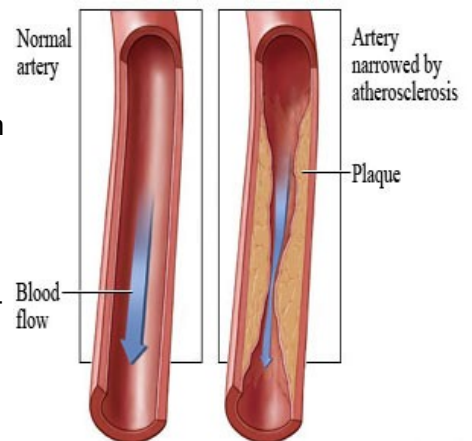


High Blood Pressure

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High blood pressure, also known as hypertension, is the most common cardiovascular disease and affects millions of people. Blood pressure is a term for the force of blood pushing on artery walls, and high blood pressure is when the force of blood on artery walls is high enough to cause health problems. Blood pressure is measured as two numbers, the systolic pressure, which is the pressure when the heart pumps blood to the arteries, and the diastolic pressure, which is when the heart is resting between beats. Normal blood pressure is 120/80 for an adult, the first number being the systolic pressure and the second being the diastolic pressure. If numbers are higher, a person will begin to develop Pre-hypertension, and later Stage 1 Hypertension and Stage 2 Hypertension, if problems are not fixed. High blood pressure can damage arteries and clog them, causing atherosclerosis (hardening of the arteries), heightening the risk of heart disease or stroke.



Reducing Blood Pressure

- **Lose weight**
- **Exercise**
- **Stay on a healthy diet**
- **Reduce sodium intake**
- **Limit alcohol consumption**
- **Stay away from tobacco and secondhand smoke**
- **Reduce caffeine**
- **Minimize stress**
- **Get support from friends and family**
- **Visit a doctor regularly**

Problems

High blood pressure is a problem for more than 30% of American adults. Almost 30% of Americans have prehypertension, which is the beginning of high blood pressure.

Left untreated, high blood pressure can lead to vision problems, kidney failure, and heart failure.

More than 347,000 Americans died mainly from high blood pressure in 2008.

High blood pressure cost the U.S. \$93.5 billion in health care services, medications, and missed work days in 2010.

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Empowering You Through
Education and Medical Support

Right Weigh Clinic is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods as it is to eat the proper nutrients. We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes and fatty liver disease.

There are many ways to lose weight, but **our program ensures that you are losing body fat and not just "weight"** by weighing on body mass analysis scales weekly and making timely adjustments to your program.

Symptoms

In actuality, most people with high blood pressure show few symptoms. Dull headaches, dizziness, and nosebleeds are symptoms that usually only occur when blood pressure has reached threatening levels. Thus, it is vital to see a doctor routinely to check blood pressure.

Risk factors

The likelihood of high blood pressure increases with age. It is more common among middle-age men and African Americans. It runs in families too.

Complications

In addition to organ and artery problems, hypertension can decrease mental capabilities, causing trouble with memory, thinking, and learning. It can also lead to metabolic syndrome, which is a variety of disorders in metabolism, marked by high triglycerides, high insulin levels, and low HDL (good cholesterol) levels.