News
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******Leading authorities on static (isometric) exercise will exchange research findings on effects of isometric exercise on the heart and circulation in 3-day symposium.

DALLAS--Some of the world's leading authorities in static (isometric) exercise will participate in a unique idea exchange on the effects of isometric exercise on the cardiovascular system in a coming symposium to be held here.

Themed "Static (Isometric) Exercise: Cardiovascular Responses and Clinical Applications," the second Harry S. Moss International Symposium is slated for October 8 through 10 at The University of Texas Health Science Center at Dallas.

Dr. Jere Mitchell, M.D., professor of medicine and physiology at Southwestern Medical School and director of the school's Harry S. Moss Heart Center, says the program will provide a small group of researchers (24), from a variety of medical disciplines, an opportunity to discuss the mechanisms involved in the responses of the heart and circulatory systems to static exercise.

With funds provided by the Moss Heart Foundation, NASA, the American Heart Association and the Lawson and Rogers Lacy Research Fund for Cardiovascular Diseases, specialists will be brought in from around the world to discuss cardiovascular response to static exercise, control mechanisms and the use of static exercise in patients with heart disease. Material presented at the symposium, which is by invitation only, will be published in journal form with funding by the National Institutes of Health.

Among the symposium's participants will be Dr. Erling Asmussen and Dr. Bengt Saltin from the Laboratory for the Theory of Gymnastics, August Krogh Institute, Copenhagen, Denmark; Dr. Alexander R. Lind of the St. Louis University School of Medicine; Dr. R.H.T. Edwards of the University of London Medical School; Dr. Asa Kilbom of the National Board of Occupational Safety and Health in Stockholm, Sweden; Dr. William Haskell of the Stanford University School of Medicine and Dr. John T. Shepherd, dean of the Mayo Medical School.

Isometric exercise is a part of the average daily experience, according to Dr. Mitchell, a widely recognized expert in exercise physiology who has organized the symposium along with Drs. Lind and Shepherd.

Moving a heavy piece of furniture, opening a stuck window, changing a tire or shoveling snow--all are predominantly isometric exercises, which cause a sudden rise in blood pressure and put stress on the heart. These exercises, which involve pushing against a fixed object, along with weightlifting, another exericse which is primarily isometric, may be dangerous to people with high blood pressure or heart disease, says Mitchell.

While the heart's reaction to dynamic exercise, such as swimming or jogging, has been studied extensively in man and laboratory animals, researchers have only recently turned their attention to the effects of static exercise on the heart.

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