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Health Fairs Are More Than A Place to Pick up Free Stuff

We participate in health fairs at least twice a month. I say participate because we are members of the American Heart Association Passion Committee. We go into communities in and around the City of Atlanta to give people up to date information about high blood pressure (HBP), heart disease, and stroke.

It may not be the most exciting topic in the world, but the opportunity to help people help themselves is very rewarding. For instance, we were at a church health fair in Stone Mountain, GA last spring. A woman shared her struggles with HBP. Her systolic (top) number was 200 at times. When we informed her about the various ways she could address the situation, she cried. She cried because she had no understanding of HBP and did not know where to find help.

This is just one example of many. If you need information about HBP, ask your doctor or visit www.heart.org.

The owners of 32nd Street Media, LLC, are very excited about our app, :30bp (pronounced thirty-second bp). We are also excited for our app users. Why? Because research shows, people who use a mobile app to monitor their blood pressure readings may achieve controlled blood pressure.

In early 2017 mobile apps accounted for nearly half of global internet traffic and will continually rapidly grow.

Also, when you track and monitor your blood pressure readings, you tend to make adjustments to your lifestyle when you are paying attention to your blood pressure on a regular basis.

There are over 85 million people in these United States with high blood pressure. High blood pressure can be the gateway to other diseases. According to the American Heart Association, high blood pressure may lead to heart disease, stroke and more. This author's high blood pressure led to a heart attack and by-pass surgery.

For :30bp to continue to provide the best app possible, we must have our app users involved in the process. We appreciate your continued use of the app. Also, we would greatly appreciate your participation with the surveys we email to you.

We know how busy you are with work, family and activities. So we decided to create an incentive program to make the surveys more interesting. For users who fill out the survey, you will be entered into a drawing to win a \$25 gift certificate. Every user has an equal chance to win. In addition, your feedback is vitally important to the continued development of :30bp.



The team at 32nd Street Media created :30bp to help adults struggling with high blood pressure (BP) to achieve to controlled BP. :30bp is a tracking app that allows users to set their BP goal, enter their daily, bi-weekly, or weekly BP readings.

:30bp creates a 30, 60 and 90+ day log when you enter your BP readings.

Users can go to their log to view a graph of their weekly trends. The app time stamps and date stamps their BP results.

We encourage users to use a blood pressure cuff for accurate blood pressure readings.

The app also has a share button that allows you to share the app with family and friends.

:30bp is available in the App Store for iPhone users and The Play Store for Android users. It is also available in English and Spanish.

The goal of this story is to debunk some of the myths about medications. We have all heard a myth or two about the do's and don'ts surrounding medications. This writer was recently in Philadelphia, PA. I was speaking to a former neighbor. He told me he had just picked up his new prescription for diabetes. I said to him, if you loose weight you can get off of that medicine. He told me he will be on it for the rest of his life. So, let's see who is correct.

Myth no. 1: Can a person stop taking Diabetic medicine?

According to Web-MD, if a person is excercising and eating a healthy diet, they can get off the medicine. But, they caution you to first speak with your doctor. Also they say only stop the medicine if you have met the blood sugar goals you both have set.

Myth no. 2: Natural supplements are safer than their prescribed counterparts.

Pharmacy Times said, the FDA standards for natural supplements are much weaker than standards for approved drugs. They went on to say, potential adverse side effects may not even be listed on a natural supplement's label, and there is also potential for supplements to dangerously interact with certain medications.

Myth no. 3: Once you feel better, you don't have to take your medication.

If your symptoms are gone, you may be inclined to stop taking your prescribed medication. However, if you stop your medication early, you can increase your chances of relapsing into illness.

These are just a few of the many myths about medication. Before you stop any medication, consult your physician. He/she will have a greater understanding of your medical history.

To access earlier editions of The Silent Journey, go to www.32ndstreetmedia.com.

For comments, send an email to mail@32ndstreetmedia.com.