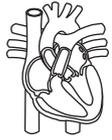


HEART HEALTH



Watch Your Numbers: Take Time Out For Number One And Keep Blood Pressure Top Of Mind

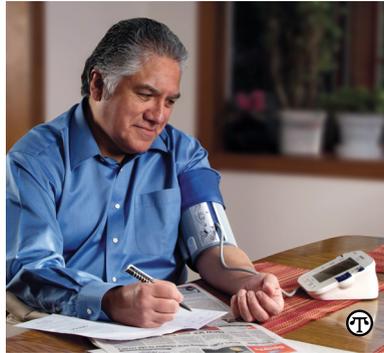
(NAPSA)—Now more than ever, it is easier to bring personal health management into your home. What you may not know is that high blood pressure affects nearly one in three adults in the U.S., or more than 73 million people, according to the Hypertension journal.

For many, it's manageable, but if not detected early and monitored closely, high blood pressure can lead to serious health issues, including heart disease, stroke and kidney failure. Home blood pressure monitoring can be one of the easiest and most affordable ways to help predict a cardiac event or early signs of stroke.

Why At-Home Blood Pressure Monitoring?

Monitoring blood pressure regularly, beyond your annual check-up, can help you be more aware of your overall health. In fact, the American Heart Association (AHA) recommends home monitoring for all people with high blood pressure. With an in-home monitor, you can take measurements daily and keep tabs on blood pressure readings from the comfort of your own home.

High blood pressure is often called “the silent killer” because of



its lack of symptoms, but with an accurate home blood pressure monitor, you can get an early detection of your numbers. Available online and at pharmacy retailers nationwide, a variety of blood pressure monitors that have been clinically tested and evaluated for accuracy are offered by Omron Healthcare.

In addition to monitoring, be sure to keep tabs on your overall health to keep your heart in check. Unhealthy habits, including high sodium intake, too much alcohol, and smoking, can increase anyone's risk of high blood pressure. CNN Health recommends that your diet include a solid source of vitamin D and omega-3 fatty acids, which help keep your heart healthy.

Also, like any other muscle, your heart needs to be exercised. To keep your heart healthy, Men's Health magazine recommends you get slightly breathless from exercise 30 to 60 minutes a day. With the average heart beating 70 times per minute, knowing your blood pressure is key to helping ensure that your heart stays healthy.

Are You The ONE?

It is important for everyone to be aware of his or her blood pressure, but certain groups are at higher risk and should take special precautions. Studies show that nearly half of all African-American adults are affected by high blood pressure; unexpectedly, one in 12 teenagers suffer from high blood pressure; and hypertension is two times as prevalent in obese adults.

While optimal blood pressure is less than 120/80 mmHg, look out for number one and 135/85 mmHg, which is the upper limit of normal for home readings. If your blood pressure starts registering higher, visit your doctor to learn ways to get your blood pressure under control.

Free tips on how to monitor your blood pressure at home can be found at www.omronhomebp.com.

EDITOR'S NOTE: Although the information in this story is good year-round, February is American Heart Month. Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963, Congress has required the president to proclaim February “American Heart Month” (www.americanheart.org).