

Re: Low BP, High Pulse Rate...

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-05/msg00403.html>

- *From:* "elgoog" <bjdefend-newsgroups@xxxxxxxxxx>
 - *Date:* 26 May 2005 14:39:41 -0700
-

Brian K wrote:

- > "elgoog" bjdefend-newsgro...@xxxxxxxxxx
- >
- > "Without a diagnosis, none that are safe. I think you've already
- > learned
- > to be careful of the advice you may receive. It's an interesting
- > problem and I'll give it some thought..."
- >
- > I appreciate that very much.
- >
- > "I doubt it would help your specific problem, but it wouldn't hurt to
- >
- > look into breathing exercises, yoga (stretches only) and meditation.
- > You might also take a look at what you are eating. It may not help the
- > specific problem, but it may help you to feel better and cope with this
- >
- > period while looking for a diagnosis."
- >
- > Here's an interesting matter regarding diet: My brother who is 6
- > years older, called me up the day after the first time I ended up in
- > the ER with a pseudo-heartattack and told me that he had gone through
- > the vary same routine. He said anecdotally, that he was wondering if
- > someone was slipping cocaine into his food or something. He went on to
- > blame the whole problem on sodium and told me that he had restricted
- > himself to 500mg of sodium a day. He also said he cut out all types of
- > stimulants; Coffee, cola, tea, "Red Bull" et al. Now, I for some
- > time also cut way down on the sodium by avoiding any sort of prepared
- > foods and only eating fresh meats and vegetables that I prepared
- > myself. However, seeing as I'm on what's supposed to be a really
- > good blood pressure medication; Avalide 300/12.5 and my BP had been low
- > to acceptable, and my heart rate had been an average of 80 for several
- > weeks, I've reverted to eating more prepared foods and consuming
- > caffeinated beverages at times. Could it be that I'm so sodium and
- > caffeine intolerant that this finally caught up with me and, BOOM in
- > one day my heart rate goes sky high and I'm back to the ER again? It
- > does seem that my heart rate may be gradually tapering off now that
- > I'm back on an exclusive diet of fresh meats and vegetables with no

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- > sort of seasonings containing sodium.
- >
- > But then again, maybe my heart rate may be tapering down only because
- > my thyroid, or my possible pheochromocytoma, or whatever, is settling
- > back down irregardless of my diet, for the time being.
- >
- > May 26, 2005 12:45pm: BP 129/80 – Pulse 100.
- >
- > There were free chilidogs, chips and cola being offered at work today,
- > I decided not to take any chances :0
- >
- > Thanks again,
- > Brian

I think that 500mg sodium per day might be a little too restrictive. The RDA for most adults is 2400mg sodium. A low sodium diet of <1500mg may help control hypertension. I suspect your brother meant to say <1500mg per day. Salt occurs naturally in some quantity in just about everything we eat.

It might be advisable to avoid caffeine and other stimulants – those energy drinks, and some supposedly healthful drinks can pack a whollop. If you are taking herbal supplements or energy drinks, some of these may have an adverse reaction with your medication. If you are taking anything including "natural" products, you can discuss it with your pharmacist.

In particular, Tylenol, Motrin, Aleve may cause an adverse reaction when taken with Avalide.

In addition, there are many more over the counter drugs that while maybe not having an adverse interaction with Avalide should still be avoided due to your BP, e.g. many antihistamines. Do you have allergies, what do you take?

Even though you are on a BP medication, you should still think about better eating habits and exercise. The DASH eating plan has been clinically proven to reduce BP in many cases eliminating the need for BP medication altogether – you might want to look into it, <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>

At least, eat more fruit and veggies.

I don't think that your symptoms would normally be associated with caffeine/sodium intolerance.

Chili dogs would be like little torpedoes of death for me – but, they do sound good.

–elgoog

- *Follow-Ups:*

- ◆ *Re: Low BP, High Pulse Rate...*

- ◆ *From:* Brian K

- *References:*

- ◆ *Re: Low BP, High Pulse Rate...*

- ◆ *From:* Brian K

- Prev by Date: *Left Ventricular Ejection Fraction????*

- Next by Date: *Re: Off Topic as usual devotion to Islam is not linked to terror*

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