

## Some input??

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before anyone comments... yes I have seen a doc! I'm just not very confident in their opinion as you'll read why...

I was just wondering if I could get some input on this:

Over the last few months I have been getting frequent headaches, and until now I have been attributing them to the fact that I am 'supposed' to wear glasses but I don't usually wear them when I go out. However a recent trip to the base hospital (I'm in the military) has made me rethink what may be causing them.

Last week, I caught some kind of stomach bug and went to the base hospital to get checked out (and hopefully sent home), and they always triage everyone who shows up for sick parade. When they took my BP it was 156/98 so they took it again to double check. The second reading was 183/112!! Also, my heart rate was 140 resting. I also could feel my heart pounding in my chest (It was not irregular...they asked me). Since I was sick, they told me that being dehydrated can cause these things to happen.... (I read on the net afterwards that dehydration causes low BP not high) Anyway, they hooked me up for IV fluids, which did make me feel somewhat better. My BP did return to close to normal, and my heart rate, though still high was dropping back as well. I should mention they also did an ecg and it was normal.

It's been a few days now, and I am over the stomach bug, though I am still getting pretty bad headaches. I am starting to wonder if I have a problem with high BP and if that could cause the headaches. I have had higher than normal BO readings befoe. And also, I've noticed the last few weeks I have had a dull pain on my chest below my left shoulder. It does not get worse with use and also does not dissappear with no use. It's just kind of 'there' It comes and goes. It does kind of feel like muscle pain though... I am wondering if this could be related though.

I am a female... only 30 years old, I didn't think I was old enough to be susecptible to high BP yet, though it does run in my family. Also, a few years back, I was taking ephedrine (before it was found to be dangerous) I am concerned now that maybe I did some damage, or that somehow it could cause high BP. (I am scared to mention this to the base doc because any

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'self inflicted' injuries etc are considered a 'chargable offense' in the military)

I am not so confident in what the military doctor told me (especially when I read that being dehydrated causes low BP... not high) and every time we go to the base hosp, we get whoever is available, and many are just out of med school... I most concerned with the fact that they did not tell me to come back to get the BP checked again since it was so high that day!

Was just wondering if someone could give me some input....

Thanks

Syn

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