

LET'S TALK ABOUT BLOOD PRESSURE

It is estimated that 50 million Americans have a blood pressure level consistently at or above 140/90mm Hg. And are, at an increased risk for developing a stroke, coronary heart disease, congestive heart failure, renal (kidney) failure, and peripheral vascular disease.

The risk from Hypertension (High B.P.) is present whether only systolic pressure (top number) or diastolic pressure (bottom number) or both are elevated.

When you have your blood pressure taken, here are tips on getting an accurate reading:

- 1. Don't drink coffee or smoke cigarettes 30 minutes prior.**
- 2. Before the test, sit for five minutes with your back supported and your feet flat on the ground.**
- 3. Rest your arm on a table at the level of your heart.**
- 4. Go to the bathroom prior to the reading. A full bladder can change your B.P. reading.**
- 5. If your B.P. is elevated, ask for 2 readings and be patient enough to sit quietly for 2 minutes between readings.**
- 6. Be prepared to make lifestyle changes to control your B.P. Medications are usually the last resort. Exercise, lose weight, and eat more produce, whole grains, and low-fat dairy products are advised.**

Beginning in October, your Parish Nurse will offer free B.P. screening prior to all Senior Citizen programs and prior to all Wednesday evening dinners. Come early and get your B.P. checked. The calendar will specify the exact times.

“He who has the Son has life; he who does not have the Son does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.” 1 John 5: 12-13