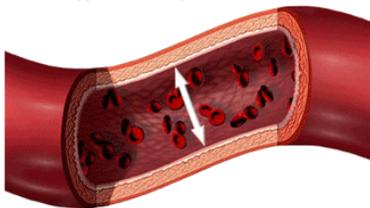


Blood pressure is the measurement of force applied to artery walls



V-CARE

your healthcare bulletin

FACTS ABOUT HIGH BLOOD PRESSURE

Issue 55

16th July, 2013

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body"

- Joseph Addison

Inside this issue:

11 STEPS TO PREVENT A HEART ATTACK **2**



Blood pressure is the force of the blood pushing against the walls of the arteries. Your blood pressure is highest when the heart contracts (while it is pumping blood). This is called systolic pressure. When the heart is at rest (between beats) your blood pressure is lower. This is called diastolic pressure. Blood pressure is always given in these two numbers. Systolic and diastolic pressure is equally important. The systolic measurement is on top, and the diastolic is on the bottom (e.g. 120/80 mmHg).

detect high blood pressure because due to no symptoms. The only way is to get it measured by a health professional.

CARE

Be physically active. Physical activity helps lower high blood pressure. New physical activity guidelines call for 150 minutes of moderate-intensity physical activity in a week. "Aerobic" activity is best for conditioning your heart and lungs. Examples include brisk walking, swimming, bicycling, and running.

and low fat dairy products, while decreasing sodium and saturated fat. DASH is rich in magnesium (found in nuts, soybeans, seafood, and whole grains), potassium (found in avocados, sweet potatoes, spinach, oranges, and bananas), and calcium (found in yogurt, milk, cheese, and almonds), as well as protein and fiber.

DASH eating plan based on 1600 calories daily:

Vegetables 3-4 servings:

- Fruits 4 servings
- Whole grains and grain products 6 servings
- Low fat or fat free dairy foods 2-3 servings
- Meats, poultry, and fish 1-2 servings
- Nuts, seeds, and dry beans 3 per serving's week
- Fats and oils 2 servings
- Sweets 2 servings per week

Maintain a healthy weight. Losing extra pounds is very important in reducing high blood pressure. Losing as few as ten pounds can reduce blood pressure in many overweight people. It also enhances the blood pressure lowering effect of medication and helps reduce other risk factors associated with heart disease such as diabetes.

Some people can reduce their blood pressure by cutting back on sodium or salt. Avoid canned or processed foods.

Limit alcohol. Drinking too much can raise blood pressure. Too much means more than two drinks of beer, wine, or liquor per day.

Follow the DASH Diet or Dietary Approaches to stop Hypertension. Studies show people with high blood pressure who follow the DASH Diet show a reduction in blood pressure. DASH focuses on increasing servings of fruits, vegetables,

EFFECTS OF HIGH BP

High blood pressure causes the heart to work harder, putting you at increased risk for stroke, heart attack, and kidney problems. Anyone can develop high blood pressure regardless of race, age or gender. It is estimated that one in every four American adults has high blood pressure. Once high blood pressure develops, it usually lasts a lifetime. You can prevent and control high blood pressure by taking action today.

Blood Pressure Categories for Adults

Category	Systolic	Diastolic
Optimal	< 120	< 80
Prehypertension	120-139	80-89
Stage 1 Hypertension	140-159	90-99
Stage 2 Hypertension	> 160	> 100

HIGH BP/HYPERTENSION

Blood pressure changes during the day. It's lowest when you sleep and rises when you get up. Most of the time it stays about the same or within a range. If your blood pressure rises and stays above the recommended levels, you may have high blood pressure.

CAUSES

The causes of high blood pressure vary. Causes may include narrowing of the arteries, a greater than normal volume of blood, or the heart beating faster or more forcefully than it should. High blood pressure might also be caused by another medical problem. Although high blood pressure usually cannot be cured, in most cases it can be prevented and controlled. It is hard to

11 STEPS TO PREVENT A HEART ATTACK



“Stretch, daydream,
take a nap or a
walk...”

- Slow down! Allow yourself idling time before and after. Don't hurry while eating! Regard eating as an event to take pleasure in, not as a race to a goal.
- Schedule something relaxing every day. Take small holidays during the day somewhere you can walk, run, sit, meditate, or daydream.
- Money spent can be earned again. Time spent is forever lost. Buy time with your money. Take time off on a regular basis.
- Interrupt long periods of work with periods of relaxation. Stretch, daydream, take a nap or a walk.



