

# Health and Wellness Tip of the Week - Week 30

## Monthly Topic

*July is Men's Health Month. It's the perfect time to remind employees about the importance of wellness screenings and staying healthy.*

July 27, 2015

## High Blood Pressure In Men

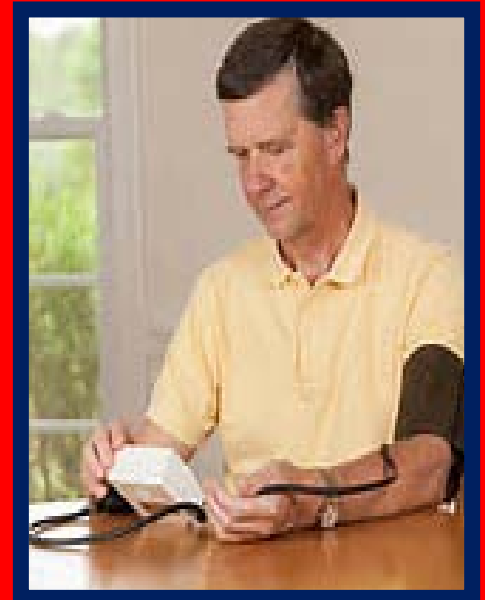
High blood pressure – in men and women – is a big problem. One in every three adult Americans – about 65 million people – has high blood pressure, also known as hypertension. Many more are at risk of developing it. Over half of all Americans age 60 and older have it and over a lifetime, the risk of developing high blood pressure is 90%.

Typically, blood pressure increases with age. Risk of high blood pressure begins to climb when men hit age 45, although it can occur in younger men. African-Americans tend to develop it younger and have more severe hypertension. Obesity or a family history of high blood pressure also increases risk.

High blood pressure is especially dangerous, because people can have it for years without knowing. In fact, one in three Americans with the condition doesn't know it.

Despite these gloomy statistics, high blood pressure is not inevitable. There is plenty you can do to prevent, delay, and treat the condition.

*Source: WebMD*



Human Resources  
Department  
1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8630