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622 The President's Meeting With the Press on His Departure
From the Hospital. November 19, 1966

THE PRESIDENT [replying to the question, "How are you?"]. I am glad to be going home.

Q. What do you look forward to doing out at the ranch, sir, in the next few weeks?

THE PRESIDENT. Working.

Q. How do you feel, Mr. President?

THE PRESIDENT. I feel pretty good.

Q. Do you still have aches and pains?

THE PRESIDENT. Some. Not as much as the first day or two.

Q. Mr. President, you have surely boomed the sale of tapioca. How do you feel about that?

THE PRESIDENT. Well, I like it.

Q. Mr. President, how is your voice? Do you feel more comfortable?

THE PRESIDENT. It is hoarse. It has some ache. It will have for several weeks, but I think it is going to be all right.

Q. Mr. President, some of the doctors said they thought the tonal quality of your voice might be a bit different. Do you think it is different?

THE PRESIDENT. I can't tell. You will be a better judge than I.

Q. Mr. President, how do you plan to spend the rest of the year?

THE PRESIDENT. Well, I just finished up the work that was rather important here. I cleared my desk with Mr. Rostow. I had a rather nice conversation with Secretary McNamara. I visited with Secretary Rusk yesterday. I expect Mr. Rostow, Secretary Rusk, Mr. McCloy, and others to be visiting us next week.¹

I spent some time this morning on the budget. So from now until January we will have a rather full workload, but we

¹ See Item 626.

will try to get some sun and some relaxation. And we will at least be in the surroundings that we like most.

Q. How long do you think you will be at the ranch, Mr. President?

THE PRESIDENT. I expect we will be in and out. But I would think we will be there until just before Congress resumes.

Q. So we may not see you until January?

THE PRESIDENT. I thought you were going with me.

Q. We will be down.

THE PRESIDENT. Sorry about the football game, Frank.² They called me, though, from Austin last night and said they were having a special show for you this afternoon at 5 o'clock.

Q. That's very kind—thank you very much, sir.

Q. Mr. President, do you have any special instructions from Mrs. Johnson?

THE PRESIDENT. She is never short of instructions.

Q. The doctors have said they want you to take it easy. Are the doctors going to be successful?

THE PRESIDENT. Yes.

Q. Does she think you talk too much these days, Mr. President?

Mrs. JOHNSON. No. I think he is behaving very well.

Q. Mrs. Johnson, what are these here? What is in this basket?

Mrs. JOHNSON. These are a gift to me for our wedding anniversary. They are daffo-

² Frank Reynolds, ABC News. Mr. Reynolds in a television broadcast the evening before had stated that the President would be returning to Texas "followed by a planeload of weeping reporters" who because of the trip would miss seeing a major collegiate football game.

dils. I am going to take them home to the ranch and plant them by the front gate so they will say "hello" in March.

Q. We wish you all a Happy Thanksgiving.

THE PRESIDENT. I have reviewed all of the messages I have received from the heads of state and even little children. We have a heart full of gratitude to our country and to the people of the world as we leave this great

institution, the doctors, the nurses, and all of those who worked with us and prayed for us, and particularly the humanitarians around the world who were concerned about our indisposition.

We thank all of you for your interest and we think that we are mighty lucky that everything is all right.

Reporter: Thank you.

NOTE: The President spoke at 12:37 p.m. on the grounds of the Naval Hospital at Bethesda, Md.

623 Statement by the President on the Death of David L. Lawrence.

November 21, 1966

I MOURN the death of Governor David L. Lawrence. I mourn the passing of an able and dedicated public servant, and the loss of a personal friend and a trusted adviser.

David Lawrence's life was spent in the service of his fellow man. He brought skill and compassion to every task he undertook and every office he held.

—In Pittsburgh as mayor.

—In Pennsylvania as Governor.

—And in the Nation as the President's advocate and spokesman for fair housing practices.

A generation does not produce many such leaders as Governor Lawrence and with the

passing of each goes something important in our national lives.

That is the void and the sense of loss we all feel with the death of a man who knew that politics has a high purpose, and that purpose is to improve the lives of our fellow citizens. David Lawrence served that purpose well.

NOTE: At the time of his death, Mr. Lawrence was serving as Special Assistant to the President and as Chairman of the President's Committee on Equal Opportunity in Housing.

The text of the statement was posted on the bulletin board in the White House Press Office at Austin, Texas. It was not made public in the form of a White House press release.

624 Birthday Telegram to Former Vice President John Nance Garner.

November 22, 1966

MRS. JOHNSON and I send our best wishes and warm regards and wish you a happy birthday and good health and comfort.

LYNDON B. JOHNSON

[Honorable John Nance Garner, Uvalde, Texas]

NOTE: Mr. Garner was born on November 22, 1868. He served as Vice President from March 4, 1933, to January 20, 1941.

The text of the telegram was posted on the bulletin board in the White House Press Office at Austin, Texas. It was not made public in the form of a White House press release.

Senate to its ratification. The Protocol was signed at Paris on November 30, 1972 by the United States and 22 other nations party to the 1928 Convention.

The Paris Convention of 1928 created the Bureau of International Expositions, the purpose of which is to provide basic rules regarding international expositions. The United States joined the Bureau in 1968 with the advice and consent of the Senate, after it had become apparent that it would be in the national interest to coordinate planning of United States expositions with planning in other countries. One of the objectives of membership in the Bureau was to give the United States a voice in modernizing the Convention.

The United States participated in the drafting of the 1972 Protocol, which incorporates a completely revised text of the

Convention. The purpose of the revision is to amend the rules and procedures governing international expositions in line with current techniques and to modernize the provisions concerning the activities of the Bureau. By limiting the frequency of expositions, the new Protocol should reduce the financial demands on participating governments.

I commend the purposes of the Protocol and request that the Senate advise and consent to its ratification, subject to the reservation recommended in the report of the Department of State.

RICHARD NIXON

The White House,

July 19, 1973.

NOTE: The text of the protocol and accompanying papers are printed in Senate Executive N (93d Cong., 1st sess.).

209 Remarks on Departure From Bethesda Naval Hospital, Maryland. July 20, 1973

Ladies and gentlemen of the hospital staff and ladies and gentlemen of the press:

As I leave Bethesda after the first stay in the hospital since 13 years ago when I was at Walter Reed, I want to express my appreciation to all of the doctors, the nurses, the hospital corpsmen, and the others who have given me such wonderful attention since I have been here.

I just have been up calling on Congressman Landgrebe, of Indiana, who had a heart attack, and he agrees with me that certainly the service here is the very best.

But what is even more important, the kindness, the thoughtfulness of all of the people here has deeply touched me; it touched him and everybody who is here. I know from some experience—not too

much experience in a hospital, but from having visited many people in a hospital—that what matters far more, when that nurse comes in and gives you that thermometer, or whatever else she has to give you—some bad tasting medicine or whatever the case may be—it isn't her competence that matters so much, but it is the fact that she smiles, she lifts you, she makes you feel better. The same is true of the corpsmen.

And I must say the spirit of Bethesda, the spirit of the Navy, and I must say, also, the spirit of all of our people who serve the armed services in the medical divisions, is one that emphasizes high excellence and also a great human feeling from the heart.

I got out a little earlier than they expected me to. I think part of the reason was that I had good medical advice and took it. And another reason is that I had a very great lift from all the people who served me so well while I was here.

Thank you very much. I have to get

back to work, and now you can go back to work, too.

Thank you.

NOTE: The President spoke at 9:14 a.m. on the hospital grounds. He had entered the hospital on July 12, 1973, for treatment for viral pneumonia.

210 Remarks to Members of the White House Staff on Returning From Bethesda Naval Hospital.

July 20, 1973

THANK you very much for your very warm welcome.

I had heard that while I was out at Bethesda that you were all working, and here you are outside. [Laughter]

However, I do want you to know that after a week away from the White House, it is very good to be back, and particularly good to be back to see all of you.

As I was at Bethesda, I realized that that was the first time in 13 years I had been in the hospital except for my physical examinations. The other time was in the year 1960 when, some of you may recall, I had a knee infection and was at Walter Reed for 2 weeks.

