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You can control Hypertension!

According to the CDC, 1 in 3 people have high blood pressure. Medication can help control HBP. But HBP is a chronic health condition, so healthy habits are essential. Most doctors suggest you stop smoking, eat a low-fat high-fiber diet, and exercise. Some medical professionals suggest the DASH Diet.

DASH, which stands for, Dietary Approaches to Stop Hypertension. This includes fruits and vegetables (8-10 servings a day), whole grains, beans, nuts, low-fat dairy, lean meat (poultry, seafood), You should limit red meats, added sugars, and unhealthy fats.

Most people still believe their food doesn't taste well until they add, just a little salt. Your daily intake of salt should be no more than 2300mg. Just 2 tablespoons of salad dressing can have $\frac{1}{4}$ of your daily allowance. For more information on hypertension, cut and paste the following link.

"Track your High Blood Pressure with :30bp App!"



I enjoy giving you updates on my exercise and my activities and the various things I do. My goal is to give you the information that I think may help prepare you for exercise and activity. I know it's not our job to help you with exercise or the activities that you do. We do it because we want to help people achieve their goals in exercise and healthy living. I do it because I want to help people to live healthy lifestyles and not end up as I did in the ICU, after quadruple bypass surgery. One day I will post a before and after picture and you'll see how I went from 240 pounds to 184 pounds. The picture you see above is me (on left) at 240 pounds, it was taken in the '90s.

I don't want people to get the wrong idea or to have pity for me. I am quite aware of the lifestyle I chose to live. In my early years, I chose to travel and work seven-day weeks for months on end. I ate whatever I wanted to eat. I was drinking beer quite often. Beer is the drink of choice for guys who work in TV, most of the time. Now don't mistake the fact that while all this was going on, I did see my waistline grow and I was gaining weight. I must make a note here, at 32, I was diagnosed with high blood pressure. And yes, I was diagnosed with high blood pressure, from all the eating, and beer drinking. My travel around the country, and sometimes around the world, contributed to my condition too.

Our frequent readers have read some of my exploits in the past, but I was not as descriptive as I am writing for this edition. I like to be as descriptive as possible because I want people to understand the importance of checking and controlling their high blood pressure. It's important to me because high blood pressure is so prevalent in my family and families all over the world.

In 2018 high blood pressure was the primary cause or contributing cause of death for more than 494 thousand people, according to the CDC. Nearly half of the adults in the U. S., 108 million or 45% have hypertension. From 2003 to 2014 high blood pressure cost the U. S. about \$138 billion each year. The reason I like to use these numbers is to give people a visual or numeric value of how prevalent high blood pressure is in the United States of America.

I hope we've given you a clearer picture of why it is important for you to not only know your blood pressure but to check your blood pressure readings regularly. Check with your physician to find out when you should take your blood pressure and how often.

TRACK YOUR BP

I believe we are getting a better understanding of what high blood pressure affects us. It's time for a refresher course on how we can track and monitor our blood pressure.

Our company, 32nd Street Media, LLC has a blood pressure app called, :30bp {thirty-second bp}. Our app and many others allow you to monitor your blood pressure and share the results with your doctor.

Just go to your IOS or Android play store and download :30bp. The app is available in English and Spanish.

Software Engineer Jeff Boyd said this about :30bp; "Simple and easy to use. Does just what it's supposed to: log your blood pressure readings."

Some of the features on the app help you to better understand what your blood pressure is really doing. The app will date, and time stamp each reading that you put into the app. Date and time stamps help you to see what your blood pressure is doing at various times of the day, week, or month. Each time you input a blood pressure reading, that reading appears on a graph and gives you a snapshot of your most recent weekly readings.

When was the last time someone asked, "how are you doing", and then listened to your response? Most of you will probably answer 'never. Well, I'm here to ask you; how are you doing? How are you coping in the post-pandemic world we live in? Health professionals in every field of care are concerned about the post-pandemic mental health of their patients. According to Alina Health, almost 40% of adults have experienced a pandemic-driven mental or behavioral health issue. These mental health challenges include social anxiety, grief, separation anxiety, and agoraphobia.

Most of us have seen the news clips of passengers on commercial flights being tapped to their seats, acting erratic, and being arrested. Often, we dismiss these people as crazy or just being difficult. As the number of incidents increases, a pattern starts to emerge. There is real anxiety for people to return to the public arenas. Mental health experts have labeled this condition, Post Covid-19 stress disorder. A mental condition caused by the long-term personal and professional stresses brought on by the pandemic.

Even yours truly has felt the effects of this pandemic. The Covid-19 Pandemic changed my comings and goings. Now I rarely think about going out, just to go out. There must be a destination or the semblance of a destination. That's no way to live. We are social creatures, and we love to mix and mingle with other humans. So why is it so hard to "get back to normal". Many experts talk about the fear we have of going back to normal. We fear the virus, we are afraid of those who are unvaccinated. Many don't want to go back because of the fear of the unknown.

Agoraphobia is a form of anxiety causing people to fear or avoid public spaces. Fear or anxiety is a normal response to visiting public spaces since the COVID-19 pandemic remains a health threat. Going from a small social bubble to a public setting could be difficult for many, even after herd immunity is achieved. You can manage agoraphobia by avoiding public spaces altogether, avoiding larger groups, or easing your way into a social setting with a small group of friends or family. From there, you can decide if you're ready to visit public spaces with larger groups of people. (<https://www.allinahealth.org/healthysetgo/care/feeling-anxious-about-a-post-pandemic-world-youre-not-alone>)

I know many of you are not afraid to confront the post-pandemic world. Some are traveling across the country and other continents. Those of you who do have concerns about returning to your jobs, activities, travel, and more; jump in, the water is fine. Be sure to take baby steps first. Take a walk around the block or to your local park.

Be mindful to take a moment and check your blood pressure. Anxiety raises our pressure and stress levels. If going outside is too much, take it slow. Just remember, we must get back on that horse.

To access previous editions of The Silent Journey Newsletter, go to www.32ndstreetmedia.com/newsletter. For comments, send an email to mail@32ndstreetmedia.com.