70</u>	<u>Ph. D.</u>	
<u>WASHINGTON STATE UNIVERSITY</u>	<u>6/73-8/73</u>	<u>—</u>	
<u>LEHIGH UNIVERSITY</u>	<u>9/76-6/78</u>	<u>M.S.I.E.</u>	

EXPERIENCE (before coming to Wilkes)

Educational

Schools or Colleges	Dates	Position
<u>BROWN UNIVERSITY</u>	<u>9/68-6/69</u>	<u>TEACHING ASSISTANT</u>
<u>BROWN UNIVERSITY</u>	<u>7/69-6/70</u>	<u>INSTRUCTOR</u>

Business, Military, etc.

Organization	Dates	Position

Professional record at Wilkes College - (Specify instructor, assistant professor, associate professor, professor, or administrative position, and years (dates) in each position. Also indicate any extra assignments.)

ASSISTANT PROFESSOR	9/70 - 5/75
ASSOCIATE PROFESSOR	6/75 - PRESENT

PROFESSIONAL AFFILIATIONS (indicate offices held)

AMERICAN MATHEMATICAL SOCIETY
MATHEMATICAL ASSOCIATION OF AMERICA
OPERATIONS RESEARCH SOCIETY OF AMERICA

NON-PROFESSIONAL AFFILIATIONS

AMERICAN CONTRACT BRIDGE LEAGUE
JEWISH COMMUNITY CENTER
TEMPLE B'NAI B'RITH

SERVICE OR CIVIC ORGANIZATIONS

LODGES AND HONORARY SOCIETIES

COLLEGE FRATERNITY

PROFESSIONAL HOBBY (field of special interest) COMPUTER APPLICATIONS

RECREATIONAL HOBBY (Avocation) BRIDGE, ROWLING

HONORS WON (Scholarships, Fellowships, etc.)

SCIENTIFIC RESEARCH

Department Mathematics
Appointed 9/70

FACULTY PERSONNEL DATA

NAME Stephen J. Tillman Date of Birth 3/31/43

1. RECORD AT WILKES: Date of appointment or promotion _____ Date of Severance _____

Instructor	_____	_____
Assistant Professor	<u>7/70</u>	_____
Associate Professor	_____	_____
Professor	_____	_____
Other	_____	_____

Other activities and responsibilities while at Wilkes:

11. <u>EDUCATION:</u>	<u>Degree</u>	<u>Institution</u>	<u>Year</u>
Bachelor's Degree	<u>B.S.</u> <u>Sc. B. Applied Math</u>	<u>Brown University</u>	<u>1965</u>
Master's Degree	_____	_____	_____
Doctor's Degree	<u>Ph. D.</u>	<u>Brown University</u>	<u>1970</u>
Other Degrees	<u>M.S.</u>	<u>Lehigh</u>	<u>1972</u>

111. STUDIES AND PUBLICATIONS:

<u>Title</u>	<u>Publisher or Publication</u>	<u>Date</u>
"The Multiplicative Group of Absolutely Algebraic Fields in Characteristic p "	Proceedings of the American Mathematical Society	Dec. 1969
_____	_____	_____
_____	_____	_____
_____	_____	_____

V. EXPERIENCE Before Coming to Wilkes:

<u>Teaching: - School or College</u>	<u>Position Held</u>	<u>Date</u>
<u>Brown University</u>	<u>Instructor Summer Science Program</u>	<u>Summer</u>
<u>Brown University</u>	<u>Graduate Teaching Assistant</u>	<u>9/68-69</u>
<u>Brown University</u>	<u>Instructor in Mathematics</u>	<u>7/69-70</u>

Business:Military: - ServiceRankYearV. PROFESSIONAL AFFILIATIONS (Indicate offices held):

American Mathematical Society
Mathematical Association of America (effective 1/71)
Society of the Sigma Xi

VI. NON-PROFESSIONAL AFFILIATIONS:

American Contract Bridge League

Heart attacks: Live healthy or face the risks

Lottie Jaylock thought her heart was O.K.

A registered nurse and staff development instructor at a hospital in Allentown, she had always worked hard and put in extra hours. She traveled 140 miles, round trip, each weekend to visit her mother in Pennsylvania's Wyoming Valley. She'd been active, with no real medical problem to speak of.