I told the staff at Bethesda that I got out perhaps a day or two early, not because their medication, which was excellent, and their competence, which was superb, but because their spirit lifted me. And I can assure you, another reason that I am back a little bit early is that your spirit lifts me. And I am most grateful for the fact that while I was there, a few papers used to come out, you know, the things you send out to me that I sign without looking at—[laughter]—but in any event, I do want you to know that just the thought that while I was away

that the White House was going forward, that all the work was being done, that everything that needed to be done for this country was going forward as I would have wanted it to go forward and as the people would want it to go forward—that really helped me get back. And I thank you very much for all those extra hours that so many of you put in during that time.

As you can imagine, while I was there, I had a lot of chance to think, to sleep, to rest. It is a little difficult, I must say, to do some of those things when you are not used to it. I mean I am used to thinking but not to—not sleeping and resting.

Also, I had a chance to go through some of the mail that Rose¹ sent out to me, selected mail and wires from all over the country. It seems that nothing really touches people more than illness. You know, if you want to talk to somebody and you say, "How are you feeling?" they usually tell you. Then things really get going. So, as far as this was concerned, I found that I must have heard from everybody in this country who had had

¹ Rose Mary Woods, Personal Secretary to the President.

pneumonia, and believe me, there are a lot of them that have had pneumonia.

All of them touched me, but I, as usual, tried to pick one out that I thought was particularly interesting. It would come from California, as you might imagine—Livermore, California, up north. I campaigned it many years ago, in 1950, when it was a small town. It has grown up a little now. It is from an 8-year-old, and he prints it.

He writes: "Dear President Nixon: I heard you were sick with pneumonia. I just got out of the hospital yesterday with pneumonia and I hope you did not catch it from me.

"Now you be a good boy and eat your vegetables like I had to." I hate vegetables, but I will eat them. "If you take your medicine and your shots, you will be out in 8 days like I was. Love, John W. James III, 8 years old."

Well, John W. James III, I got out in 7 days, so I did a little bit better than he did. But perhaps my case of pneumonia was not as difficult as his. I will take his advice. I will eat my vegetables, try now and then to take the shots—maybe not the kind of shot that he takes, but who knows, Walter Tkach² is my adviser in that respect.

But in any event, there is one bit of advice that I am not going to take—and I will not take too much of your time to tell you about that advice, because this is in a very serious vein—it will be of interest to our friends in the press, to the whole Nation, and to thousands who have written me, and it will disturb my very good corps of doctors who were advising me to do this and do that and so forth

² Maj. Gen. Walter R. Tkach, USAF, Physician to the President.

and so on. And that is, they said, "Mr. President, now look, you have excellent health, you have been very fortunate that you have established a modern record of 4½ years in the White House without having missed a day because of illness, but you have got to realize you are human. You can't press yourself so much, and what you have to do is to slow down a little now and take some time off and relax a little more."

I just want you to know what my answer to them was and what my answer to you is. No one in this great office at this time in the world's history can slow down. This office requires a President who will work right up-to the hilt all the time. That is what I have been doing. That is what I am going to continue to do. And I want all of you to do likewise.

Oh, I know many say, "But then you will risk your health." Well, the health of a man is not nearly as important as the health of the Nation and the health of the world.

I do want you to know that I feel that we have so little time in the positions that all of us hold and so much to do. With all that we have to do and so little time to do it, at the end of the next 3½ years to look back and think that, but for that day, something went undone that might have been done that would have made a difference in whether we have peace in the world or a better life here at home, that would be the greatest frustration of all.

I don't say this heroically, because I know that every man who has ever been in this position feels exactly the same way, and has felt as I do.

So, I want you to know when I come back from Camp David Monday morning, it is going to be full tilt all the way,

and we want all of you to work that way, too.

Another bit of advice, too, that I am not going to take—oh, it really isn't advice. I was rather amused by some very well-intentioned people who thought that perhaps the burdens of the office, you know, some of the rather rough assaults that any man in this office gets from time to time, brings on an illness and that after going through such an illness, that I might get so tired that I would consider either slowing down or even, some suggested, resigning.

Well, now, just so we set that to rest, I am going to use a phrase that my Ohio father used to use. Any suggestion that this President is ever going to slow down while he is President or is ever going to leave his office until he continues to do the job and finishes the job he was elected to do, anyone who suggests that, that is just plain poppycock. We are going to stay on this job until we get the job done.

Because after all, you see, when we put all of the events that we read about, the things we see on television in perspective, and then we think of the ages, we think of the world—and not just our own little world—we think of the Nation—and not only our little part of that Nation—we realize that here in this office is where

the great decisions are going to be made that are going to determine whether we have peace in this world for years to come. We have made such great strides toward that goal.

It is going to determine whether there is a chance that this Nation can have a prosperity without war and without inflation, something we have not had since President Eisenhower was President, and we are making progress toward that goal.

It is going to determine whether or not this Nation is going to be on a course that we all worked for, a course in which, rather than having the rate of crime escalating in this Nation, the use of dangerous drugs destroying our young people, that we win those battles which we have launched and carried on. It is going to determine whether programs we have to provide fair and better opportunity for all Americans are going to have a chance, whether they are carried forward.

There are these and other great causes that we were elected overwhelmingly to carry forward in November of 1972. And what we were elected to do, we are going to do, and let others wallow in Watergate, we are going to do our job.

NOTE: The President spoke at 9:42 a.m. in the Rose Garden at the White House.

211 Letter Responding to the Senate Select Committee on Presidential Campaign Activities Request for Access to Presidential Tape Recordings. July 23, 1973

Dear Mr. Chairman:

I have considered your request that I permit the Committee to have access to tapes of my private conversations with a number of my closest aides. I have con-

cluded that the principles stated in my letter to you of July 6th preclude me from complying with that request, and I shall not do so. Indeed the special nature of tape recordings of private conversa-

democracy there, an ally of ours, a strong and staunch defender of freedom, and a stabilizing force. We're going to do what we can. We'll do whatever is necessary to keep Israel secure and to keep Israel at peace. It's a tiny nation, about 3 million people, surrounded by hundreds of thousands of Arabs. And we work very closely with some of her Arab neighbors as well.

The biggest and strongest Arab nation, of course, in the world, is Egypt. And I'm very pleased that now, because of our influence to some degree, instead of facing each other through barbed wire and with guns and ships and planes killing each other, they now face each other across a bargaining table, a peace table. So, we try to use our influence there, just to calm things down.

One of the things that concerns me about Governor Reagan is that over the last few years in many instances when myself or President Nixon or President Ford or President Johnson were faced with one of these troubled times or places—we've tried to use diplomatic means to resolve the problems peacefully; but Governor Reagan on those occasions has called repeatedly for the use or injection of American military forces there. I don't know what he would do in the Oval Office, but I know what he's said as a candidate or a potential candidate for President. He has said, send American military forces to Ecuador, to Cuba, to the Middle East, to North Korea, to Pakistan, to Angola, and other places around the world when those areas were troubled. That's not the way to deal through strength to keep peace.

And the last thing is the Soviet Union. We have let the Soviet Union know very clearly that any encroachment on the

Persian Gulf region by them would be a threat to our own security. I said this in my State of the Union speech last January, and the message went very clearly to them. I communicate on occasion with President Brezhnev. He writes me letters; I write him letters. We exchange ideas also through normal diplomatic channels. And so, the Soviets know very clearly that we would look upon this as a threat to our Nation's security, if the Soviet Union should move into that Persian Gulf region with their military forces.

So, just letting other nations, friends or potential adversaries, know clearly what we will do is a good way to restrain them from further threatening the peace. We'll also do all we can to end the Iran-Iraq war as quickly as possible, and if we can't end it soon, to keep it confined just to those two countries.

PRESIDENT'S JOGGING HABITS

Q. Mr. President, welcome to Tennessee and Nashville.

THE PRESIDENT. Thank you.

Q. As a jogger I'd like to ask you something about your jogging. [Laughter]

THE PRESIDENT. Okay.

Q. How long, how much, and are you going to run in New York? [Laughter]

THE PRESIDENT. I'm going to run in the election in New York November 4. [Laughter]

Last year I ran 6 or 7 miles a week—I mean, a day. Excuse me. I ran about 30, 35 miles a week. This year I've cut that about half because of the extra duties that I have to perform during an election year, but I get exercise every day, and my wife runs a couple of miles, and I generally run 3 or 4 miles. I'm not very fast. I generally, if I want to really try, I can do 3 miles in about 20 minutes. That's the best I can do. I'm 56 years old—not get-

ting any younger—and stay in good physical shape.

