

Beware of High Blood Pressure

High blood pressure, more properly called arterial hypertension, is an abnormal state of the circulation that may be a cause as well as a result of arterial disease, says a pamphlet from the American Medical Association called "Your Blood Pressure."

Four of every five cases of persistently increased blood pressure are known as primary or essential hypertension, for which no underlying cause can be identified, says the AMA publication. It often occurs in those with a family history of increased blood pressure.

The other one-fifth of the cases are called secondary hypertension, which means that the cause is known to be some defect or disease.

Hypertension requires a lifetime of management. The patient and his doctor, working together, plan a living pattern, supplemented by various medical procedures, that will result in the longest and most useful life that the patient can live, even though the doctor may never know the cause of his patient's hypertension.

In untreated hypertension, the course from onset to death is approximately 20 years. The first two-thirds is without symptoms, and can go undiscovered unless the patient undergoes periodic health examinations, particularly in the middle years.

The last one-third of the 20 years is complicated by failure of the heart, the brain or the kidneys, alone or in combination. Once organ failure begins, the average survival of the untreated patient is about six years. Under treatment, a longer and more comfortable life is to be expected.

Men usually present themselves for diagnosis at a more advanced stage of the disease than do women and have a higher incidence of the more severe forms. Hypertension produces a higher incidence of coronary disease in men and of brain complications in women. Women tolerate elevated blood pressure better than men.

Among two comparable groups, three times as many of those treated than of those not treated were living after five years.

It is highly important that there be close rapport between the patient and his physician. It is essential that the patient understand his disease, know the need for continued treatment, and be willing to tolerate the occasional undesirable and unpleasant side effects of some of the drugs used. He must look to the long-term good to be obtained.

Moms Stop Making Succotash

How come Mom has stopped making succotash — that succulent combination of corn and lima beans?

Officials of the Michigan State Fair think she has — at least entries in the succotash class in the home arts department have dwindled to nothing — that's why the class will be eliminated from competition at the 117th annual event, August 26 through September 5.

The premium monies for these will go into new home arts classes including: hand-woven ladies sweaters, cut-work luncheon cloths, an Afghan section for Weaver-Looms, china painting for teachers and semi-professionals. In what may be a compromise, a class in decorated sugar cookies also has been added.

Now is the time to enter the home arts competition which has an August 3 deadline, according to Pauline Harris, director of State Fair Community arts. New exhibitors should request the home arts premium book and entry form from the Community Arts Department, Michigan State Fair, Detroit 48203. Previous exhibitors will get one automatically.

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CENTER CUT RIB PORK CHOPS
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