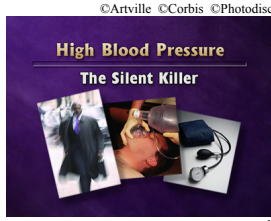


High Blood Pressure—The Silent Killer

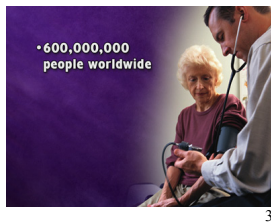


Today our topic is high blood pressure, the silent killer.

Imagine having a life threatening disease that could take your life suddenly, without any warning—but the problem is, you are one of the millions who don't know they have it.



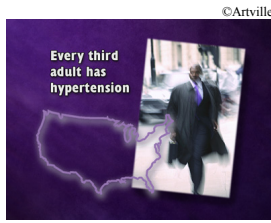
High blood pressure, or hypertension, is one of the most widespread health problems of the 21st century.



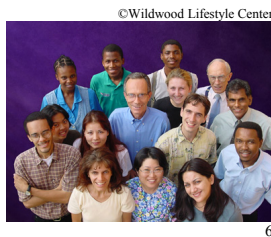
Around the world 600 million people are suffering from high blood pressure...



...and 3 million of these die every year as a *direct* result.¹



In North America alone it is estimated that every third adult has hypertension.²



High blood pressure can attack people of any age, creed, or color.

In the U.S. fifty percent of those over the age of 40, and seventy percent of those over 65 have it.

High Blood Pressure—The Silent Killer



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Because high blood pressure often has no symptoms...



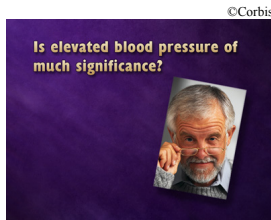
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...half of those who have it don't even know³, and those who do know often neglect treatment because they feel fine.



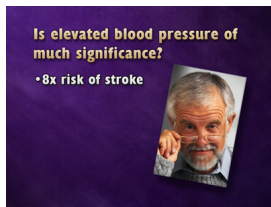
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Only one out of eight with the condition has their blood pressure under control.



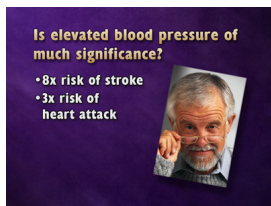
10

Is having “just a little” high blood pressure really of much significance?



11

Hypertensives are eight times more likely to suffer a stroke,




12

...three times more likely to have a heart attack,

High Blood Pressure—The Silent Killer

Is elevated blood pressure of much significance?

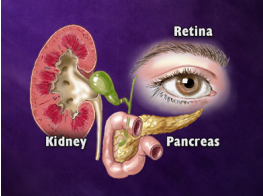
- 8x risk of stroke
- 3x risk of heart attack
- 5x risk of heart failure



13

...and five times more likely to develop heart failure than people with normal blood pressure.

©Life Art




14

Persistent high blood pressure can also lead to irreversible damage of the kidneys, pancreas, and retina of the eye.

©Corbis

Silent Killer



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Hypertension is known as the silent killer. Slowly and silently, it can destroy vital organs of the body without a person knowing it.

Unfortunately for many, the first sign is often a stroke or sudden heart attack. For some, the first sign may also be their last.

©ADM

Silent Killer



16

The nursing homes and cemeteries are filled with many people who had just “a little high blood pressure.”

©Corbis ©Hemera Technologies

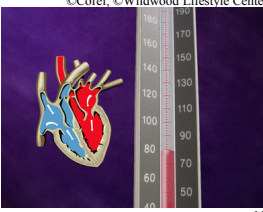
Do you have high blood pressure?



17

Do you have high blood pressure?

©Corel; ©Wildwood Lifestyle Center

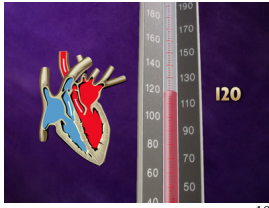


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To answer this question you must first know what blood pressure is.