My favorite pastime, though, is fishing. Whenever I get a chance I go fishing. I've been doing that ever since I was a little boy. But I would like to say that I think one of the best things that's happened to our country in recent years has been the new interest in personal physical fitness, and around the streets in Washington and New York and San Francisco, I'm sure Nashville, you can see a lot of people running or jogging and in the parks playing softball. I think that's a very fine thing for us to continue to do.

I stay in good shape, and jogging's something that I do daily.

EMPLOYMENT PROGRAMS

Q. Mr. President, I'm Norma Walker from Gladeville, Tennessee, and my question is: For several years our Government has had programs providing public jobs. I'd like to know why these programs can't be coordinated through State and local welfare offices and then those deserving people be given a job instead of a check?

THE PRESIDENT. Thank you. We have a welfare reform bill before the Congress that I think has a good chance of passing next year, that will—I can't say force, but will strongly encourage every able-bodied person to get off welfare and take a job. Under the present confused laws it sometimes means that that person loses income if they take a full-time job. But with the combination of tax credits, the low-income tax credits, and the income that would come from a job under my new proposal, which is before the Congress now, it would always be attractive for that person to get a job.

I don't believe that it would be advisable for the welfare department to handle, though, the public job business. I

think the Labor Department is better able to do that. We're also now moving toward a new youth bill—which has already passed the House of Representatives, has a good chance to pass the Senate this year—that would tie together for the first time, much more closely, the Labor Department, that knows in an area where the jobs are available, and the Education Department, with all of its breadth of graduates from high school, vocational technical schools, and so forth, that want jobs.

This would provide about \$2 billion in training for young people from the junior high school, senior high school level, and on up, to get jobs not in the government, but in private industry. And during the first few weeks when that new jobholder is learning how to do simple arithmetic work and how to get there on time, how to punch a timeclock and so forth, the Government would help pay part of the salary. But the Government role would be phased out very rapidly, and then that person could stand on his or her own and hold that job.

So, we are moving strongly, and as rapidly as the Congress will, to encourage people who are able to work to work, and at the same time, we are trying to tie together an opportunity for everybody to have a job through cooperation between the Labor Department, the welfare department, and also, of course, the Education Department.

AMY CARTER

Q. Mr. President, my name is Amy Jo Kee, and I am in the fifth grade at Walton Ferry School in Hendersonville, Tennessee. Does Amy ever have any of her friends in Georgia to come and visit her at the White House? [Laughter]

it up to here with this problem.

The President. Granted that most law enforcement is, of course, at the local and State level. The laws, when a person commits a felony, he's violated State laws, and he's tried at that level. I do think there is something the Federal Government can do. There are areas in which we can work.

For example, the case law now with regard to evidence that might have been gained at the expense of violating some constitutional rights—this is not a law of the land. This is a case law based on judicial decisions. And what it really means is that suppose someone—well, it can be as bald as this, that someone, a policeman stops a car for a traffic violation and finds a sack of dope on the seat of the car. Under the present case law, they can't introduce that—he can't arrest that man for a dope violation and use that dope as evidence, because he stopped the man for a traffic violation. Well, we think that there are ways to protect the constitutional rights of the citizens and yet at the same time allow evidence to be introduced into court.

The classic case of all time took place in California several years ago. Two of the narcotics squad had a warrant, based on enough evidence to get a warrant, to search a home where men and women were believed to be peddling heroin. And they searched the home, and they couldn't find the heroin. And on the way out, just on a hunch, one of them turned back, the baby was there in the crib, and took down the baby's diapers. And there, stashed in the diapers, was the heroin. The case was thrown out of court, because the baby hadn't given its permission to be searched.

So, this is the type of thing that I believe at the Federal level by legislation we can change some things and make it better.

Yes.

Views on the Presidency

Q. Mr. President, Herb Victor, Field Communications, San Francisco, California. First, thank you for calling Coach Walsh last Sunday. [Laughter]

A question, sir. Birthday for you and for me—we share the same birthday—is coming up shortly for you. How do you feel? And are you thinking about your

second term? [Laughter]

The President. Well, the answer to the first question is I've never felt better in my life. And I just recently had my annual physical checkup—having a father-in-law for a doctor, that's been a habit of mine ever since marriage—and they confirmed that. We have a little gym over there in the White House, and I finish every day with a daily workout there—make up for sitting in that Oval Office all day.

Now, the second-term thing, that is something that I have always said the people tell you, whether it's the first or the second term, whether you should run or not. So, I'll let you know more when I see how the people feel about it at the end of 4 years. If I don't, I feel so good that I may apply for a scholarship, a football scholarship at Notre Dame. [Laughter]

Labor-Management Relations

Q. Mr. President, Arch Chapman, WDRB-TV in Louisville.

Recently, everybody has admired the way the administration handled the PATCO situation. Now we are seeing unions that are being asked to go into negotiations with companies to reverse some of the gains they have made over the past number of years. Do you see an encouragement towards bringing unions down within this country, and is your administration backing a lowering of the union standards?

The President. And I think this is—and I told Mr. Fraser¹ and I told the heads of the automobile companies when I met with them that I think this is an evidence that we've seen now of real statesmanship in labor-management relations.

Samuel Gompers, who started the whole thing and founded the American Federation of Labor, always insisted that management and labor were partners in the same system. He was utterly opposed to government intervention and so forth. He was also opposed to compulsory unionism, incidentally. But he said that the greatest sin that management can commit on the worker is to not make a profit. And this effort now to

¹ Douglas A. Fraser, president of the United Auto Workers.

we'll see further reductions in the interest rates and, as a result of that, we'll see further prosperity.

Views on the Presidency

Mr. Brandon. You, after 3½ years in office, you look younger than perhaps when you entered. And I was wondering, what is the secret of your pacing yourself?

The President. Well, for one thing I recognize that it would be awfully easy—I've always been an outdoorsman, to use that expression, always, living in California, been able to get to our ranch, ride a lot, and so forth, but it would be very easy here to sit at that desk, and you go home in an elevator—[laughing]—at the end of the day, and come back to work in an elevator. It's very difficult to get outside at all. It would be very easy to let that become your lifestyle, but fortunately we resisted. And we have a little gymnasium upstairs there, and I have a daily routine that we work out at the end of every day. And, frankly, I have to say physically I think I feel better than I did a couple of decades ago.

Mr. Brandon. Marvelous. Do you feel, I mean as you've described it a little now, do you feel a bit insulated here in the White House?

The President. Not as much as people think. You're insulated in the sense that if you decide to leave the grounds you're a group—[laughing]—quite a group. You can't just go out and walk down the street and drop in at a drugstore for a bottle of aspirin or something. But on the other hand, you have much more contact with people than anyone is inclined to believe.

First of all, you're surrounded not just by senior staff but by an awful lot of people who work in here in different capacities, and you get to know about their families and their problems and so forth. But also the effort that I make to get out, when you go out on, say, a speaking engagement or something like the Orlando trip that you mentioned, you have a contact with people. I stay in touch with all the people that I knew, and having a ranch is another way, because there's a whole circle of acquaintances and people and workmen and so forth that—

Mr. Brandon. How many telephone calls

do you take a day?

The President. Well, I'm available. Maybe I make more than I take. And that is another thing: People that I've known back over the years and former schoolmates and so forth, I stay in touch with both by correspondence and the other. And then I've done something that I did when I was Governor. I realize I can't read all my mail—several hundred thousand letters a month. But I instructed there, and I've instructed here—a very wonderful lady there in charge of that mail department does a good job of knowing the kind of mail that I want to see—and not just the friendly letters; the ones that've got a challenge in them and so forth, letters from young people and so forth—and constantly sends me a representative sampling of the mail. And not only for me to read, but usually the letters she's picked, I answer myself. So, I don't feel out of touch.

U.S.-Soviet Summit

Mr. Brandon. Do you foresee a meeting with Mr. Andropov sometime this year?

The President. Yes. I can see that. I think what I would resist is a kind of get-acquainted meeting just to have a meeting because, I think, such a meeting raises people's expectations so high that then we'd just be able to say, "Well, we got acquainted and said 'hello'" and not have any result.