But on January 7, 1985, Lottie found out otherwise. As she cringed with chest pains in the emergency room of Gelsinger-Wyoming Valley Medical Center, she couldn't believe what the doctor told her: "You're having a heart attack."

"I told him he must be kidding," remembers Lottie, who was 63 at the time. "I'm always on the go, and I can take pain. I just thought the pain in my chest was from the fall."

The fall had happened earlier. As she poured water into a well as she near her mother's home, Lottie slipped down an embankment. She suffered a cut on the left side of her forehead, broke her glasses, and neighbor, she regained her bearings, got into her car and drove one and a half miles back to her mother's, then another mile down the road for a hair appointment. It was there that the chest pains began.

According to Joseph Abate, M.D., a cardiologist with the Gelsinger Medical Group—Wilkes-Barre, the fall may have triggered the heart attack. Suddenly, the blood flow to the heart dropped to a dangerous level. But, the real cause was coronary artery disease that, unknown to Lottie, had begun to develop years earlier.

After extensive studies, doctors have identified certain factors that contribute to an increased risk of heart disease. These factors include heredity, sex, age, race, smoking, high blood pressure, elevated blood cholesterol, diabetes, obesity, lack of exercise and stress.

"The more risk factors, the greater a person's chance to develop heart disease," Dr. Abate explains. "This was the case with Lottie. She smoked, had high blood cholesterol, was overweight, did not exercise enough and was under stress. These lifestyle habits can easily lead to heart disease."

The statistics are staggering. According to the American Heart Association, more than 83 million Americans have one or more forms of heart or blood vessel disease. As many as 1.5 million Americans will have a heart attack this year, and about 550,000 of them will die. This makes heart attack the leading cause

of death in the United States today.

In the summer of 1985, Wyoming Valley residents looked at their own risk factors as part of the OK-Heart Project. The project was developed by the Arizona Heart Institute, a medical center for the diagnosis and treatment of heart disease.

The valley's participation in the program came by way of a film producer who wanted to document an entire community's attempt to change its health. The producer grew up in Wilkes-Barre area and knew that the rate of heart disease among its people was 3 percent greater than the national average.

So, between June 19 and August 15, Wyoming Valley took everything to heart.

When the program concluded in August, the 1,000 clinical participants returned for follow-up testing to measure the impact of the project.

The results of the clinical testing are not yet available. In the meantime, Samuel Merrill, III, and Stephen Tillman of Wilkes College in Wilkes-Barre and Dr. Abate, members of the OK-Heart Project's steering committee, coordinated an analysis of the original 20,000 questionnaires. In the Wyoming Valley area they found: Males are twice as likely as females to be in high risk group for cardiovascular disease.

Males are twice as likely as females to be heavy smokers.

Heavy smokers are 10 times as likely as non-smokers to be in the high risk group.

Heavy smokers are nearly four times as likely to have high blood pressure.

The heaviest smokers are in the 40-49 age group.

Heavily smoking males are more than 4 times as likely to have high cholesterol.

Heavily smoking females are twice as likely to have high cholesterol. Overweight males are 3.5 times as likely as males of normal weight to be in the high risk group.

Overweight females are 8 times as likely as females of normal weight to be in the high risk group.

The Arizona Heart Institute Cardiovascular Risk Factor Analysis appeared in local newspapers, hospitals, schools, churches, stores and restaurants. Over 20,000 people completed the questionnaire. From those, 1,000 were chosen at random for further testing. They went to Gelsinger-Wyoming Valley Medical Center and other participating hospitals for a battery of tests to measure weight, blood pressure and blood cholesterol.

Meanwhile, free seminars on diet and nutrition, exercise and fitness, weight control, stress and smoking helped Wyoming Valley residents learn how to care for their hearts.

"Our study was not completely random because participation was voluntary," Dr. Abate explains. "We found that some segments of the population—the elderly and people who are in the high risk category—were underrepresented. Prime candidates for heart disease are less likely to participate in a study like the OK-Heart because they're not as interested in health issues."

Nevertheless, Abate, Merrill and Tillman found most of the results consistent with other scientific studies. "The early findings indicate some significant trends," Dr. Abate notes. "Although we had a low percentage in the high-risk group, we found almost 49 percent of the respondents smoke cigarettes, compared with the national average of 35 percent. Smoking is the biggest risk factor for coronary artery disease, and it's a risk factor that people can control to their advantage."

