

## Ease The “Pressure” By Celebrating National High Blood Pressure Education Month!

Also known as [Hypertension](#), a national average of 68 million Americans are living with this ‘silent killer,’ making the odds as high as every 1 in 3 adults – yikes! The good news? High blood pressure can be controlled, reduced, and best of all, prevented with proactive measures!

The Center for Disease Control and Prevention officially proclaimed May as National Blood Pressure Awareness Month starting in 1984 with an official motto of: “know your numbers.” Blood pressure readings have two numbers, the systolic pressure (the higher number) and diastolic pressure (the lower number). Ideally your numbers should read around 120 over 80, but usually the lower the pressure, the better. High blood pressure is typically diagnosed when your systolic pressure exceeds 140.

Two of the leading causes of death in the United States, heart attack and stroke, are primarily a result of living with long-term high blood pressure. It also contributes to the onset of other physical impairments including congestive heart failure and kidney disease. In addition to the 68 million recognized patients, about 8% of all U.S. adults have hypertension but have never been diagnosed. The most frequently cited cause is due to the high content of sodium found in processed, packaged, and restaurant food like bread, cold cuts, pizza and poultry being identified as main culprits.

It’s absolutely imperative to have your blood pressure checked regularly, and to live mindfully in order to maintain normal pressure, however if you’re near or above unsafe levels now is always better than later when seeking out professional help to revitalize your health! CPH is proud to support our Allied Health Professionals including nutritionists, dietitians, physicians, and counselors in their mission of bringing better health to their communities!

Unlike many diseases, high blood pressure can rapidly decrease when patients are committed to reducing sodium intake. Start today!

Live Heart Healthy:

- More fresh fruits and vegetables
- Consciously read nutrition labels and choose lower sodium options
- Maintain a healthy body weight. Make light exercise a habit.
- Cook from home to control the amount of sodium put into your meals
- Inquire about low sodium options at restaurants
- Reduce or eliminate smoking and/or alcohol consumption

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