But we are in touch constantly, we're not out of touch with the Soviet Government, and we are seeking areas where we can put together a meeting in which could be beneficial to both sides.

Mr. Brandon. But you're not making any preconditions; what you want, really, is just preparation, isn't it.

The President. That's right. No, you never have such a meeting with a precondition on what's going to result. You can have—determine in advance the subjects that you think should be discussed between you.

Mr. Brandon. Do you think it will be in the fall?

The President. I can't honestly say whether it be this year or next. I know that there are no plans immediately or in the near future for one. But I would expect that

Reagan Physical Finds 2nd Polyp

By Cristine Russell and David Hoffman
Washington Post Staff Writers

Doctors conducting an annual examination of President Reagan pronounced him in "excellent" health yesterday but said they had found a second benign growth in his large intestine and evidence of blood in stool samples, conditions that bear further watching.

A written White House statement said the results of Reagan's general physical last week at Bethesda Naval Hospital indicated that two of four tests for hidden, or "occult," blood in the stool were positive. It said that physicians believe that this may be from the newly discovered growth, or polyp, or from diet, and "will be monitored."

"All other tests were in the normal range," the statement said.

Outside physicians said the significance of the stool blood test results could range from nothing of consequence—a false alarm—to a sign of an undetected growth that might potentially be cancerous. But they emphasized that it was far too early to tell how medically meaningful the findings were.

Capt. Walter Karney, an internist participating in the exam Friday, said in the statement that "President Reagan continues to enjoy good health. His overall physical and mental condition is excellent. I am especially impressed with the fact that his blood pressure is lower than a year ago—this is quite remarkable."

Reagan, who turned 74 on Feb. 6, is the oldest president in U.S. history.

His last complete physical examination took place last May 18 after a 2½-year gap, and a small growth or polyp—less than one-fifth of an inch long—was discovered in his large intestine, partially removed and later determined not to be cancerous. Stool blood tests then were negative.

The polyp discovered in this year's exam, described in the statement as a "small inflammatory pseudo-polyp," was similar in size and location to last year's growth, according to White House spokesman Larry Speakes.

The statement said that a proctosigmoidoscopic examination, a test in which an optical instrument is used to examine the lower end of the colon, revealed no signs of the polyp seen last year but did show signs of diverticulosis, a condition commonly found in older persons in which there are tiny pouches in the wall of the colon that may cause no medical problems.

Speakes said the new growth was one in which there was "zero incidence" of cancer. But he said doctors plan to conduct follow-up blood tests on stool samples to better determine what might cause Reagan's hidden bleeding.

One possibility, according to Speakes and medical experts, is that it is simply a "false positive" resulting from food consumed before the test. Speakes said Reagan will be put temporarily on a special American Cancer Society diet to restrict red meat and certain vegetables before retesting occurs.

Otherwise, he indicated, the tests could indicate bleeding from the new growth or from undetected polyps.

Dr. Donald A. O'Kieffe, a Washington gastroenterologist, said that, generally speaking, tiny polyps of the kind discovered in the recent exam were unlikely to cause bleeding. If repeat testing still indicates bleeding in the stool, "the first thing we would be concerned about is whether there are additional polyps in the colon that haven't been revealed yet."

To determine this, he said, additional tests likely would be done, ranging from a more extensive examination of the entire colon with a flexible optical instrument, or

colonoscopy, to a barium enema, involving an X-ray exam of the colon. If larger polyps were discovered, they would be tested to determine if they were cancerous or noncancerous.

O'Kieffe noted that a positive test for blood in the feces could be "a warning signal today for early cancer." But he added that "in someone who has been watched as carefully as Reagan, the likelihood it represents something serious is low."

Although colon and rectal cancers are the second most common cause of cancer death, the cancers are highly treatable when detected at an early, localized stage. The American Cancer Society recommends a digital rectal examination annually after age 40 and an annual stool blood test after age 50.

Dr. Dennis O'Leary, a George Washington University School of Medicine dean who served as a spokesman after Reagan was shot in a 1981 assassination attempt, noted that the blood in the stool test was only a "screening test that can be significant or may not be significant If there was more than a trace of blood in the stool, it is a potentially worrisome signal that needs to be followed up."

O'Leary agreed that Reagan's current blood pressure reading of 130 over 74 was excellent for his age. "I wish I had blood pressure like that when I'm 74."

O'Kieffe and O'Leary emphasized that they were speaking in general terms and not familiar with detailed findings of the Reagan physical.

Yesterday's White House statement also noted that Reagan continued to suffer from a contraction of one of the tendons on the ring finger of his left hand, a condition known as Dupuytren's contracture. Speakes said there were no plans to surgically correct it. He said it bothers the former cowboy screen star who has a fondness for his California ranch, only "when he twirls his pistol to put it back in its holster."

President Has Benign Growth

'Pseudo-Polyp' in Colon Doesn't Alarm Doctors

By RUDY ABRAMSON,
Times Staff Writer

WASHINGTON—Doctors have discovered what they described as a small and benign "pseudo-polyp" in President Reagan's colon, and laboratory tests revealed the possibility of small amounts of blood in stool samples, the White House disclosed Monday.

But doctors expressed no alarm over the results of a battery of tests, which they conducted last Friday at Bethesda Naval Hospital, and they pronounced the President to be in "excellent" condition.

The pseudo-polyp, similar to one that doctors removed from the President's colon last May, was described as about the same size as that four-millimeter growth and about five centimeters farther into the colon.

White House spokesman Larry Speakes said the new growth is associated with diverticulosis, a condition in which the walls of the colon, weakened in older persons, develop bulges or sacs, and adjacent areas become inflamed or form scar tissue.

Last week's examination found no evidence of the fibroid polyp removed last year, and Speakes

said that the kind of inflammatory pseudo-polyp found in the latest examination usually does not become malignant. However, if such polyps grow much larger than the one found in the President, they can become cancerous.

Previous physical examinations have noted that Reagan has diverticulosis. Although it sometimes causes intestinal pain in some individuals, Speakes said Reagan's condition has produced no symptoms.

Of four highly sensitive laboratory tests of Reagan's stool samples, Speakes said two were positive and two were negative.

If further tests confirm the presence of blood, Speakes said, it may be a result of inflammation associated with the diverticulosis or perhaps from undiscovered polyps. But Speakes said physicians did not rule out the possibility that the indication of blood had been produced by Reagan's diet. Meat and certain vegetables in the diet can cause a false positive result of the test, just as if the patient's own blood were in the stool sample.

To settle the issue, Speakes said

the President will go on a diet recommended by the American Cancer Society. He could remain on it for as long as several weeks, depending on how long it takes physicians to check further for the presence of blood and determine its source.

"President Reagan continues to enjoy good health," Dr. Walter Karney, who headed the team conducting the tests, said in a statement released by the White House. "His overall physical and mental condition is excellent. I am especially impressed with the fact that his blood pressure is lower than a year ago—this is quite remarkable." The report by the team of nine physicians said the results of all the tests, ranging from an eye examination to a stress test and pulmonary function test, "were in the normal range."

Reagan 'Mentally Alert,' Doctor Says

White House Issues Statement, Seeks to Blunt Health Issue

A130 By Cristine Russell M400
Washington Post Staff Writer

The White House, trying to blunt recent campaign questions about President Reagan's health, yesterday released a new statement from a doctor who examined him in May, describing him as "a mentally alert, robust man who appears younger than his stated age."

The statement came in response to questions from reporters this week about the 73-year-old president's performance in Sunday's debate with Democratic presidential nominee Walter F. Mondale.

Meanwhile, Mondale's physician of 20 years, Dr. Milton M. Hurwitz of St. Paul, Minn., said in an interview yesterday that Mondale, 56, is in "excellent health . . . As far as I know, he has no health problems other than high blood pressure, which is very well controlled."

Mondale has taken medication since 1971 to keep his blood pressure in the normal range.

The medical information released on Reagan yesterday was a more detailed report of a physical examination that Reagan underwent on May 18 at the National Naval Medical Center in Bethesda. At that time, the White House statement from Navy Capt. W.W. Karney, the internist who supervised the exam, said "the president is in very exceptional physical condition."