"Studies show that 90 percent of smokers want to quit. Smokers often use cigarettes as rewards, a way to deal with a stressful world. They have to realize that smoking is no longer an option when it comes to their health."

What other factors cause the Wyoming Valley's rate of heart disease to be 3 percent higher than the nation's?

Some point to dietary habits among the major ethnic groups in the area. Diets high in saturated fats such as butter, fried foods, gravies, sauces and whole milk products can lead to high amounts of cholesterol in the blood and obesity.

"We don't know precisely why the Wyoming Valley has a higher incidence of heart disease," Abate says. "But, we do know that prevention is the key," he adds. "We may not have any control over some of the risk factors, but studies show that people who stop smoking, lose weight and lower their blood pressure can add nine years to their lives. You just have to want to do it badly enough."

Lottie Jaylock wanted to, and she did. She went cold turkey during her 10-day hospital stay and hasn't smoked since. With the help of medical center dietitians, she made a hard look at her diet and made some major changes.

"I grew up in the Wyoming Valley, in a Polish household where we used a lot of butter and oil in cooking," Lottie says. "I used to eat a lot of red meats and use a lot of salt. Now, I'm always reading food packages for fat and sodium content."

Today, red meats, ham, salami, nuts, chocolate, pickles, regular soda and popcorn with butter are out. They've been replaced with fish, chicken, vegetables, fruits, salads, diet soda and decaffeinated tea with low-calorie sweetener.

Exercise is in. With Dr. Abate's help, Lottie developed a daily regimen: she rides her exercise bike for 15 minutes, uses her rowing machine and walks outside or in her home with "heavy hands" weights. Now, instead of driving, she'll walk a mile or two to pick up the Sunday paper.

Within four months, Lottie dropped her weight from 135 to 140 lbs. and lowered her blood cholesterol from 232 to 260. She's often invited to speak at cardiac support group meetings and offers her advice to anyone willing to listen.

"People get caught in bad habits, and I was one of those people," says Lottie, who visits Dr. Abate every two months for checkups. "Now, I'm more aware and help make other people more aware. My sister-in-law and other relatives and friends watch what they eat now because of my experience."

"I feel better now than I've ever felt in my life. I think I look better, too. I don't have the round face I used to and sometimes people don't recognize me since I've lost weight. I just wish

Frankford-Northeast
News-Gleaner
PHILA., PA
Box 22,000

A staggering statistic

Over a half-million Americans will die from heart attacks this year

Lottie Jaycock thought her heart was O.K.

A registered nurse and staff development instructor at a hospital in Allentown, she had a strong, steady hand and put in extra hours. She traveled 140 miles, round trip, each weekend to visit her mother in Pennsylvania's Wyoming Valley. She'd been active, with no real medical problems in speak of.

But on January 7, 1985, Lottie found out otherwise. As she cringed with chest pains in the emergency room of Geisinger-Wyoming Valley Medical Center, she couldn't believe what the doctor told her: "You're having a heart attack."

"I told him he was kidding," remembers Lottie, who was 61 at the time. "I'm always on the go, and I can take pain. I just thought the pain in my chest was from the fall."

After the fall

The fall had happened earlier. As she poured water into jugs at a well near her mother's home, Lottie slipped down an embankment. She landed on the left side of her face, just above the eyebrow, and broke her glasses. With help from a neighbor, she regained her bearings, got into her car and drove one and a half miles back to her mother's, then another mile down the road for a hair appointment. It was there that the chest pains began.

According to Joseph Abate, M.D., a cardiologist with the Geisinger Medical Group-Wyoming Valley, the fall may have triggered the heart attack. Suddenly, the blood flow to the heart dropped to a dangerous level. But, the real cause was coronary artery disease that, unknown to Lottie, had begun to develop years earlier.

After extensive studies, doctors have identified certain factors that contribute to an increased risk of heart disease. These factors include heredity, sex, age, race, smoking, high blood pressure, elevated blood cholesterol, diabetes, obesity, lack of exercise and stress.

"The more risk factors, the greater a person's chance to develop heart disease," Dr. Abate explains. "This was the case with Lottie. She smoked, had high blood cholesterol, was overweight, did not exercise enough and was under stress. These lifestyle habits can easily lead to heart disease."