- Try to do one thing at a time. If you are driving, just drive. Don't take notes, talk on the phone, or dictate a report while driving. Simply drive. If you are sitting and relaxing, simply relax. Don't watch your fax machine, pick up the phone, or listen to your voice mail.
- Always being busy and in a hurry is a sign of success in our society — fight this image! You can't be successful and dead at the same time. What good is winning the race if you die at the finish line? Work deliberately, effectively, and at a comfortable pace.
- Before you approach a task, ask yourself, Is it worth doing? Why is it worth doing? Seven years from now, will it matter whether I've done it or not? Must it be done in a hurry?
- Find your unique way of relaxing. Jogging and exercise are not for everybody. Maybe you prefer working in the garden or hanging upside down. Do what is relaxing for you and do it on a daily basis.
- Try driving in the slow lane of the highways. The idea is to reduce your urge to go as fast as possible all of the time.
- In conversation, try to listen. Try not to be in a hurry to get your point across. Try to learn through listening.
- Try to smile and laugh at yourself at least once a day.

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TURN OVERLEAF FOR TEST DETAILS

Basic Health Checkup

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Complete Blood Check-up (17)

- Hemocytes
- Hemoglobin
- Lymphocytes
- Leucocytes (WBC)
- Hemoglobin
- Mean Corp. Hemoglobin
- Mean Corp. Hemo. Concn.
- Mean Corp. Volume
- Mean Platelet Volume
- Red Cell Width
- Hematocrit
- Platelet Count
- Platelet Width
- Total R.B.C.
- Eosinophils
- Neutrophils
- E.S.R.

Liver Profile (10)

- Bilirubin - Direct
- Bilirubin - Indirect
- Total Bilirubin
- Alkaline Phosphatase
- SGOT
- SGPT
- G.G.T
- Serum Albumin
- Total Protein
- Albumin / Globulin

Cholesterol Profile (7)

- Total Cholesterol
- HDL (Good Cholesterol)
- LDL (Bad Cholesterol)
- VLDL
- Triglycerides (Tg)
- Tc / HDL Ratio
- LDL / HDL Ratio

Kidney Profile (6)

- Serum Creatinine
- Calcium
- Blood Urea Nitrogen
- Uric Acid
- BUN / Creatinine Ratio

Anemia Profile (3)

- Serum Iron
- Total Iron Binding Capacity
- % Transferrin Saturation

Advanced Diabetes (2)

- HbA1c
- Average Blood Glucose

Thyroid Profile (3)

- T3
- T4
- TSH

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Advanced Health Checkup

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- T3
- T4
- TSH



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Vitamin Profile

- Vitamin B12 (1)

Pernicious Anemia Profile

- Vitamin B12 (1)

For Women
10 Profiles 54 Tests

Normalised Profiles (2)
Follicle Stimulating Hormone
Luteinizing Hormone
Prolactin

Arthritis Profile (1)
Rheumatoid Factor

For Elders
10 Profiles 50 Tests

Supreme Health Checkup

13 Profiles 63 Tests

Complete Blood Check-up (17)

- Hemocytes
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- Lymphocytes
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- Uric Acid
- BUN / Creatinine Ratio

Cardiac Risk Markers (6)

- Apolipo-Protein A1
- Apolipo-Protein B
- Lipoprotein (A)
- C-Reactive Protein
- Apo-B1 / Apo B Ratio
- Homocysteine

Vitamin Profiles (2)

- Vitamin D
- Vitamin B12
- Folic Acid

Advanced Diabetes (2)

- HbA1c
- Average Blood Glucose

Thyroid Profile (3)

- T3
- T4
- TSH

Electrolytes Profile (3)

- Sodium
- Potassium
- Chloride



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Advanced Iron Profile (4)

- Ferritin
- Serum Iron
- Total Iron Binding Capacity
- % Transferrin Saturation

For Women
14 Profiles 64 Tests

Normalised Profiles (2)
Follicle Stimulating Hormone
Luteinizing Hormone
Prolactin

Advanced Arthritis Profile (1)
Rheumatoid Factor
ACCP - Antibody

For Elders
14 Profiles 60 Tests

OUR OTHER SERVICES

SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us & upload/ attach your current medical diagnosis for us to get back to you with an opinion & the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

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2. Digitization of Medical Records. The system picks out data from your scanned medical records & digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed & a summary/ detailed report is generated as per the user's needs.
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articles on health be
it humor or
educative&we will
make sure they
become a part of our
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CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed & satisfactorily returns to the country of origin.

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