

Dallas Post/Charlot M. Denmon

Pressure checking

Dr. Alan Boonin, Dallas, checks the blood pressure of Dallas resident John Maley.

Hospital buys Family Practice

By JOHN HOINSKI
Staff Writer

Officials from the Wilkes-Barre General Hospital announced recently the purchase of the Dallas Family Practice located on Sterling and Machel Ave. in Dallas.

Although the sale won't be finalized for approximately three months, the hospital board has approved the deal and the practice should be operated by General Hospital by early to mid-summer.

But, according to Nate Boring, Planning Director for the hospital, the purchase probably will not effect the day-to-day operations.

"Actually, nothing will change," he noted. "We will be working with the doctors of course, but I don't

anticipate any changes.

"The main reason for the purchase is the security. There is a lot of pressure by insurance companies and competition from the different types of health plans like HMO's (Health Maintenance Organizations). They (doctors) are constantly being hounded to be more cost-efficient. So now they are secure in knowing they are affiliated with a \$60 million operation.

"They were interested in selling and we were interested in buying," Boring continued. "So now, in effect, they will be salaried employees of the hospital as opposed to the typical fee for service."

The Dallas Family Practice is operated by Dr. Irvin Jacobs, Dr. Charles Krevinko and Dr. Thomas Campbell.

Marriage Licenses

(The following Back Mountain residents have applied for Marriage Licenses at the Luzerne County Courthouse:)

MICHAEL J. GARRITY, RD 1, Box 256, Harvey's Lake, to ROSEMARIE VNUKOWSKI, 30 Dilley St., Forty Fort.
ROBIN A. SHUMWAY, 134 So. Pioneer Ave., Shavertown, to SANDRA E. BENIQUEZ, 134 So. Pioneer Ave., Shavertown.
JOHN M. PRATER, P.O. Box 71, Dallas, to SUSAN M. CATINA, 50

Bedford St., Forty Fort.
DAVID T. MACIEJCZAK, RD 1, Box 267, Sweet Valley, to TINA L. KOCHER, RD 2, Tunkhannock.
JOHN J. HUDAK, JR., 319 1/2 Alvin St., Freeland, to DONNA DRAGON, RD 2, Harvey's Lake.
CHRIS D. CRAGLE, RD 1, Box 295E, Sweet Valley, to DONNA M. KUPINEWICZ, 25 Clarks Cross Rd., Askam.
GERALD J. McDONOUGH, JR., Pellan Terrace, Lot 29, to CAROLYN N. DAVIES, 411C Sorbertown Rd., Hunlock Creek.

Births

(The following Back Mountain couples have announced births during the past week:)

ROBERTS, MARY ALICE AND DAVID, 151 East Overbrook Road,

Dallas, a boy, Wednesday, May 7.
USHER, ROSEMARY and ROBERT, RD 1, Box 448A, Dallas, a girl, Wednesday, May 7.

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Keep tabs on your own blood pressure

By CHARLOT M. DENMON
Staff Correspondent

How many persons are walking around unaware of whether or not they have high blood pressure? Many more than most people realize for high blood pressure is a silent criminal-sometimes killer-that creeps up on persons.

In order to interest people in having their blood pressure checked, May has been declared National High Blood Pressure Month with the hope that persons will take time out to visit a doctor or clinic and have their pressure checked. It takes very little time and could save many lives, avoid heart attacks, strokes, kidney failure and much more.

Are there symptoms indicating high blood pressure, how is it cured, what causes it — we decided to ask the logical person for answers to our questions, a medical doctor. So we went to visit Dr. Alan Boonin of Dallas.

Dr. Boonin very graciously agreed to give the answers for which we were looking. He explained that it is important to keep blood pressure down in order to prevent damage to organs such as the heart, kidneys and brain.

While there are not always noticeable symptoms, if blood pressure becomes too high it causes headaches, lightheadedness or dizziness. If not kept under control, it can create problems with blood flow, cause heart attacks, strokes or kidney failure.

