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FOR IMMEDIATE RELEASE

FROM: The Phyllis Siperstein Tamarisk Assisted Living Residence and the Pilgrim Senior Center, Warwick, RI

FOR FURTHER INFORMATION CONTACT: Carole Panos, Pilgrim Senior Center, 463-3474

FREE BLOOD PRESSURE CLINIC
MAY 25

In celebration of Older American's Month, The Phyllis Siperstein Tamarisk Assisted Living Residence in Warwick and the City of Warwick, Division of Senior Services, are teaming up to offer the public a free Blood Pressure Clinic. The clinic will run from 10 AM to 5 PM on May 25 at the Pilgrim Senior Center, 27 Pilgrim Parkway, Warwick.

In addition to getting a free blood pressure checkup, participants will receive a log to record their blood pressure on a regular basis so they can watch for potentially dangerous increases or decreases in pressure. There will also be give-aways, refreshments, and a raffle.

Pegg Barkan, nurse at Tamarisk Assisted Living says "high blood pressure (*hypertension*) is a common condition. Untreated, it will cause the heart to eventually overwork itself to the point where serious damage can occur." It can cause injury to the brain, the eyes, and/or the kidneys. High blood pressure is present in about half of people having first-time heart attacks and two thirds of people having first-time strokes. Most cases of high blood pressure have no cure, but the overwhelming majority can be managed and controlled with diet and medication.

High blood pressure is a major health problem in the United States, where more than 50 million people over age six (and 1 in 4 adults) have the condition, according to the U.S. Centers for Disease Control and Prevention. Another 22 percent, or 45 million, Americans have prehypertension, which is defined as blood pressure that is on the borderline between normal and elevated. Of the people with high blood pressure, 30 percent don't know they have it, and another 36 percent either aren't on medication or don't have their blood pressure adequately controlled by the medications they do take.

Low blood pressure (below 90/60) that does not cause symptoms is generally considered to be a sign of good cardiovascular health because there is less stress on the heart and blood vessels. However, there are a number of forms of low blood pressure that require diagnosis and treatment. People may seek treatment for low blood pressure if they experience symptoms such as dizziness or fainting from lack of oxygen to the brain.

For further information on the Blood Pressure Clinic, call Carole Panos at the Pilgrim Senior Center.