

The Wareham Family Part 2: Anthony Wareham Sr.

Anthony is Tony's grandfather on his father's side. He is a 64 year old electrician who lives in the Town of St. James and has been married to his wife, Bride for 40 years. They have 4 children and 8 grandchildren. Bride has been a homemaker since they got married. He has worked in the machine works plant for more than 30 years and is close to retirement.

Anthony is visiting his family doctor at his wife's insistence before he begins running again. He was quite a good runner in his twenty and early thirties but hasn't done much since then. He mostly hunts and fishes. He has become motivated by his grandson's desire to become a better runner. He is also looking for a new interest as he considers his retirement. He has already started running a few kilometers two or three times per week.

He has never smoked but grew up with his mother and father as smokers. His father died of a heart attack at age 69 but he had diabetes and was a smoker. Anthony's mother died of pneumonia when she was 78. Anthony has 5 brothers and sisters, and several of his siblings have high blood pressure. His oldest sister is 70 and has "a touch of diabetes". Most of them are smokers.

Anthony has decided to eat better and wants to become a vegetarian. He thinks he eats too much meat and that this can't be good on his cholesterol. He doesn't know what his cholesterol is, but his brother told him he should have it checked because it is in the family. His wife Bride may be more willing to cook vegetarian if she knows this will help his cholesterol.

Anthony is 5'9" and weighs 198 pounds. He has a waist measurement of 42 inches. His blood pressure is 130/84 and his heart rate is 75. His heart and lungs sound normal.