Staggering stats

The statistics are staggering. According to the American Heart Association, more than 45 million Americans have one or more forms of heart or blood vessel disease. As many as 1.5 million Americans will have a heart attack this year, and about 150,000 of them will die. This makes heart attack the leading cause of the death in the United States today.

In the summer of 1985, Wyoming Valley residents looked at their own risk factors as part of the OK Heart Project. The project was developed by the Arizona Heart Institute, a medical center for the diagnosis and treatment of heart disease.

The valley's participation in the program came by way of a film producer who wanted to document an entire community's attempt to change its health. The producer grew up in the Wilkes-Barre area and knew that the rate of heart disease among its people was 3 percent greater than the national average.

So, between June 15 and August 15, Wyoming Valley took everything to heart.

When the program concluded in August, the 1,000 clinical participants returned for follow-up testing to measure the impact of the project.

Questionnaire

The results of the clinical testing are not yet available. In the meantime, Samuel Merrill, III, and Stephen Tillman of Wilkes-Barre

Wilkes-Barre and Dr. Abate, members of the OK Heart Project's steering committee, coordinated an analysis of the original 20,000 questionnaires. In the Wyoming Valley area they found:

• Males are twice as likely as females to be in the high risk group for cardiovascular disease.

• Males are twice as likely as females to be heavy smokers.

• Heavy smokers are 10 times as likely as non-smokers to be in the high risk group.

• Heavy smokers are nearly four times as likely to have high blood pressure.

• The heaviest smokers are in the 40-49 age group.

• Heavily smoking males are more than 4 times as likely to have high cholesterol.

• Heavily smoking females are twice as likely to have high cholesterol.

• Overweight males are 3.5 times as likely as males of normal weight to be in the high risk group.

• Overweight females are 6 times as likely as females of normal weight to be in the high risk group.

Further testing

The Arizona Heart Institute Cardiovascular Risk Factor Analysis appeared in local newspapers, hospitals, schools, churches, stores and restaurants. Over 20,000 people completed the questionnaire. From those, 1,000 were chosen at random for further testing. They went to Geisinger-Wyoming Valley Medical Center and other participating hospitals for a battery of tests to measure weight, blood pressure and blood cholesterol.

Meanwhile, free seminars on diet and nutrition, exercise and fitness, weight control, stress and smoking helped Wyoming Valley residents learn how to care for their hearts.

"The study was not completely random because participation was voluntary," Dr. Abate explains. "We found that some segments of the population—the elderly and people who are in the high risk category—were underrepresented. Prime candidates for heart disease are less likely to participate in a study like the OK Heart because they're not as interested in health issues."

Nevertheless, Abate, Merrill and Tillman found most of the results consistent with other scientific studies.

"The early findings indicate some significant trends," Dr. Abate notes. "Although we had a low percentage in the high-risk group, we found almost 41 percent of the respondents smoke cigarettes, compared with the national average of 35 percent. Smoking is the biggest risk factor for coronary artery disease, and it's a risk factor that people can control if they want to."

"Studies show that 90 percent of smokers want to quit. Smokers often use cigarettes as rewards, as a way to deal with a stressful world. They have to realize that smoking is no longer an option when it comes to their health."

Other factors?

What other factors cause the Wyoming Valley's rate of heart disease to be 3 percent higher than the nation's?

Some point to dietary habits among

the major ethnic groups in the area: Diets high in saturated fats such as butter, fried foods, gravies, sauces and whole-milk products can lead to high amounts of cholesterol in the blood and obesity.

"We don't know precisely why they're eating this way," Abate says. "But, we do know that prevention is the key."

"But, we may not have any control over some of the risk factors, but studies show that people who stop smoking, lose weight and lower their blood pressure can add nine years to their lives. You just have to want to do it badly enough."

Lottie Jaycock wanted to, and she did. She went cold turkey during her 10-day hospital stay and hasn't smoked since. With the help of medical center dietitians, she took a hard look at her diet and made major changes.

"I grew up in the Wyoming Valley, in a Polish household where we used a lot of butter and oil in cooking," Lottie says. "I used to eat a lot of red meat and use a lot of salt. Now, I'm always reading food packages for fat and sodium content."

Today, red meats, ham, salami, nuts, chocolate, pickles, regular soda and popcorn with butter are out. They've been replaced with fish, chicken, vegetables, fruits, salads,

diet soda and decaffeinated tea with low-calorie sweetener.

