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'No Smoking' Urged For Heart Patients

CHICAGO (UPI)—"Real harm is done by smoking" among men with severe coronary disease, a physician said.

"Even in those in whom coronary disease is minimal, other actions of nicotine... probably outweigh the 'packaged exercise' effect and explain in part why men who smoke a pack a day die earlier than non-smokers, and die more often from coronary disease," Dr. William Dock of Brooklyn wrote in the Journal of the American Medical Association (AMA).

Dr. Dock said that among a few sedentary men who have normal blood pressure and show no rise in blood pressure when smoking, a cigarette might substitute for exercise. The main effect of nicotine on the heart parallels that of

physical exertion, causing a rise in the heart's output of blood and in coronary flow. In a few men with severe coronary disease, however, the increase in cardiac work caused by smoking is not accompanied by a rise in coronary flow, causing harmful effects he said.

Dr. Dock's conclusions were based on a study he reported in the October AMA Archives of Internal Medicine in which the effects of smoking on the heart was traced by means of a device for measuring heart output.

Although previous studies indicated a correlation between coronary disease and abnormal heart beat patterns, Dr. Dock said his study showed the most commonly found abnormality was due to the relaxation of the patient when he begins to smoke.

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COURIER-POST
Hannibal, Mo.
November 4, 1963

Nicotine Effects On Heart Discussed In Medical Journal

Chicago — The main effect of nicotine on the heart parallels that of physical exertion, causing a rise in the heart's output of blood and in coronary flow, Dr. William Dock, Brooklyn, N. Y., said.

In an editorial in the Nov. 2 Journal of the American Medical Association, Dr. Dock said among a few sedentary men who have normal blood pressure and show no rise in blood pressure when smoking, a cigarette might possibly substitute for exercise, often praised as protection against hardening of the arteries.

On the other hand, he said, in a few men with severe coronary disease, the increase in cardiac work due to smoking is not accompanied by a rise in coronary flow and "real harm is done by smoking."

"Even in those in whom coronary disease is minimal, other actions of nicotine... probably out-

weigh the 'packaged exercise' effect and explain in part why men who smoke a pack a day die earlier than non-smokers, and die more often from coronary disease," he said. "The relaxation due to smoking has a price."

Dr. Dock drew his conclusions from a study he reported in the (October) AMA Archives of Internal Medicine in which the effect of smoking on the heart was traced by means of the ballistocardiogram, a device for measuring heart output.

Although previous studies indicated a correlation between coronary disease and abnormal heart beat patterns detected by this device, Dr. Dock said his study showed that the most commonly found abnormality was merely due to the relaxation of the patient when he begins to smoke.

His finding does not disprove the correlation between coronary disease and abnormalities uncovered by this smoking test, Dr. Dock said.

It is not latent heart disease but the type of individual pre-disposed to heart disease that is revealed by the ballistocardiogram, he said. "In testing subjects, it is obvious that most men with this reaction are tense and restless when deprived of tobacco for an hour or more and are relaxed in mind as well as in muscle when they start

SACRAMENTO BEE
Sacramento, California
November 1, 1963

Doctor: Nicotine's Effect Is Similar To Exercise's

CHICAGO — UPI — "Real harm is done by smoking," Dr. William Dock said, "among men with severe coronary disease."

"Even in those in whom coronary disease is minimal, other actions of nicotine probably outweigh the 'packaged exercise' effect and explain in part why men who smoke a pack a day die earlier than non-smokers, and die more often from coronary disease," Dr. Dock wrote in the Journal of the American Medical Association (AMA).

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The main effect of nicotine on the heart parallels that of physical exertion, causing a rise in the heart's output of blood and in coronary flow.

Not Accompanied

In a few men with severe coronary disease, however, he said, the increase in cardiac work caused by smoking is not accompanied by a rise in coronary flow, causing harmful effect.

Dock's conclusions were based on a study he reported in the October AMA Archives of Internal Medicine in which the effect of smoking on the heart was traced by means of a device for measuring heart output.

Although previous studies indicated a correlation between coronary disease and abnormal heart beat patterns, Dock said his study showed the most commonly found abnormality is due to the relaxation of the patient when he begins to smoke.

Exclusively

The only abnormal heart beat pattern produced by smoking which indicates organic disease, he said, was found almost exclusively in men with severe coronary disease.

Dock is affiliated with the department of medicine of the State University of New York's Downstate Medical Center.

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