

Dear Gerry and Dennis,

7/6/96

Thanks for your calls and good wishes of which Lil told me.

I've been home for a week catching up and trying to learn a bit more about the many medical problems I have. There is much to learn, apparently for doctors, too. Like that some medications good for one condition has the opposite effect with another condition, Some of it is confusing. So was the little preparation I had for discharge being in the hands of a medical student who made mistakes and omitted much.

He even phoned the wrong prescriptions, one wrong one, to the hospital pharmacy for me to take home with me. Along with others costing \$538.~~00~~<sup>3</sup>

Yesterday I saw the family doctor. He found my blood pressure not high. He had never found it at all high. Tuesday I saw the ~~at~~ local cardiologist who told me the same thing, never any high blood pressure. He did say, however, that the kidney problem can cause it to come on suddenly. As it appears to have done, getting high enough at Johns Hopkins to cause some concern there. Which scared me a bit.

The local cardiologist vetoed the rehabilitation for me at the local hospital on the ground it is not safe for me, that I'm not up to that stress. The physical therapists at Hopkins were misled by how well I can walk a short distance. So, next week I'll ease into the physical therapy I'd been doing. This week I returned to my early-morning, supermarket walking with no trouble.

Shortly we are leaving for Baltimore, to be the guests of a Red Sox official at Orioles Park, which I've been anxious for Lil to see and for her to see a real Major-league ballgame. A cousin is driving us. It will be the first time I've been out of Frederick in 20 years for other than medical reasons or one or two court appearances and visiting my mother before she died. It is a day game.

I am weaker, feel that way some of the time, sometimes, like now, find breathing a little effort, but the family doctor found the chest sounded good yesterday so at least then it was not filled with fluid.

I think that probably over a period of time there will be regular checks on the blood pressure because of the Hopkins concern over it. If it is not as high that can perhaps makes some differ now, including in some medication. How the chest sounds will also be checked then. There will be one check this coming week when I see the cardiologist at Hopkins. The local cardiologist made an appointment for the end of the month but I believe Hopkins will want me back then so that will have to be changed if so. My recollection is that I was told to return every two weeks to begin with and then it would be once a month. If so I'll see about fitting the local one in in between and that will give weekly checks for a while.

My left ear is now smaller than the right one. After 83 years yet!

The local dermatologist, who had cut two basal cell carcinomas and one squamous one off, had paid no attention to what I've been calling to his attention on the left ear. So, when it was clear I'd be at Hopkins for a while, I asked that it be looked at. Biopsy identified it as a basal cell and it was cut off, out, a week ago this past Monday. The cutting was rather extensive. I'd told the dermatological surgeon, who has a reputation for being strong on reconstructions, that there is no place on my body he can take any tissue without causing problems. By the time he had satisfied himself that he'd removed all the cancerous tissue, he asked me if I minded if that ear were a bit shorter. I did not and it is. He went after the cancer three times, slowly and carefully, so the whole thing had me laying on his table about seven hours. Most of it just lying there while tissue he'd removed dried so he could examine it. So, I read during most of that surgery. When he was not cutting. The stitching was so extensive it took more than an hour, that many small stitches.

The cause of the internal bleeding, detected here and in Hopkins, was never located. It also stopped on its own accord. One of the mysteries. But even though it stopped soon after I was at Hopkins each stool was checked for it.

I was there more than three times as long as I was there for the triple heart bypass there in late 1989!

I've known in general that salt is to be avoided and I'll does not use it at all. I've also known in ~~the~~ general that many prepared foods have it. But I'd no ~~idea~~ <sup>idea</sup> how many and now I have to learn where it is hidden in what we eat and drink.

I've learned that I'll have to learn how much water to be sure to drink and when not to drink more. I learned yesterday about too little! The fat was easier to learn about and avoid.

We hope to hear about your coming soon.

I enclose the recent exchange with Dennis Maugere on the chance one of you can without too much trouble provide what he'd like to have.

Thanks and best,

Harold