

**IT'S A SILENT KILLER BUT IT CAN BE TREATED**

If you knew of a simple medical procedure that could add years to your life and health, would you be interested? And what if it was also quick? And inexpensive? And painless? Such a method is readily available, and it's as easy as this: having your blood pressure measured.

High blood pressure is a health problem whose time has come, and it is a simple blood pressure test that will reveal the presence of the condition.

Of the 22,000,000 Americans who have high blood pressure only about half know it, according to Dr. Theodore Cooper, director of the National Heart and Lung Institute which is spearheading the Department of Health, Education and Welfare's national attack on the disease.

Because hypertension (the medical word for high blood pressure) often has no symptoms, it is one of the most neglected of all major health problems in the United States.

And a major problem it is. Hypertensives are three to five times more likely than others to have heart attacks, four times more likely to suffer crippling or fatal strokes. Hypertension is of major significance contributing to kidney failure.

Yet at the same time nearly every case of high blood pressure can now be treated effectively and kept under control with drugs.

Even mild elevation of blood pressure war-

rants treatment. Often by the time a patient reaches help the effects of high blood pressure have been underway for 10 years or more, destructively attacking heart and blood vessels and paving the way for heart attacks, strokes and kidney failure. As recognition of the importance of early detection and treatment of even the mildest cases of hypertension spreads, we may begin to make inroads against these modern scourges.

Hypertension is no respecter of age, sex or race. Whether you are man or woman, young or old, black or white, whether or not you have any of the symptoms often associated with high blood pressure, there is only one way to find out if you are one of the 11,000,000 Americans who are unaware they have hypertension.

In many communities blood pressure screening programs are underway. There is one way, but there is no need to wait for a screening program to reach you. Your own doctor can take your blood pressure, or you can have it done at your health center or clinic.

What if you do have high blood pressure? Modern drugs make it possible to treat it effectively. But the future course will depend on you as well as your doctor. The doctor will want to recheck the blood pressure from time to time, and may encourage diet and exercise as well as drugs. Many patients, however, find it difficult to maintain their treatment when they

feel no ill affects.

Only by being aware of the importance of detecting and treating hypertension can the attack be successful. If you would like to learn more, a new layman's book, "The Silent Disease" by Lawrence Galton, will soon be published.

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(in a telegram to the Nevada Legislature) "Your efforts to help restore public confidence in government through strong, meaningful conflict of interest legislation have my full support and I request that my views be made a matter of public record"

**ON POLLUTION:**

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