

Under Pressure

How the New Blood Pressure Guidelines Affect You

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December 2, 2017



"A vegetarian diet is good for stress. If you crunch loud enough, you can't hear your kids bicker during dinner."

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6 NIV



"It's a special hearing aid. It filters out criticism and amplifies compliments."

In November 2017, The American Heart Association, The American Stroke Association and the American College of Cardiology listed new guidelines determining how to diagnose and treat high blood pressure. The categories are now 10 points lower for both systolic (how hard your heart works to pump blood) and diastolic (how much your heart rests between beats).

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

What does this mean? It means more people can now be diagnosed with high blood pressure. **Why should you care?** Medical experts have agreed to lower the cutoff values due to data suggesting it saves more lives. Complications from uncontrolled too high blood pressure include heart attack, stroke, memory loss/dementia, weakening of blood vessels in the kidneys leading to loss of function and kidney damage, and heart failure. The new guidelines strongly encourage healthy lifestyle changes instead of medications to manage Stage 1 high blood pressure (previously considered normal range) and prevent any of the adverse outcomes before it is too serious. Lifestyle changes include following the *DASH diet eating plan (Dietary Approaches to Stop Hypertension), losing weight if overweight/obese, reducing sodium intake, and reducing stress.

How do we reduce the stress that can impact our heart and control blood pressure and our health?

- Daily Physical Activity that YOU ENJOY
- Remember to laugh and have fun DAILY. Read a joke, watch a comedy show.
- Give up bad habits such as alcohol, caffeine, tobacco products and TOO MUCH STRESS
- Get enough sleep. Get enough sleep for you. Get enough rest. Oh yeah, get enough sleep.
- Don't worry. Leave your worries to God. Pray.
- SLOW DOWN. Pace your life activities based on how it affects your time with God

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- Accept the things you cannot change. Change your response to stress
- Prayer is scientifically and Biblically proven to reduce stress, improve blood pressure management and make you a happier, more peace-filled child of God.
- Try some inexpensive, simple natural remedies such as drinking 2-3 cups hibiscus tea daily to manage high blood pressure. It tastes good too!
- Surround yourself with positive, life-affirming people.
- Seek forgiveness for sins and past hurts to eliminate the stress of guilt and shame.

What are the potential impacts of this new guideline for high blood pressure?

- New Stage 1 diagnosis could lead to higher life insurance premiums.
- Feeling more stressed about not knowing about the impact
- Being motivated to get my health in check ASAP

L D I A E C Y W D Z O Q I C C G S J H T
 J R K X E F B A P T U G L X J D L Y E O
 L I F E S T Y L E C H A N G E K P D A L
 P O X T V Y S W O C I H R M N E S A R C
 P E E C R O S U I O E O E C R I T S T D
 E W E R Q S L L C A D N R T K N I H F O
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 G L T O S Y V I A T S B Y E O E H E L B
 A S W A Y R H K J I E T I N S L E T U F
 T S I H G U A L O X Q E Q H I S W A R A
 S D Y E B O D N A T S U R T C H U V E I
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 N X Q K N X T I C I L O T S Y S S X E H
 M O E K L D S T R O K E F U Z P N U R W
 V V V T R E I M F E G O W N K Z K V Z B
 C G I G V H V K F D J Z T P R C P Q E A
 V F A C Z A D L E Y Y N R Q O V L K B Z

<u>FIND ME</u>
BLOOD CLOT
BLOOD PRESSURE
DASH DIET
DEMENTIA
DIASTOLIC
ENJOY
FAITH
GRATITUDE
HABITS
HEART
HEART FAILURE
HIBISCUS TEA
HYPERTENSION
KIDNEYS
LAUGH
LIFESTYLE CHANGE
SLEEP
STAGE
STRESS
STROKE
SYSTOLIC
TRUST AND OBEY
VOLUNTEER
WORRY

Serenity Prayer by Reinhold Niebuhr (1892-1971)

God grant me the serenity to accept the things I cannot change;
 courage to change the things I can; and wisdom to know the difference.

Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His Will; that I may be reasonably happy in this life and supremely happy with Him forever in the next.

Amen.