

'Office hypertension' a puzzling phenomenon

Dear Jo:
I don't normally have high blood pressure, but when I visit my doctor, he can be sure it will be up. My doctor says I have a condition he calls "white coat hypertension." My blood pressure is always normal before I see him, when the nurse checks it — but within minutes (when my doctor takes it), it's up. Would you please address this subject in your column?

Mrs. G.,
Ann Arbor Senior

Dear Mrs. G.:
Of the estimated 60 million North Americans who are diagnosed as having hypertension (high blood pressure), many do not have it at all.

"White coat hypertension" or "office hypertension," is the phenom-

enon that occurs when a patient's blood pressure is elevated when taken by the doctor in the office setting. Prior to the visit, the reading is usually normal when taken by a nurse or technician. Also, these elevated levels usually do not occur at home or at work, or in stressful situations — nor do they stop after repeated visits to the doctor's office.

It is not unusual for people your age to feel nervous about a doctor's visit. The usual symptoms of stress such as a "knot" in your stomach or an increased heart rate do not indi-

cate that you have high blood pressure.

Hypertension, for most people, does not present itself with any symptoms at all.

The cause of white coat hypertension is unknown. Research, including extensive psychological examinations of these people, has not disclosed any hidden anxieties about seeing a doctor.

Those who are most likely to have white coat hypertension are: women of all ages, and younger people who

gerontology



A. Jolayne Farrell

are slightly overweight.

There is no treatment for white coat hypertension as it is not considered to be a disease. It is important that you have your blood pressure monitored regularly in different

settings and by different professionals, including your doctor, over an extended period of time.

Dear Jo:
We are planning to travel around home (Canada and the U.S.) this summer. We would like to know where we can get senior discounts etc. Information, please.

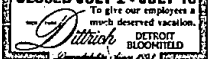
Mr. H.A.,
Northern Senior

Dear Mr. A.:
You can send for the revised edi-

tion of "The Senior Citizen's Guide to Budget Travel in the United States and Canada" by Paige Palmer. It is available solely from the publisher, Pilot Books, for \$3.95 (US) plus \$1 for postage and handling at 103 Cooper Street, Babylon, New York 11702.

The guide points out how to get discounts for everything from transportation to accommodations and meals. It includes hundreds of useful facts and travel tips.

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WINNERS GORGE

BY LAURIE KIPP



With the opportunity to become a Michigan Lottery Millionaire occurring in every two-week Super Lotto drawing, readers asked for more information on winning.

Q. How many prizes of \$1 million or more have been won in Michigan?

A. Through the end of June this year, there had been 332, with 23 of these prizes awarded to lottery clubs.

Q. How many of these were jackpot winners in Lotto games?

A. There have been 365 Lotto jackpot winners. Of those, 294 received prizes ranging from \$1 million up to \$17 million.

Q. How many have been won this year?

A. Through the June 28 drawing, 28 prizes worth \$1 million or more were won this year, or an average of about one a week. This is slightly ahead of the 1980 pace when 81 were awarded during the full year.

Q. How many Lotto jackpot prizes have been worth more than \$10 million?

A. As of this writing there have been 10, with 45 others in the \$4 million to \$10 million range. The largest number of winners, 126, won prizes worth \$2 to \$5 million. Another 103 lucky players won between \$1 million and \$2 million.

Q. What determines the size of the jackpot for each drawing?

A. The top prize is based on the number of plays in the game since the jackpot was last won. When no winners occur, Lottery officials establish a new guaranteed minimum based on the amount already in the jackpot plus anticipated sales for the next game.

Q. How many plays does it take to add another \$1 million?

A. About 22 million. From each dollar in Lotto game sales, 20 cents is placed in the jackpot prize pool. Investment to pay a prize over 20 years. But, because winners collect the money plus all the interest it earns over that 20-year period, \$1 million can be awarded with only about \$500,000 in the prize pool.

Q. Are my odds of winning the jackpot better when it goes above a \$14 million minimum?

A. Your odds of hitting the jackpot remain the same, about one in seven million, no matter how large the jackpot is. But, as larger jackpots attract more players, there is a greater chance that the top prize will be shared by two or more winners.

Q. How many times have there been multiple jackpot winners?

A. Through the end of June, the Super Lotto jackpot has been won 107 times with multiple winners in 27 drawings.

Q. Since the start of Lotto play in 1984, how many other prizes have been won in these games?

A. As of the end of June, 2,561,450, which includes more than 80,000 players who matched five numbers for awards worth up to \$4,000. Winners matching four numbers have received prizes of up to \$144.

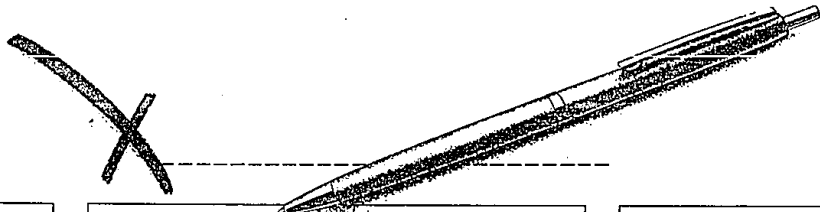
Q. What is the total won in Lotto games in Michigan?

A. Counting the full value of jackpot prizes, this total is now just \$1.3 billion.

For submitting the first question leading to this column, Sarah J. Patel of Taylor will receive GO "Fame & Fortune" tickets. Note: When duplicate questions are received, that with the earliest date stamp upon arrival at Lottery Central wins. In case of a tie, the winner is selected by random drawing.

If you have a question not yet covered in these monthly columns, send it to: "Winners Circle," Michigan Lottery, P.O. Box 33077, Lansing, MI 48902.

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