

HOUSTON DEAF SENIOR CITIZENS NEWSLETTER

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Happy Easter

We have planned the field trips next three months for Houston Deaf Senior Citizens.
(Attention: these places or dates may be changed if unable to reserve or time permits)



2005

April 8, 2005 (Fri) ~ Bayou Wildlife Park in
Alvin & Kemah Boardwalk

May 13, 2005 (Fri) ~ Bastrop

June 10, 2005 (Fri) ~ Mexia

HEALTH TIP

IS YOUR BLOOD PRESSURE TOO HIGH?

High blood pressure is often known as the silent killer because so many people go undiagnosed and untreated. It's estimated that one in three adult Americans have high blood pressure that could be controlled with proper diet, regular exercise, and/or medication, according to the American Heart Association. (February is National Heart Health Month)

How do you know if your blood pressure is too high? It's important to have it tested often – during your annual visit or any other time you may find yourself in the doctor's office. Current guidelines recommend maintaining a resting blood pressure below 120/80 mm Hg. Anything higher than 140/90 mm Hg is considered high blood pressure, and anything in-between the high and low readings places you in the prehypertensive category, meaning you are at risk of developing high blood pressure.

If your reading blood pressure is higher than 120/80 mm Hg, you may be at increased risk of heart attack, stroke, and kidney failure, and should consult with your doctor. While some people are able to control their blood pressure by improving their diet and getting regular exercise, others require medication, which can be prescribed and closely monitored by a physician.

E-mail from a friend; Source Unknown

