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## **Health: The American Way**

An estimated 63 million Americans have some form of major heart or blood vessel disease.

An estimated 1.5 million have heart attacks each year.

Of those, 550,000 including 200,000 between ages 45 and 65 die.

Complications of arteriosclerosis account for about 1/2 of all deaths (1/3 between ages 35-65).

About 58 million Americans have hypertension (high blood pressure).

Approximately 60,000 die each year of hypertension, not counting those whose high blood pressure precipitates a heart attack or stroke.

An estimated 8-10 million Americans have ulcers.

As many as 10,000 die each year of hemorrhages of abdominal perforations that result from peptic ulcers.

Approximately 4.5 million Americans suffer from migraine headaches at some time.

Alcoholism affects at least 10 million Americans and causes at least 200,000 deaths each year.

Approximately 8 million are diabetics.

Americans consume 16,000 tons of aspirin each year, at an expenditure of 500 million dollars.

More than 1.5 billion prescriptions are filled each year, including 61 million doses of tranquilizers and 33 million doses of anti-depressants.

Urban dwellers have more stress-related illnesses than rural dwellers.

Parents of young children report more feelings of pressure and stress than any other age or marital-status group.