



# Weeks Medical Center Auxiliary Declares War!

Part 2

## What's Your BP?

Hypertension. The term sounds like something that only a really stressed out person has. In reality, you can be the calmest person you know and have high blood pressure (or hypertension). In over 90% of cases, the cause of high blood pressure is unknown. You may have it for years and not know it. High blood pressure has earned the moniker "the silent killer" precisely because it sneaks up on you.

We've included the actual statistics on high blood pressure in the accompanying sidebar. But we want to put some flesh and blood names and lives to those statistics. To do that, let's drop in on the Kline's.

Teresa and Richard Kline are celebrating their thirtieth wedding anniversary with eighteen of their friends and relatives. Seven of these people have high blood pressure. These are their stories.

Fifty-two-year-old Teresa works part-time at a retail store. She has a lot of energy and divides her time between her family, work, and volunteer activities. She tells everyone she meets what a joyful, stress-free life she has.

Richard, a manager at a local factory, just learned that he'll have to tell his employees that the factory will shut down for the months of December and January, due to slowed demand. At five-foot-ten, he's twenty five pounds overweight. Because his wife nags him, he's been to the doctor and knows he has pre-hypertension (not officially high blood pressure, but creeping up there) as well as diabetes. But, losing weight will just have to wait until after his anniversary, after Thanksgiving, and of course, after Christmas.

Teresa's sister, Renee, finally decided to get the physical she had put off for twenty some years, after their mother died of a stroke. At 56, Renee has a blood pressure reading of 145/90. The news frightened Renee, so she faithfully obeys her doctor's orders to reduce her salt and saturated fat intake, limit her alcoholic drinks, and exercise thirty minutes a day. She also faithfully takes her blood pressure medicine.

John and Martha are the

Kline's oldest and dearest friends. John is an athletic coach who enjoys skiing in the winter and rock-climbing in the summer. Two years ago, he stopped taking his blood pressure medicine because it made him feel groggy. As a result, he had a small stroke last year. He's lucky; he's fully recovered. He also doesn't complain about taking his medicine any more.

The best man at the wedding, George, is a retired New York City cop. He tried blood pressure medication because his boss threatened to fire him if he didn't - called him a walking 'time bomb.' But the medication didn't work. He's retired now, so he stopped taking his pills. Furthermore, he's survived worse threats, so if eating some of that anniversary cake, drinking half dozen beers, and chain-smoking is going to kill him, then so be it.

Marguerite loves food more than anything. When the doctor told her that she had high blood pressure, she chose to hear only part of what he told her. She's taking the medication he prescribed, and can't understand why her blood pressure is still high. After all, she agreed to take the pills so that she didn't have to give up her salty, fatty favorites. It's not her fault if the pills aren't working!

Nathan is working the hypertension program. He doesn't believe in doing anything halfway. He carefully reads the ingredients of every morsel of food he intends to eat. He loves to cook and has converted his favorite recipes to reduce the amounts of salt and fat. He walks every day, twice a day, for thirty minutes each. He has a cold, but knows to stay away from over-the-counter drugs that contain decongestants. He takes his blood pressure medication but continues to have blood pressure readings over 140/90. He's working with his doctor, though, and trying different types and combinations of medications, until they find the 'right' one.

Beverly is a master organizer - events, closets, to-do lists, you name it. She has her life organized to the minute. Chaos and last minute crises are no match for her. She takes it all in stride,

solves the problem, and gets the job done. Like Teresa, she doesn't know she has high blood pressure. She never even thought to have it checked, because after all, she's unflappable, taking every thing as it comes.

If you're like Renee or John and are taking medication and making lifestyle changes to lower your blood pressure, congratulations.

If you're like Marguerite and the medication isn't working, and you haven't made any lifestyle changes, it's time to get serious about nutrition and exercise. It's probably past time to kick the smoking or drinking habit, too.

If you're like Nathan, sticking to the program but still with a high reading, then keep working with your doctor until you find the right solution for you. There are several options available.

If you're like George, opting not to make lifestyle changes or take medications that your doctor has prescribed, know that your risk of heart attack, stroke, and death are greatly increased by your refusal.

