

## Hypertension

Hypertension, also referred to as high blood pressure, affects 1 out of 4 adults. Called the “Silent Killer,” 1/3 of people with high blood pressure experience no symptoms at all. It is, therefore, something that should be monitored. Yearly monitoring is appropriate if there are no risk factors, more frequent if there are.

Potential risk factors include being overweight, a lack of physical activity, stress, smoking, too much salt in the diet, too much alcohol, older age, genetics, a family history of high blood pressure, chronic kidney disease, adrenal and thyroid disorders. The people who are more likely to develop high blood pressure include people with family members who have hypertension, those who smoke, pregnant women or women taking birth control pills, African Americans, people who eat a fatty, high salt diet, those who are overweight or obese and/or do not exercise, and those who drink excessive alcohol (more than 1-2 drinks a few days a week).

Blood pressure is considered “normal” if it is at or below 120/80. Unfortunately, the machines available at many local stores, in my opinion, are unreliable. Therefore it is important to receive regular check-ups that include blood pressure checks. Prevention along with regular monitoring are both important. Both Naturopathic and Chinese medical are very effective at supporting people in maintaining healthy blood pressure levels. Lifestyle changes including diet, exercise, quitting smoking amongst other supportive treatments are incredibly effective.

Dr. Angela Lambert, of A Healing Path, Inc., is a Naturopathic Physician and Licensed Acupuncturist dedicated to health and not simply treating disease. In her family medical practice she works with both children and adults to identify and address the cause of their particular health concerns. Dr. Lambert is dedicated to helping her patients achieve a phenomenal state of health. She will work with you to identify ways that you can prevent or improve high blood pressure.