

Medical Edge Radio from Mayo Clinic

Hypertension Changes

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	DO YOU HAVE ANY IDEA WHAT YOUR BLOOD PRESSURE IS? WELL MAYBE IT'S TIME YOU FOUND OUT. BECAUSE IF IT'S TOO HIGH...
Dr. Sharonne Hayes	"THAT SIGNIFICANTLY INCREASES THE RISK OF STROKE, KIDNEY DISEASE AND HEART DISEASE."
	MAYO CLINIC DR. SHARONNE HAYES SAYS THE DEFINITION OF AN "OK" BLOOD PRESSURE HAS CHANGED IN THE LAST FEW YEARS. AN IDEAL PRESSURE WOULD BE LESS THAN 120 OVER 80...AND THE LOWER THE BETTER.

	<p>DESPITE THE RISKS THAT BLOOD PRESSURE POSES TO HEALTH, DR. HAYES SAYS IT DOESN'T GET THE ATTENTION IT DESERVES AND REMAINS UNDER-TREATED.</p>
<p>Dr. Hayes</p>	<p>“UNTIL YOU HAVE THAT HEART ATTACK OR STROKE, THERE ARE NO SYMPTOMS. AND IT’S HARD FOR PATIENTS WHO FEEL GREAT TO TAKE A PILL EVERYDAY, OR TO CHANGE THEIR LIFESYTL.”</p>
	<p>BUT THERE ARE MANY TREATMENT OPTIONS TO LOWER YOUR BLOOD PRESSURE. BETTER STILL...BY WATCHING YOUR WEIGHT, EATING HEALTHLY FOODS AND EXERCISING YOU CAN PREVENT HIGH BLOOD PRESSURE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
