



High blood pressure a key to hypertension

Questions: My doctor recently informed me that my blood pressure is elevated approximately 170 over 100. What is the significance of these numbers?

Also, what is meant by hypertension and how can it be treated?
B.R., Plymouth

Blood pressure is normally expressed in millimeters of mercury. The measurement consists of two numbers.

The higher one is the arterial pressure recorded during the heart's pumping stroke, and is called the *systolic* blood pressure.

The lower number represents the arterial pressure while the heart is relaxing between beats and is called the *diastolic* pressure.

When recorded in a relaxed, resting subject, normal systolic pressure is around 120 millimeters of mercury, normal diastolic pressure around 80. This is written as 120/80.

A systolic pressure between 100 and 140 is considered normal in elderly people, however, a slightly higher systolic pressure may be within normal limits. Normal diastolic pressure lies between 60 and 90 millimeters of mercury.

WHEN THE RESTING pressure is consistently above these ranges, high blood pressure (hypertension) is diagnosed.

Unfortunately, there are really no symptoms which indicate the presence of hypertension. For this reason, it is frequently referred to as the "silent killer," often resulting in kidney disease, heart disease and strokes.

Once hypertension is diagnosed, it is important to determine whether it is the common "essential" type, meaning the cause is unknown, or whether it is due to other factors, many surgically or medically correctable.

Fortunately, there are fine drugs currently available for treating hypertension. These fall into two major categories: those that cause blood vessels to dilate or relax, lowering blood pressure, and those that work by eliminating excess sodium and fluids from the body (diuretics).

High blood pressure can sometimes be managed successfully without resorting to anti-hypertensive drugs — through dietary, exercise and behavior modifications.

THE OVERWEIGHT person with hypertension may be placed on a reducing diet and exercise program by his physician, for blood pressure often decreases with weight loss.

A diet low in sodium (ordinary table salt is the most common form) may also help to lower blood pressure. Sodium restriction curbs fluid retention by the body and tends to reduce blood volume and pressure.

You can decrease the salt content of your diet by avoiding such salted foods as peanuts and pork products and not adding extra salt to other foods.



Finally, learning to relax and cope with stress and tension is extremely helpful.

Hypertension is a life-shortening disease which can be medically managed quite effectively. There's really no excuse to ignore it.

Questions on physical fitness may be sent to Barry Franklin in care of this newspaper.

Save a life with CPR course

Free lessons May 14 at the Pontiac Silverdome will teach individuals how to perform CPR, a technique to save persons with cardiac arrest.

"Most cardiac fatalities occur away from professional medical personnel," said Kevin Killeen, director of safety services for the Red Cross' Southeastern Michigan chapter. "Many of the thousands of fatalities could be prevented if CPR is given during the first crucial minute of cardiac arrest."

CPR stands for cardiopulmonary resuscitation. CPR provides artificial circulation and breathing to a person whose heart and lungs have stopped functioning because of cardiac arrest.

A NEW three-hour class will begin every 15 minutes from 9 a.m. to 9 p.m. next Thursday. It includes a lecture, audio-visual presentations, practice

on mannikins, skill application and written tests.

Parking is also free. The stadium is at M-59 and Odette roads east of Pontiac.

Sponsoring organizations are the Michigan Heart Association, American Red Cross and Oakland Community College. A grant was provided by the Comprehensive Health Planning Council of Southeastern Michigan.

After completing the course, participants will be certified in CPR by both the heart association and Red Cross.

More than 20 percent of all cardiac arrest fatalities occurring outside a hospital could be prevented if someone were there to perform CPR, said Killeen.

Detroit public schools require CPR training as a high school graduation requirement.

SPECIAL NOTICE TO GORMAN'S CUSTOMERS.

We are advised by the manufacturer that, effective May 22, 1981, the prices on all Drexel and Heritage Collections will be increased.

Although this does not equal the current inflation rate, as indicated by the Consumer Price Index, it does reflect increased costs of raw materials, labor, energy and other business expenses.

The prices of Drexel and Heritage wood collections will be increased approximately 10%. Prices on Drexel Upholstery Collections will be increased approximately 5%, and prices on Heritage Upholstery will be increased approximately 6%.

If you have been planning purchases of Drexel and Heritage furniture, we suggest you act now, before the price increases take effect.

Please note that current prices on Drexel and Heritage will apply both to in-stock items as well as to any items special-ordered before May 22.

We hope that this announcement will be of use to you in avoiding increased costs of your planned purchases in 1981.

Sincerely,

Bernard D. Moray

Bernard D. Moray,
President
Gorman's Southfield, Fairlane & Troy

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