

JDW--Two weeks ago today for a short period of time I was passing blood thru the urine. Noticed it early a.m and was at doctor's office when he opened it. Had blood test, prothombin time, then shot of Vitamin K, and before supper no more blood. Predictable side effect of counaden, the way as warfarin that it kills rats. Off it since but may go on it again. Saw Dr. Hufnagle, an eminence of the field and among human beings, at Georgetown Univ. Hospital Wednesday. He was pleased at the color I've restored to my legs and encouraged all the exercise possible as continued best medicine. Confirmed local doctor's opinion some hardening of arteries and had several new and sophisticated tests made while I was there. Probably get restilts soon from local doctor. One actually uses the Doppler effect on the circulatory system. Don't know what it discloses other than a graph, like an EKG. The other is as best I could make out the name of the gadget without glasses is a phonoangiogram. It also turns out a paper tape. And even takes the blood pressure on the eyeballs! I think the recommendation will be to try counaden at a lower dosage, computed in terms of percentages. Mine, at 22% on 15 mg, was perfect. Suggestion will be to try 15-18%, I think. Also recommended, despite negative urinalysis this past Monday - no trace of even invisible blood - will be whatever a "urinary workup" is. I know it will include some X-r ...Feel fine. Outside almost all day, from early to close to 4, using arms more to work upper arteries some. Forearms ache from it. Pruning, sawing, hammering, etc. I've got work arranged so that with the mild weather I can still do some in the rain. Once it started raining today I worke in the carport, reorganizing it and putting in studs it never had. Think I'll paint it and trace outline of all tools so their place will be certain...Stuff was lost in it. Found two short prune I need because I've bent the blades on the two I'd bought when I couldn't find these.

Best, HW 5/4/79

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