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:30bp A Blood Pressure App

Everyone is in a tough situation at the moment. Your children may be in school this Fall. Your spouse is working from home and your bills are starting to mount.

Your blood pressure (BP) may be on the rise also. Have you checked it lately? As a reminder, one in three people in the U.S. has high blood pressure.

Keep track of your BP readings with :30bp app. :30bp is a blood pressure monitoring app that allows adults to track and monitor their BP easily.

Take your BP readings with a BP cuff and input your readings into :30bp. :30bp will time and date stamp each BP reading you input

Download :30bp in the App Store or Play Store. It's in English and Spanish. Once you download the app, it will provide a help menu to guide you through the log-in process.

"If you have high BP, don't forget to check your BP levels!"

Lately, I have been getting headaches. I know what the problem is, I need to have cataract surgery performed on my eyes. When people hear the word cataract, the first thing that comes to their mind is age. In this case you're correct. About a year ago, my eye doctor told me that I needed this procedure.

My response was okay Reggie, you are a little older now. It's time to get those 61-year-old health issues taken care of. Well, like most of us, I put that procedure in the back of my mind. Fast forward one year and you're a year older; 62. SIXTY TWO! That was the age my father retired.

That was 31 years ago. It was a year before my son Will was born. I was almost foot loose and fancy free. I remember thinking at the time, my dad is getting old. Well guess what... here I am, 62 and in need of cataract treatment. My eyes hurt when I look at my phone or computer for long periods of time. I get headaches and my eyes ache. With a doctor's appointment days away, my mind knows it's time to get it done. But my heart isn't in it.

At my appointment a year ago, my eye doctor told me after the surgery, I won't need eyeglasses anymore. Except for reading. You have to understand how big this is. I have had eyeglasses since I was in the second grade. I have longed to wake up from a great night's sleep and see the sunrise without reaching for my specs. I have always marveled at people who were far-sighted. My mom and I used to wait for the city bus when I were a kid. She could see the bus number two blocks away. Boy do I miss my mom.

Yesterday, I awoke with a splitting headache that would not cease. I thought it was my blood pressure (BP). So, I sat still for 15 minutes, and then I checked my pressure. It was 141/84. I checked it 10 minutes later and it was 137/79. 10 minutes after that reading, 30 minutes of sitting still. My BP was 127/84. Keep in mind, according to the American Heart Association, your normal BP should be 120/80. My point is this, we should never forget to check our BP. No matter what our causes; or headache symptoms, pain may cause your BP to rise. My eye appointment is in two days. Next month I will let you know the results.

High Blood Pressure Symptoms

Blood pressure is the pressure of blood pushing against the arteries. Your arteries carry blood from your heart to other parts of your body. (CDC)

We measure your blood pressure by measuring two numbers. The top number is call Systolic and the bottom number is call Diastolic. The first number, Systolic, measures the pressure in your arteries when your heart beats. Diastolic, the second number, measures the pressure in your arteries when your heart rest between beats. According to the CDC, a normal blood pressure level, is less than 120/80.

Hypertension, also known as high blood pressure, is blood a pressure reading higher than normal levels. Because of our daily activity, you blood pressure fluctuates through the day. When your blood pressure is consistently above normal, one may be diagnosed with high blood pressure.

I was diagnosed with high blood pressure when I was 32. I traveled constantly and ate horribly. As many of you know, my high blood pressure turned into heart disease. I wish I knew what I know now. It would have saved me a lot of heartache.

According to Harvard Medical School, walking may be one of the most powerful medicines available. Walking can help lower your risk of cancer, heart disease, and diabetes. It may also lower your blood pressure and cholesterol levels. It may even keep your memory sharp.

The Arthritis foundation says, post-menopausal women who walk one to two miles a day can lower their blood pressure by nearly 11 points in 24 weeks. That means you cannot give up on yourself. You must push through those tough days to get to 24 weeks, and continue your walking exercises. Women who walk 30 minutes a day can reduce their risk of stroke by 20%, and by 40% when they stepped up the pace. That is according to Harvard School of Public Health, in Boston.

You can lower risk of having a stroke by 40%. Are you kidding me? Just by taking a brisk walk through your neighborhood or park. Come on ladies, "let's get physical". You must be excited about that news. Get off that couch and get in the game. Lower risk of almost all the diseases we worry about as we age?

Okay, let us dig a little deeper. Do you want to live longer? Research says, people in their 50's and 60's who exercise regularly are 35% less likely to die in the next eight years than their non-walking counterparts. In fact, if you have an underlying health condition, that number shoots up to 45%.

Are you seeing a pattern here? A simple thing like walking can preserve your life. Forget about the Cave Man Diet. The cave man walked everywhere he/she had to go. I have seen people drive to their mailbox. Are you one of those people? Not convinced yet, try this on for size. Studies found, women ages 50-70, who walked one-hour each morning, were more likely to relieve insomnia than women who did not walk. Do I have your attention now?

Okay, I have beat you up enough. I think you get the picture. Here are a few walking strategies.

- Find a buddy.
- Get good walking shoes. Wear thick comfortable socks.
- Build activity slowly, start with a 20-minute walk and build up strength.
- Track your progress.
- Ditch the excuses, just walk.
- Stretch after walking.
- Walk at least three times a week.
- Walk a steady pace.
- Swing your arms freely and stand as straight as you can.
- Drink water before and after your walk.

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