Exercise
Exercise is in. With Dr. Abate's help, Lottie developed a daily regimen: she rides her exercise bike for 15 minutes, uses her rowing machine and walks outside or in her home with "heavy hands" weights.

Now, instead of driving, she'll walk a mile or two to pick up the Sunday paper.

Within four months, Lottie dropped her weight from 155 to 140 lbs. and lowered her blood cholesterol from 321 to 260. She's often invited to speak at cardiac support group meetings

and offers her advice to anyone willing to listen.

"People get caught in bad habits, and I was one of those people," says Lottie, who visits Dr. Abate every two months for checkups. "Now, I'm more aware and help make other people more aware. My sister-in-law and other relatives and friends watch what they eat now because of my experience."

"I feel better now than I've ever felt in my life. I think I look better, too. I don't have the round face I used to and sometimes people don't recognize me since I've lost weight. I just wish that I could have made these changes in my life style 18 years ago."

MILTON STANDARD
MILTON, PA
PM-4 500

Have you taken heart test?

Lottie Jaylock thought her heart was O.K.

A registered nurse and staff development instructor at a hospital in Allentown, she had always worked hard and put in extra hours. She traveled 140 miles, round trip, each weekend to visit her mother in Pennsylvania's Wyoming Valley. She'd been active, with no real medical problem to speak of.

But on January 7, 1985, Lottie found out otherwise. As she cringed with chest pains in the emergency room of Gelsinger-Wyoming Valley Medical Center, she couldn't believe what the doctor told her:

"You're having a heart attack."
"I told him he must be kidding," remembers Lottie, who was 51 at the time. "I'm always on the go, and I

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The fall had happened earlier. As she poured water into jugs at a well near her mother's home, Lottie slipped down an embankment. She suffered a cut on the left side of her face, just above the eyebrow, and broke her glasses. With help from a neighbor, she regained her bearings, got into her car and drove one and a half miles back to her mother's, then another mile down the road for a hair appointment. It was there that the chest pains began.

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The statistics are staggering. According to the American Heart Association, more than 63 million Americans have one or more forms of heart or blood vessel disease. As many as 15 million Americans will have a heart attack this year, and about 550,000 of them will die. This makes heart attack the leading cause of death in the United States today.

In the summer of 1985, Wyoming Valley residents looked at their own risk factors as part of the OK-Heart Project. The project was developed by the Arizona Heart Institute, a medical center for the diagnosis and treatment of heart disease.

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—Males are twice as likely as females to be in the high risk group for cardiovascular disease.

—Males are twice as likely as females to be heavy smokers.

—Heavy smokers are 10 times as likely as non-smokers to be in the high risk group.

—Heavy smokers are nearly four times as likely to have high blood pressure.

—The heaviest smokers are in the 40-49 age group.

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(See HEART, Page 10)

Heart

learn how to care for their hearts.

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"Studies show that 90 percent of smokers want to quit. Smokers often use cigarettes as rewards, as a way to deal with a stressful world. They have to realize that smoking is no longer an option when it comes to their health."

What other factors cause the Wyoming Valley's rate of heart disease to be 3 percent higher than the nation's?

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Within four months, Lottie dropped her weight from 155 to 140 lbs. and lowered her blood cholesterol from 322 to 260. She's often invited to speak at cardiac support group meetings and offers her advice to anyone willing to listen.

"People get caught in bad habits, and I was one of those people," says Lottie, who visits Dr. Abate every two months for checkups. "Now, I'm more aware and help make other people more aware. My sister-in-law and other relatives and friends watch what they eat now because of my experience."

"I feel better now than I've ever felt in my life. I think I look better, too. I don't have the round face I used to and sometimes people don't recognize me since I've lost weight. I just wish that I would have made these changes in my lifestyle 10 years ago."

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Norman Koren writes: "I've been living in Boulder, Colo., since 1998. I still work in the data storage industry after all these years. I recently put up a Web site, www.normankoren.com, featuring my photography. The site averages 800 visitors a day." Norman can be reached at normkoren@earthlink.net.

Rhoda Lipson Tillman writes: "I was appointed director of the Graduate Educational Leadership Program at Wilkes University in Wilkes-Barre, Pa., where Steve is chairman of the math and computer science department. I am finishing my second term as president of Temple B'nai B'rith. Our son, Adam, teaches in Waltham, Mass., and Aaron teaches in San Francisco."