



HYPERTENSION

(High Blood Pressure)

High pressure exerted by the blood on the heart

Although most cases of hypertension have no known cause, some may result from pregnancy and medical condition such as kidney disorder or an hormone imbalances. Factors such as gender, age and genetics are also considered risks.

Symptoms:

- Most cases exhibit no symptoms
- For extreme cases, dizziness, headaches or confusion are manifested
- Nosebleed (for some)

DO:

- Get regular check-ups to monitor blood pressure.
- If a history of hypertension exists, invest in a sphygmomanometer to monitor blood pressure closely.
- Eat a healthy diet that is high in fiber, vitamins and minerals.
- Maintain a healthy weight.
- Stay active by formulating a doctor-approved exercise regimen.

DON'T:

- Don't neglect prescription medication.
- Don't drink too much alcohol.
- Don't eat processed foods since they can be high in sodium.
- Don't eat salty food. Use herbs instead.

MIGRAINE

An intense headache usually on one side of the head

The causes of migraines are still largely unknown, although a change in blood flow to the brain seems to be related. Pain is usually felt on one side of the head and commonly occurs with vomiting and sensitivity to light and sound. Triggers include stress, hormones, certain food, weather shifts and air pressure changes, altitude, jet lag, changes in sleeping or eating patterns, and certain drugs.

Symptoms

- Throbbing or pulsating pain on one side of the head
- Vomiting or nausea
- Increased sensitivity to light and sound
- Impaired or inaccurate vision
- Confusion or difficulty in speech
- Arm or leg tingling

DO:

- Keep a headache journal to determine specific triggers.
- Learn to manage stress.
- Eat balanced meals.
- Develop regular sleeping and waking patterns.
- Stay in a cool, quiet, dark room.
- Take pain relievers.
- Apply gentle pressure or an ice pack to the affected side.
- Join a support group.

DON'T:

- Don't take too much of food containing caffeine and MSG. Also, avoid red wine, aged cheeses and chocolate.
- Don't stress it - learn relaxation techniques.