

According To Dr. Hunter

More Blacks Don't Suffer From Hypertension

By Teresa Simmons
Post Managing Editor

One of America's most prominent authorities on the disease of hypertension, Dr. Gertrude T. Hunter, wants to aid in its control. Because the cause of high blood pressure is unknown and because there are generally no warning symptoms in the early stages, Dr. Hunter recommends check-ups at a doctor's office or at the several free blood pressure screenings often offered in Charlotte.

Dr. Hunter is a professor at Howard University's College of Medicine and founder of the North-east Canadian-American Health Conference. She is a visiting lecturer at Yale and Harvard Universities and often travels the country informing the public on the subject to high blood pressure.

Often faced with misconceptions about the disease, Dr. Hunter effectively outlines the facts about the disease. The following are a few misconceptions about hypertension and the straight answers given by Dr. Hunter:

Misconception: "Since I am Black there is a higher possibility that I will suffer from hypertension." Many believe that Blacks run higher risks either percentage wise or as a whole. "But I can't say that," Dr. Hunter explained. "More Blacks don't suffer from hypertension, but young adult Black males have some of the most serious forms in some communities."

Ten percent of the 60 million Americans who have been told they have high blood pressure are Black, Dr. Hunter reported. Quoting from the Archives of Internal Medicine, (May, 1984), "More than 60 million persons in the U.S. either have been found to have elevated blood pressures (140-90 or greater) or have reported being told by a physician that they have hypertension."

Five to six million of this figure are Black, Dr. Hunter expressed.

Misconception: "I'm sure that I have to be up in age before I have to worry about hypertension." If you are between 30 and 35 years of age and high blood pressure has started to negatively affect your heart, kidneys, vision, tissues of the body or other complications, then you are the norm of those who suffer from the disease. However, the older the population average is, the more hypertension appears. Such is the case in the U.S. This may be one reason why it is considered the



Dr. Gertrude T. Hunter, M.D.
Hypertension expert

disease of an aging population. "Hypertension can occur at any age...children, teenagers and young adults," Dr. Hunter confirmed.

Misconception: "Most people who have high blood pressure do everything to control it. After all, everyone seems to be into physical fitness these days." Even though more people know that they suffer from hypertension than ever before there are still obstacles to overcome, Dr. Hunter continued. "More than 75 percent of the people who have high blood pressure know it - it's not so much knowing it - the problem is in taking the medicine or doing what the physician tells them to do. In a study last year by the National Institute of Health, of those who knew they had it less than 40 percent had the disease under control - mainly because they didn't follow the instructions of their physicians."

Misconception: "I know that I suffer from hypertension because my mother and my aunt have it." The cause of hypertension is not known and experts can't precisely say that it is genetic either. But there are instances of family members suffering from the disease. "Some people can't do anything about it because hypertension does seem to 'run in their families.' There are also other signs that may indicate whether or not you are susceptible to hypertension."

Are you:
-eating too much salt
-eating too many fatty foods
-overweight
-drinking too much alcohol
-not exercising enough
-facing stressful situations that

aren't resolved?
Misconception: "All the people I know with high blood pressure take gobs of medicine." There are non-drug control treatments for people with high blood pressure. Controlling the above risk factors is one example. "Many people return to normal if they watch out for the (above) indicators and if the pressure has not been too high," Dr. Hunter expressed. "But for people with especially high blood pressure new medicines are being introduced all the time. For instance Inderal La Beta Blocker is now in a long-acting capsule and can be taken once a day. It has been greatly simplified."
This 60 mg pill was introduced last year and approved by the Food and

Drug Administration, Dr. Hunter stated.

A graduate of both Howard University's College of Medicine and of Harvard University's Graduate School of Business, Dr. Hunter is a former health consultant to the President's Advisory Committee on Health Education and to the Department of Health and Human Services.

She has served as director of Howard University's Environmental and Occupational Health Program and as director of the National Medical Association's National Immunization Program.

Presently she is a senior adviser to the Executive Advisory Council Center for Health Systems Management, Case Western University.