The May statement made no ref-

erence to Reagan's mental status. White House spokesman Larry Speakes said yesterday that the entire statement had been in Karney's full report to Reagan's doctor, Daniel Ruge. "I just picked up a partial quote in May," he said.

The May statement said the results of Reagan's physical were "entirely normal." Yesterday's release included additional figures to support this.

An outside physician, Dr. Thomas A. Pearson of Johns Hopkins Hospital, said that, "in terms of laboratory values, he appears to be an example of what we aim for in preventive programs and that is a person in the eighth decade of life who appears to be in excellent functional condition. Who could ask for more?"

Pearson added, however, that in general the risk of getting such

chronic conditions as heart disease and cancer, as well as mental changes, can increase with age.

Reagan's blood pressure, at 140 over 80, was normal for a person his age, Pearson said, and his pulse of 72 "excellent."

Though the May statement did not refer to Reagan's hearing problem, yesterday's noted that his hearing in his right ear was "diminished." He wears a hearing aid.

Mondale's doctor said that the nominee takes three drugs daily to control his blood pressure and that at his last check in July it was 138 over 86, which is "indeed normal."

Although the drugs can sometimes produce side effects, including mood changes, Hurwitz said he and Mondale "have watched carefully for any evidence of any mood alteration and did not find any."

Quarles Named to Debate Panel

Norma Quarles of NBC News was named last night by the sponsoring League of Women Voters as the fourth panelist for tonight's vice-presidential debate in Philadelphia.

Quarles is to join John Mashek of U.S. News & World Report; Robert Boyd, Washington bureau chief of Knight-Rid-

der Newspapers, and Jack White of Time magazine in questioning Vice President Bush and Rep. Geraldine A. Ferraro (D-N.Y.).

Scores of reporters proposed by the league for last Sunday's presidential debate in Louisville were rejected by representatives of the two campaigns.

Mondale's Health Termed Excellent by Physician

N.Y. TIMES: 9-30-84

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M420 By LAWRENCE K. ALTMAN

Walter F. Mondale is in excellent health, though like millions of other Americans he must take medication daily to control his high blood pressure, according to the Democratic Presidential nominee's personal physician. In Mr. Mondale's case, the medication consists of a combination of three drugs.

The doctor agreed to an extensive interview to discuss the nominee's health, as have the personal doctors of several other national political figures in recent years.

Political candidates have become increasingly willing to release their medical records in an effort to shed light on their fitness for office. President Reagan and his doctors were also interviewed at length before the 1980 election and his physicians were again interviewed at the time of his 73d birthday last February.

Dr. Milton M. Hurwitz of St. Paul, Mr. Mondale's physician, said the nominee's blood pressure was normal the last time he measured it, at the Mondale home in Minnesota on July 9, when Mr. Mondale was preparing his acceptance speech for the Democratic nomination.

Moderate Form of Condition

Since the high blood pressure was first detected and treated in 1971, it has not produced pain or other symptoms or adverse effects, Dr. Hurwitz said. There are three basic categories of high blood pressure: mild, moderate and severe; Mr. Mondale's is characterized as moderate.

Dr. Hurwitz said the condition had required close attention and changes of drugs on several occasions. From 1971 to 1974, he said, only one drug was needed but it was changed, at one point, from one type to another. Mr. Mondale was put on two drugs in 1974 and stayed on that regimen until May 1983, when his blood pressure was found to be high. The addition of a third drug then allowed for a reduction in the doses of the other two, the doctor said.

One of the drugs Mr. Mondale now takes is a member of the beta-blocker class, Dr. Hurwitz said. In some cases these drugs cause fatigue, lethargy, depression, nightmares and other unwanted side effects. Dr. Hurwitz hastened to add that he had detected no such reactions in the nominee.

The physician said Mr. Mondale permitted him to give the interviews; Mr. Mondale himself declined to grant one but said through a spokesman that he "has not noticed or experienced nor has his doctor seen any indication of mild side effects from the use of his medication."

Drugs Taken by Mondale

With his blood pressure kept at a normal rate through the medication, Mr. Mondale's health remains excellent, Dr. Hurwitz said. He said he was prescribing these blood-pressure drugs:

9A beta blocker, atenolol, 50 milligrams once a day.

9A diuretic, Dyazide, twice a day.

9A hydralazine, which relaxes the blood vessels, 50 milligrams twice a day.

To keep his blood pressure normal, members of Mr. Mondale's staff make sure he takes one pill of each medication in the morning and one each of the Dyazide and hydralazine later in the day, according to Dr. Hurwitz. He also said Mr. Mondale drank copious amounts of orange juice to help replace the potassium lost from taking the diuretic pills.

Experts not connected with Mr. Mondale's case said that, given his need for three drugs, the choice of that particular combination was the least likely to

produce mood altering effects, although subtle ones could still occur.

Beta blockers, which have been on the market for about 20 years, are now among the most commonly prescribed class of drugs in the world, chiefly because of their effectiveness in combating high blood pressure. There are several members of the class.

Role of Beta Blockers

A beta blocker derives its name from the fact that it thwarts the effects of adrenaline (the medical term is epinephrine) and a related substance, norepinephrine on the beta receptors on the surface of the cells of the heart and other key organs of the body. Adrenaline produces nerve stimulation on the heart, for example, and the beta blocker may reduce the kind of overstimulation that, for cardiac patients, may result in heart attacks. In a variety of ways, it may calm down and physically settle the heart and circulatory system. Precisely how it acts to control blood pressure, however, is not known.

An unwanted side effect is that beta blockers can also affect mood, usually depressing it, and both the desired actions and the side effects vary widely among individuals.

Some political critics of Mr. Mondale have used such words as "flat" or "luckluster," referring both to his campaign and his personality. The criticism inevitably raises the question of whether his mood or emotional response to the events of life on the campaign might be affected by the subtle affects of his medications, particularly the atenolol.

Dr. Hurwitz, a specialist in internal medicine who said he had cared for Mr. Mondale since 1964, said he had noted no mood or personality changes in his patient since he has taken atenolol.

"If good old Fritz is good old flat, it is good old Fritz and not atenolol," Dr. Hurwitz said.

Candidate's Restraint in Public

In any case, Mr. Mondale's backers and aides insist that he is not flat or unemotional at all. His aides say Mr. Mondale's style is blunt, aggressive and energetic in private dealings but far more restrained in public.

Nevertheless, it is important to know whether the beta blocker he is taking could have effects on his mood, perceptible or not, now or in the future.

Atenolol, which Stuart Pharmaceuticals of Wilmington, Del., makes as Tenormin, is believed to have less effect on the central nervous system than other beta blockers. Its benefits lie in the fact that it is specifically aimed at the heart and circulatory system and less of it penetrates the brain than other beta blocker drugs.

Most people are not affected by side effects of atenolol. But, according to data from a study provided by Stuart Pharmaceuticals, 26 percent of 399 people taking atenolol said in answer to specific questions that they experienced fatigue, as against 13 percent of 407 people who took fake pills, or placebos, for purposes of comparison. The incidence of dizziness was 13 percent among atenolol users, as against 6 percent in the comparison group. The incidence of depression was 12 percent for the atenolol users and 9 percent for the other group.

"Fatigue and depression are not uncommon with atenolol, but are believed to be less common with it than with the most widely prescribed beta blocker, propranolol," according to Dr. Norman Weiner of the University of Colorado, who writes a section on beta blocker drugs in "The Pharmacological Basis of Therapeutics" by Dr. Louis S. Goodman and Dr. Alfred Gilman's

Validity of Reports

However, Dr. Weiner, Dr. David J. Greenblatt of Tufts Medical School in Boston and other experts said in interviews that large-enough controlled studies had not been done to definitively determine whether the decrease in side effects reported for atenolol was valid.

According to Dr. Hurwitz, Mr. Mondale is like many people who cannot tolerate one beta blocker because of side effects but feel fine with another. When Mr. Mondale was Vice President and under the care of Dr. William Lukash, the White House physician, he twice tried for brief periods low doses of the beta blocker propranolol (trade name Inderol) and a third time with another beta blocker called metoprolol (trade name Lopressor).

Mr. Mondale rejected those drugs because "he felt lousy" and "out of sorts" while taking them, Dr. Hurwitz said. Mr. Mondale specifically requested that physicians not prescribe any drugs that could alter his mood or make him sluggish.

