



Experiences, Challenges & Opportunities in Hypertension and Cardiovascular Disease

Chuck and Joan Dorgan

Extended Family,
Joan's Side



Overview

**Heart Surgery,
Double by-pass**

2012 Chuck

Today

**Under
Control,
with
exercise
and some
weight
loss**

Joan

**1970 – Lost
Left Eyesight**

Chuck

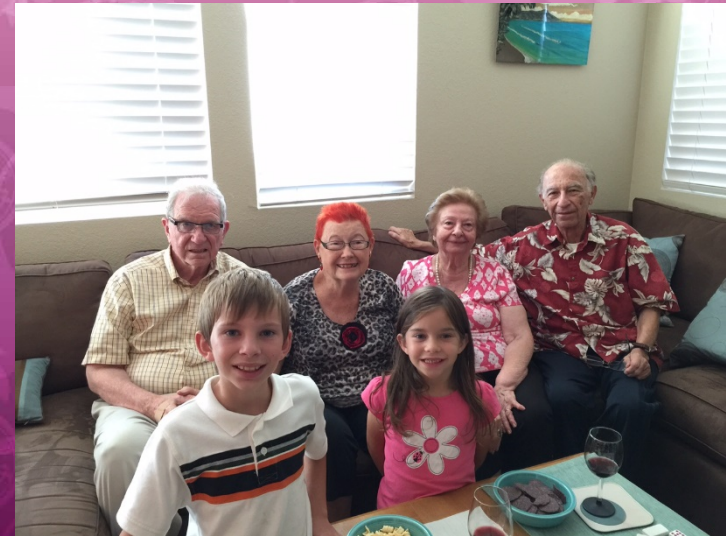
1972 – MS, Chuck

**1972-73 –
Elevated Blood
Pressure**

Family

- Three Children, two in Wisconsin and one in California
- Four Grandchildren, 2- Wisconsin, 2- California
- Close Sister (Joan), daily phone calls

Grandparents and two
California Grandchildren



Work and Travel

- Chuck continues to do engineering consulting and active in several professional engineering societies
- Forced to retire from UW three years ago, heart surgery was nine-months later
- Joan is active with Senior Center, St. Andrews, Red Hats and Family

Work and Travel

- Over the last 40 years travel to throughout US and 12 countries doing lectures and professional education courses
 - We believe this has been very good for controlling MS, keeping busy
 - Difficult to strictly vacation without MS flare-ups?

Cold day in
Beijing



12.27.2008 20:40

Warmer day in Paris



Health Care

- Why we are healthy?
 - Same primary physician for 35 years
 - Physician always available, either Dr. Beasley or someone else at the Verona Clinic
 - Always obtain required referrals
 - 2003, Uterine or Uterus cancer – into urologist at first sign of bleeding
 - Surgery within two months

Joan - Hypertension

- Started after Chuck was diagnosed “positively” with MS
- Maintained reasonably well with medication and exercise
 - 1972, Began with Vasotec (and Valium to handle stress of hypertension)
 - Currently:
 - 37.5 mg Triamterene, once a day
 - 20 mg Lisinopril, once a day
 - 50 mg Atenolol, twice a day
 - Currently, exercise three times a week at Verona Senior Center
 - In past walked several miles each day and yoga classes, until knee injury in 2011
- Blood pressure may be a little too low at present 65/110

Chuck

- Other than MS has been healthy. Began Betaseron in 1993
- Blood pressure has been typically 80/120
- About seven (7) years ago, it became elevated at home and sometimes in medical office. Not too high, but occasionally 100/150
- No medication
- In 2010, was having some chest pains, stress tests and other tests did not discover any problems.

Chuck

- Pains continued over next couple of years, thought to be MS related
- In April 2012, called for an appointment at Verona Clinic
 - Nurse decided symptoms called for visit to hospital
 - By time EMS arrived, no pain
 - At hospital they thought it could be gall bladder
 - It checked okay, decided to investigate heart
 - Angiogram found blockage, estimated flow was 50%, versus 75% expected for age
 - Scheduled for triple by-pass, but only did two.

Concerns

- Too many Medication Prescription
 - Primarily they are from primary family physician
 - However, Chuck has some from neurologist, eye physician, cardiologist. In general trust pharmacist to review over-the counter and prescription medication
 - Extavia pharmacist reviews all of these with Chuck once a year
 - Joan checks with Walgreen pharmacist, we trust our pharmacist

Thank You



**Everything is
Looking UP!**