

**The original documents are located in Box 40, folder “Ford, Gerald - Health” of the Sheila Weidenfeld Files at the Gerald R. Ford Presidential Library.**

### **Copyright Notice**

The copyright law of the United States (Title 17, United States Code) governs the making of photocopies or other reproductions of copyrighted material. Gerald Ford donated to the United States of America his copyrights in all of his unpublished writings in National Archives collections. Works prepared by U.S. Government employees as part of their official duties are in the public domain. The copyrights to materials written by other individuals or organizations are presumed to remain with them. If you think any of the information displayed in the PDF is subject to a valid copyright claim, please contact the Gerald R. Ford Presidential Library.

Some items in this folder were not digitized because it contains copyrighted materials. Please contact the Gerald R. Ford Presidential Library for access to these materials.

Presidency: News

N-11

NEWS

Ford Turns 62 Physically Fit

President Ford observed his 62nd birthday Monday with a 35-minute physical examination that found him "physically fit." Asked whether he felt 62 years old, Ford said Sunday night, "No, I feel 40."

Most of the 2,200 White House Staff Members joined Mrs. Ford and comedian Flip Wilson in celebrating the President's birthday at a White House bash Monday afternoon. -- UPI; AP; NBC; CBS

(7/14/75)

C-1

COMMENT

President Should Reduce His Stride  
by Bob Weidrich  
(Excerpted from the Chicago Tribune)

Had Gerald R. Ford not gone to Yale Law School, he might now be a football legend. In his youth, Ford was that good an athlete.

Instead, he opted for politics. So today, he is the 61-year old, 38th President of the United States and no spring chicken.

But he keeps insisting on acting like one, maintaining a gait that would wear down many a linebacker. And we wish he would cut it out, for his own sake and that of the country. For he is the only President we've got, and frankly, he looks like a tired one.

No 61-year-old should try getting by on four or five hours of sleep a night.

We admire President Ford's gumption. We also admire his work ethic. We just wish he would learn to slow down his pace before the nation has to start reading daily medical bulletins on his condition in lieu of reports on his achievements.

As Vice President, Ford kept an equally hectic pace. But the pressure wasn't on him then. It was all speech-making and ceremony. Now, it is that and much more -- decision making and at the highest level, a process requiring mental gymnastics that should be fed a regular diet of sleep.  
(6/11/75)

*File - President's Health*

This Copy For \_\_\_\_\_

N E W S   C O N F E R E N C E

#356

AT THE WHITE HOUSE

WITH BILL GREENER

AT 9:13 A.M. EDT

OCTOBER 22, 1975

WEDNESDAY

MR. GREENER: I talked to Dr. Lukash. The President has been without fever for over 24 hours. He is continued on antibiotics and decongestants through the completion --

Q     Slower.

MR. GREENER: The President has been without fever for over 24 hours.

Q     Does that mean that his temperature is normal now?

MR. GREENER: Yes.

He will continue on antibiotics and decongestants through the completion of the course. He still has a slight bit of nasal congestion.

Q     What do you mean through the completion of the course?

Q     Yes, what does that mean?

MR. GREENER: You have had that. Dr. Lukash was correct in saying -- you know, I have been given, for example, penicillin or something like that and they tell you, "Take these four times a day for 10 days; even though you feel better, continue until the end of the treatment," and that is all it is.

Q     How long is the end of the treatment?

MR. GREENER: I think it is 10 days but I will check to see how long the antibiotics are taken. (Laughter)

No, I don't know.

Q     Well, let's say he is continuing on these things.

MORE

#356

MR. GREENER: Fine, continuing on these things.

He will expand his activity today; he plans on dressing. The doctor will encourage a couple of rest periods during the day. Dr. Lukash says his physical condition is very much improved.

Depending on how today goes, he will expand his schedule more tomorrow. He has three meetings scheduled today -- Rumsfeld, Greenspan and Seidman at 11:30.

Q In the office or upstairs?

MR. GREENER: Upstairs in the Residence.

Q Rumsfeld --

MR. GREENER: Greenspan and Seidman for an economic update.

Q All together?

MR. GREENER: Yes.

Q What time?

MR. GREENER: 11:30.

He has his regular meeting with the Vice President at 12:00.

Q 12:00?

MR. GREENER: Twelve o'clock.