If you're like Richard, with pre-hypertension readings and a complication such as diabetes, it's time for some lifestyle changes. Start now; don't wait until some day in the future that may never come.

If you're like Teresa or Beverly, no matter how under control you think your life is, and no matter how in shape you consider yourself, have your blood pressure checked regularly.

Need a plumber?  
Driveway need plowing,  
sanding, auto parts  
oil change?  
Planning a party and  
need a DJ?  
For all these things  
and more,  
check the  
**Business  
Directory**  
to find what you need.  
Pages 12 & 13

## Declaration of WAR on CVD

**Enemy No. 1**  
Cardiovascular Disease, or CVD, is the collective name given for a range of conditions that includes:

- high blood pressure
- heart disease
- congestive heart failure
- stroke
- congenital cardiovascular defects
- diseases of the veins
- diseases of the arteries (such as arteriosclerosis)

**Cardiovascular Disease**

- affects 1 in every 3 people
- kills someone in the U.S. every 34 seconds
- will cost us \$393.5 billion in 2005 in hospital and nursing home stays, home health and doctors visits, drugs, and lost productivity
- claims more lives every year than cancer, chronic lower respiratory diseases, accidents, diabetes mellitus, influenza, and pneumonia combined

**At Risk**

**Controllable risk factors include:**

- Cigarettes, cigars, chewing tobacco, second-hand smoke
- High cholesterol
- Physical inactivity
- Overweight and obesity
- Diabetes Mellitus
- Metabolic Syndrome
- Inadequate nutrition

**Risk factors that are not controllable include:**

- Age - 65 and over
- Sex - men are at a higher risk and have heart attacks earlier in life; women's death rate from heart disease increases after menopause
- Heredity - including family history and race

**Our community is particularly at risk due to:**

- a large population who smoke
- a large population with diabetes
- a large population of seniors (65 and older)

We estimate that approximately 5,000 people in our area have 1 or more conditions associated with Cardiovascular Disease

**How I Protect My Heart**

**I don't smoke**

- I stop / never start using tobacco
- I avoid people who smoke and places where smoking is allowed
- I keep busy doing things that make it hard to smoke

**I eat in a heart healthy manner**

- I substitute low-fat or fat-free milk for whole milk
- I rarely eat egg yolks, fatty meats, skin-on-chicken, butter, cream
- I avoid saturated fat, sugar, salt
- I bake, broil, roast, and poach - but never fry food
- I eat fruits, vegetables, cereals, dried peas and beans, pasta, fish, skinless poultry and lean meats

**I've learned to relax**

- I take 15 - 20 minutes a day to sit quietly, breathe deeply, and picture a peaceful scene
- I am active every day
- I limit my intake of alcohol

**I get moving**

- I've checked with my doctor about physical activity and me
- I started slowly and built up to 30 - 60 minutes a day
- I look for opportunities to be more active (such as parking further away and walking more)
- I take 10 - 15 minute walk breaks during the day or after meals

**I take care of myself**

- I remember to take my medicine
- I get my blood pressure checked regularly
- I watch my weight and keep my body mass index under 25

**I get and stay informed**

- If I've had heart disease or a stroke, I know my family members might be at a higher risk
- I talk to my healthcare professionals about getting and staying healthy
- I learn more about heart disease by calling the American Heart Association at 1-800-242-8721 (or visiting [www.americanheart.org](http://www.americanheart.org))

For more information on how you can join this fight, or to get more copies of this info sheet, contact the Weeks Medical Center Auxiliary at 603-788-5023 (Information taken from American Heart Association publications)

## The Facts About High Blood Pressure

### What it is:

High blood pressure (HBP) increases the heart's workload, causing the heart to thicken and become stiffer. HBP increases your risk of stroke, heart attack, kidney failure and congestive heart failure. When high blood pressure exists with obesity, smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke increases several times.

