

A. Leon

KELLY CARDIOVASCULAR GROUP
A PROFESSIONAL CORPORATION

PRIMARY AND INTERVENTIONAL CARDIOLOGY

John J. Kelly, Jr., M.D., F.A.C.C.
James G. Kitchen III, M.D., F.A.C.C., F.S.C.A.
Michael J. Dougherty, M.D., F.A.C.C.
James F. Burke, M.D., F.A.C.C.
Donald F. Yih, M.D., F.A.C.C.
Frank C. McGeehin, III, M.D., F.A.C.C.
John W. Shuck, M.D., F.A.C.C.

356 Lankenau Medical Building, East
Lancaster Avenue at City Line
Philadelphia, PA 19151

1989
AH: Yeh
holding my
Reply on page
Complete.

June 6, 1989

(215) 649-7625

Henry W. Blackburn, Jr., M.D.
University of Minneapolis
611 Beacon Street, S.E.
Minneapolis, MN 55455

Dear Henry:

I read with great interest your editorial in the New England Journal of November 3, 1988 regarding physical activity and the risk of heart disease. I think you did an excellent job of summarizing our current state of knowledge.

One question that has always intrigued me. Have any of the studies shown that a particular type of exercise engaged in in one's youth - that is, long distance running, rowing, or swimming that would emphasize cardiovascular fitness seem to confer any long-term benefit? Secondly, is there any data regarding physical activity and body type - ectomorph, mesomorph, endomorph - in terms of cardiac risk? If you have any references in this area, I would like to have them.

Thank you for any help you may give. Please give my best to Art Leon. I hope all is well with you.

Sincerely,

JJK
John J. Kelly Jr., M.D.

W. Haskell
PC AL -
Ralph Paffenbarger
for comment

JJK:ema

Paff's data shows no association between athletics performed in college VS risk of CHD. OUR MARI data shows that more recent WALKING, HOME/YARD ACTIVITY related TO CHD (30-60 mi/d) M.V. UNRELATED TO CHD (30-60 mi/d) STAIR CLIMBING, SPORTS (2000 kcal/wk) ALSO CHD risk

ALeon *any response?* *el haven't.* *WB*