

# Re: Labile Hypertension

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*Source:* <http://sci.tech--archive.net/Archive/sci.med.cardiology/2005-10/msg00066.html>

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- *From:* [jason@xxxxxxxxxx](mailto:jason@xxxxxxxxxx) (Jason)
  - *Date:* Mon, 03 Oct 2005 09:14:34 -0700
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In article <1128318597.653629.229960@xx>, dream7939@xxxxxxx wrote:

- > Hello all,
- > I'm a first time poster here, and this post is long, so I hope I don't
- > offend or bore people on this forum.
- >
- > One night after driving home for about an hour I came inside my house
- > and was standing talking to my brother when all of a sudden I felt
- > dizzy. I got scared because it came on all of a sudden. I had eaten
- > McDonald's before driving an hour. I have an Omron BP machine which is
- > pretty reliable, so I decided to take my BP and it was a whopping 190
- > over 115 ! I then started to panic and took my BP again and it went
- > even higher. I think it was 220 over 120. I tried to relax and stop
- > panicking and eventually the BP came down gradually(190/110 – 175/108 –
- > 154/100). 20 minutes to a half hour later it was down to normal
- > ranges(135/88 – 130/80 – 124–78). After that incident, I started taking
- > my BP regularly and notice that it fluctuates very irratically in a
- > short period of time. I can get readings of 157/97 or higher, but then
- > if I sit and relax, it can go as low as 115/68 if I really concentrate
- > on relaxing within 5 minutes time. I've gone to the Doctor who refered
- > me to a cardiologist and he gave me blood tests, 24 hour urine, Ekg, an
- > echo and everything came out fine within normal ranges. The only thing
- > I noticed on the echo readout was a 31 mmg reading which it says it's
- > consistent with right ventricular pulmonary hypertension. I asked the
- > Dr. about that and he said 31 is nothing to worry about. I know the
- > number should be around 15. Is it possible this can cause fluctuations
- > in BP, and is 31mmg something to worry about?
- >
- > I also take my BP before bedtime and the lowest reading laying down in
- > bed was 104/68. However, during other parts of the day it's all over
- > the place(145/92 – 130/86 – 120/76 – 162/101 – 122/70). If i'm under
- > stress is can go to to 180/110. It's very confusing to me. If I were to
- > go on BP meds, would this keep my BP at more consistnt levels? I worry
- > if I go on meds that when it goes low, I may pass out, especially if
- > i'm getting readings of 119–70, which is very normal, or a 104/68
- > before bed without meds. At the same time, I can't have my Bp going up
- > to 180/110 when i'm stressed or nervous.
- > To me a true high blood pressure is one that is consistently over

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> 140/90, which mine goes over those levels but then comes down to normal  
> levels. Any help on this situation would be very helpful because  
> honestly this is really starting to worry me. I'm a white male, 36,  
> 6'1, 208 lbs. so i'm not getting any younger and don't want to have a  
> stroke or heart attack. I'm a little out shape and sleep patterns are  
> off (night shift work). Thanks and I hope to read some of the  
> responses. Tom

There are lots of different blood pressure medications. You need to ask your doctor to prescribe the one that should work the best for your condition. If it does not work for you or causes you to have serious side effects—ask your doctor prescribe a different one. I am not a doctor.

Jason

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We respect those subscribers that ask for advice or provide advice.

We do NOT respect the subscribers that enjoy criticizing people.

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#### • *References:*

##### ◆ *Labile Hypertension*

◇ *From:* dream7939

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