The American Heart Association defines high blood pressure (HBP) as:

Systolic pressure (the "top" number) of 140 or higher, or diastolic pressure (the "bottom" number) of 90 or higher

Taking antihypertensive medicine

Being told at least twice by a physician or other health professional that you have high blood pressure

### Statistically Speaking:

Nearly 1 in 3 adults has high blood pressure

Of those with High Blood Pressure:

30% don't know they have it  
34% are on medication and have it controlled

25% are on medication but HBP isn't under control, and  
11% are not on medication

A higher percentage of men than women have HBP until age 55. After that a much higher percentage of women have HBP.

HBP is 2-3 times more common in women taking oral contraceptives, especially in obese and older women

About half of people who have a first heart attack and two-thirds who have a first stroke have BP higher than 160/95

People with systolic pressure >160 or diastolic pressure >95, are at 4 times the risk for stroke

as those with normal blood pressure

Hypertension precedes the development of congestive heart failure in 91% of cases. HBP is associated with a 2-3 times higher risk for developing congestive heart failure

Death from high blood pressure (either as a primary or contributing cause of death) is on the rise. From 1992 to 2002, the actual number of deaths rose 56.6 percent.

The estimated cost of high blood pressure for 2005 is \$59.7 billion

### What To Do:

If you don't know your blood pressure, have it checked. One high reading doesn't mean you have high blood pressure, so do several readings over the next month or two.

### Make Lifestyle Changes:

Eat a low salt diet (don't add salt to recipes or food; choose foods with a low salt content)

Eat a low saturated fat diet (<2g per tablespoon or decrease your fat calories to <30% of total daily calories)

30-60 minutes of physical activity most or all days

Limit alcohol intake to one drink per day

If you take medications, you may still need to make lifestyle changes. If the medications aren't helping or the side-effects are serious, talk to your doctor about other medications. Don't stop taking your blood pressure medication unless directed to do so by your physician.

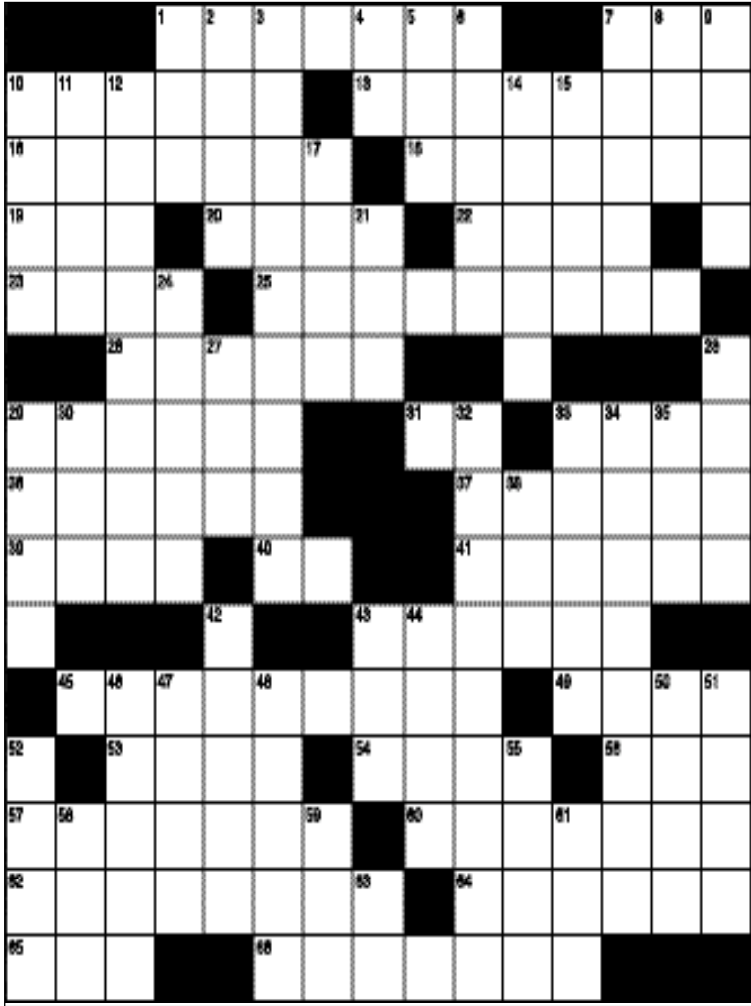
Choose cold and flu medications that don't include decongestants if you have HBP, as they increase your blood pressure and may interfere with blood pressure medications.

