



BREVARD PLANT



FOTOFAX



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High Blood Pressure

"Don't get your blood pressure up" is a familiar expression used by people who want other people to remain cool, calm, and collected when faced with adversity. This request has a similar but much deeper significance to our Plant Medical Section.

Plant Doctor Leonard Lister explains, "High blood pressure (HBP), also known as hypertension, can be a forerunner of kidney failure, a brain hemorrhage (better known as a stroke), or a heart attack.

Unlike the stereotype picture (the feudin', fussin', fightin' image), the person with HBP usually shows no outward symptoms. By the same token, if you're dizzy, flushed, headachy, or tense, you don't necessarily have HBP. It's a *silent* illness."

In view of the seriousness and symptom-free nature of HBP, the Heart Association has developed an Industrial Hypertension Control Program in cooperation with industrial physicians to reduce ill health, disability, and death from hypertensive disease. This program is in full swing at the Brevard Plant.

The first stage of the program involves detection of HBP. During April, Carol Orr, Plant Nurse, and Tom Conner, Medical Technologist, took nearly 1000 blood pressure measurements in Medical and Production Areas to find employees with this problem. Seventy-five plant employees had HBP. This figure is slightly lower than the 10 to 20% of the general population with HBP. Dr. Lister attributes it to our relatively young plant population.

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Carol searches for silent illness