

October 18, 1971

Frank I. Marcus, M.D.
Chief, Cardiology Section
The University of Arizona
Tucson, Arizona 85721

Dear Dr. Marcus:

The statement in the Geriatric's article on conditioning and arrhythmias is based on 1) supposition, due to improved efficiency, 2) Herman Hellerstein's verbal claims, 3) our tentative results in the Collaborative Physical Activity Study on the effect on extrasystoles of an 18 month conditioning program, now being analyzed in detail, and 4) some evidence of a decreased frequency of arrhythmias according to activity of occupation in our field studies.

The evidence is not strong, and the statement should read, "conditioning may reduce the frequency of arrhythmias, etc." I'll send you the facts when I feel I am on top of them.

Regards,

Henry Blackburn, M.D.

HB/rs



THE UNIVERSITY OF ARIZONA
TUCSON, ARIZONA 85721

COLLEGE OF MEDICINE
DEPARTMENT OF INTERNAL MEDICINE
CARDIOLOGY SECTION

September 30, 1971

Dr. Henry Blackburn
Departments of Medicine and
Physiological Hygiene
University of Minnesota
College of Medicine
Minneapolis, Minnesota
55455

Dear Dr. Blackburn:

I read with interest your article entitled "The Role of Exercise in Patients with Coronary Disease" that appeared in Geriatrics, April, 1971. I was particularly interested in a statement that you made, as follows: "Conditioning reduces the frequency of arrhythmias at a given submaximal load."

I am particularly interested in this problem, but have not been able to find any documentation of the influence of conditioning on arrhythmias. I would appreciate any information that you may have relating to this problem.

Sincerely,

Frank Marcus

Frank I. Marcus, M.D.
Professor of Medicine
Chief, Cardiology Section

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Dear Dr. Marcus:

The statement in the Geriatrics article is based on conditioning & arrhythmias is based on 1) supposition, due to improved efficiency, 2) Herman Hellmuth's verbal claims, 3) our tentative results in the Collaborative Physical Activity Study on the effect on extrasystoles of an 18 month conditioning program, The effects now being analyzed