Q What is that on?

MR. GREENER: Just his regular weekly meeting with the Vice President.

Q Will that be in the Residence also?

MR. GREENER: Yes. All of these are in the Residence.

Q He is not going to the Oval Office today?

MR. GREENER: Not to my knowledge.

Q Why?

MR. GREENER: And he will have a meeting with the Vice President, Lynn and Cannon at 12:30. That, also, is a regular weekly meeting.

Q What do you mean that is a weekly meeting?  
We never heard of this before.

MR. GREENER: Pardon me?

Q We never heard of this before.

MR. GREENER: We have announced it before.

Q Rocky, Lynn and Cannon regularly meet with  
the President?

MR. GREENER: Yes.

That is everything I have.

Q On Ralph's question, did he watch any of the  
World Series last night?

Q Yes, that was a serious question. It was  
an exciting game and I wondered if he saw it.

MR. GREENER: I will be glad to check.

Q Even I watched it.

Q I guess one of the questions -- what time  
did he go to bed -- that would answer it.

Q So he is going to dress and work in the  
Residence?

MR. GREENER: Yes.

Q Has the doctor told him to stay in the  
family quarters?

MR. GREENER: Recommended it, yes.

That is it. Thank you.

Q What time did he get up this morning, by  
the way? 7:20 again?

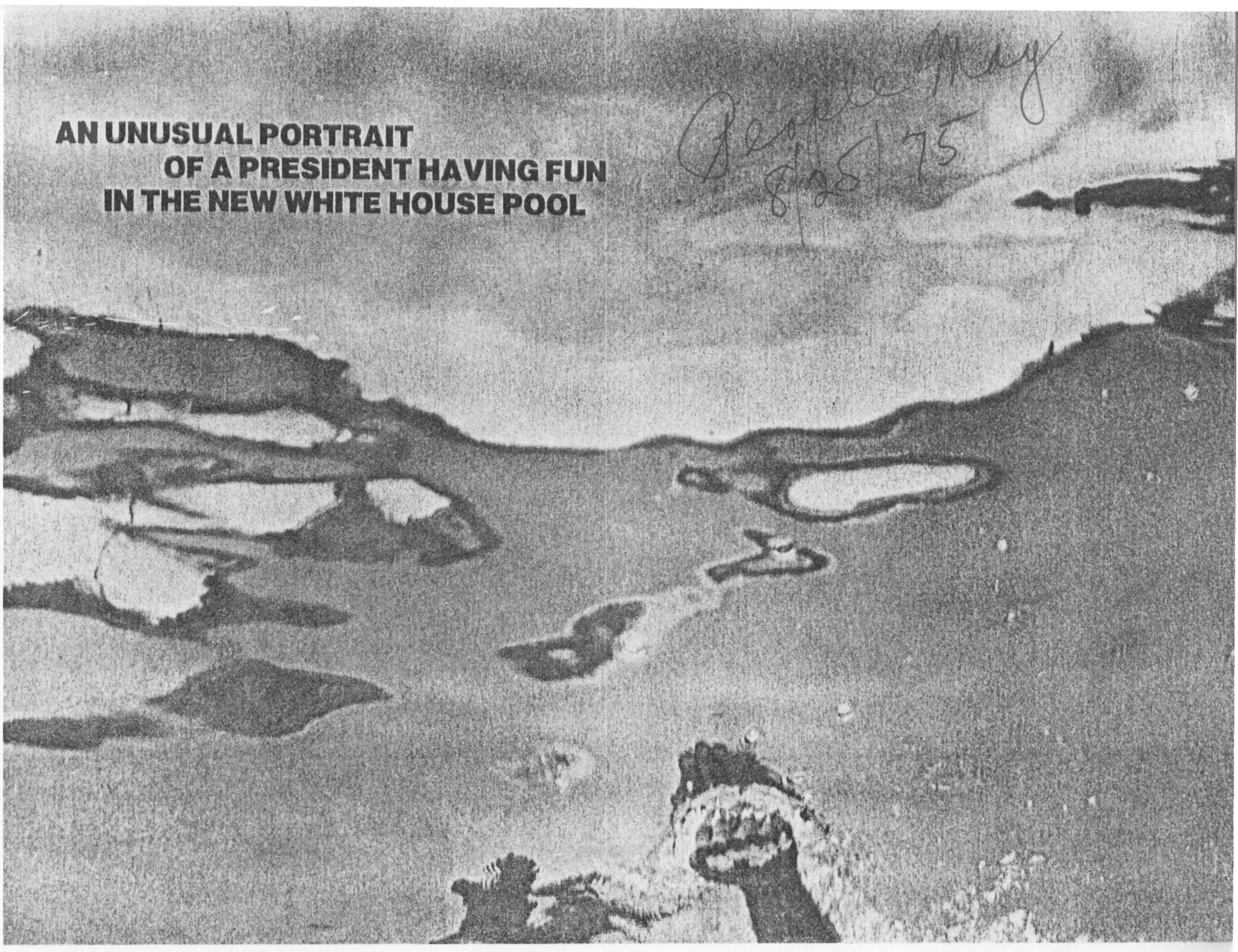
MR. GREENER: We will check both of those for you.

