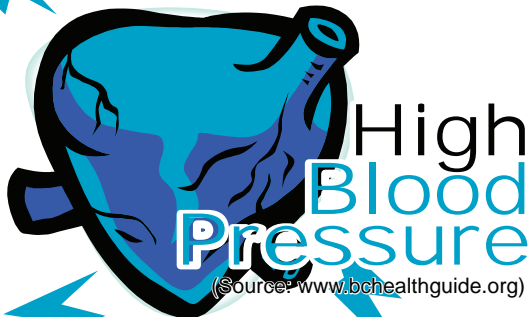


wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE



Blood pressure is a measure of the pressure or force of blood against the walls of your blood vessels called arteries. The medical word for high blood pressure is hypertension. 43% of Canadians with high blood pressure don't even know they have it because there are no symptoms.

There is only one way to find out if you have high blood pressure - have your blood pressure checked by your doctor or nurse. It is measured by putting a blood pressure cuff around your arm, inflating the cuff and listening for the flow of blood.

If you would like to get your blood pressure checked on campus, you can do so in Health Services, in the EnCana Wellness Centre. You can book an appointment (call 403.440.6326) with a nurse or just drop in and if a nurse is available, she/he can see you then.

It's all in the numbers

(Source: www.cfpc.ca)

124

The top number occurs when your heart beats and pumps blood.

84

The bottom number occurs when your heart relaxes and fills with blood.

Am I normal?

(Source: www.phac-aspc.gc.ca)

Normal blood pressure

Blood pressure is normal when the higher number is below 130 and the lower number is below 85. For example, 125 over 80 (125/80) is normal blood pressure.

High normal blood pressure

Blood pressure between 130/85 and 139/89 is high normal and should be rechecked every year.

High blood pressure

Blood pressure of 140/90 or over is high.

- * People with high blood pressure may develop early damage to their blood vessels and their heart. This increases their risk for strokes, kidney problems and heart disease.

Did you know??

87.5% of MRC employees had their blood pressure checked in the last 2 years

11.5% of MRC employees have high blood pressure

Lifestyle changes needed to lower your blood pressure...

- * Don't smoke cigarettes or use tobacco products
- * Lose weight if you're overweight (BMI \geq 25)
- * Moderate intensity exercise 30 to 60 minutes, 4 to 7 days per week
- * Limit how much sodium you eat
- * Limit how much alcohol you drink
- * Eat foods containing enough potassium, calcium and magnesium
- * Avoid fat and cholesterol
- * Try relaxation techniques