

by Brenda Kennedy BSN

A Black Perspective

You & Your Health



Heart diseases are divided into several different categories, one of the most important groups is the hypertensive group. The National Health Survey demonstrated that hypertensive heart disease was the most common form of heart or cardiac disease among American adults. About 10.5 million people between the ages of 18-79 were estimated to have definite hypertensive heart disease, defined as the presence of hypertension, (high blood pressure), and certain changes in heart size on X-ray or significant changes on the electrocardiogram.

Incidence of hypertensive heart disease increases with age. It has been shown that there is a definite and clear-cut race differential in hypertensive heart disease. Prevalence is greater for Blacks over either sex for whites. It has been shown that Black men have a higher rate of about three times that of white men and Black women to white women is about 2:1. Also it is believed that Black males are affected by this disorder

more frequently than any other race-sex group and are affected at a much earlier age.

The heart is placed under a great deal of stress and must work harder in a person who is hypertensive. Cardiac or

heart function may actually decrease. Certain conditions sometimes develop, such as congestive heart failure. A person with hypertension also runs a higher risk for developing coronary artery disease.

There are certain symptoms of hypertensive heart disease that may be present later. Some signs to recognize are shortness of breath on exertion, tire easily, weight gain, ankle swelling, palpitations or feeling of heart "flutters". These should be reported to your physician.

The most important factor to remember here is prevention. If you are hypertensive, it is essential to take prescribed medications as ordered. Also follow your designated diet with restrictions on salt, etc. Since there may be no early signs of the disease and there is no cure, prevention is the best way to control.

Television Deal Awarded To Mizlou

NEW YORK, N.Y.-The 1979 Miss Black Universe U.S.A. and International Pageant television syndication contracts have been awarded to Mizlou Television Network, the nation's leading independent network, which will provide coast to coast coverage of both events, according to an announcement made by Miss Black Universe producer Vernon Johnson.

The MBU-U.S.A. Pageant will be held on August 25, 1979, in White Plains, New York; the International Pageant, with participation by contestants from African and Caribbean nations, will be held Nov. 17, 1979 out of Madison Square Garden's Felt Forum in New York City.

According to Johnson, the world-wide response to the Miss Black Universe program has been overwhelming.

"People and organizations from all walks of life have contacted us looking for some type of involvement," states Johnson.

"The response has definitely indicated a need for a program of this type. We will exert every effort to make this experience one which all of our people can be proud of."

Pageant officials are now engaged in an extensive effort

to locate and set up state franchise operations in every state. The responsibility of the state franchise director is to stage a pageant for the selection of the state title holder.

who in turn would participate in the U.S.A. National Pageant finals in August.

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