

DR. GOTT



Peter Gott, M.D.

Arm pressure shouldn't differ

By Peter H. Gott, M.D.

DEAR DR. GOTT — Why would I have a different blood pressure in my arms? The right arm is 50 to 100 points higher than my left arm.

DEAR READER — The blood pressure is normally the same throughout the body. Because the circulatory system is a free-flowing hydraulic system, the pressure within it does not vary from arm to arm, arm to leg, or leg to leg.

Small differences between blood-pressure recordings in the extremities are usually due to fluctuating

pressure or to technical differences in how the blood pressure is recorded. For example, a person with a thin arm will seem to have lower blood pressure than a thick-armed individual. This is because the large arm requires a pressure cuff that is wider than normal in order to record an accurate figure.

In your case, the difference between the arms is significant and suggests a medical condition called subclavian stenosis. Occasionally, patients will show a higher right arm pressure because of a narrowing of a portion of the subclavian artery that feeds the left arm. This narrowing causes an elevated blood pressure in the right arm but not in the left. It is a dangerous condition and can lead to stroke unless the constriction is surgically corrected. Most doctors are alert to the possibility of stenosis; this is why we take blood-pressure recordings in each arm during the initial examination of hypertensive patients.

Subclavian stenosis is unusual. I have seen only one case in 20 years of practice. However, once it is discovered, treatment is direct and permanent. The diagnosis is established with an aortogram, a type of X-ray study

during which material is injected into the aorta and films taken. The pinched area shows up readily.

I suggest that you discuss your blood-pressure readings with your doctor. If he or she verifies your figures, you will need to have further examination.

DEAR DR. GOTT — What is livedo reticularis? Is there a cure for it?

DEAR READER — Livedo reticularis is a reddish-blue mottling of the skin, produced by exposure to cold, that is caused by a spasmodic constriction of small arteries. It is made worse by smoking. Livedo is more common in the arms and hands than in the legs and feet. It can indicate a circulatory disturbance and can lead to tissue damage if the constriction is not relieved by warming or by medicines called vasodilators.

If you have questions about HIAL TAL HERNIA, you can get answers in Dr. Gott's new Health Report on the subject. Send \$1 and your name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to ask for the Health Report on Hiatal Hernia.

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DEAR MEG



Meg Whitcomb

Office romance won't work out

By Meg Whitcomb

DEAR MEG — I'm a 24-year-old professional woman. About four months ago, I started seeing a 42-year-old married man with two children. We work for the same company but in different departments.

A month ago, he arranged for me to work indirectly for him in his department. Somehow, everyone at both locations found out that we're involved,

and I am terribly resented because there were others in line for the job.

This job is a tremendous opportunity for me, but it links me to him more than ever. I am confused and worried, but still very much in love with him. What can I do, short of leaving the company? — WORK WOES, OKLAHOMA CITY, OKLA.

DEAR WOES — Stop seeing your super stud. Then he, you and your co-workers will know that any career success is due to your performance on the job, not in bed.

DEAR MEG — My oldest son, Norman, won't have anything to do with our family. His wife dislikes me to the point where she has done me bodily harm. She has a drinking problem, but my son stands by her. I don't know why he doesn't try to get help for her.

I haven't seen my grandchildren for three years. I don't know what to do, and I need some support. Meg, do you know if there is some kind of support group such as "Parents Without Children"? — SHATTERED, RYE, N.Y.

DEAR SHATTERED — There are

several support groups across the country for grandparents in families where death, divorce or just plain alienation from their children has resulted in separation from grandchildren.

The nearest one to you is "Grandparents in Divided Families," which meets once a month at the Scarsdale, N.Y., Family Counseling Service. Led by a trained expert on grandparents' rights, the group also publishes an excellent national newsletter, "Grandparents" (\$5 for individuals, \$10 for organizations), with news and helpful advice on the subject.

For more information, write: Scarsdale Family Counseling Service, 405 Harwood Building, Scarsdale, NY 10583, or call the grandparents' hot line (914) 723-3281.

Write to Meg care of this newspaper. Meg can only answer letters that contain a self-addressed, stamped envelope. Questions of general interest will be discussed in future columns.

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DEAR GINNY — Foods are flamed to give the food a particular flavor without retaining any of the alcohol in the liquor used for the flaming. The brandy or other spirits provides flavor. The liquor is set afire so that all the alcohol burns off.

There are certain classic dishes that are flamed, such as Cherries Jubilee, Steak Diane and Crepes Suzette, but I've seen many newer creations in food magazines that are flamed as well, so it's a helpful technique to know. Food may be flamed in one of two ways. If there is a little liquid in the dish already, the warmed brandy may be poured into the pan, then lit with a match. The more usual way is to warm the brandy in a small saucepan, skillet or ladle and ignite with a match, then pour the flaming liquid over the food.

Always warm the brandy first; don't pour it directly from the bottle into a hot pan. The brandy being poured can ignite, and the flame can travel up to the bottle, causing a seri-

ous accident. Use long wooden matches so your hand is well away from the flame when the brandy ignites. Vapors from the liquor can cause a surprisingly large flame when first lit. Also keep your face, hair and clothing well out of the way.

Be sure the pan is on a heat-proof surface. Use a pan that won't be harmed by the flames.

It's fun, it's spectacular and, when the recipe calls for it, flaming adds delicious flavor. Enjoy! — POLLY

Make your cherries jubilee with homemade vanilla ice cream for a really special treat. Polly's newsletter, "Homemade Ice Cream," contains not one but three recipes for vanilla, as well as formulas for chocolate, strawberry, lemon custard, rocky road and more. Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title.

POLLY'S POINTERS



Polly Fisher

Flaming food adds that special touch

By Polly Fisher

DEAR POLLY — Why are some foods flamed with brandy before serving? Is this just to make a spectacular show? — GINNY

Drunk teen

A 15-year-old Georgetown male was arrested Saturday for being drunk in a public place and for having liquor. He was stopped by police at the corner of Maple Avenue and Main Street at about 9 p.m. He will appear in court November 6.

Hubcaps stolen

Four hubcaps, valued at \$100, were stolen from a 1977 Chevrolet Impala parked at 115 John St., Georgetown, overnight Friday and Saturday.

R. E. McCall

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PUBLIC NOTICE

Parents, teachers, and others interested in the earliest years of a child's schooling will have a chance to discuss it when the Halton Women Teachers' Association holds a **Public Forum on Education on Thursday, October 29, 1987** at Lester B. Pearson H.S., Headon Rd., Burlington at 7:30 p.m.

Frances Poleschuk, former Director of the Early Primary Education Project for the Ontario Ministry of Education and an internationally recognized authority, will speak on the crucial importance of a child's earliest school years.

The Halton Women Teachers' Association invites everyone to attend this forum on what is increasingly being recognized as a key area in education.

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