THE PRESS: Thank you.

END (AT 9:17 A.M. EDT)

**AN UNUSUAL PORTRAIT  
OF A PRESIDENT HAVING FUN  
IN THE NEW WHITE HOUSE POOL**

*George May  
8/25/75*





**E**very day President Ford ducks into a little room adjoining the Oval Office, puts on a pair of trunks and a few minutes later plunges into the new White House pool. He swims 6 to 12 laps of the 55-foot pool—mostly free-style and back-stroke—and five minutes later climbs out refreshed and raring to go. On these pages is a portrait of the President enjoying himself, taken from an unusual vantage point—the bottom of the pool—a *Jaws*-eye view by PEOPLE photographer Dick Swanson.

Once Jerry Ford had publicly yearned for a place to swim, a special committee began raising funds—more than \$150,000 as it turned out. The pool cost \$52,500, and landscaping, which provides a leafy security screen, took another \$14,000. Some of the \$83,000 surplus is being used to build a large cabana so as to spare the President a déclassé, 75-foot walk from the Oval Office in his terry-cloth bathrobe.

The pool will soon be open daily to the Cabinet, the Vice-President and senior White House staff. Already the First Family and guests enjoy full privileges—with one exception. Liberty, the White House golden retriever, has been banned from the pool area. On hot summer days she seeks out her own private swimming hole—the water fountain on the South Lawn. □



Star 1/25/76



—Associated Press

President Ford, emerging from Bethesda Naval Hospital yesterday after his annual checkup, tells reporters he feels fine. At left is his doctor, Adm. William Lukash.

### Checkup Results

# Ford Pronounced Healthy

Associated Press

President Ford, after his annual physical checkup, was pronounced as healthy as a conditioned athlete by the White House physician

Adm. William Lukash reviewed Ford's checkup results and although Mrs. Ford wants to play an active role in the 1976 presidential campaign, "at times I may restrict her."

Lukash reviewed Ford's

checkup results and although Mrs. Ford wants to play an active role in the 1976 presidential campaign, "at times I may restrict her."

dent, his weight has ranged around 195 pounds. He said his only problem was seeing in the bright sunlight at that moment because of a test in which his

I  
y  
t  
a

I  
t  
t  
t  
C  
C  
S  
l  
f  
e  
I  
I  
E  
R  
C  
i  
E  
I  
C

N.Y. Times 1/25/76  
SUNDAY, JANUARY 25, 1976

## Fords Both Given Clean Bill of Health After Examinations

WASHINGTON, Jan. 24 (AP)  
—President Ford declared, "I  
felt fit 'as a fiddle" today after  
undergoing a three-hour annual  
physical checkup at the Bethes-

by

*President's  
Health*

**A8**

Tuesday, October 21, 1975

THE WASHINGTON POST

## Ford Suffers Cold, Curbs Activities

President Ford was confined to his family quarters in the White House yesterday, suffering from a sinus cold.

R  
FORD-HEALTH

BY HOWARD BENEDICT

WASHINGTON (AP) -- PRESIDENT FORD IS STEPPING UP HIS SCHEDULE TODAY AS HE GRADUALLY IMPROVED FROM A BOUT WITH A COLD AND SINUS INFECTION. FOR THE FIRST TIME IN FOUR DAYS, THE WHITE HOUSE ISSUED A WORK SCHEDULE FOR THE PRESIDENT. IT INCLUDES OVAL OFFICE MEETINGS WITH HIS DOMESTIC COUNCIL STAFF AND WITH ENERGY ADMINISTRATOR FRANK ZARB.

