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THE HYPERTENSION RISK OF IRON BRAKES WITH RELEASE OF PARTICULATE MATTER

William J Rowe

University of Toledo, USA

Of 12 moon walkers, James Irwin on day after return from Apollo 15 mission, showed extraordinary bi-cycle(B) stress test(ST) hypertension (275/125mmHg) 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 mmHg), consistent with ischemic left ventricular dysfunction, 50mm increase in comparison with resting BP 110/85 mmHg. 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, author's recent editorials shows that iron dust, released from brakes, with over 90% of brakes made of iron, is a major hypertension factor and may also contribute to myocardial infarctions.

BIOGRAPHY

William J Rowe is a board certified specialist in Internal Medicine at Fellow British Interplanetary Society (FBIS), Fellow American College of Nutrition, Retired Fellow Royal Society of Medicine (FACN). He received his MD at the University of Cincinnati and was in private practice in Toledo, Ohio for 34 years. During that time he supervised over 5000 symptom-limited maximum hospital-based treadmill stress tests. 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 four space syndromes, he has published two: "The Apollo 15 Space Syndrome" and "Neil Armstrong Syndrome."

rowefemsinspace@gmail.com



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