



HEALTH AWARENESS

Reducing The Risks Of Prehypertension

(NAPSA)—A growing number of people are feeling the pressure to prevent hypertension from developing. That's one reason many are paying attention to what is now called prehypertension.

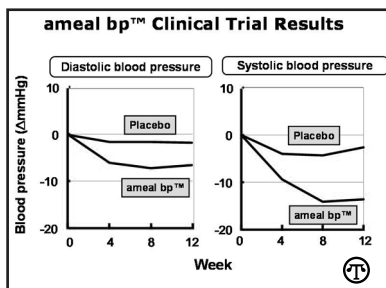
Prehypertension is the condition that occurs when someone has a blood pressure reading that is above the normal range but below the hypertension range. It's estimated that over 70 million Americans have prehypertension.

If left unchecked, prehypertension can lead to hypertension. Current thinking is that it can double a person's chances of developing heart disease and makes it three times more likely he or she will experience a heart attack.

For postmenopausal women, the risks may be even greater. A study conducted by the Women's Health Initiative in over 60,000 postmenopausal women found that 39 percent had prehypertension. The study also found that, over the course of seven years, these women had a higher risk of stroke, heart disease and heart attack than women with normal blood pressure.

The good news is that if you have prehypertension, there are a number of steps you can take. The U.S. Department of Health and Human Services suggests the following to keep your blood pressure from increasing:

- Maintain a healthy weight
- Be physically active
- Follow a heart-healthy diet
- Eat foods with less salt and



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other forms of sodium

- Drink alcohol in moderation
- Quit smoking.

You can also try taking a dietary supplement designed to help you achieve and maintain healthier blood pressure.

For example, ameal bp™ is a natural dietary supplement, not a prescription drug. More than 15 clinical studies have shown that it has helped those who take it achieve and maintain healthier blood pressure levels.

There have not been any side effects reported and it has no known interactions with prescription or over-the-counter medications or with other dietary supplements.

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