Outstanding Young Men

The Board of Advisors for the Outstanding Young Men of America awards program recently announced the names of men to be included in the 1984 Edition of "Outstanding Young Men of America." The list includes the following Charlotteans: Ronnie Blackmon of Prospect Drive; Paul Leon Anderson, LaSalle Street; Reggie Bodrick, Cinderella Rd.; Elliott D. Crowder, Vining Court; Ronald Anthony Harrison, Carol Avenue; Rudolph Melville Harrison, Markland Drive; Darryl Brice Hood, Orvis Street; Vincent L. Ingram of Sanders Avenue; Gregory E. Johnson, Millport Place; Melvin T. Pinn, Jr., M.D., of Ruth Drive; Michael Allen Porter, Moretz Avenue; and David Eugene Scott of Cardigan Avenue.

The Outstanding Young Men of America program recognizes the achievements and abilities of men between the ages of 21 and 36. These men are being honored for their outstanding civic and professional contribution to their communities, their states, and their nation. They were selected from nominations received from Senators, Congressmen, Governors, Mayors, State Legislators, University and College Presidents and Deans, as well as various civic groups, including the United States Jaycees, which also endorses the Outstanding Young Men of America program.

In every community there are young men working diligently to make their cities, as well as their country, better places in which to live. These men, having distinguished themselves in one or more

fields of endeavor, are outstanding and deserve to be recognized for their achievements. The criteria for selection include a man's voluntary service to community, professional leadership, academic achievement, business advancement, cultural accomplishments and civic and political participation.

Perry Reunion

The family of Evans and the late Lillie C. Perry celebrated their recent homecoming with a feeling of togetherness and unity.

The reunion festivities which were held in Ellerbe, N.C., kicked off with a breakfast at Shoney's Restaurant. This event was followed by a banquet and picnic at the homeplace. The weekend concluded with the family attending an old time revival at Sneed Grove AME Zion Church.

Relatives from as far as Indiana, New York, and Maryland attended the event and exchanged family collections of recipes, old phonograph records of jazz and gospel, awards, shared personal highlights, honorary gifts, scholarships and degrees.

Mr. and Mrs. Perry met in Charlotte and were united in matrimony in Richmond County (Ellerbe, N.C.). They were educated at the former Ellerbe High School (presently Mineral Springs High School). Many of their children have graduated from various colleges throughout the country.

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A message from the Rev. Robert L. "Bob" Walton, your Mecklenburg County Commissioner.

This coming Monday, October 8, 1984 is the last day to register to vote in the General Election on Tuesday, November 6, 1984.

This is a crucial Election Year. EVERY Vote will count.

Please register to vote by this coming Monday, October 8, 1984. You can register to vote at the Board of Election, 720 E. 4th Street, any branch of the Public Library, and at the two offices of Mechanics and Farmers Bank located at 101 Beatties Ford Road and 951 E. Independence Plaza Building.

In addition to urging you to register to vote, I need your help in my campaign for re-election to YOUR County Commission.

You can help by filling out the following clip-out and returning it to me: The Rev. Bob Walton, P.O. Box 33681, Charlotte, NC 28233

Dear Bob,

Enclosed is (my, our) check as a contribution to your Campaign.

In addition to (my, our) contribution or pledge (I, We) will do the following:

Place Campaign poster in my yard

Work in your Campaign office to do telephoning, stuffing of envelopes, etc.

DAYS OF WEEK NUMBER OF HOURS HOURS OF THE DAY

Telephone voters from my home

Host a Campaign function in my home (coffee or coke party)

Pass out literature in my precinct

Write Letter to Editors of Charlotte Observer and/or Charlotte News in support of your candidacy

Work at poll on Election Day (November 6, 1984)

Half Day All Day

Will help with transportation by driving my car on Election Day (November 6, 1984)

Half Day All Day

Sincerely

(Print Your Name)

Address:

(STREET)

Signature

Home Phone

Office Phone

CITY, STATE

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Rev. Robert L. "Bob" Walton