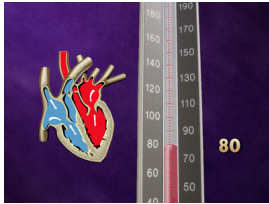
Blood pressure is the pressure of the blood inside the heart and the blood vessels.

High Blood Pressure—The Silent Killer



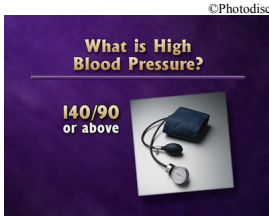
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The higher number is the pressure while the heart is pumping.



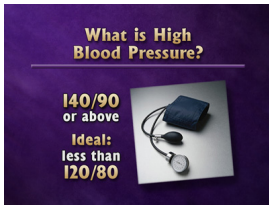
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The lower number is the pressure while the heart is resting between beats.



21

Hypertension is defined as having a consistent blood pressure of 140 over 90 (140/90) or above.

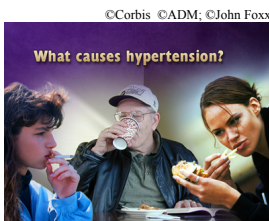


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The ideal level is when the blood pressure is kept **below** 120 over 80 (120/80).

Anything above this is associated with increased risk of disease—the higher the numbers, the greater the risk.⁴

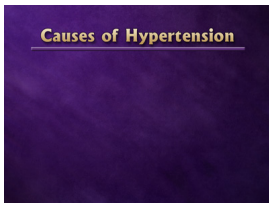
Some people wonder if **low** blood pressure is a problem (around 90/50). The answer is no, just as long as the individual is feeling well.⁵



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What causes the blood pressure to go up?

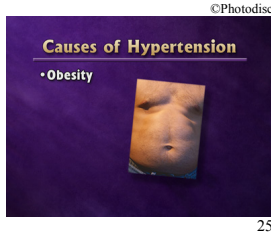
Approximately 90% of hypertension cases may be related to personal lifestyle habits.⁶



24

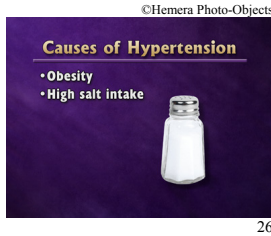
The following lifestyle factors have been repeatedly shown to increase a person's risk of getting high blood pressure:

High Blood Pressure—The Silent Killer



Obesity

Every pound of fat requires an extra mile of tiny blood vessels. It takes extra pressure to pump blood through them. For this reason, people 20% or more overweight are five times more likely to have hypertension than are people of normal weight.



High salt intake

Around the world, high blood pressure is uncommon in populations where the salt intake is also very low.⁷



But in places where the salt intake is high, such as Japan, the disease is epidemic, affecting approximately...

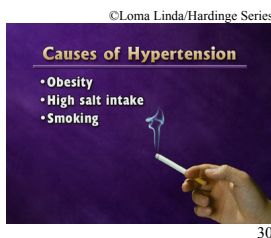


...one half of the adult population.

But the Japanese are not alone; in many cultures salt intake is on the increase.

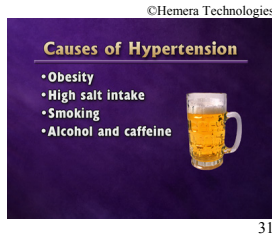


Americans, for example, consume an average of two teaspoonfuls of salt a day—that's about 16 times more than the body actually needs!⁸



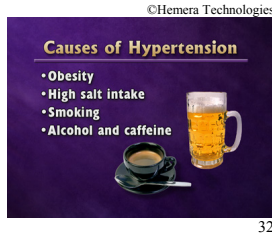
Smoking just one cigarette can elevate blood pressure for as long as 30 minutes.⁹ At this rate, a typical pack-per-day smoker is elevating his blood pressure for most of the day.¹⁰

High Blood Pressure—The Silent Killer

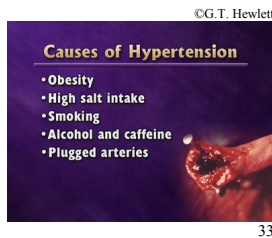


Alcohol and caffeine

Scientific studies have demonstrated that **even moderate use** of alcohol may be the cause of 5 to 15% of all cases of hypertension. Just an ounce or two per day is all that is necessary to cause significant hypertension.¹¹