SINCE MONDAY, FORD GENERALLY HAS LIMITED HIS WORKING TIME TO MEETINGS WITH STAFF AIDES IN THE WHITE HOUSE FAMILY QUARTERS.

BECAUSE OF THE COLD, THE PRESIDENT AND MRS. FORD CANCELED PLANS TO JOIN CANADIAN PRIME MINISTER PIERRE ELLIOTT TRUDEAU FOR A PERFORMANCE TONIGHT BY A CANADIAN OPERA GROUP AT THE KENNEDY CENTER. TRUDEAU ALSO CANCELED HIS TRIP TO WASHINGTON BECAUSE OF FORD'S ILLNESS.

WHITE HOUSE OFFICIALS SAID FORD WOULD CONTINUE TAKING IT EASY THROUGH THE WEEKEND AS HE PREPARES FOR A VISIT HERE MONDAY AND TUESDAY BY EGYPTIAN PRESIDENT ANWAR SADAT.

THE PRESIDENT PLANS TO BE IN CALIFORNIA NEXT WEDNESDAY AND THURSDAY FOR FUND-RAISING DINNERS IN LOS ANGELES AND SAN FRANCISCO, WITH POSSIBLE STOPS IN OTHER STATES. THE PRESIDENT IS EXPECTED TO MEET AGAIN WITH SADAT IN JACKSONVILLE, FLA., IN EARLY NOVEMBER BEFORE SADAT RETURNS TO EGYPT.

10-23-75 10:11EDT

National  
Observer  
Nov 1

President Ford canceled his appointments because of a sinus cold and slight fever. The President's physician, William Lukash, ordered a regimen of restricted activity, bed rest, and medication. Mrs. Ford was also suffering from a cold.

*Washington Star*

*President's  
Health*

# **Ford Still Ill, May Visit Oval Office**

**Associated Press**

**President Ford canceled most appointments today for the third straight day because of a cold and sinus infection, but he may feel well enough to work for a**

WASHINGTON (UPI) -- A SMALL WART WAS REMOVED FROM PRESIDENT FORD'S LEFT EYELID TUESDAY.

DEPUTY PRESS SECRETARY WILLIAM GREENER SAID WEDNESDAY THE OPERATION WAS NOT DISCLOSED AT THE TIME BECAUSE "IT JUST WASN'T THAT MUCH." THE WART, HE SAID, WAS "TOTALLY BENIGN."

HE SAID FORD WALKED OVER TO THE GROUND FLOOR OFFICE OF HIS PHYSICIAN, DR. WILLIAM LUKASH AND HAD THE WART REMOVED.

FORD IS DUE SOON TO TAKE HIS ANNUAL PHYSICAL EXAMINATION AT BETHESDA NAVAL HOSPITAL.

UPI 12-11 10:30 AES



Pg. A7  
11/5/74  
Post

# Ford's Health Pronounced Excellent

By Stuart Auerbach  
Washington Post Staff Writer

President Ford breezed through his twice-yearly medical checkup yesterday and his White House physician, Dr. William M. Lukash, pronounced him in

Mr. Ford has broken new ground in releasing details of a President's medical history. This included overruling Lukash and making public the complete report of his January examination.

Yesterday's examination, conducted on Mr. Ford's 63d

gone operations on both knees, injured while playing football in college.

He is still able to work long hours, Lukash said. In January, the White House physician said Mr. Ford gets up at 5:30 a.m. for exercises

from the All Star baseball game in Philadelphia. Lukash does not allow him to eat after the midnight preceding an examination.

(FORD HEALTH)

WASHINGTON (UPI) -- PRESIDENT FORD GOT HIS SEMI-ANNUAL PHYSICAL CHECKUP TODAY ON HIS 62ND BIRTHDAY AND HIS DOCTOR GAVE HIM A CLEAN BILL OF HEALTH.

DR. WILLIAM LUKASH, THE WHITE HOUSE PHYSICIAN, EXAMINED THE PRESIDENT FOR 25 MINUTES IN THE WHITE HOUSE LIBRARY, PRESS SECRETARY RON NESSEN TOLD REPORTERS.

