

stress on plasma coagulation and fibrinolysis¹⁰. These studies took place in Goteborg, Sweden and showed that both von Willebrand factor antigen and factor VIII coagulant activity increased significantly in response to mental stress. There was also a significant increase in factor VII coagulant activity. Furthermore, mental stress caused an activation of the fibrinolytic system with an elevation of tissue plasminogen activator activity and tissue plasminogen activator antigen. They concluded that mental stress has significant effects on plasma coagulation and fibrinolysis and it could, thus, affect important risk factors for cardiovascular disease.


There can be simultaneous increases during stress of both coagulability and fibrinolysis, and these two process would tend to counteract each other in healthy individuals so as to maintain the coagulation-fibrinolysis equilibrium. However, there appears to be a small group of poor responders¹¹ who may be more susceptible to a state of disequilibrium in favor of coagulation.

Naesh¹² and others have reported increased peripheral platelet counts during physical activity, during mental stress, and in response to emotional stress.

There are many citations in the literature that relate health status of individuals to physical, mental, and emotional stress¹³⁻¹⁷. Certainly, this patient, John Heurung, was under a great deal of stress in variable amounts during the period of time he has been under our observation. During the earliest months of this observation, work stress was the major factor. These appear in the medical record as history provided by the patient, as well as this examiner experiencing firsthand the stress-provoking behavior of a company official.

During my period of caring for Mr. Heurung, I have observed periods of great mental and emotional stress, and associated with these have been states of underanticoagulation and overanticoagulation. This would be consistent with the literature cited above. While I am not qualified to determine the exact level of disability status, I can say that he has experienced a great deal of morbidity that has been associated with occupational and other stresses and that this is consistent with the medical literature available.

Respectfully submitted,



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Enc.

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