

# Control of Heart Attacks by Low-Fat-Diet, Ulcer Treatment Tests Reported to Doctors

By DAN FRISHMAN

Indications that diet can reduce the number of attacks suffered by heart disease victims were reported yesterday by University of California scientists after a five-year study.

The news was given to the California Medical Association meeting that has drawn 4,000 of the State's leading doctors to sessions here.

Experts said they also can predict the likelihood of heart attacks among groups of persons with a heart disease history, by examination of body fats.

## FAT MOLECULES KEY.

The foundation of the significant report was discovered in 1950 that people with heart disease have abnormally high amounts of fatty molecules, called lipoproteins, in their blood.

On a medical index devised for the studies, a figure of seventy-five to seventy-nine is normal for a healthy middle-aged person. Victims of serious heart trouble get a lipoprotein figure of as much as 141.

Starting with this evidence, the researchers went on to make a five-year check on 350 patients with known heart disease.

It was found that a diet low in fats and in cholesterol could reduce the lipoprotein concentration. It also was found there is a definitely higher incidence of coronary attacks in patients with high lipoprotein levels.

## REPORT ON TESTS.

Third and most important, a test grouping of the 350 patients showed that there were four times as many persons having heart attacks among those not given the diet than among those given the special ration. The death rate also was higher among those with high lipoprotein levels.

Of 155 persons staying on the diet an average of four years, fifteen had heart attacks and four died. Of 125 patients not following the diet, fifty-one had heart attacks and thirteen died.

Forecasting myocardial infarction (a heart clot) in cases of angina pectoris is made possible, the doctors said.

They studied 119 angina pectoris cases and their ratings on the index system, known as the atherogenic index, that measures lipoproteins.

In thirty-one cases that developed infarctions, the index hit 104. In eighty-eight cases

where the clots did not develop, the index average was 86.4.

In another group, fifty-two persons who died had an average index of 98.2 and 299 survivors had an index of 89.4.

## CALLED SIGNIFICANT.

The doctors called this striking and highly significant.

"These data support the conclusion that the use of low fat, low cholesterol diet in the therapy of patients with coronary heart disease is an effective measure," they added.

Investigations are continuing, in hope of developing other therapeutic tids.

Those participating in the study were Dr. Thomas P. Lyon and Dr. Alex Yankley, both of San Jose, and Dr. John Gofman, of Berkeley. Both Doctors Lyon and Yankley teach at the Uni-

versity of California school of medicine here. Dr. Gofman is professor of medical physics in the Donner Laboratory on the Berkeley campus.

The study was financed in part by the Santa Clara County Heart Association.

## ULCER TREAT.

A Stanford Medical School team reported on prison experiments with the cabbage juice treatment of peptic ulcers.

Drs. Garnett Cheney and Samuel Waxler spent a year and a half testing forty-five San Quentin Prison inmates with clear cut ulcer cases. Some got an ounce and a half concentrate daily for three to six weeks. It was equivalent to a quart of cabbage juice. Others got a placebo, a liquid that looked,

tasted and smelled just like the juice.

Thirty-one per cent of those given the placebo showed healing, as might be expected from the normal improvement that could come with hospital instead of jail cell care.

But a significant 93 per cent of those getting vitamin U via the cabbage juice had healing of gastric or duodenal ulcer craters, the physicians found.

Doctor Waxler said the cabbage juice treatment gives no guarantee that the ulcers will not come back. The research report did not show whether continued cabbage juice medication by an ulcer patient who has been healed will ward off recurrence.

The four day association meeting ends today.