"HE FOUND THE PRESIDENT TO BE PHYSICALLY FIT AND THE RESULTS OF LABORATORY TESTS WERE COMPLETELY NORMAL," NESSEN SAID. THE TESTS INCLUDED AN ELECTROCARDIOGRAPH CHECKING ON THE PRESIDENT'S HEART.

"DR. LUKASH SEES NO REASON NOT TO BE CONFIDENT THE PRESIDENT WILL MAINTAIN HIS GOOD HEALTH," NESSEN SAID.

FORD HAS KEPT HIS WEIGHT BETWEEN 195 AND 200 POUNDS, SLIGHTLY LOWER THAN WHEN HE FIRST ENTERED THE WHITE HOUSE, LUKASH SAID.

THE DOCTOR, ACCORDING TO NESSEN, SAID THE NEW OUTDOOR SWIMMING POOL AT THE WHITE HOUSE WILL HELP FORD GET HIS DAILY EXERCISE AND PROVIDE SHORT PERIODS OF RELAXATION.

UPI 07-14 12:58 PED

N067

R

FORD'S BIRTHDAY

WASHINGTON (AP) -- PRESIDENT FORD, WHO SAYS HE FEELS "ABOUT 40," BEGAN OBSERVING HIS 62ND BIRTHDAY TODAY WITH A 35-MINUTE PHYSICAL EXAMINATION THAT FOUND HIM "PHYSICALLY FIT."

WHITE HOUSE PRESS SECRETARY RON NESSEN SAID FORD'S PERSONAL PHYSICIAN, NAVY VICE ADM. WILLIAM LUKASH, REPORTED THAT "THE RESULTS OF LABORATORY AND EXAMINATION WERE COMPLETELY NORMAL."

LUKASH WAS QUOTED AS SAYING "HE SEES NO REASON NOT TO BE CONFIDENT THAT HE (FORD) WILL CONTINUE TO ENJOY GOOD HEALTH."

THE PRESIDENT SAID ABOARD AIR FORCE ONE SUNDAY NIGHT AS HE RETURNED FROM A THREE-DAY MIDWESTERN TRIP THAT "I FEEL GREAT." ASKED IF HE FELT LIKE 62, HE SAID, "NO, I FEEL ABOUT 40."

AS FORD BOARDED THE PLANE IN MICHIGAN FOR THE FLIGHT HOME, HE STUMBLED GOING UP THE STEPS, FALLING TO ONE KNEE.

ASKED ABOUT THE CONDITION OF THE PRESIDENT'S KNEES WHICH WERE INJURED WHEN HE WAS A YOUNG FOOTBALL PLAYER, NESSEN SAID LUKASH EXAMINED THE KNEE THAT HAS GIVEN FORD THE MOST TROUBLE AND SAID, "IT WAS FINE."

NESSEN REPORTED THE PRESIDENT IS MAINTAINING HIS WEIGHT AT 195 TO 200 POUNDS AND IS EXERCISING REGULARLY. HE SAID LUKASH EXPECTED FORD TO DERIVE INCREASED RELAXATION FROM THE RECENTLY-BUILT WHITE HOUSE SWIMMING POOL.

FORD WAS BORN JULY 14, 1913 IN OMAHA, NEB.

07-14-75 13:24EDT

-0-

WASHINGTON (UPI) -- PRESIDENT FORD, SUFFERING FROM THE SNIFFLES, TOLD REPORTERS THURSDAY NIGHT HE WAS GOING TO TAKE A DIP IN THE OUTDOOR WHITE HOUSE SWIMMING POOL.

FORD, USING HIS HANDKERCHIEF FREQUENTLY AFTER A TELEVISED NEWS CONFERENCE, SAID THAT DR. WILLIAM LUKASH, HIS PERSONAL PHYSICIAN, BELIEVED THAT THE CHLORINE IN THE WATER WOULD CLEAR HIS SINUSES.

FORD COUGHED A FEW TIMES DURING THE HALF HOUR NEWS CONFERENCE, BUT HE DID NOT SEEM TO BE AT ALL HINDERED BY HIS SLIGHT COLD AND STAYED AROUND AFTERWARD TO BANTER A BIT.

UPI 10-10 09:53 AED