

From: GARY NORTINGTON

Date: 1/20/2019 2:55:24 PM

To: Rudy Davis

Attachments: □

POSTPRANDIAL HYPOTENSION:

"Postprandial Hypotension is an excessive decrease in blood pressure that occurs after a meal.

* Dizziness, light-headedness, and falls may occur.

* Doctors measure blood pressure before and after a meal to diagnose Postprandial Hypotension.

* Eating low-carbohydrate meals frequently may help.

Postprandial Hypotension occurs in up to one-third of older people but virtually never occurs in younger people. It is more likely to occur in people who have High Blood Pressure or disorders that impair the brain centers controlling the autonomic nervous system (which regulates internal body processes). Examples of such disorders are Parkinson's Disease, multiple system atrophy (Shy-Drager syndrome), and diabetes.

The intestine requires a large amount of blood for digestion. When blood flows to the intestine after a meal, the heart rate increases and blood vessels in other parts of the body constrict to help maintain blood pressure. However, in some older people, such mechanisms may be inadequate. Blood flows normally to the intestine, but the heart rate does not increase adequately and blood vessels do not constrict enough to maintain blood pressure. As a result, blood pressure falls.

Postprandial Hypotension can cause dizziness, light-headedness, faintness, and falls. If an older person experiences these symptoms after eating, doctors measure blood pressure before and after meals to determine if postprandial hypotension is the cause.

People who have symptoms of postprandial hypotension should not take antihypertensive drugs before meals and should lie down after meals. Taking a smaller dose of the antihypertensive drugs and eating small, low-carbohydrate meals more frequently may help reduce the effects of this disorder. For some people, walking after a meal helps, but blood pressure may fall when they stop walking.

Taking certain drugs before a meal may help. For example, nonsteroidal anti-inflammatory drugs (NSAIDs) cause salt to be retained and thus may increase blood volume. Caffeine should be taken only before breakfast so that sleep is not affected and the person does not become intolerant of caffeine's effects. For people who have severe symptoms that do not respond to other measures and who are in the hospital, injections of the drug octreotide may help by reducing the amount of blood flowing to the intestine". MERCK MANUAL, p. 349, "POSTPRANDIAL HYPOTENSION", ISBN 978-1-11811-542-8 (John Wiley & Sons, Hoboken, NJ).

----- 11 JAN 2019

Dear Rudy & Erin,

WOW! It's been a great day where the Lord puts everything in front of me and I only need be alert to his leading: (1) It began with 4-hours of sleep instead of the usual 1 or 2 hours. (2) I was instantly spreading the Gospel. (3) Everything needed to direct my daily writings was given. (4) Then, my typo on the law library computer gave me exactly the case needed and the idea of following the Leading of JESUS was again refreshed in my mind (small though it may be).

----- 20 JAN 2019

Hi!!!

I was amazed when looking-up one of the medications doctors give me for atrial fibrillation. I had established a routine to minimize my reaction of passing-out after eating certain foods on an empty stomach and avoiding bread, noodles and potatoes which is exactly what the Lord gave me, today, in the above-written article. My routine is having my one daily cup of coffee with my peanut butter sandwich at sometime between 0200 and 0500 hours to keep my blood pressure from dropping out, then small meals of protein type foods every 2 to 3 hours until 2200 hours. This is what I previously discussed with you and Pat S about "Miracle in Atlanta" in File #31.

I had also sent you the following part of a prior email on my medical conditions which said: "5. At 0500 to 0700 hours on most days: my pulse drops from about 60 BPM to between 23 to 40 BPM, blood pressure drops to between 50/40 to 70/40 mmHg with dyspnea, profuse sweating, and muscles in my jaw and neck become severely tired. This is sometimes followed by loss of vision, syncope, then loss of consciousness, and my appendages, face, throat and tongue often swell. This often occurs about 15-minutes after eating peanut butter or bologna sandwiches on an empty stomach. In my 01 JUNE 2015 and 19 to 26 JANUARY 2016 Medical Record. It may be a vasovagus response. Why no testing for cause or referral to a Specialist for treatment?"

I'm "tickled pink" to finally have a name for it. Thank You, Jesus!!!

Please pass the article on to Pat S. Thanks in advance!

I was saddened when hearing about the "ultimate prison" of David Kurt McClain but happy that he is now safe with the Lord in a perfect body. His poem is a Blessing to those of us who never give up the fight. I pray for his family's welfare and protection from evil in his absence from this life.

Please send me a listing of my files on the webpage. I got out of sync after 33 because of all the events like the still-missing Money Order of 20 AUGUST 2018 that was cashed by GTL Financial of Gainesville, FL. Thanks, again for all the help and prayers!

May God Bless Y'all!!! -- In the Love and Peace of His Son!!!
/s/ Gary M.