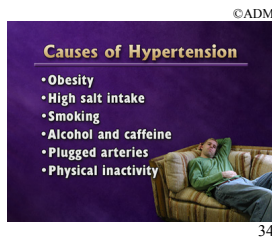


Studies also show that one cup of coffee per day may raise the blood pressure considerably—5 to 6 points.¹²

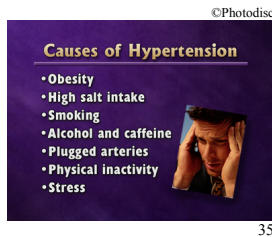


Plugged arteries

Just as mineral deposits buildup in an old rusty water pipe and cause increased water pressure; so narrowed, plugged arteries force the body to increase the blood pressure, in order to carry the blood supply throughout the body.



Physical inactivity is also associated with elevated blood pressure levels.



Stress

Along with these other lifestyle factors, life's stresses can raise an individual's blood pressure.

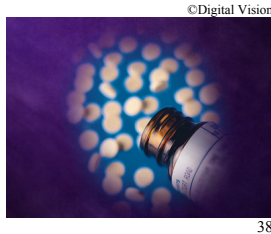


So what can we do to treat high blood pressure?

High Blood Pressure—The Silent Killer



The past few years have produced an avalanche of new drugs for lowering blood pressure. They may produce prompt results—the quick fix that people love.



But a closer look at hypertension medications reveals some disturbing facts.



The *drugs do not cure* high blood pressure; they only manage it. In some cases the medications need to be taken for life, and they may have many unpleasant side effects.



Both patients and physicians are increasingly dissatisfied with the drug approach to the treatment of high blood pressure.

However, it is important to note that people currently taking blood pressure medications should be careful not to change doses or stop medicines on their own.



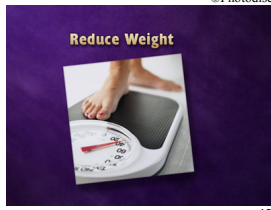
Are there better alternatives to drug medications?

A number of major scientific studies have shown that a comprehensive lifestyle approach to hypertension can give superior results without the potential of distressing side effects.

Most cases can be reversed in a matter of weeks without drugs, by making simple diet and lifestyle changes.

Here are some of the things proven to be successful in lowering high blood pressure:

High Blood Pressure—The Silent Killer



Reduce Weight

When the weight goes down the blood pressure levels usually follow.



Reduce Salt intake

A large percentage of people can find relief with just this one simple measure.

But getting salt intake down to safer levels requires an understanding of where salt is found.



Banning the salt shaker is a step in the right direction, but **by itself it is *not* enough.**



This accounts for *only* 25 percent of our sodium intake.



The real culprits are the *processed* and fast foods we eat.



These account for 75 percent of our salt intake.¹³

High Blood Pressure—The Silent Killer



Be sure to read the labels when purchasing processed foods.

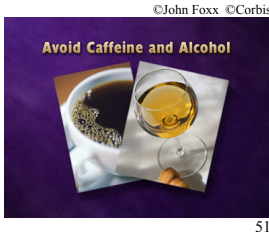


It has been estimated that literally millions of people with mild hypertension could normalize their blood pressure simply by cutting their total salt intake to about 2 grams a day (one level teaspoon).



Stop Smoking

Healthier blood pressure levels are just one of many benefits associated with not smoking.



Avoid Caffeine and Alcohol

Eliminating alcohol, coffee, and cola drinks from the diet will tend to lower blood pressure and do the body a favor in several other areas as well.



Reduce Intake of High-Fat Foods

A diet very low in fat, yet high in fiber lowers the blood pressure about 10 percent, even *without* weight loss or salt restriction.¹⁴



Eat an abundance of natural foods like whole grain products, salads, beans, and fresh fruit. These foods are *all* naturally...

