Experiences, Challenges & Opportunities in Hypertension and Cardiovascular Disease

Chuck and Joan Dorgan
Extended Family,
Joan’s Side
1970 – Lost Left Eyesight

1972 – MS, Chuck

1972-73 – Elevated Blood Pressure

Heart Surgery, Double by-pass

Under Control, with exercise and some weight loss

Today

2012 Chuck

Joan

1972 – MS, Chuck

1970 – Lost Left Eyesight
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
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!