Dr. Hurwitz recalled a time in 1979 when, as a weekend guest at the Vice Presidential residence, he went to a drugstore to pick up a supply of propranolol in the hope of adding it to Mr. Mondale's high blood pressure regimen. Dr. Hurwitz recalled: "After the first tablet, which was only 10 milli-

Reagan Found In Good Health In Test in May

President Reagan and his personal physicians have been interviewed at length about his health.

He and his doctors were interviewed before he was elected in 1980, and the doctors were interviewed again last February at the time of Mr. Reagan's 73d birthday, a few days after he announced he would seek re-election.

The doctors said then that Mr. Reagan was in excellent health and had fully recovered from the gunshot wounds to his chest that he had received in an assassination attempt on March 30, 1981.

In Mr. Reagan's last physical examination in May, most of a noncancerous polyp was removed from his colon. His doctors said there was no need to remove the rest.

Mr. Reagan is not known to take any prescribed pills, although he does take weekly shots to control allergies and occasionally an antihistamine, which can produce drowsiness as a side effect. The antihistamine is taken under the guidance of Dr. Ralph Bookman, an allergist in Beverly Hills, Calif.

It has been reported that Mr. Reagan has occasionally fallen asleep at Cabinet meetings, but Dr. Bookman said last week that any connection between the antihistamines and the napping was "too remote to consider."

The White House has reported no changes in the President's health since last spring's examination.

2 of 2

grams, a tiny dose, he said, 'I don't feel very good. I feel like I felt when Bill Lukash started this before and similar to the way I felt on the Lopressor.' We tried three doses and he felt so lousy we just stopped it."

Experts point out the possibility always exists that, in a drug like the beta blocker, some effects can occur without the user being aware of it.

High blood pressure, or hypertension, affects about 35 million Americans and kills silently if it is left untreated. It can produce strokes, blind and destroy the kidneys, requiring dialysis and transplant therapy.

The stroke that killed Franklin D. Roosevelt was most likely caused by high blood pressure, for which no effective drug therapy existed in his lifetime. At least 14 million people are now on such therapy.

If the blood pressure is kept within normal limits, an individual's risk of developing these complications is lowered to that of any person of the same age who does not have high blood pressure. But to achieve such benefits, treatment generally must be continued for life.

Although Mr. Mondale has had standard medical checkups almost every year since Dr. Hurwitz began caring for him, he has never undergone other tests to determine the cause of the high blood pressure.

In the overwhelming majority of cases, the cause of high blood pressure cannot be determined. Such cases are called essential hypertension, a phrase doctors have used since 1856, originally in the belief that the rise in blood pressure was essential to maintain an adequate blood flow to the organs.

In up to 10 percent of cases, if a medical search is made, the high blood pressure is found to be secondary to some underlying cause, and often the patient has such symptoms as profuse sweating or flushing of the face. Often in such cases the high blood pressure can be corrected surgically, eliminating the need for a patient to take further anti-hypertension medications.

Another underlying cause is a blockage of the artery that brings oxygenated blood to the kidney. The problem can be corrected by new surgical techniques in which a tube is inserted through an artery in the groin and then guided into the affected kidney artery where pressure is applied to squash the blockage.

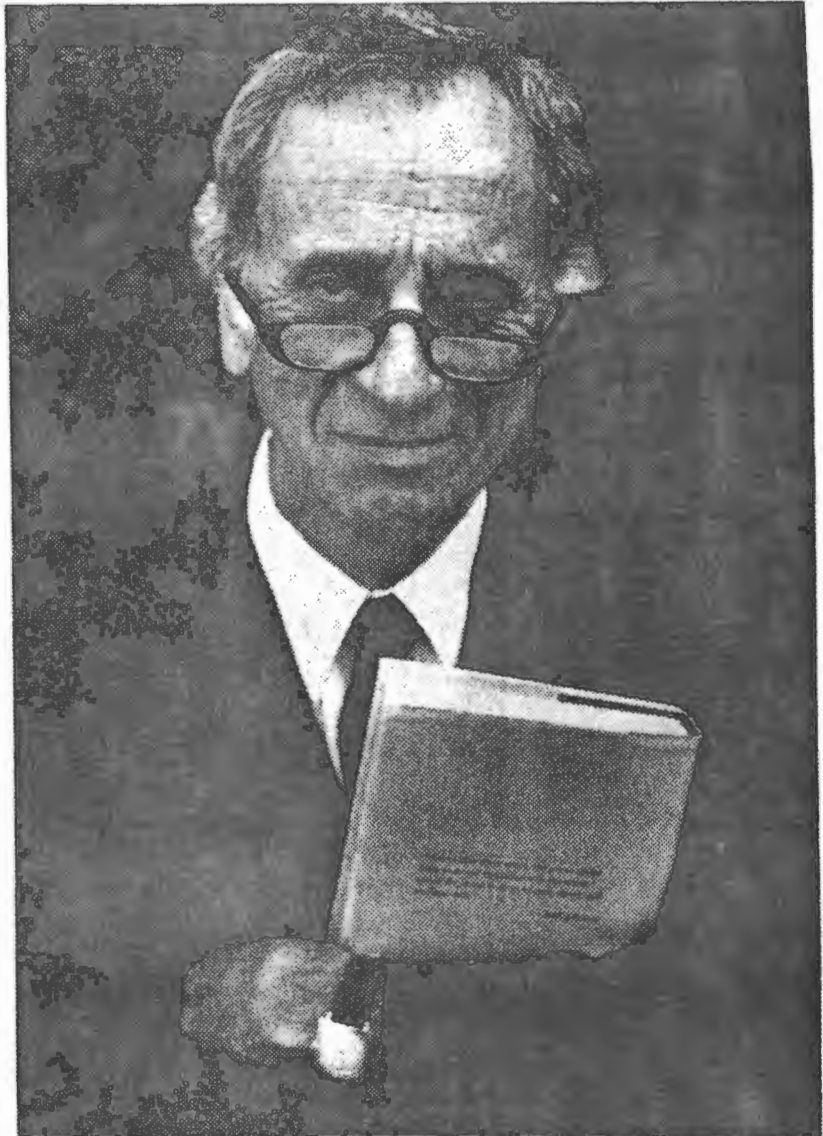
Not Recommended for All

Because the tests used to diagnose these underlying causes are costly and involve some risk, experts do not recommend them for every person in whom a diagnosis of hypertension is made. It was for these reasons that Dr. Hurwitz said he had not recommended the tests. He said, too, that he had not observed any of the symptoms associated with an underlying cause.

Most experts recommend that full high blood pressure evaluations not be done routinely but be reserved only for those people who show some indication of an underlying cause or for a specific reason such as the need for increasing the number of drugs to control the blood pressure.

Dr. Hurwitz said Mr. Mondale had told him that he wanted to take as few pills as possible. Certainly most people would prefer surgical repair of a kidney artery problem over a lifetime of pills.

When asked why, under those conditions and because Mr. Mondale was a Presidential candidate, he had not recommended tests to detect such underlying causes of high blood pressure, Dr. Hurwitz said, "Obviously, that point is well taken."



The New York Times/Mitch Kessler

Dr. Milton M. Hurwitz of St. Paul, Walter F. Mondale's personal physician.

There are two other significant tests Mr. Mondale has not had according to Dr. Hurwitz's knowledge. One is an exercise tolerance, or treadmill, test that some doctors do to detect heart disease; the other, a sigmoidoscopy, a standard procedure that is generally recommended for people over the age of 50 to detect bowel cancer. It was a sigmoidoscopy done on President Reagan last May that detected a noncancerous polyp. However, other, less precise, tests on Mr. Mondale have detected no signs of bowel cancer.

'We Have No Excuses'

"It's not because I have said to him, Mr. Mondale you really should not have a procto-sigmoidoscopic exam," Dr. Hurwitz said. "I guess we just simply have not convinced him that this is something that really ought to be done. It's wrong and we have no excuses or alibis for it."

Mr. Mondale's hypertension is classed as moderate on the basis of its highest peak, 170/110, recorded in 1972 while he was already being treated with a diuretic.

