Letters to governor Perry signal support for prayer in schools

Gov. Rick Perry took up the cause of school prayer, the terrorist attacks of Sept. 11

Ja

Perry's office indicate.

"I feel it is sad when the president calls for a National renewed many Texans' interest Day of Prayer and Americans in re-establishing prayer in are not allowed to pray in

AUSTIN (AP) - Before public schools, letters to school," said one typical email sent to Perry on Sept. 19, a few days after President George W. Bush attended a multifaith prayer service in head high and told all that we

One letter noted the "very troubled time." Another asked, 'What would the world think if one state stood up, held its will pray at our schools?

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Blood pressure risk

A study by researchers in Boston shows that people with highblood pressure - the level just below hypertension - are at gre risk to suffer a heart attack, stroke or heart failure.

Americans with high-normal blood pressure

19% of Am have high-

The pulse of life

Blood pressure is measured in millimeters of mercury (mm) is represented by two numbers. Systolic, the top number, is pressure when the heart contracts. Diastolic is the pressure blood in the arteries when the heart relaxes between beats.

Optimal

Normal High-normal Hype

Systolic less than 120 less than 130

Diastolic

less than 80

less than 85

SOURCES: American Heart Association; New England Journal of Medicine

Study: Elevated blood pressure increases risk for heart attack

(AP) — How high is too high when it comes to blood pressure? New research suggests a reading a few points below the official benchmark for high blood pressure significantly increases the risk of heart attacks and strokes.

"The lower your blood pressure, the better off you are," said one of the researchers, Dr. Ramachandran S. Vasan of Boston University School of Medicine. "Our finding emphasize the need for people to maintain optimal levels of blood pressure.

The study of 6,859 men and women in Thursday's New England Journal of Medicine concluded that those with socalled high-normal blood pressure are two to three times more likely to suffer a heart attack, stroke or heart failure in 10 years than those with what is considered optimal or ideal blood pressure.

About 13 percent of adults in the United States have hypertension, or high blood pressure, and 19 percent have high-normal blood pressure, Vasan said.

"Individuals with high-normal blood pressure are a large chunk of the population and physicians need to share this information with them — that there is now data to suggest they could be at increased risk," he said.

Blood pressure is the force of blood in the arteries and is measured in two numbers. The high number, systolic, is the pressure when the heart contracts. The lower number, diastolic, is the pressure between beats when the heart relaxes.

High blood pressure is above 140 over 90; high-normal is 130-139 over 85-89; normal is 120-129 over 80-84 and optimal is less than 120 over 80.

blood pressure are often overweight; have high terol or diabetes - all p contributors to heart di

Vasan said. Current guidelines diet and exercise to lower normal blood pressure. said research is needed to mine whether more age treatment, including tions, is warranted.

If studies show treat beneficial, the threshold treating blood pressur medications could be lo said Dr. Julio A. Par Washington Hospital C who wrote an accomp editorial

"Depending on what studies in the future sho may have a significan tion," Panza said.

The study funded National Heart, Lung ar Institute reviewed data f Framingham Heart Study, has followed participal the Boston suburb for mor

half a century. Vasan and his col looked at groups of pa and excluded those with h blood pressure or hear for 12 years to find the ral heart attack, stroke or he failure.

Of those with high-r blood pressure, 4 percento women and 8 percent of the under 65 had an inciden older participants, 65 to 90 rate was 18 percent for wo

and 25 percent for men. The researchers calc that the women were about times more likely and the were about two times more ly to have a cardiovascular than those with optimal b pressure.

Thai factory

An explosion rocked a paint

in Pathong district of Chonbu

explodes

At least 12 dead in factory explosion

BANGKOK, Thailand (AP) - An explosion ripped through a paint factory in eastern Thailand on Wednesday, killing at least 12 workers and injuring dozens, police said.

The explosion, which set off a fire that burned for 1.5 hours, was apparently caused by chemicals used to make paint, said police Lt. Col. Nakharind Nuroon. He said it was not clear whether the chemicals were ignited by sparks from machinery or some kind of negligence.

Twelve workers at the GF Thailand factory in the Panthong district of Chonburi province, 44 miles southeast of Bangkok, were confirmed dead, police said.

Thirty people were admitted to hospital with minor injuries, mostly cuts from flying glass and burns, Lt. Col. Nakharind said. Twenty of them were discharged after treatment.



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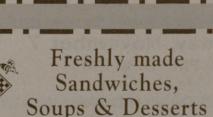


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