



# Ergometry in Hypertensive Patients: Implications for Diagnosis and Treatment

*Ingomar W. Franz*

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Within the field of general medicine, the last two decades have seen the curative procedures increasingly supplemented by functions that can be summed up under the heading of "preventive health care." There is a close link between this development and the changing morbidity pattern. In highly developed countries the morbidity rate attributable to infectious diseases has been much reduced, while the various types of arteriosclerosis, some tumorous conditions, and so-called functional syndromes have attained massive incidence rates. Systematic epidemiologic studies have yielded the concept of risk factors, i. e., certain exogenous and endogenous factors whose elimination, ideally, would make it possible to avoid the manifestation of an illness or to ensure it did not become manifest until later in life or in a milder form. The socioeconomic and sociomedical significance of these aspects is considerable, as can be seen from all the statistics on the reasons for incapacity and early retirement and on the relative contributions of different illnesses to total mortality. Effective avoidance of illnesses by primary prophylaxis (elimination of the causes of disease) or early detection of the symptoms of disease (secondary prophylaxis) leading to early treatment would be a particularly significant step forward, since in the case of most of the conditions mentioned above only palliative forms of treatment are available, and none that have any curative effect.



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