## "Not Just A Store... An Experience."

**CMW Emporium**  
Lancaster, N.H. • Sun. 10 - 4 • Other Days 9:30 - 6:00

# Fun things to do

## Crossword Puzzle



Crossword answers on Page: 8

Happy Holidays to all!

### Across

1. Heavy horizontal timber for distributing loads.
7. Distance traveled by a sailing vessel on a single track.
10. Repeating sounds.
13. Not moving.
16. Having a margin with rounded scallops.
18. Fool.
19. Leap on one leg.
20. \_ Robertson, western movie actor.
22. Open the mouth widely.
23. Contracted form of "it was."
25. Exchange of goods for money.
26. Calibrating something to a standard frequency.
29. Lacking ease.
31. Two digit ISO 3166 country code for Armania.
33. \_ erat demonstrandum, Latin for "that which was to be demonstrated."
36. Branded.
37. Female graduate.
39. Native name of Persia.
40. Abbreviation for tour order.
41. Peanut.
43. French Impressionist painter.
45. Orderly.
49. Collapsible shelter.
53. Again but in a different way.
54. Having knowledge.
56. \_ Szilard, the scientist of conscience.
57. Innumerable but many.
60. Decorated metal band worn around the head.
62. Music hall.
64. Speech of violent denunciation.
65. \_ Dunbar, drummer.
66. Offspring of a person.

33. Heavy, flat ring thrown over a pin in a game.
34. Lightweight, handheld, collapsible canopy.
35. Individual person.
38. Water closet.
42. Move swiftly.
43. Wine too young to drink.
44. Film with a dramatic scope.
46. By accident.
47. Having enthusiasm for.

48. Cover the entire range of.
50. Situation with difficulty.
51. Carry with difficulty.
52. Pink areas around teeth.
55. \_ McCarthy, romance author.
58. \_ Tillis, country music legend.
59. Used to continue a negative statement in a preceding clause.
61. Slogan used to rally support for a cause.
63. Negative.

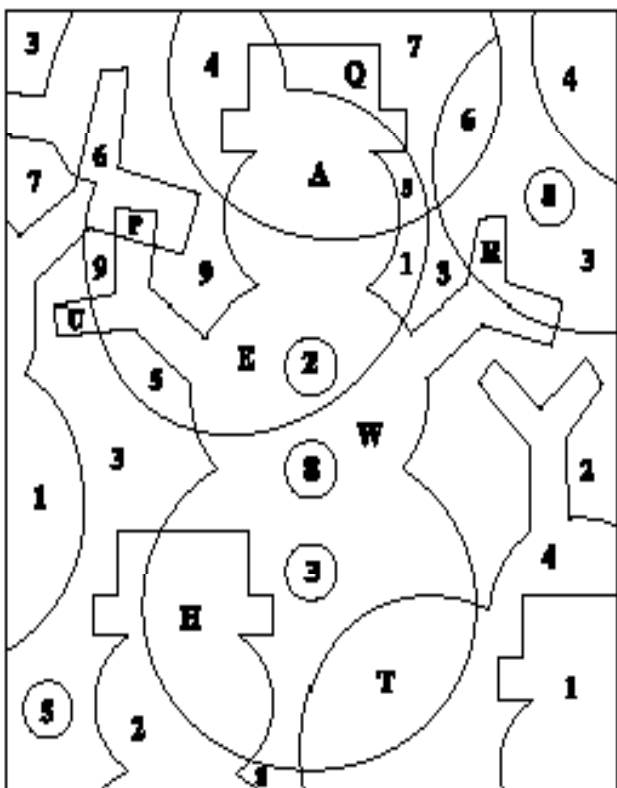


MAZE answer on Page: 8

### Down

1. Male offspring.
2. Guide with the hand.
3. Small café.
4. 16th letter of the Greek alphabet.
5. Entity.
6. Rove at large.
7. Point out resemblance of something to.
8. Officer \_ Whitfield, character on Ironside.
9. That from which anything springs.
10. Not counterfit.
11. Native American tribe in southeastern Montana.
12. Carcinoma of the liver.
14. Central American raccoon-like animal.
15. Large South African antelope.
17. Distinctive flair.
21. Unit of work measuring force of one dyne applied over one centimeter.
24. Republic in eastern Africa.
27. Final score in golf after subtracting the handicap.
28. Sixth month of the civil year.
29. Legal document issued by a court.
30. Implement used to steer a boat.
32. Black magnetic mineral.

