

'Office hypertension' a puzzling phenomenon

Dear Jo:

I don't normally have high blood pressure, but when I visit my doctor I 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 phenomenon 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 indicate 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 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

gerontology



A. Jolayne Farrell

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.

Bell sponsors scholarships

Michigan Bell recently announced it has created a statewide scholarship program for community college students.

The company is committing more than \$200,000 over the next four years for the program, which begins this fall. Michigan Bell will award a \$1,000 scholarship to each of Michigan's 29 community colleges.

Next year, and each year thereafter, the company will award a second \$1,000 scholarship and renew the first at each school.

In remarks at the Michigan Community Colleges Association annual workshop in Traverse City, Donald J. Gillard, Michigan Bell assistant vice president for public relations, said the company established the scholarship to recognize the contributions of community colleges to the state's educational system.

"Michigan Bell is the first corporation in Michigan to sponsor a statewide scholarship program for community college students, but we hope we're the first of many," Gillard said.

Michigan Bell will set the criteria for scholarship winners and administer the program. Each community college will select its recipient.

To be eligible for the scholarship, a student must be a Michigan resident studying business, engineering or communications full time at a community college. Applicants must have a 3.0 or better high school grade point average. Recipients must maintain that average to renew the scholarship.

OU links up with hospital

The Oakland University Board of Trustees has approved an affiliation between the university and William Beaumont Hospital for joint research and grants and teaching in ophthalmology.

The new program will aid instructional and research programs at each institution, strengthen applications for governmental and private grants and enhance the education of residents and medical students in ophthalmology at Beaumont.

The board's decision builds on an existing relationship between OU's Eye Research Institute and the department of ophthalmology at Beaumont. Existing programs include joint appointments, cooperative research projects and participation by ERI faculty in instructional programs for residents at the hospital.

2 appointed to United Way

Timothy Lee and James Helmrich have been appointed to United Way's 1989 Campaign Cabinet.

Lee, plant manager for General Motors Corp.'s Pontiac operations, first volunteered for United Way in 1985 in Fairfield, Ohio. He was also a member of the board of trustees for Mercy Hospital in Fairfield. He received his bachelor's degree in industrial management from the General Motors Institute and a master's degree from Purdue University. He has been at his present position at since moving to Michigan a year ago in March.

Helmrich is public relations director of Michigan Bell Telephone Co. As a member of the campaign's major firms unit, Helmrich will strive to increase the giving of major firms employees, who donated \$500,000 last year. He is a former vice chair for the Oakland County Chamber of Commerce. He received his bachelor's degree from Michigan State University and served in the Michigan Air National Guard.

United Way of Oakland County supports 60 human services that serve over 150,000 people yearly. The Campaign Cabinet is responsible for setting the campaign goal and raising the funds necessary to meet the community's human service needs. Last year United Way of Oakland County volunteers raised \$4.2 million, which will provide nearly 100 needed programs and services.

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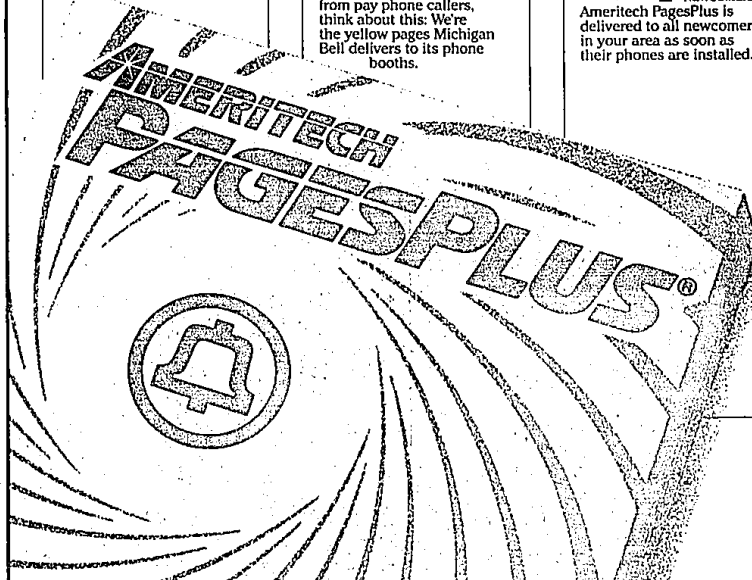
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