

We have been focusing on hypertension (high blood pressure) because it is very common, it is deadly, and it is silent. You don't know you have it unless you get your blood pressure checked, an easy thing to do. It can be controlled if you do the right things.

Normal blood pressure is less than 120/80. "Pre-hypertension" is between 120/80 and 140/90. If you are in that range, do all the things mentioned in previous ECOHGrams. If your blood pressure is 140/90 or higher, see your doctor and follow his or her advice, now!

If you have obesity, diabetes mellitus, high lipids (cholesterol), smoke, and don't exercise, plus have hypertension, you are like many Americans. This group of problems account for much of the high cost of medical care.

The good news is you can control all those conditions.

Here are tips to good healthcare:

1. Know your family history; it is an indication of what you may have.
2. Know your own health history and keep track of your progress.
3. Do all the things you can do to make yourself healthy.
4. Know your illness. Ask your doctor at each visit:
"Ask-3"
What is my main problem?
What do I need to know?
Why is it important to do this?
5. Get regular exams as advised by your doctor and follow advice



We want to make Rockford a healthy community.

Reminder: Now is the time to get your Flu shot.



Sincerely,
G.E. Boyd, MD
ECOH Medical Consultant