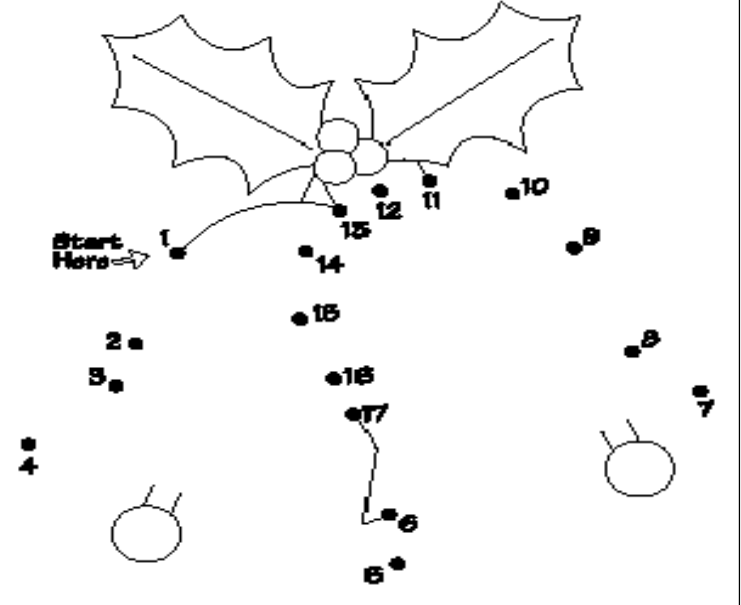
## HIDDEN PICTURE



Color in each space that contains a letter.

Hidden Picture answers on Page: 8

## Connect the dots



Connect the Dots answer on Page: 8

# Simple Holiday De-Stressors

By Leane Rexford, LMT

Traffic. Noise. Debt. Stress! Does this sound like your Holiday experience? Many people are going through high stress this time of year. With a little awareness of how we spend our time and money, these problems can be avoided, or at least lessened this year.

Here are a few simple tips to make this holiday a breeze:

◆ **Take Time to Reflect** on the past year. You can journal or just sit and think. Remember trips you took and new people you met. Honor your accomplishments.

◆ **Don't Overeat.** With all those tempting treats out there, it's not easy to avoid eating everything. We're all too familiar with that routine of eating too much and regretting it later. Be mindful of your meal and practice awareness of when you are full. Choose healthy foods; you will feel nourished and not hungry soon after eating. And don't pass up the fudge entirely- it just makes it harder to avoid overindulging later. Smaller portions are the way to go.

◆ **Shop Online.** If the bright lights and crowds stress you out, get your gifts online this year. There is still time- many sites will tell you when to order so

your gift arrives in time. Lots of companies are offering free shipping this year. If you really don't know what to buy for that person who has everything- you can donate to a charity in their name. Give online to world hunger, peace or disaster relief organizations, or give locally to your favorite nonprofit.

◆ **Shop Local.** If you love the shopping experience, try to support local businesses. The personal attention can make you feel good and it keeps the locals in business.

◆ **Make gifts.** If your credit card is feeling the heat and you are blessed with many friends and family, consider making or baking fun gifts this year. Make sure it's something you enjoy doing and it becomes another relaxing experience this season.

◆ **Go to your church.** Whatever faith you practice, even if it's going outside to be in nature, there is something healing and humbling in honoring a power greater than oneself.

◆ **Avoid TV, especially commercials.** TV can really drain you and you may spend more time than you intended sitting down. The commercials have a way of making us feel we need to buy expensive gifts. If

you have to catch the race or your favorite show, have that remote handy. You can mute the commercials and cut some noise out of your day.

