

The Heart Attack Bug

I. Introduction

- A. **Attention-getter:** For most people worried about heart attacks, the salad bar is an island of serenity. Nearly every choice makes the hear rest easy: low fat, low cholesterol, low calories. But without one stunning safety feature, the salad bar could make your heart stop: the sneeze guard. It could protect you from the heart attack bug: Chlamydia pneumonia. This tiny bacteria, according to the June 7, 1997 *New Scientist* “is now ‘overwhelmingly’ linked to heart disease. The August, 1997 *World Press* estimates that over half of the population is infected, and probably has no idea of it, or the damage it can do.
- B. **Thesis:** Thanks to the discovery of the heart attack bug, however, the April 28, 1997 *Newsweek* says “cardiology is in for a revolution.” This is one revolution we can’t afford to miss.
- C. **P.O.M.P.:** Therefore, we will first unravel the mystery of the heart attack; second, become familiar with the new bug’s place in it; and finally, discuss some implications that this finding has for the future of hearts everywhere.

II. Mysteries of heart attacks

- A. high cholesterol leads to heart problems – Not always
 - 1. June 4, 1997 *Science News*: most victims have normal cholesterol counts.
 - 2. Some people with bad habits live to be 80; some healthy people die early.
 - 3. *World Press Review*: eight athletes die of heart attack on low fat diet.
- B. Major cause of heart attacks
 - 1. Atherosclerosis – Michael Gimbrone: atherosclerosis is more than a simple “clogged pipe.” Inflammation.
 - 2. *Science News*: vessel wall becomes injured and inflamed.
 - i. Cut finger example
 - ii. Swelling of finger
 - iii. Car crash metaphor
- C. **Transition:** How does a common bug fit into this picture? Now that we’ve unraveled the mysteries of the heart attack with the inflammation hypothesis, let’s see how the heart attack bug relates.

III. Heart Attack Bug

- A. support
- B. support
- C. **Transition:** Finally, let’s view some of the implications this finding has for the future of hearts everywhere.

IV. Implications

- A. Support
- B. Support

V. Conclusion

- A. **Restatement:** Heart disease is like a dangerous lottery—we don't know the combination that will guarantee the deadly prize. However, with the information we have gained today, we can take our health into our hands.
- B. **S.O.M.P.:** We have unraveled the mysteries of heart attacks, became more familiar with the heart attack bug and its place in the heart attack, and discussed some implications this finding has for the future of hearts everywhere.
- C. **Clincher:** Many people valiantly gaze through the twigs and grass of the salad bar for its health benefits, no matter how it tastes. But with the awareness of Chlamydia pneumonia and its relation to heart attacks, we know there's really only one good reason to avoid the low fat oasis—if it doesn't have a sneeze guard.