

Hypertension Script for Secured Messages;

Hello I am Dr. Gerry Bourne , the Chief of Cardiology , at Kaiser Permanente in the Napa/Solano Service Area. You received this email with a video link because our records show that you have a history of high blood pressure and are due for a follow up screening. We're glad that you are watching this video, because we care about your health.

Let me briefly share some of my thoughts about high blood pressure, which is also called hypertension.

The most worrisome thing about hypertension is that most people have no symptoms when their blood pressure is high. Consequently, people often neglect taking medication or even changing their lifestyle to improve their blood pressure. This can have serious consequences on a person's health.

When high blood pressure is left untreated the arteries that provide blood throughout the body become damaged and can become blocked up.

- A stroke is caused by a blocked artery to the brain.
- A heart attack is caused by a blocked artery to the heart.
- High blood pressure causes kidney damage, which over time could cause the need for dialysis.

If you don't treat your hypertension early, progressive damage to your brain, heart and/or kidneys can occur before you even recognize the effect.

The good news is that you can definitely make changes that will lower your blood pressure and decrease your risk of having serious health problems.

- If you're a smoker, you should quit. This is the most important change you can make to lower your blood pressure and improve your health overall.
- Get more exercise. Be active for at least 30-60 minutes on most days of the week. Try taking a walk at lunch with a co-worker, dancing with friends or finding other recreational activities that you enjoy. The key is to stay active.

Initially it may be difficult to get out the door, but soon it will become an enjoyable stress- reducing part of the day.

- If you're overweight, losing 5 to 10 pounds by eating smaller portions and making good food choices can help reduce your blood pressure.

Talk to our Health Educator at Kaiser Permanente if you need help with weight loss recommendations.

Finally, if you take blood pressure medications it's really important to take your medications exactly as prescribed by your doctor.

Regular blood pressure screenings are a critical part of monitoring the effectiveness of your treatment program. Your doctor needs this information to make sure you are taking the proper dosage of medications. So please, call Kaiser Permanente today to schedule an appointment to have your blood pressure checked.