



HIGH BLOOD PRESSURE

Take action now!

BY LORNA FEDELEM, MD



Knowing your blood pressure is key. High blood pressure affects one in three Americans—and it's the third leading cause of death in the U.S. This May, celebrate National Blood Pressure Month by raising your awareness with the power of information. Then, use that knowledge to fight unseen, potential risks.

Due to a tendency to show either minor or even no symptoms at all, high blood pressure has earned the nickname “the silent killer.” Knowledge of one’s high blood pressure—and then taking action—greatly reduces the possible risks of related health problems.



DOCTOR'S ORDERS...

1. *Check your blood pressure*
120-130 for the top number and 75-80 for the bottom number is considered the range for normal blood pressure. Any higher than that means you should try to lower it through some simple lifestyle changes like diet and exercise and go see your doctor. You could also need medication.

2. *Get moving*
One of the best ways to maintain healthy blood pressure is through exercise. Moving your body naturally with a walk, bike ride, swim, jog, or any other aerobic activity will help keep your blood

pressure low, and your body healthy.

3. *Adjust your diet*

Eating a diet that is rich in

whole grains, fruits, vegetables, and low-fat dairy products, while avoiding sodium, saturated fat, and cholesterol can lower your blood pressure significantly. National Blood Pressure Month is a good time to practice.

WHY CONTROLLING YOUR BLOOD PRESSURE IS IMPORTANT

1. *It encourages shedding a few pounds*

Weight loss is one of the most effective lifestyle changes you can make to control high blood pressure. Losing even a small amount of weight can help reduce your numbers (and risk) significantly.

2. *It promotes activity*

Regular physical activity and exercise can

greatly lower your blood pressure. Simply walking, jogging, cycling, swimming, or dancing for thirty minutes most days of the week can help keep your blood pressure at a healthy level.

3. *It lowers heart attack and stroke risk*

Having high blood pressure puts you at significant risk of having a heart attack or stroke. It can also cause congestive heart failure and kidney dysfunction, all while you feel completely normal. Once the damage is done it is hard to recover from. That is why hypertension is called the silent killer. Make an appointment today to have your blood pressure checked by your primary care doctor!

Call and schedule a complimentary meet and greet with Dr. Fedelem.

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