◆ **Spend Quality Time with loved ones.** Many holiday gatherings are focused around eating and exchanging gifts. Get the family together to play a board game or going snowshoeing or for a walk. Focus on the present moment with each other. This is real quality time. Write letters to those that can't be nearby. It tells them you think they're special when they get that kind of mail.

◆ **Exercise.** It releases endorphins that make you feel happy and energetic. Do something you enjoy like hiking, skiing, yoga or dancing. Be realistic. If you're not a runner, don't expect yourself to go for a 5 mile run today. Play catch with your kids or dog instead. You will get the same stress relief benefits.

◆ **Treat Yourself.** In this time of giving to others, remember to treat yourself to a massage, facial, a good book, or a candlelit bath. When you recharge your "batteries" you are giving to the most important person in your life—you.

Leane Rexford is a licensed massage therapist and Kripalu Yoga teacher. She owns and operates Northern Oasis Massage and Yoga in Berlin.

*A very Merry Christmas and Happy New Year to one and all.*

*From Nicole and Terry*

**Nicole's Creative Cuts and Styles**  
48 Main Street, Groveton, NH 03582  
(603) 636-9780

**Community Christmas Dinner**

Don't be alone on Christmas!

Please join us at  
All Saints Parish Hall  
163 Main Street, Lancaster

Families welcome  
Dinner will be served from noon to 3 p.m. on December 25. Families welcome

Dinner will include: turkey, ham, stuffing, mashed potatoes, vegetables, rolls, cakes, pies, and cookies, coffee, tea, milk and more. There is no charge; donations are accepted but not necessary.

Please join us!

Want to help victims of Hurricane Katrina?

American Red Cross  
1-800-435-7669  
or online at <https://give.redcross.org/donation-form.asp>

The Salvation Army  
1-800-435-7669  
<http://katrina.salvationarmy.org/usn/www-usn.nsf>

*Warm Wishes*

to everyone this holiday season.

**Al's Plumbing, Heating & Fuels**  
48 Main Street  
Groveton, NH 03582  
(603) 636-2259

We would like to wish everyone a Merry Christmas and a very joyous New Year!

\*\*\*\*\*

From all of us here at  
**Riff Flower Shop & Greenhouses**

22 Main Street  
Lancaster, NH 03584  
603-788-4681  
800-865-9332

**Ready For Winter? Start Here...**

**REMOTE CAR STARTERS**  
Starting At:  
**\$279.95**

• MOST CARS & TRUCKS • VEHICLES WITH SECURITY SYSTEMS EXTRA  
• PRICE INCLUDES INSTALLATION

**A GREAT HOLIDAY GIFT!**

**SAVE \$30<sup>95</sup>** **\$109.95**

**AUTOMATIC TRANSMISSION SERVICE**  
PLUS FREE LUBE, OIL & FILTER CHANGE  
• POWER FLUSH & ADD CONDITIONER  
+ PLUS 27-POINT INSPECTION  
Most cars & trucks. Up to 5 qts. oil. Excludes synthetics.

**Winter Special:**  
**\$9.95**  
N.H. SAFETY INSPECTION  
• EMISSION TEST IS EXTRA  
• MOST CARS & TRUCKS

**LITTLETON CHEVROLET**  
BUICK ♦ PONTIAC  
CHEVROLET TRUCK CENTER  
ROUTE 302 • MEADOW ST. • LITTLETON, NH  
603-444-5678 • 802-748-5678 • 1-800-331-5678  
Home of The BEST PRICE! BEST DEAL! BEST SERVICE! WE ARE THE BEST.  
[www.littletonchevrolet.com](http://www.littletonchevrolet.com)

**Winter Special:**  
**\$13.95**  
LUBE, OIL & FILTER CHANGE  
+ PLUS FREE 27-POINT INSPECTION  
Most cars & trucks. Up to 5 qts. oil. Excludes synthetics.

LIMIT 1 OFFER PER CUSTOMER PER SCHEDULED VISIT. MAY NOT BE COMBINED WITH OTHER OFFERS. OFFERS GOOD WITH AD TILL 12/31/05.  
MONDAY - FRIDAY: 7 AM - 5 PM; SATURDAY: 7:30 AM - 12:30 PM.

