American Heart Association

In Support of Scientific Excellence
Official Journals of the American Heart Association

The American Heart Association invites you to join in the support of scientific excellence through its five journals.

Arteriosclerosis and Thrombosis: A Journal of Vascular Biology
Alan M. Fogelman, MD, Editor
Jack Hawiger, MD, PhD, Co-Editor

Focuses on the biology, prevention, and impact of vascular diseases related to arteriosclerosis and thrombosis. Subject matter relates to a variety of disciplines, including biochemistry, biophysics, cell and molecular biology, clinical investigation, epidemiology, genetics, nutrition, metabolism, and pathology.

Circulation
John Ross Jr., MD, Editor

Deals with clinical and laboratory research relevant to cardiovascular disease. Clinical research from many disciplines are reviewed, including cardiovascular medicine and surgery, epidemiology, radiology, and pathology. The journal also publishes meritorious basic research contributions from fields such as physiology and molecular biology that contribute to an understanding of clinical cardiovascular medicine. Newer features include a series focusing on clinical progress and research advances.

Circulation Research
Stephen F. Valter, MD, Editor

Documents cardiovascular research advances from the disciplines of biology, biochemistry, biophysics, morphology, pathology, physiology, and pharmacology. The journal also publishes manuscripts on clinical research that contribute to an understanding of fundamental problems relating to the cardiovascular system.

Hypertension
Allyn L. Mark, MD, Editor

Presents scientific investigations in the broad field of cardiovascular regulation as it affects high blood pressure. Articles focus on basic and clinical research in the fields of biochemistry, cellular and molecular biology, immunology, physiology, pharmacology, and epidemiology. Clinical investigations into the mechanisms of blood pressure regulation are also featured.

Stroke
Oscar M. Reinmuth, MD, Editor

Provides reports of clinical and basic investigations on all aspects of cerebral circulation and its diseases. The journal includes discussions from many disciplines, including neurology, radiology, nuclear medicine, neuropathology, neurosurgery, epidemiology, vascular surgery, rehabilitation, vascular physiology, neuropsychology, speech pathology, and neuro-ophthalmology.

In addition to these publications, the American Heart Association also publishes:
• Cardiovascular Nursing
• Currents in Emergency Cardiac Care

American Heart Association
Scientific Publishing
7320 Greenville Avenue
Dallas, TX 75231-4599
Tel (214) 706-1310
Fax (214) 691-2704

For rates and order information in Japan, contact Nankodo Co., Ltd., 42-6 Hongo 3-chome, Bunkyo-ku Tokyo-113 Japan, Fax 03 (811) 5031

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HYPERTENSIONOLOGIST

Mayo Clinic/Mayo Medical School,
Rochester, MN
Department of Medicine,
Division of Hypertension

Position available for full time clinician BE/BC in Internal Medicine. BE/BC subspecialty (CV, Nephrology, Endocrinology, Clinical Pharmacology) preferred to join multidisciplinary division of eleven devoted to the management of patients with hypertension. Competitive opportunities for research and teaching available. Send curriculum vitae to: Dr. S.G. Sheps, Chair, Division of Hypertension, Mayo Clinic, Rochester, MN 55905. Mayo Foundation is an affirmative action and equal opportunity educator and employer.

American Heart Association
National Research Program

Medical Student Research Fellowship

1992-1993

Institutional award to attract promising medical students to careers in cardiovascular research. Students engage in full-time research for a period of one year prior to graduation.

Application Deadline
Receipt June 1, 1991
for award activation July, 1992

Information: Division of Research Administration
American Heart Association
7320 Greenville Avenue
Dallas, Texas 75231
(214) 706-1453

Participation by minority candidates is encouraged

American Heart Association

IF YOU HAVE ONE OF THESE,
YOU SHOULD HAVE ONE OF THESE.

From chicken fajitas to pesto to mocha cheesecake, here are 200 recipes that combine sound nutrition with delicious cooking.

For the first time, the nation’s foremost authority on the prevention of heart disease has developed a low-fat, low-cholesterol cookbook. Each recipe is accompanied by detailed nutritional information. More than a cookbook, this is a source book for managing cholesterol in your life. And the 200 mouth-watering recipes make eating a pleasure for anyone who has a heart.

American Heart Association

Times BOOKS
You are cordially invited
to attend a symposium to be held prior to the Sixth Annual Scientific Meeting of the
American Society of Hypertension

LEFT VENTRICULAR DYSFUNCTION
AND HYPERTENSION
CORRELATES AND CONSEQUENCES

Symposium Chairman
Milton Packer, MD
Professor of Medicine, Mount Sinai School of Medicine
Director, Cardiovascular Training Program, Mount Sinai Hospital, New York, New York

Wednesday, May 15, 1991 • 2:00 PM - 5:00 PM
Trianon Ballroom, New York Hilton, New York, New York

On-site Registration and Reception
1:00 PM–2:00 PM, Trianon Ballroom Foyer

Program
2:00 PM – 5:00 PM, Trianon Ballroom

• The Prevalence of Left Ventricular Dysfunction in Hypertension
  Randall Zusman, MD
  Assistant Professor of Medicine, Harvard Medical School
  Director, Hypertension Division, Cardiac Unit, Massachusetts General Hospital, Boston, Massachusetts

