



OUR LADY OF THE VALLEY

HEALTH RELATED NEEDS MINISTRY

BLOOD PRESSURE SCREENING

SECOND SUNDAY OF THE MONTH

Our Lady of the Valley's
Health Related Needs Ministry
is a group of volunteers who
respond to the identified health
related needs of our parish
community.

If you would like to volunteer or
would like more information
please call the Parish Office at
694-4585

TEN COMMANDMENTS OF HYPERTENSION

1. Know your blood pressure. Have it checked regularly.
2. Know what your weight should be. Keep it at that level or below.
3. Don't use excessive salt in cooking or at meals, avoid salty foods.
4. Eat low-fat diet outlined in the American Heart Association's dietary guidelines.
5. Don't use tobacco products.
6. Take your medicine exactly as prescribed; don't run out of pills even for a single day.
7. Keep your appointments with the doctor.
8. Follow your doctor's advice about exercise.
9. Live a normal life in every other way.
10. Make certain your parents, brothers, sisters, and children have their pressures checked regularly.

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BLOOD PRESSURE SCREENINGS

AVAILABLE TO ALL PARISHIONERS

High Blood Pressure, or Hypertension affects 50 Million Americans. Hypertension may not cause any symptoms. Some people with high blood pressure may have headaches and a tired feeling. High blood pressure is a risk factor for heart attacks, strokes and kidney failure. One third of the 50 million Americans with high blood pressure are not aware of their hypertension. That is why it is important to have your blood pressure checked regularly.

Source: *Exercise and Your Heart*, National Heart Lung and Blood Institute and the American Heart Association. NIH publication No 93-1677.

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WHAT IS BLOOD PRESSURE?

Blood pressure is a reading of the pressure within your arteries.

If your blood pressure is high, your heart must work harder to pump the same amount of blood and the blood vessels through out your body may be affected.

Your blood pressure normally varies throughout the day. It rises with activity and falls with rest.

The blood pressure reading has a top number and a bottom number.

The top number is the systolic pressure - this is the peak pressure reached when your heart contracts and pumps blood out through the arteries.

The bottom number is the diastolic pressure and is when the pressure falls to its lowest point as your heart

relaxes.

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WHAT IS A NORMAL BLOOD PRESSURE?

If your blood pressure is less than 140/90, it is considered normal.

How can you prevent high blood pressure?

Everyone can help lower their chance of developing high blood pressure by the following:

- Maintain a healthy weight. Lose weight if you are over weight.
- Be more physically active
- Choose foods lower in salt
- If you drink alcoholic beverages, do so in moderation.

Lifestyle changes can control hypertension in many people often anti hypertension medication is needed to provide adequate control.

If you would like more information about High Blood Pressure contact NHLBI Info Center, PO Box 30105, Bethesda, MD 20824-0105 (Phone 301-597-8573)