

the University of Alabama in Birmingham School of Medicine



DEPARTMENT OF MEDICINE, CARDIOLOGY DIVISION

LIPID PROJECT / CENTRAL ELECTROCARDIOGRAPHIC LABORATORY
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31 July 1973

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LAB OF PHYSIOLOGICAL
HYGIENE

Basil M. Rifkind, M.D.
Project Officer
Lipid Metabolism Branch
Division of Heart and Vascular Diseases
National Heart and Lung Institute
Building 31, Room 4A-19
Bethesda, Maryland 20014

Dear Basil:

Recently you asked me for a consensus regarding the advisability of exercising older subjects in the Lipid Research Clinici Project in view of the increased incidence of exercise induced arrhythmias found in the La Jolla population's 60 and 70 year age group. I have contacted several individuals having wide experience in the field of exercise testing and I have summarized conversations with each of them on the enclosed pages. We were unanimous in the opinion that age alone is not a proper basis for excluding individuals from exercise testing. I certainly think, however, that particular care should be taken in seeking to detect specific bases for exclusion in the case of all subjects who are elderly or physically frail. This same care would also apply to the way such subjects are monitored during exercise in order not to overlook an early indication for stopping.

Additional comments about this question would be welcome.

Sincerely yours,

Tom

L. Thomas Sheffield, M.D.

LTS/mkr

Enclosure .

cc: CEL Advisory Committee ✓