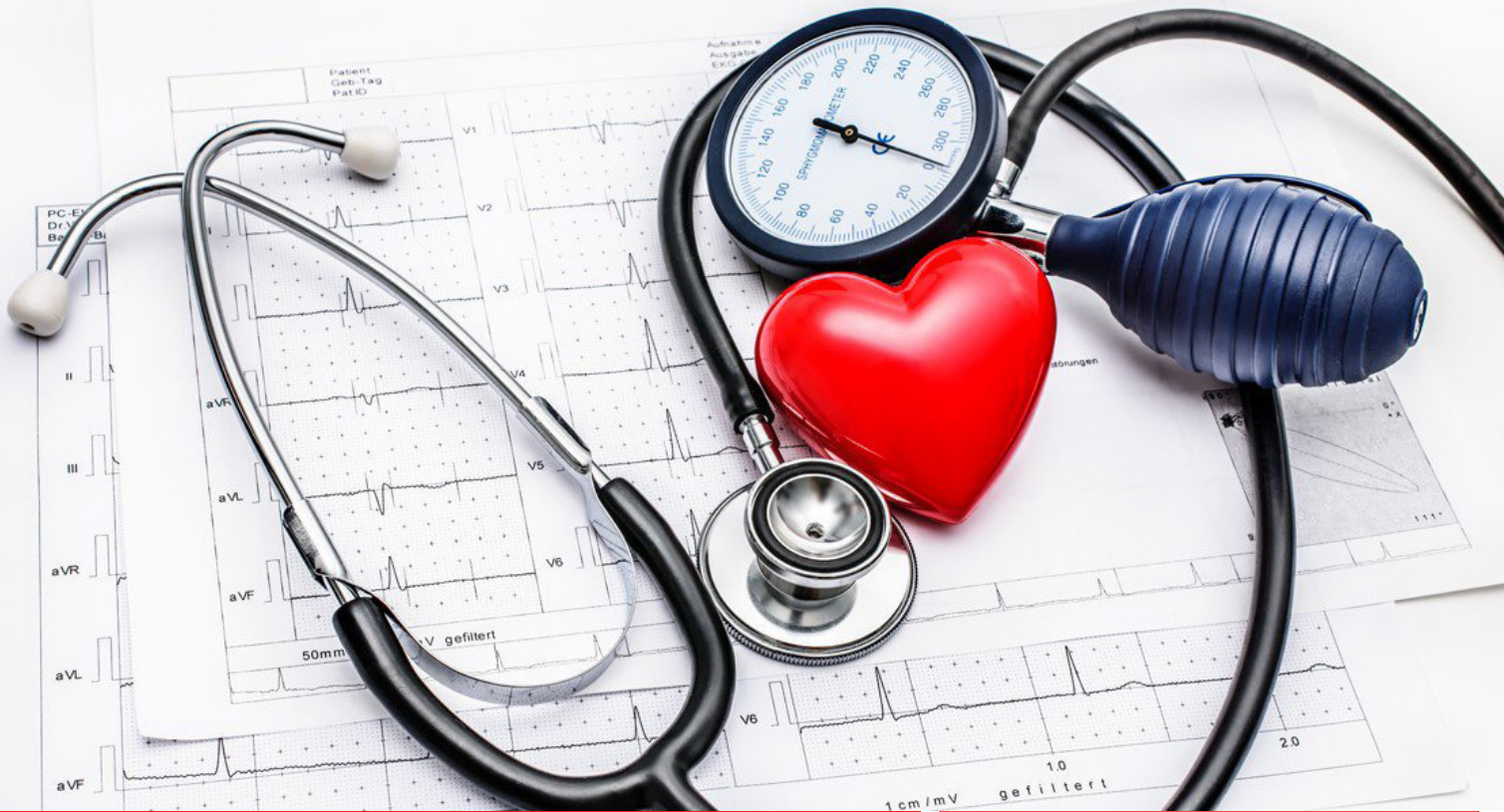


# Heart Month Seminar Series



## “New Blood Pressure Recommendations”

High blood pressure (hypertension) is a frequent health problem, with approximately 46% of adults in the U.S. living with it. Hypertension also becomes more common as we age. In the US, 76% of adults 65-74 years old and 82% in adults 75 years and older have hypertension. According to a national survey, of those with hypertension, only 47% of them are in good control of the condition. Untreated hypertension increases the strain on the heart and arteries, causing damage to both. It also increases the risk for heart attack, stroke, heart failure and kidney failure.

## Linda Vlastuin, RN, MS

The American Heart Association and the American College of Cardiology announced new blood pressure guidelines in November 2017. There is no more “prehypertension” - the new categories include normal, elevated and hypertension. Linda Vlastuin from the Alaska Kidney Foundation will discuss these changes and what they mean. Learn the values and what you can do, such as lifestyle modification, if your blood pressure is elevated.

Hypertension is a symptomless condition. If you aren't getting blood pressure checks on a regular basis, you could have hypertension and not be aware of it. Know your numbers! Free blood pressure tests will be offered after the seminar.

### DATE & TIME

Wednesday, February 28, 2018  
6 p.m.

Alaska Regional Hospital  
Ivy Room 1, First Floor  
2801 DeBarr Road

### RSVP

Seating is limited. Please reserve your space to the ARH Event Registration Hotline at 264-1722 or [alaskaregional.com/calendar](http://alaskaregional.com/calendar)