High Blood Pressure—The Silent Killer



- Low in salt
- Low fat,
- (and) High (in) fiber.



Increase Physical Exercise

Physical exercise is known to lower blood pressure and is indispensable in weight control.

Thirty to sixty minutes of exercise daily, such as brisk walking or cycling in the open air is ideal.



Reducing Stress is also essential. Simply following all the elements of a healthy lifestyle enhances one's ability to deal with life's stressors. A healthy body and mind will give you the upper hand in coping with the stresses you face.



For example, research shows that regular physical exercise is one of the simplest and most effective means of stress relief. Exercise helps to dissipate the...



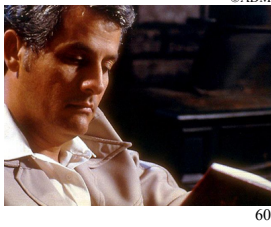
- Tension,
- Stress,
- and Depression,

which are so often associated with elevated blood pressure.



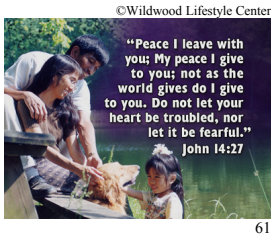
While tranquilizers are the best solution some have to offer for stress,

High Blood Pressure—The Silent Killer



personal trust in God is the only real and effective solution to bring peace to individuals living in a world filled with anxiety, stress and fear.

God's word offers wonderful help to those who come to Him with the cares and stresses of life.



God says, "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful." John 14:27 (NAS)

With these few simple changes in lifestyle, you have an excellent chance of reducing your blood pressure to a healthy level and keeping it there.

Remember, health is a matter of lifestyle. Lifestyle is a choice... and the choice is yours!

¹ The World Health Organization (WHO)

² 2000 Heart and Stroke Statistical Update, American Heart Association, p. 15

³ Why is Hypertension Management Needed?, 1999 WHO-ISH Hypertension Practice Guidelines For Primary Care Physicians, WHO Cardiovascular Diseases Program, Geneva 27, Switzerland.

www.who.int/ncd/cvd/PracticeGuidelineslideset2/sld007.htm

⁴ Nedley, MD, Neil, *Proof Positive*; Nedley Publishing, 1998; pg. 130

⁵ Nedley, MD, Neil, *Proof Positive*; Nedley Publishing, 1998, pg. 143

⁶ Ludington, Aileen, and Diehl, Hans; 2000, *Health Power*, Review and Herald Publishing, Hagerstown, Maryland, p.40

⁷ Ludington, Aileen, and Diehl, Hans; 2000, *Health Power*, Review and Herald Publishing, Hagerstown, Maryland, p.40

⁸ Statement From the National High Blood Pressure Education Program Coordinating Committee. Bethesda, MD: National High Blood Pressure Education Program, 1995 and 1999. (source: *Proof Positive*, p. 138)

⁹ Kaplan NM. Measurement of Blood Pressure. In: *Clinical Hypertension—6th edition*. Baltimore, MD: Williams and Wilkins, 1994 p. 23-45. (Proof Positive, p. 143)

¹⁰ Kaplan NM. Measurement of Blood Pressure. In: *Clinical Hypertension—6th edition*. Baltimore, MD: Williams and Wilkins, 1994 p. 30. (Proof Positive, p. 143)

¹¹ Wakabayashi K, Nakamura K, et al. Alcohol consumption and blood pressure: an extended study of self-defence officials in Japan. *Int J Epidemiol* 1994 Apr;23(2):307-311. (Source: *Proof Positive*, pg. 142)

¹² Sung BH, Whitsett TL, et al. Prolonged increase in blood pressure by a single oral dose of caffeine in mildly hypertensive men. *Am J Hypertens* 1994 Aug;7(8):755-758. (Source: *Proof Positive*, pg. 142)

¹³ Ludington, Aileen, and Diehl, Hans; 2000, *Health Power*, Review and Herald Publishing, Hagerstown, Maryland, P. 41

¹⁴ Ludington, Aileen, and Diehl, Hans; 2000, *Health Power*, Review and Herald Publishing, Hagerstown, Maryland, p. 42