Persons with slightly elevated blood pressure have a tendency not to worry about it. There are two numbers doctors are concerned with — systolic and diastolic. Diastolic is the lower number and if it is above 90, the patient has cause to worry about it. If it is over 100, the blood pressure is definitely too high, explained Dr. Boonin.

If patients ignore high or low blood pressure, it can cause serious damage over the years. It does damage to blood vessels similar to pipes in a home. Just as minerals and rust corrode pipes in a house, high blood pressure increases cholesterol or fats which corrode or block blood vessels.

Dr. Boonin stated that if people

had more awareness of the dangers of high blood pressure and had regular checkups, if they had a tendency toward it being high the pressure could be kept under control.

There are three general causes of high blood pressure — stress, physical or side effects from other medications.

Today, the medical world places emphasis on preventative medicine. The best way to keep blood pressure down is through change of lifestyle, medication or diet.

Type A personalities are the most prone to have high blood pressure. These are the individuals, according to Dr. Boonin, who do not relax, the high strung, workaholics. These people need to accept a program of relaxation to calm down.

Dr. Boonin explained that the American diet is very "poor" and includes all of the improper foods. It is important to avoid salt, a prime suspect in high blood pressure. Avoid high cholesterol foods which increase blood pressure. Persons with a family history of cholesterol should definitely avoid high cholesterol foods such as cheese, dairy products, fatty meats. A doctor's advice should be carefully followed.

Stimulants such as those with caffeine increase blood pressure as do alcohol and cigarettes. Cigarettes constrict blood vessels and cause high blood pressure.

Persons who are taking medication should take it faithfully as prescribed by the physician instead of ignoring it because they believe they feel "better."

The last resort in treating high blood pressure is medication. Today's patients are fortunate because the side effects of modern drugs are very few.

Dr. Boonin believes that many members of the younger generation are becoming more aware of the results of high blood pressure and are more willing to have theirs checked. But, he warns, the importance is having it re-checked at regular intervals. Blood pressure can change over a short length of time, so it is important to follow a physician's or clinician's advice.

Have you had your blood pressure checked lately? Now is the time — don't delay, this is May!

DEMOCRATS — ELECT

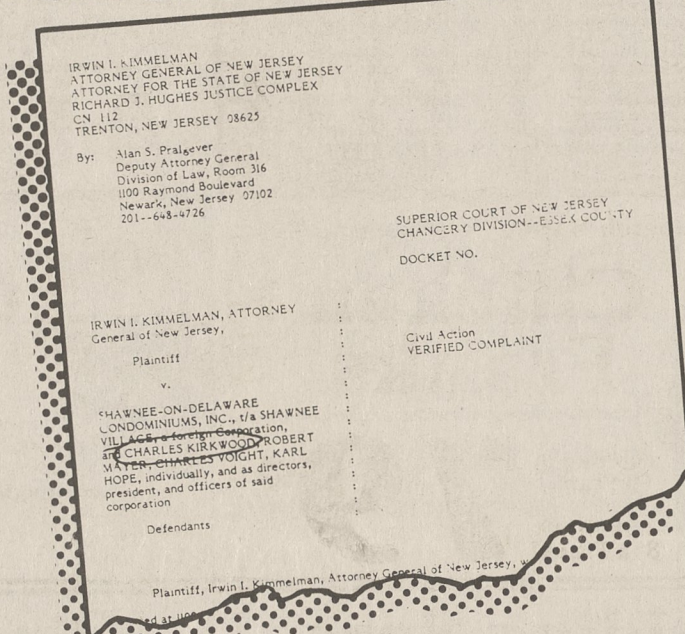
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This is what New Jersey's Attorney General swore to on May 6, 1982 concerning Mr. Kirkwood's business practices:

"Defendant's foregoing practices constitute the use or employment of an unconscionable commercial practice, deception, fraud, false pretense, or misrepresentation in connection with the sale or advertisement of merchandise in violation of N.J.S.A. 56:8-2."

gaging in acts, practices, and courses of business which have operated and are operating as a fraud and deceit upon purchasers and sellers of such securities in violation of Section 17(a) of the Securities Act."

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On May 20th, Re-elect Senator Lemmond

Senator Lemmond, a responsible Senator you can trust!