Blood pressure is measured in millimeters of mercury and normal blood pressures vary widely. The top number, the systolic, correlates with the contraction of the heart to pump blood through the arterial system. Doctors generally consider a normal systolic pressure to be about 140 millimeters. The diastolic is the bottom number and it correlates with the filling of the heart as the muscle momentarily relaxes; a value of 90 millimeters is considered the upper limit of normal.

When last measured, Mr. Mondale's blood pressure was a normal 138/86, as it was on the two previous occasions that it had been measured since May 1983, Dr. Hurwitz said. Because it was then 142/94, Dr. Hurwitz added atenolol to Mr. Mondale's regimen.

Mr. Mondale does not check his own blood pressures as many Americans do, preferring to let Dr. Hurwitz do it. The physician said that over the years he has checked Mr. Mondale's blood pressure in his office and his home as well as at Mr. Mondale's office in the White House when he was Vice President and at his homes in Washington and North Oaks, Minn. Dr. Hurwitz said he had occasionally checked Mr. Mondale's blood pressure at airports and hotel rooms.

"Every once in a while, I pull rank on him and I'll call one of his key people and say, hey, it's time we checked him," Dr. Hurwitz said. "They are always cooperative and arrange it."

When the diagnosis of high blood pressure was first made, Dr. Hurwitz said, it "didn't shake him at all."

"The only thing that bothered him was that his father died of a stroke after presumably having had high blood pressure that had not been detected, and he figured that with a family history of heart problems he had better be compliant," Dr. Hurwitz said.

Dr. Hurwitz said he had found evidence in Mr. Mondale of a common condition, benign prostatic hypertrophy, the medical term for an enlarged prostate, but that he reported no symptoms attributable to it. Tests of kidney function crucial in high blood pressure patients, and for blood cholesterol and triglycerides were all reported within normal limits.

According to the National Center for Health Statistics, Mr. Mondale, at 56 years of age, and with successfully controlled high blood pressure, has the statistical probability of living 20.2 more years, to 76, and Mr. Reagan, at 73, has the statistical probability of living 9.7 more years, to 82. The statistics apply to the population at large and not necessarily to an individual.

By Victor Cohn
Washington Post Staff Writer

A130

Reagan Healthy, Physicians Say

President Reagan's doctors have decided to do nothing more about a small growth found in his large intestine, and the president probably will not have another physical examination for "two or three years," his personal physician said yesterday.

The growth was "something you don't have to worry about," Dr. Daniel Ruge said. He called the president "one of the healthiest people I know."

Reagan, 73, had his first complete physical exam in 2½ years on May 18 at the Naval Medical Center.

"If somebody has a symptom you go all the way, but this man has had physical exams for many years and nothing has ever been found," Ruge said. "At a certain age you just don't have to have so many exams."

In May, the White House said a probe of the

president's colon had found "a small polyp" or protruding growth that proved benign. White House spokesman Larry Speakes added, however, that the polyp had been "partially removed for a biopsy," and said the doctors would decide later "if they need to do anything else."

That bare-bones statement drew comment from some doctors who said that such polyps may turn into cancers, that virtually all of them should be removed without delay, and that the entire bowel should be examined to determine whether more polyps were present.

But Reagan's doctors have decided, Ruge

said, that "nothing more will be done" and that "if there is anything left" of the growth, it need cause no concern.

He provided no more detail except to say the polyp was "not an adenoma," the variety that in some cases can progress into cancer.

Some polyps are merely harmless proliferations of intestinal cells or bits of normal bowel lining that have been pushed out of position.

"Only true adenomas" require strict follow-up, one expert on bowel cancers said.

The American Cancer Society's recommendations for cancer-related checkups call for two annual procedures in men over 40: a test for blood in the stool and manual examination of the rectum.

A Canadian task force has said that men over 65 in general need be examined once every two years, though they should have an annual exam for dental problems and oral cancer.

President Passes Physical but Tiny Polyp Is Removed

By GEORGE SKELTON, *Times Staff Writer* A13D

WASHINGTON—Doctors discovered and partly removed a small, benign polyp from President Reagan's colon Friday during a routine physical examination in which "the results of all tests were in the normal range," the White House announced.

The White House quoted Navy Capt. Walter Karney, a specialist in internal medicine who participated in the examination, as saying that the 73-year-old President is in "very exceptional physical condition."

But the public announcement of the results—which Karney characterized as "entirely normal"—were delayed 3½ hours past an originally scheduled time while a biopsy was conducted to determine whether the partly removed polyp was benign or malignant.

Reagan was told after the 2-hour, 15-minute examination at Bethesda Naval Medical Center that the polyp appeared to be benign. He then was flown by helicopter to the presidential retreat at Camp David for the weekend, as previously scheduled, and was informed about 5½ hours later—about the same time reporters were—that the polyp was benign.

"It would be my judgment that it caused him no undo anxiety," White House spokesman Larry Speakes said, referring to the discovery of the polyp and the wait for the results. He also said anxiety in the White House was "extremely low."

Pimple-Like Growths

Polyps are tiny pimple-like growths in the lining of the colon. Their cause is unknown. The polyp found in President Reagan was not much larger than the head of a pin.

Colon polyps are present in perhaps 20% of Americans in their 60s and 70s and are not considered a predisposition to colon cancer, which is the second most common cause of cancer deaths in males, according to physicians at the Norris Comprehensive Cancer Center at the USC School of Medicine.

Polyps rarely become malignant

until they are much larger than that found in President Reagan, Dr. Albert E. Yellin of the Norris center said. "When they reach a size greater than one-half an inch, the incidence of malignancy begins slowly to increase. Perhaps 10% would be malignant at one-half inch. Under that size, it is almost unheard of for one to be malignant."

Normal Blood Pressure

Other results of the examination showed a normal blood pressure of 140/80, pulse rate of 72 and cholesterol measurement of 219. The cholesterol level is well within the normal range for a man of Reagan's

Times Medical Writer Harry Nelson contributed to this article.

age, but above the maximum of 200 recommended by the American Heart Assn.

A chest X-ray found no ill effects from a gunshot wound in the lung suffered during an assassination attempt more than three years ago, the White House statement said. In fact, there has been an improvement since Reagan's last chest X-ray, the statement added.

Reagan's last complete physical was in October, 1981. In April, 1982, he had a urological examination after what was believed to have been a urinary tract infection. The medical team reported "no evidence of malignancy."

The President last September began wearing a hearing aid in his right ear, 44 years after his eardrum was damaged when a revolver was fired near him on a Hollywood movie set.

Believer in Exercise

Reagan told an interviewer last fall, "I am a great believer in exercise, not only for reasons of fitness, but also sheer pleasure." He regularly works out with weights and fitness machines and loves to ride horses. He stopped smoking in the 1950s and drinks only in moderation.

Speakes said Reagan had the physical examination because he is running for reelection and there have been questions by the news media about his health. The spokesman said the President had reported no discomfort—from the polyp or anything else—that led to the exam.

The polyp was discovered during an examination of the rectum, in a procedure called a procto-sigmoidoscopy. The 4-millimeter polyp was found 40 centimeters into the colon, Speakes said.

The spokesman said doctors see "no urgency" in removing the rest of the polyp.

Leading up to Friday's examination, doctors conducted tests over a two-week period at the White House, including blood counts, stool examinations, blood chemistry analyses, urine studies and electrocardiological exams, Speakes said.



Associated Press

President Reagan, accompanied by his wife, Nancy, shaking hands with Lieut. Comdr. R. B. Arrison yesterday outside the Bethesda Naval Medical Center. Mr. Reagan had just completed a physical examination there.

Reagan Called Healthy; Benign Growth Is Found

A130

By STEVEN R. WEISMAN
Special to The New York Times

WASHINGTON, May 18 — Physicians conducting a full medical examination of President Reagan today discovered and partly removed a small polyp from Mr. Reagan's colon. Hours later they determined that it was benign, the White House said tonight.

Larry Speakes, the White House spokesman, said the existence of the polyp was "a normal development in the intestinal tract" and caused "no undue anxiety" in the President or his aides even before it was diagnosed as benign late in the afternoon.

In every other respect, Mr. Speakes asserted, physicians conducting the medical examination of Mr. Reagan at the National Naval Medical Center in Bethesda, Md., reported that he was in good health.

Capt. Walter Karney, an internal medicine specialist, was quoted by Mr. Speakes as saying that the President was in "very exceptional physical condition," and that the results of his examination were "entirely normal."

