

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-
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HIGH BLOOD PRESSURE AND YOU

One out of every four adults has hypertension, (high blood pressure). Fifty percent of people don't know they have it! Worse still, fifty percent of those persons who know that they have hypertension, are not being treated! In Houston alone, this number approaches 375,000. Uncontrolled hypertension leads to heart attacks, strokes, and kidney failure. Not too many years ago, blood pressure problems were largely ignored. Perhaps you have read about President Franklin D. Roosevelt. He had frequent physical examinations, and the blood pressure were faithfully recorded-ever increasing! In fact, during an important war time conference in Yalta, his blood pressure was recorded at 180/150, (normal: below 140/90). Not long after, he died of a massive brain hemorrhage.

Here's how to keep your blood pressure down:

1. Stop Smoking
2. Maintain ideal weight. For every ten pounds overweight, the heart has to pump blood through an additional four miles of blood vessels-quite a burden on the heart.
3. Avoid excess salt.
4. Reduce alcohol consumption.
5. Establish an aerobic exercise program.
6. Take the medication prescribed by your doctor.

Blood pressure checks are free at the Health Center.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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