• Left Ventricular Hypertrophy: Clinical Implications
  Franz H. Messerli, MD
  Professor of Medicine, Department of Internal Medicine, Tulane University School of Medicine
  Associate Head, Section on Hypertensive Diseases, Director, Clinical Hypertension Laboratory, Ochsner Clinic, New Orleans, Louisiana

• Therapeutic Options in the Treatment of Diastolic Dysfunction
  Barry M. Massie, MD
  Professor of Medicine, University of California, San Francisco
  Director, Coronary Care Unit and Hypertension Service, San Francisco Veterans' Affairs Medical Center, San Francisco, California

• Cardiac Risk in the Mild Hypertensive
  Richard H. Grimm, Jr, MD, PhD
  Associate Professor, Division of Epidemiology
  School of Public Health, University of Minnesota, Minneapolis, Minnesota

• Effect of Antihypertensive Agents in Patients With CHF
  Milton Packer, MD, Chairman

• Question-and-Answer Session
  5:00 PM – 6:30 PM, Reception– The Sutton Room

As an organization accredited for Continuing Medical Education, Cornell University Medical College verifies that the continuing medical education activities designated Category I meet the criteria for Category I on an hour-for-hour basis for the Physician's Recognition Award of the American Medical Association (up to 3 Category I credit hours).

Supported by an educational grant from Pfizer Labs

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Announcement

45th Annual Fall Conference and Scientific Sessions of the Council for High Blood Pressure Research

September 24-27, 1991
The Palmer House
Chicago, Illinois

Information may be obtained through:
American Heart Association
National Center
45th Annual Fall Conference and Scientific Sessions of the Council for High Blood Pressure Research
7320 Greenville Avenue
Dallas, TX 75231
Phone: 214/706-1511
Fax: 214/373-3406

Sponsored by the
Council for High Blood Pressure Research

Supplement to Hypertension
Vol 17, No 4, April 1991
81 Pages, Soft Cover

Mental Stress as a Trigger of Cardiovascular Events

Hypertension Supplement

Proceedings of Symposium
October 21, 1989
Veruno, Italy

Giuseppe Mancia, MD
Luigi Tavazzi, MD
Guest Editors

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Major Topics

Pathogenesis of Hypertension
Methodology

Diagnosis and Treatment

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Please see brief summary of prescribing information on back page.
Hypertension control, not complaints
DOSAGE FLEXIBILITY:

HYPERTENSION CONTROL, NOT COMPLAINTS

When treating patients with sustained hypertension, dosage adjustments should be made within the range of 90 mg to 120 mg per day as required to control blood pressure, taking into account the patient's age and health status.

Dosage flexibility:

- **Initial Dose:**
  - Adult: 90 mg
  - Elderly: 60 mg

- **Dosage Adjustment:**
  - Increase by 30 mg every 1-2 weeks as needed to control blood pressure.
  - Maximum dose: 120 mg

- **Contraindications:**
  - Hypersensitivity to diltiazem or other calcium channel blockers
  - Hypotension

- **Precautions:**
  - Monitor blood pressure and heart rate closely during titration.
  - Use with caution in patients with a history of asthma or bronchospastic disease.

OVERLAP BLOCKER PLACED CONTROLLING HYPERTENSION MEANS

- **Benzothiazolone-blockers:**
  - Labetalol
  - Metoprolol

- **Beta-blockers:**
  - Propranolol
  - Timolol

- **Diuretics:**
  - Hydrochlorothiazide
  - Spironolactone

- **ACE inhibitors:**
  - Enalapril
  - Captopril

- **Captopril:**
  - May cause angioedema

- **Candesartan:**
  - May cause hyperkalemia

- **Nifedipine:**
  - May cause dizziness

- **Amlodipine:**
  - May cause edema

- **Verapamil:**
  - May cause bradycardia

- **Dosage:**
  - Start with 60 mg once daily, increase by 30 mg every 5 days as needed.
  - Maximum dose: 120 mg/day

- **Co-administration:**
  - Avoid with other calcium channel blockers due to increased hypotensive effect.

- **Hypokalemia:**
  - Monitor potassium levels regularly.

- **Renal Insufficiency:**
  - Adjust dosage based on creatinine clearance.

- **Lactation:**
  - Excreted in breast milk.

- **Pregnancy:**
  - Category C
  - Use only if the potential benefit justifies the potential risk to the fetus.

- **Pediatric Use:**
  - Safety and effectiveness in children have not been established.

- **ADVERSE REACTIONS:**
  - Headache, dizziness, nasal congestion
  - Constipation
  - Fatigue
  - Anorexia
  - Nausea
  - Diarrhea
  - Flatulence

- **Overdose:**
  - Induced with activated charcoal, hemodialysis.

- **Drug Interactions:**
  - May increase effects of antiarrhythmic agents.

- **Pregnancy Category:**
  - C

- **FDA Pregnancy Category:**
  - C

- **Safety Information:**
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