



Health & Wellness Training Series High Blood Pressure

Thursday, May 24, 2012 from 2:30pm—3:30pm

City Hall—Council Chambers

Speaker: **Dr. Angel Claudio, MD**

Specializing in Internal Medicine

Good things come to those who wait...
Except when it comes to your blood pressure check

There's a silent killer on the loose. And it's currently affecting about 50 million Americans and 1 billion people worldwide.* The killer is **high blood pressure**, also known as **hypertension**. Left uncontrolled, it can greatly increase your risk of stroke, heart attack and heart and kidney failure.

There are some risk factors you can't change. People over 35, those having a family history of hypertension and African-Americans are more at risk. But you can change these risk factors:

- ♥ Obesity
- ♥ Excess sodium in your diet
- ♥ Alcohol use on a regular basis
- ♥ Sedentary lifestyle
- ♥ Ongoing stress
- ♥ Oral contraceptives, especially in overweight smokers

A blood pressure reading of less than 120 over 80 is considered "normal." Pre-hypertension is a reading between 120-139 systolic (the top number in blood pressure reading) and 80-89 diastolic (bottom number).

*Early diagnosis and treatment of high blood pressure are essential to your good health. So make sure you check it regularly. It's a good thing not to wait.

*American Heart Association
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The Human Resources Department in conjunction with Mission Regional Medical Center will be hosting health and wellness training seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing rpalomo@missiontexas.us.

Our mission is to promote health awareness and to encourage healthy lifestyles.

Questions? Contact the Human Resources Department at 956-580-8630.

