

I have tried in recent ECOHGrams to focus your attention on hypertension. It is important to understand any illness you may have so you can take on your job of getting the most value from your medical care. There are 3 questions you should ask your doctor for any condition you may have-they are called "Ask Me 3".

1. What is my main problem?
2. What do I need to know?
3. Why is it important for me to do this?

Let us apply "Ask Me 3" to hypertension:

1. What is my main problem?

Hypertension is when the blood pressure in your arteries is too high. It is caused by chemicals in your body that cause the arteries to squeeze smaller and your heart to beat harder.

2. What do I need to know?

First, get your blood pressure checked regularly and know the numbers that are normal or high. Know what causes blood pressure to be high. Race, diet, activity level, smoking, obesity, and stress are some factors. Discuss this with your doctor.

3. Why is it important for me to do this?

Hypertension kills people by causing strokes, heart failure, heart attacks, and kidney failure. You should do all the things you can do without drugs, but when drugs are necessary, take them as advised. Always take your drugs with you to your doctor so he or she can be sure what you are taking. Things get mixed up sometimes. Both you and the doctor need to know you are working together and goals are being met.

You can find out more about "Ask Me 3" at
www.npsf.org/askme3



Reminder: You can still get a flu shot. Go now; time is running out.



Good health to all and Happy Holidays,
Paul, Kelly, Pam, Rose, and Gene