

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Source: American Heart Association.

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What you may not know about blood pressure

The facts about high blood pressure are fairly well known.

For one, uncontrolled high blood pressure (or hypertension) raises the risk for heart disease and stroke, which are leading causes of death in the United States.

Additionally, one in three Americans has high blood pressure and does not know it.

A blood pressure reading has a top number (systolic) and bottom number (diastolic). According to the American Heart Association (AHA), normal blood pressure is less than 120 over 80 (120/80). Fortunately, high blood pressure is treatable and preventable.

Other facts related to high blood pressure may not be as well known. The following information is provided by the AHA and the Centers for Disease Control and Prevention:

- Recent studies show that high blood pressure is linked to a higher risk for dementia, a loss of cognitive function.
- High blood pressure is the second leading cause of kidney failure because it

can cause arteries around the kidneys to narrow, weaken, or harden.

- High blood pressure can result in hypertensive retinopathy, blood vessel damage that causes blurred vision or loss of sight.
- About seven of every 10 people with chronic heart failure have high blood pressure.
- High blood pressure does not just happen to older adults. About one in four men and nearly one in five women age 35 to 44 has high blood pressure.
- Women with high blood pressure who become pregnant are more likely to have complications during pregnancy than those with normal blood pressure.

Blood pressure is different than heart rate. It is the force of blood moving through blood vessels, while heart rate is the number of times the heart beats per minute. A person's pulse rate is exactly equal to his or her heartbeat.

Donna Kerns, family nurse practitioner, provides cardiology services at Horizon Health, including treatments for high blood pressure. For an appointment, call 217-466-4040.

Donna Kerns, APRN, FNP-BC

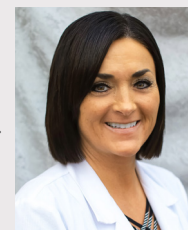
Donna is a family nurse practitioner who offers full-time cardiology services in the Paris Clinic.

She provides education and treatment options for congestive heart failure, atrial fibrillation (irregular heartbeat), chest pain, high blood pressure, and cardiomyopathy (enlarged heart). She also offers treatments for high cholesterol and coronary artery disease while working closely with the cardiac rehab program.

Donna manages the Coumadin Clinic, which is for patients who take Coumadin or other type of blood-thinning medication. She also operates the Congestive Heart Failure (CHF) Clinic.

Donna joined Horizon Health in July 2018 with 15 years of nursing experience. She has a master's degree as a nurse practitioner and a bachelor's degree in nursing from Indiana Wesleyan University in Indianapolis.

In her spare time, Donna enjoys spending time with family, traveling, and exercising.



Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

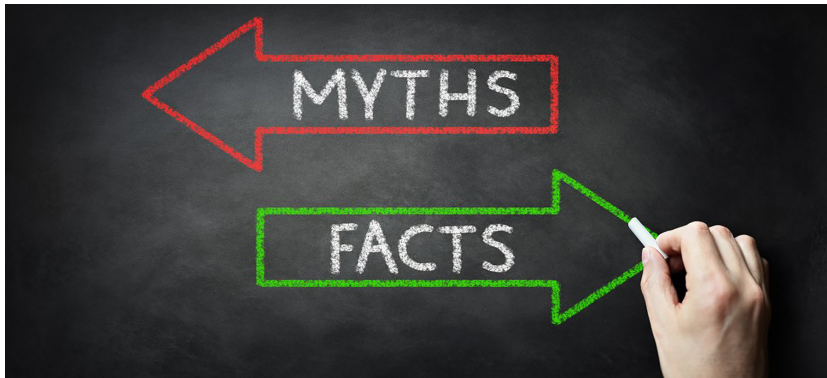
EZ Care—Marshall
1602 N. Illinois Hwy 1, Marshall, IL 62441

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944

MyHorizonHealth.org



Truths about high blood pressure

When it comes to high blood pressure, it is important to know fact from fiction. To help understand the differences, the American Heart Association offers answers to some common myths about high blood pressure:

Myth: High blood pressure runs in my family. There is nothing I can do to prevent it.

Truth: High blood pressure can run in families. If your parents or close blood relatives have had high blood pressure, you are more likely to develop it, too. However, lifestyle choices have allowed many people with a family history of high blood pressure to avoid it themselves.

Myth: I use kosher or sea salt when I cook instead of regular table salt. They are low-sodium alternatives.

Truth: Kosher salt and sea salt are like table salt and count the same toward total sodium consumption.

Myth: People with high blood pressure have nervousness, sweating, difficulty sleeping, and their face becomes flushed. I don't have those symptoms so I'm good.

Truth: Many people have high blood pressure and do not know it. It is often called "the silent killer" because it usually has no symptoms. Know your blood pressure numbers and do not assume specific symptoms will warn you when there is a problem.

Myth: I read that wine is good for the heart, which means I can drink as much as I want.

Truth: If you drink alcohol, including red wine, do so in moderation. Heavy and regular use of alcohol can increase blood pressure dramatically. It can also cause heart failure, lead to stroke, and produce irregular heartbeats. Limit consumption to no more than two drinks per day for men and one drink per day for women.

Myth: I was diagnosed with high blood pressure, but I have been maintaining lower readings, so I can stop taking my medication.

Truth: High blood pressure can be a lifelong disease. Follow your healthcare provider's recommendations, even if it means taking medication every day for the rest of your life.

DECEMBER & JANUARY Community Health Programs

HOLIDAY HOURS/CLOSURES

December & January

» [Paris, Chrisman & Oakland Clinics](#)
(Note that regular business hours may vary at each clinic)
Tuesday, Dec. 24 – Close at noon; Chrisman closed all day
Wednesday, Dec. 25 – Closed
Tuesday, Dec. 31 – Regular business hours
Wednesday, Jan. 1 – Closed

» [EZ Care Clinics](#)
Tuesday, Dec. 24 – 9 am to 5 pm
Wednesday, Dec. 25 – Closed
Tuesday, Dec. 31 – 9 am to 7 pm
Wednesday, Jan. 1 – 9 am to 7 pm

» [NAL Clinic](#)
Tuesday, Dec. 24 – Close at noon
Wednesday, Dec. 25 – Closed
Tuesday, Dec. 31 – Regular business hours
Wednesday, Jan. 1 – Closed

VOLUNTEERS' CHOCOLATE SALE

December 2 & 3

» The PCH Volunteers will hold their annual South Bend Chocolate Company sale from 9 am to 4 pm by the rotunda entrance to the Paris Clinic.

HEALTH SCREENINGS

December 6 & January 17

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglycerides) screenings will be available in the Paris Clinic from 7–9 am. Fasting for eight hours in advance is required. Cost is \$25. Call 217-466-4228.

LADIES NIGHT OUT

December 10

» "Chalk Couture" is the third and final event in Horizon Health's "Ladies Night Out" series. It will take place at 5:30 pm at the Knights of Columbus Hall in Paris. At this hands-on crafting event, participants will create holiday decor using Chalk Couture supplies with assistance from Chalk Couture instructors. Each attendee will receive a craft board, two wooden trees, and all decorating supplies. Cost is \$30 per person. Tickets can be purchased at the Paris Community Hospital registration desk or at MyHorizonHealth.org.

NATIONAL CRNA WEEK

January 19-25

» Horizon Health recognizes the valuable contribution of its Certified Registered Nurse Anesthetist's (CRNA) during National CRNA week: Lovie Cotton, Erin Hein, Adam Schneider, and Lee Webber.