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Hypertension, dust from iron brakes and magnesium deficiencies

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Hypertension of 12 moon walkers, James Irwin on day after return from Apollo 15 mission, showed extraordinary bicycle (B) stress test (ST) hypertension (275/125) after three minutes exercise; supervising >5000 maximum treadmill ST, author never witnessed ST- blood pressure approaching this level. Symptom-limited maximum B stress test showed “cyanotic fingernails”; possibly venous blood trapped peripherally, supporting author’s “Apollo 15 Space Syndrome,” postulating that severe fingertip pain during space walks, triggered by plasma fluid, trapped distally; mechanism could be related to endothelial dysfunction, providing “silent ischemia” warning. Neil Armstrong returned to Earth with severe diastolic hypertension (160/135), consistent with ischemic left ventricular dysfunction; 50 mm increase in comparison with resting BP 110/85. With inhalation of lunar dust, brought into habitat on space suit, with high lunar iron (i) this dust inhalation, along with reduced (r) space flight- transferrin, r antioxidant, calcium (Ca) blocker - magnesium, conducive to severe oxidative stress, Ca overload with potential endothelial injuries. Using moon walker studies as example, my recent editorials show that i dust, released from brakes, with over 90% of brakes made of i, is a major hypertension factor and may also contribute to myocardial infarctions.

Biography

William J Rowe is a board certified specialist in Internal Medicine. He received his MD at the University of Cincinnati and he was in private practice in Toledo, Ohio for 34 years. He is a former Assistant Clinical Professor of Medicine at the University of Ohio, School of Medicine at Toledo. He studied three world class extraordinary endurance athletes and published their exercise-related magnesium deficiencies. This triggered a 20 year pursuit of the cardiovascular complications of space flight. He has published in LANCET that extraordinary, unremitting endurance exercise can injure a perfectly normal heart. Of only 4 space syndromes, he has published 2: "The Apollo 15 Space Syndrome" and "Neil Armstrong Syndrome." He published Neil Armstrong's probable lunar acute heart failure; indeed, he was the first to show that adrenaline levels are elevated in Space. He is the first to publish that airborne iron dust released from brakes is conducive to hypertension. He has been listed in the Marquis Who's Who of the World from 2002-2009, 2013, 2014, 2015, 2016, 2017, and 2018.

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