

DAS - 1) (corresp ✓
2) chpt 20 (ref)



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18/15/88
pc L. Page

RE: Chapter 20 references

Dear Chris:

I am sorry to be so late responding on the issue of references to Chapter 20. I believe we have a problem at the base of page 20 where you have a whole list of references ending with Paffenbarger. I am pretty sure that the only appropriate reference in that whole list, to exercise and blood pressure, is the reference of Bonnano and Lies and Devries 1970. I'm pretty familiar with that literature and I believe that the Berkson, Cassel, Keys, Mann and Paffenbarger articles have nothing to do with that subject.

I would suggest that you urgently check this with Lot Page and find a more appropriate place for those references. I suggest that you add to the references on exercise and activity the two references below to Urata and Jennings. I have studied both of those reports thoroughly and they are the best ones available, in addition to the Bonnano article, on the experimental effect of exercise on blood pressure and hypertensives. You better check this quickly with Lot Page. It looks to me like the migrant studies and the Keys, Mann and Paffenbarger, Berkson articles are more appropriate in the prior section on psychosocial and socio-cultural factors than in the section on exercise, but I may be wrong. Sorry to bother you

with this but I believe the references are misplaced.

Let me repeat, the only four references I think appropriate to the short term effects of exercise on hypertension are the references by Bonnano 1974, Devries 1970, and the two I have added Urata and Jennings. The others are inappropriate in that place. The later reference to Leon and Blackburn is a review which is appropriately cited about problems with the design in these studies. I hope this will allow chapter 20 to move forward.

Cordially,



Henry Blackburn, MD

Professor and Director

Urata H, Tanabe Y, Kiyonaga A, et al. Antihypertensive and volume-depleting effects of mild exercise on essential hypertension. J Hypertens 1987;3:245-252

Jennings GL, Nelson L, Esler MD, Leonard P, Korner PL. Effects of changes in physical activity on blood pressure, sympathetic tone. J Hypertens 1984;2(suppl 3):139-141 *and*

/tmw