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News

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**Cardiologist hosts "Here's to Your Health"
on PBS

DALLAS--The third season of "Here's to Your Health," public television's award-winning medical series presenting up-to-date information and research will air its first show in Dallas April 15 at 8:30 p.m. Hosting the new series of 13 shows will be Dr. Norman Kaplan, professor of Internal Medicine and internationally known hypertension expert at The University of Texas Health Science Center at Dallas. ("Here's to Your Health" will have its season premier on Public Broadcasting Service (PBS) nationally April 9 at 1 p.m. EST.)

First of the spring/summer shows will be "Why We're Killing Ourselves," an examination of the major causes of death in the 20th century--cardiovascular disease and cancer. The show will deal with such risk factors as smoking, obesity, lack of exercise and poor nutrition and how they can be eliminated to lessen the chances of heart disease and cancer and increase the chances of having a healthy life.

Future programs will focus on such topics as stress, hypertension, nutrition, obesity and smoking. Host Kaplan will visit leading research centers, hospitals, classrooms and special treatment clinics throughout the country, as well as the Dallas health science center, to interview the country's leading medical experts. The first episode will feature Dr. Henry Blackburn, professor of medicine at the University of Minnesota Medical School and one of the nation's top epidemiologists.

"The purpose of 'Here's to Your Health' is to bring the most up-to-date information, data and research from the medical field to the public so they can make their own decisions about their health," says producer Gay Parrish. "It's basic information that the average person can understand. No other program on a national basis is doing this."

Besides interviews with leading health-care experts and researchers, the show will include dramatizations of both good and bad health-care situations.

Following "Why We're Killing Ourselves," the next programs in the series include "Heart Attack: The Unrelenting Killer," "Heart Attack: How Can We Prevent It?", "Nutrition: Eating to Live or Living to Eat," "Hypertension: Your Blood Pressure Is Showing" and "Exercise: Shaping Up."

The remaining programs will look at Obesity and the Slimming of America," "Smoking... Hazardous to Your Health," "Smoking...Kicking the Habit," "Stress: Is Your Lifestyle Killing You?", "Cancer: The Causes," "Cancer: How to Detect and Prevent It" and "Cancer Treatment: A Success Story in the Making."

"Here's to Your Health" is produced for the Public Broadcasting Service by KERA, Dallas/Fort Worth, in cooperation with The University of Texas Health Science Center at Dallas. Major funding for the series is from the Hillcrest Foundation, the Hospital Corporation of America and the American Hospital Supply Corporation. The show has previously been hosted by Dr. Al Roberts, professor of Internal Medicine at UTHSCD, and Dr. Anne Race, associate professor of Clinical Psychiatry and Obstetrics and Gynecology. Dr. Daniel Foster, also professor of Internal Medicine at the Dallas health science center, was host for several years of another PBS national health show, "Daniel Foster, M.D."

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