

Re: Which BP Med Has the Least Side Effects

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- *From:* Jim Chinnis <jchinnis@xxxxxxxxxxxxxxxxxxxx>
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Joe Doe <None@xxxxxxxxxxxxxxxxxxxx> wrote in part:

In article <ti6ch3pl20t22qctjchvcfl7jcpbhf4gno@xxxxxxx>, Jim Chinnis <jchinnis@xxxxxxxxxxxxxxxxxxxx> wrote:

I'm sticking with the reduction. But I'm doing heavy work putting in a stone patio and paths (when my day job allows) and the rapid increase in pulse when straining is uncomfortable.

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Jim Chinnis Warrenton, Virginia, USA

I read somewhere that arm exercise raises blood pressure disproportionately. This is one reason cited for sedentary snow shovelers getting an MI. Combined with increase in BP with resistance exercise in general (you might be holding your breath etc when doing heavy stone work) you may be putting a lot of stress on your heart. So if you approached it more mindfully – say be conscious of breathing etc. you might be able to handle it with less distress.

Roland

Thanks, Roland. I'm nowhere in the vicinity of "sedentary," though. I doubt that I could find it with a map. While doing the digging and stone work, though, I've stopped going to the gym every day.

I put on an exercise heart rate monitor while working today. Digging in this heavy clay soil keeps me around 100–110. Pushing the heavy loaded wheelbarrow up the hill that is my backyard can bump it all the way to 145. Trying to keep the barrow from tipping over in the wrong place on the hill sent me very briefly to 162 (and I failed)... If I push myself and keep at it without breaks, my heart rate stays elevated 10–15 bps or so for quite a while (an hour or so) after I stop.

None of that sort of thing happens with 25 mg/d of atenolol. Now that I've

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cut the dose to 6.5 mg, it does, and it feels strange after having my pulse kept steady with 50 mg/d of atenolol.

These internet interludes are my breaks,