

Re: Blood pressure – My Doctor is a putz.

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From: Renegade5 (*Renegade5_at_Earth.com*)

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On Fri, 21 Jan 2005 11:09:42 +0000, Mike <find@reply.to> wrote:

>Renegade5@Earth.com (*Renegade5*) wrote:

>

>>>> *Last year my blood pressure was considered good for my age. Now
>>>> however, it seems it is bad.*

>

>>Sorry to hear that...

>

>>>> *I have gained weight and been relatively inactive for the latter
>>>> six months of last year. In November I had a BP reading of
>>>> 140/90, so I started brisk walking exercise for at least 40mins,
>>>> and at least three times a week. Today I had another BP reading
>>>> and it is now 120/90. My doctor has prescribed drugs.*

>

>>The 90 is a little high but, IMHO, total treatable through diet and
>>exercise. I agree, your doctor is a putz (or afraid of a lawsuit) to
>>just jump to meds so quickly.

>

>I recently recovered the record of my reading from last November
>which was 148/101 and 10 days ago I was averaging 140+/96.

>>Of course, it's not **one** BP reading that counts, but rather your
>>reading **over time**.

>

>This was over a three month period and including four "official"
>readings.

Hmmmm... if the diastolic (2nd number) has been consistently high over the past few months then I take back what I said... the meds are probably justified, especially if you have any other risk factors.

Though don't give up on trying to control it through diet and exercise (and coming off the meds if you do go on). Causes for a high diastolic are not completely known, so doctors are working in the dark a little trying to control it. It is a strong 'warning flag' for heart attack and stroke.

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** Still though, note that BP varies seasonally, and is usually highest in the winter (especially in cold climates). It's definitely worth continuing to monitor your BP the whole year round:

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8301109&dopt=Abstract

>> *The reasons why it's important to look at lyour BP readings over time and the treng, and not just one reading. Season and 'white collar tension' also affect BP (so it's a good idea to splurge, spend the \$30 to buy a monitor, and take your own BP at home).*

>

> *I'm aware of "white coat" BP. but I don't think that affects me so much.*

Still far better to do it at home in a controlled environment, IMHO.

>

>>>> *I am gurrently walking three times a week as perviously mentioned. I also cut my alcohol intake to a couple of glasses of wine two nights a week. I eat salad and vegetables, meat and fish, fruit and er.. chocolate. :-)*

>

>> *Make sure it's 'brisk' walking. Like your late in catching your bus... at least 30 minutes per day. You might want to add a Yoga class too.*

>

> *I now do 40mins three times a week but jog part of the way.*

>

> *My reading yesterday was 121/83.*

Excellent!! Congrats!