Mr. Speakes said that as a result of the examination physicians had placed no restrictions on the ability of the 73-year-old President to campaign fully for re-election.

The results of Mr. Reagan's first general medical examination since October 1981 were originally scheduled to be disclosed at 2 P.M. Mr. Speakes then announced that the results would not be available until early evening.

Shortly before 6 P.M., Mr. Speakes appeared at the White House briefing room to disclose the existence of the polyp and the results of other tests.

He said that Mr. Reagan's physicians had not decided whether to remove the rest of the polyp, which he

said was 4 millimeters in size and was situated 40 centimeters from the end of the anal canal.

The polyp, which is a small growth of tissue, was discovered with the use of a procto-sigmoidoscopy, a procedure in which a tube is inserted into the anal canal. The tube contains instruments to remove tissue. Mr. Speakes said the growth was so small it was decided to remove only a portion of it for a biopsy.

Reading from a statement, he said that Mr. Reagan had undergone several tests at the White House in the past two weeks, including blood counts, stool examinations, blood chemistry analyses, urine studies and electrocardiographical examinations.

Trip to Camp David

He said the results of these tests were "in the normal range," and that none of them turned up any sign of the possibility of any growths in the colon area. This fact, combined with the small size of the polyp, gave physicians confidence that the polyp would prove benign, he said.

Mr. Reagan was informed of the existence of the polyp at about 11:45 A.M., shortly before he left the medical center with his wife, Nancy, for a weekend trip to Camp David, Md.

Mr. Speakes said that Mr. Reagan was told initially that the polyp "appeared to be benign," but was not informed of the test results until about 5:30 P.M., well after he arrived at Camp David. He was informed by Lieut. Comdr. Eric Louie, an assistant to Dr. Daniel A. Ruge, the President's personal physician.

Dr. Louie was on duty with Mr. Reagan at Camp David.

Mr. Speakes said that if it was decided the polyp was to be removed, it could be done with a colonoscopy, a procedure similar to the procto-sigmoidoscopy.

He said this would not involve hospitalization and suggested that it would likely occur in the summer or some other relatively slow period before the Presidential election campaign speeds

up. White House officials said today they doubted the medical problem would have any effect on the political campaign.

At the Bethesda medical center, Mr. Reagan had a chest X-ray, an ophthalmological examination and an intravenous pyelogram, a procedure in which dye is injected into the bloodstream for an examination of how well the kidneys are functioning.

X-Ray 'Showed Improvement'

Mr. Speakes said that the chest X-ray "showed improvement since the last X-ray and no ill effects from the gunshot wound received on March 30, 1981." Mr. Reagan was shot in the chest that day in an assassination attempt outside the Washington Hilton Hotel.

The President's supine brachial blood pressure was reported by Mr. Speakes to be 140/80 millimeters of mercury, compared to 124/76 showing in his last full medical examination on Oct. 29 and Oct. 30, 1981. His pulse rate was recorded at 72 beats a minute, compared with 76 beats in 1981, and his cholesterol count was measured at 219, compared with 191 in 1981.

Mr. Speakes quoted Dr. Karney as saying that Mr. Reagan's blood pressure was "marvelously normal."

Asked if there had been any anxiety at the White House while the tests were forthcoming on the polyp, Mr. Speakes said the level of anxiety was "extremely low," adding that polyps of this size "are almost certainly benign."

He said he knew of no further tests to be administered to the President, or of any restrictions called for in Mr. Reagan's diet or activities as a result of today's test findings.

Participating in the examination of the President today were Dr. Karney; Capt. Glen McKnight, a radiologist; Capt. Ralph Sawyer, an ophthalmologist; Lieut. Comdr. Edward Cattau, a gastroenterologist; Lieut. Comdr. Thomas Hinz, a radiologist; Capt. Kevin O'Connell, a urologist; and Dr. Michael Lemp, an ophthalmologist.

Reagan Gets Clean Bill of Health After Benign Growth Is Found

By Cristine Russell and David Hoffman A13D
Washington Post Staff Writers

A team of physicians examining President Reagan yesterday discovered a small growth in his large intestine and partially removed it. Tests showed it was not cancerous.

After a routine physical examination lasting more than two hours, doctors at the National Naval Medical Center in Bethesda pronounced Reagan, at 73 the oldest president in U.S. history, in "very exceptional physical condition." Capt. Walter Karney, the internist who headed the seven-member team, said the results of all the tests were "entirely normal."

It was Reagan's first complete physical in 2½ years.

The White House delayed announcement of the results for several hours yesterday while a biopsy was done on the small polyp found in Reagan's colon.

Its announcement said the polyp "proved to be benign."

Spokesman Larry Speakes said there had been no decision whether to remove the rest of the growth, but added that there was "no urgency" and if it were removed it would be "at the president's leisure."

Reagan suffered no discomfort during the procedure in which the growth was discovered and partially removed, Speakes said.

After the exam, the president and Nancy Reagan flew by helicopter to Camp David, where Reagan later was informed by Dr. Eric Louie that the growth was benign.

Louie, a lieutenant commander with the U.S. Naval Reserve, is an associate of Dr. Daniel Ruge, the president's personal physician who accompanied Reagan to Bethesda.

Speakes said polyps are "a very normal occurrence" and "a very large

percent of Americans do have polyps in their intestinal tract."

Dr. Dennis O'Leary, a George Washington University School of Medicine dean, agreed that the "general medical consensus is that this is within the range of what we might reasonably find for somebody in his 70s" but said it would "be even more normal if he didn't have a polyp."

O'Leary, who gained fame as a spokesman for the hospital after the assassination attempt on Reagan in March, 1981, emphasized that he was speaking generally and was not familiar with the details of yesterday's exam.

Polyps, masses of tissue that can grow from the membrane in the large bowel, vary considerably in size and medical significance. They occur with greater frequency with age and are usually benign, but some forms are more likely to turn cancerous, particularly in cases of multiple polyps.

Yesterday Reagan underwent a procto-sigmoidoscopy, an examination of the colon with an optical instrument. The device was also used to remove part of the small polyp.

O'Leary said that while it is possible to rule out malignancy with high accuracy by use of a quick test known as a "frozen section," it may take a few days for follow-up studies to be completed.

Reagan underwent several other tests, including a chest X-ray, an eye examination and an intravenous pyelogram, which is an X-ray exam of the kidneys and urinary tract. In addition, numerous preliminary tests were done at the White House the past two weeks, including blood counts, stool examinations, blood and urine studies and an electrocardiogram exam. Speakes said none of the preliminary tests showed any sign of the polyp.

Reagan's blood pressure reading

was 140 over 80 and his resting pulse 72 beats per minute, both considered in the normal range for his age. His serum cholesterol reading of 219, after fasting, might be considered at the higher end of the normal range.

Radiologists at Bethesda said that Reagan's "chest X-rays showed improvement since the last X-ray and no ill effects" from the gunshot wound he suffered in the attempted assassination.

Speakes said that Reagan's hearing was not examined yesterday, but was last summer in Los Angeles. After that, Reagan began wearing a state-of-the-art device to correct hearing loss in his right ear.

The hearing deficiency was caused in his Hollywood days when a gun was fired too close to his ear during the filming of a movie. Close associates say the hearing loss has seemed to worsen since Reagan took office.

Reagan has a history of allergy problems and wears contact lenses. Speakes did not have details of the eye examination but said the results were "within the normal range."

Reagan, whose trim physical appearance and dark hair belie his age, has been regarded to be in "excellent health" by Ruge, other doctors, staff members and friends. Speakes said there would be no restrictions on Reagan's campaigning for reelection.

While questions about Reagan's age have been deflected in the past with self-deprecating humor and an emphasis on his youthful appearance, political strategists in both parties have said that Reagan's age could become a factor in his bid for a second term should he fall ill or falter during the campaign. If re-elected, Reagan would turn 77 in his last year of office.

"He's one of the healthiest people I know," Ruge said in an interview this week.

"He's in better health than when he arrived [in the White House] because of religious dedication to a regimen of exercise and diet," said White House chief of staff James A. Baker III.

Statistically, the average 73-year-old white male will live another 9.7 years, to the age of 82.7, according to the government's National Center for Health Statistics.