

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

Subscribe to this publication  
by visiting our web site.  
Click on "Friday Facts"

## Friday FACTS

18 May 2001

"Leadership, Partnership, and Championship"

### NIDA NOTES

NATIONAL INSTITUTES  
ON DRUG ABUSE

The National Institute on Drug Abuse publishes a free newsletter- NIDA Notes! The current issue, Volume 16, Number 1 has several articles on new tobacco and alcohol research. To subscribe the fax number is 240-632-0512, e-mail [nidaotes@masimax.com](mailto:nidaotes@masimax.com), mailing address MasiMax Resources, Inc. 1375 Piccard Dr., Suite 175 Rockville, MD 20805. You may order additional copies of an issue by contacting the National Clearinghouse for Alcohol and Drug Information at [info@health.org](mailto:info@health.org), or call 800-729-6686.

### New Web based Resources

The Centre for Evidence Based Mental Health in the United Kingdom has produced two new resources for both the public and professionals on depression and schizophrenia. The NHS depression website is at <http://www.nhs.uk/depression> and the one on schizophrenia is <http://www.nhs.uk/schizophrenia>

Check out the new Naval Medical Clinic (NMCL) Annapolis Health Promotion website <http://annapolis-hp.med.navy.mil> for information on stress, nutrition, women and a host of other topics.

### Secondary hypertension

High blood pressure (hypertension) is a dangerous and often symptomless condition that affects up to 50 million people in the United States. It may lead to heart attack, heart failure, stroke, kidney failure, visual impairment and premature death. In the vast majority of hypertension cases the cause is unknown. This is called primary (essential) hypertension. Close relatives of people who have primary hypertension often have it as well.

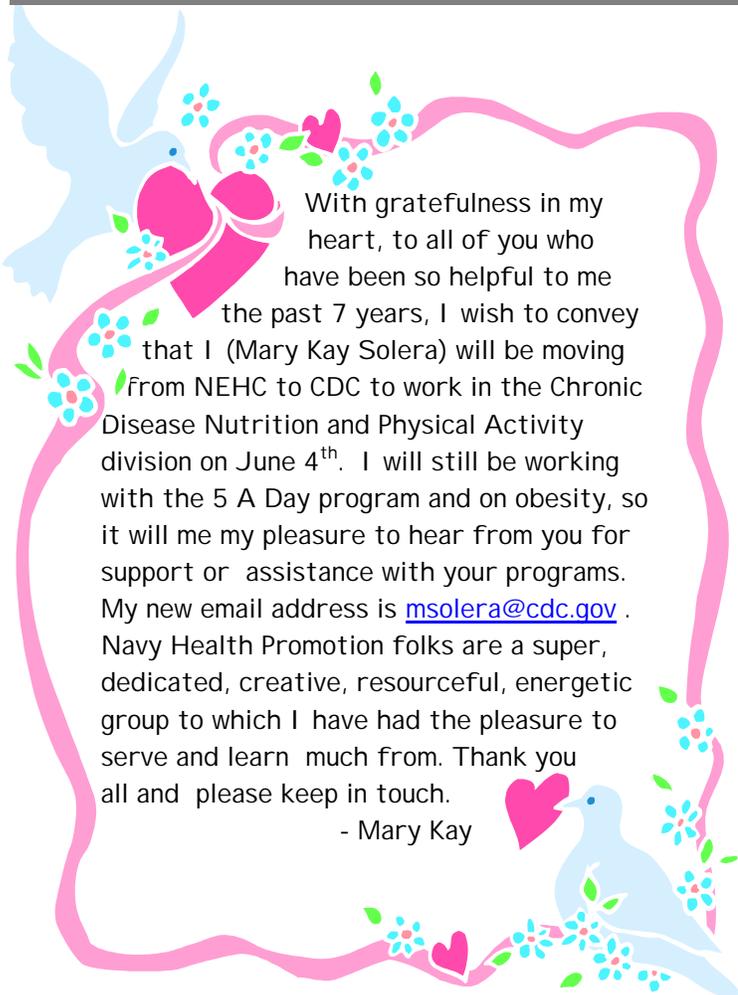
In about 5 percent of cases, however, a cause for the hypertension can be identified. This type is called secondary hypertension because the high blood pressure is secondary to another disease or disorder.

Kidneys are important in the regulation of blood pressure, and kidney problems account for a large share of secondary hypertension. For more information visit the Mayo Clinic at:

<http://www.mayoclinic.com/home?id=HQ01345>

*"You can never plan the future  
by the past."*

- Edmund Burke



With gratefulness in my heart, to all of you who have been so helpful to me the past 7 years, I wish to convey that I (Mary Kay Solera) will be moving from NEHC to CDC to work in the Chronic Disease Nutrition and Physical Activity division on June 4<sup>th</sup>. I will still be working with the 5 A Day program and on obesity, so it will be my pleasure to hear from you for support or assistance with your programs. My new email address is [msolera@cdc.gov](mailto:msolera@cdc.gov). Navy Health Promotion folks are a super, dedicated, creative, resourceful, energetic group to which I have had the pleasure to serve and learn much from. Thank you all and please keep in touch.

- Mary Kay