

influence on the risk factors — first of all — the changing of the way of life was suggested. Three years later the measurement of the risk factors of the cardiac infarct was repeated in the cases where abnormal values had been found earlier. There were 68 women and 30 men new patients. Increase of HDL-cholesterol was detected 65% more than in the former examination. The number of the hypertonic patients decreased with 43%, patient number with hyperlipidaemia diminished with 41%. Obesity was the main reason why better results were not achieved. The results given by laboratory parameters and subsequent consultations with those threatened patients can remarkably promote the collaboration between the patients and the doctor, and consequently increase the screening efficiency.

© Determination of Alpha-Fetoprotein in Dried-Blood Spot by Enzyme Immunoassay for Mass Screening of Hepatocellular Carcinoma

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A mass screening pilot programme for early detection of primary hepatocellular carcinoma (PHC) was carried out in Taiwan by determination of alpha-fetoprotein (AFP) in dried blood samples collected on filter paper. During Aug–Nov 1986, 15,200 dried-blood spot samples were collected from apparently healthy Chinese adults (60% male, 40% female). 95% of them were 20–60 years old. The AFP was determined by a two-site enzyme immunoassay. Forty-two (0.3%) cases had AFP levels greater than 20 ng/mL. Three of them were found to be pregnant. Thirty-four of the remaining 39 cases received ultrasound (US) examinations. Low PHCs were detected in 3 (9%) and 24 (70%) were found to have hepatitis. Second dried-blood spot samples were collected for 25 (0.2%) cases who had an AFP level between 11–20 ng/mL on the first screening and six of them still had an AFP level greater than 11 ng/mL. Three of these positive follow-up cases received US examination and were found to have hepatitis. Most of the cases with hepatitis were serum HBsAg positive (23/

27); they should be closely followed up by AFP determination and US examination of the liver.

In contrast to the low resection rate of PHC in symptomatic patients, the three cases with Low PHC detected by this screening programme all had their tumours removed successfully. The results indicate that this is a simple, sensitive and convenient method for the determination of AFP and may be used as a first-line mass screening test for early detection of PHC, especially for rural areas.

Obesity as a Coronary Heart Disease Risk Factor

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Obesity is recognized as a related coronary heart disease risk factor. In this study 1388 individuals (1196 males and 192 females) have been included. We have studied the incidence of obesity and overweight (expressed as BMI) in this population and the relationship between obesity and other coronary heart disease risk factors. In evaluating the results we have employed a BMDP statistical block in a IBM-3038 computer from the Informatic Center of Barcelona University.

Our data shows a high incidence of overweight in our population. There are direct relationships between obesity and serum triglycerides and hypertension ($P=0.01$). The relationship with serum cholesterol is stronger in females ($P=0.01$). There is an inverse relationship between obesity and serum HDL-cholesterol ($P=0.05$) and with the ratio HDL-cholesterol/total cholesterol ($P=0.009$).

Our results confirm the risk of obesity in the development of coronary heart disease.

Influence of the CHD Preventive Program on Cholesterol Level in a General Population and in a Hypercholesterolemic Group

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The study included 6128 men, aged 40–59 years, employed in 8 factories randomly allocated to intervention (3241) and control (2897) group. The changes of cholesterol