# Heart disease still top U.S. killer

year, diseases of the heart and blood in an interview. "Much of the premavessels killed far more Americans ture death and disability can be prethe Korean and Vietnam Wars, according to figures released Sunday.

Even though cardiovascular disin the last decade, it still kills nearly one million people annually.

Experts believe that many people fail to recognize the vast scope of this group of illnesses, which don't seem to evoke as much fear as lesser killers.

"I don't think people appreciate the fact that more than 50 percent of the deaths in this country are still due to heart disease," said Dr. Howard E. Morgan of the Geisinger Clinic in Danville, Pa.

Morgan is president of the American Heart Association, which released the latest death statistics at the start of its annual science writers forum.

'We are trying to get through to war.

that are currently available about reducing cardiovascular risk."

ease mortality has dropped 20 percent of deaths from heart attack and strokes can be prevented if people stop smoking, get their blood pressure down and watch their diets to reduce cholesterol

> During the four major wars of this century, 636,282 Americans were killed. In 1985, the last year for which there are accurate figures, 991,332 Americans died of heart attacks, strokes and other blood vessel dis-

Heart Attacks alone killed 540,800 people, accounting for 26 percent of the 2,084,000 deaths that year. By comparison, 407,316 Americans died in World War II, the nation's costliest or die within an hour after their symp-

The second leading cause of death was cancer, which took 457,670 lives. Stroke, another blood vessel disease, than died in World Wars I and II and vented these days if one uses the facts was third, killing 152,700. Other main causes of death included accidents, 92,070; obstructive pulmonary dis-Experts believe that a sizable share eases such as emphysema, 74,420; pneumonia and influenza,

> Dr. Bernardine Healy of the Cleveland Clinic Foundation, presidentelect of the heart association, said that while many adults understand the importance of living right to avoid heart trouble, that message is frequently lost on children and teenagers, who smoke and eat poorly.

> The heart association estimates that one American dies of heart disease every 32 seconds.

> Of those who die of heart attacks, about 60 percent die almost instantly toms strike.

## In Brief

## Aguino appeals for 'peaceful and honest' voting

MANILA, Philippines - President Corazon Aquino appealed Sunday for "peaceful and honest" regional elections and the military chief ordered soldiers on alert for a possible right-wing attempt to disrupt the balloting.

Mrs. Aquino issued the appeal on the eve of nationwide elections the government said would restore full democracy to the country 22 months after a civilian-military uprising ousted President Ferdinand Marcos.

At least 78 people, including 36 candidates, have been killed in the six-week campaign. The military blames communist rebels for about half the killings, but media commentators say rival political factions were responsible for most of the deaths.

### Jackson blasts Democrats on Social Security issue

AMHERST N.H. - Jesse Jackson blasted fellow Democratic presidential candidates Sunday for Social Security proposals he said would leave the nation "divided and destroyed" as Republican Bob Dole accused two opponents of "just saying no to everything."

Also, Gary Hart triggered a new round of debate among Democrats with a call for taxing 85 percent of Social Security benefits for those who make more than \$32,000 a year.

### Lawsuit may reveal tobacco industry cover-up

NEWARK, N.J. - Documents allegedly detailing how the tobacco industry covered up the dangers of cigarettes for years could be revealed in a lawsuit filed by a veteran smoker who later died of lung cancer,

Information obtained by the plaintiffs details how cigarette companies stifled research into a safer cigarette, covered up what they knew about the dangers of smoking and influenced public opinion, said law professor Richard Daynard, founder of the Tobacco Liability Project, an anti-tobacco legal clearinghouse.

### Woman dies in unheated home despite \$500,000

TOPEKA - An elderly woman who died of exposure in her unheated home had U.S. savings bonds and certificates of deposit with a face value of \$500,000, according to a newspaper report.

Bank officials administering the estate of Mary M. Milleson, 78, had not found a will among her property, the Topeka Capital-Journal

Ms. Milleson died Saturday or Sunday of hypothermia, a Shawnee County deputy district coroner ruled. When the woman's body was found in the house, the only source of heat was a burner and oven on an electric stove. The basement was full of water from a line that had frozen

When the home was searched Wednesday, investigators found a stack of \$1,000 Series 6 U.S. savings bonds six to eight inches thick.

## Soviets move to improve relations

MOSCOW-The Soviets have growing U.S. influence and exert been moving quickly since the super- greater clout throughout Asia. power summit to arrange a withdrawal from Afghanistan, build a new role in Europe and mend relations with China.

The actions show a multidirectional diplomacy by Mikhail S. Gorbachev's Kremlin as 1988 begins, and an attempt to capitalize on the momentum of the arms treaty signed in Washington last month.

The Soviets also are trying to ease longstanding quarrels that have hampered relations with their European and Asian neighbors, and to show themselves at reasonable bargainers open to compromise.

Western diplomats in Moscow say the Soviets have been seeking im- wants to pull its troops out of Afghaniproved relations with China to counter stan by the end of the year.

Gorbachev himself signaled the Soviets' latest line of thinking in an interview with the Chinese weekly

Liacwang (Outlook).
"The U.S.S.R and the United States are sometimes called superpowers," the Communist Party chief said. "We do not understand our international responsibility. But we are far from thinking that everything in the world, including East-West relations, depends only on Moscow and Washington.

The Soviets' most striking recent initiatives have come in Asia. Foreign Minister Eduard A. Schevaronadne said Jan. 6 in Kabul that the Kremlin

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Correction

Curt Snodgrass' column (DN, Jan. 13) incorrectly reported that the former chairman of the UNL Speech Department authored a Speech 311 textbook. It was the course director, not the former chairman. The DN regrets the error.

## Reagan to request Contra aid

President Reagan will request additional aid for the Nicaraguan rebels despite the decision by Sandinista leader Daniel Ortega to lift a state of emergency and open cease-fire talks with the resistance fighters, the White House said

White House spokesman Roman Popaduix said a formal request to Congress for more aid is expected on Jan. 26, the day after the president delivers his State of the Union address. The administration had planned to ask for a \$270 million, 18-month aid package for the Contra rebels last few days.

year, but never formally proposed it because of complaints that it would interfere with the peace process.

"The president is committed to supporting the resistance," said Popaduix, who noted that "pressure by the Nicaragua resistance is what brought the Sandinistas to the negotiating table.'

Ortega announced Saturday that he would lift a state of emergency in his country and that his Sandinista government would open direct cease-fire talks with the rebels within the next

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