



Dear Neighbour,

Recently I went to my doctor for routine blood tests and was shocked to discover that I had dangerously high blood pressure – 190/120 (read as “190 over 120”). On all previous checks my blood pressure had been normal and what was so frightening was that I had NO SYMPTOMS. Over the same period I became aware of three people who had also been diagnosed with high blood pressure, one person unfortunately having a stroke and the other a brain aneurysm...

Suffering with Rheumatoid Arthritis for over thirty years has created in me an eager anticipation of the believer’s promise of a resurrection body that is free from pain, suffering and degeneration. However, this event made me realise that I am not ready to go to be with the Lord as there is still so much I want to do for Him in this life! I am so grateful that I belong to Jesus as He knows how to care for those who belong to Him. My life and times are in His hands and I feel secure even when the wheels fall off. I am grateful to the Lord that with relatively low doses of medication my blood pressure has already begun dropping and I am doing everything I can to address the issue in my daily life.

God has not only given me a love for the souls of people, but I also try to pass on any practical health advice whenever I can. I am praying that you will not only read this column yourself but that you will share it with your friends and family. One can buy a BP arm cuff monitor (the wrist

monitors don't seem to be as accurate) at Dischem for about R400 and it could literally save your life. I would strongly advise families to purchase one and keep a regular weekly/monthly reading. I have downloaded an excellent chart for tracking blood pressure that I would happily email to you on request (libbys@telkomsa.net). Below is a helpful Blood Pressure Chart which will give you a rough idea, but remember that blood pressure increases with age, so always check with your doctor:

Normal = SYSTOLIC NUMBER: less than 120 DIASTOLIC NUMBER: less than 80

Prehypertension = S:120 – 139 / D: 80 – 89

(Hypertension) Stage 1 High Blood Pressure = S:140 – 159 / D: 90 – 99

(Hypertension) Stage 2 Hypertensive Crisis = S:160 or higher/ D: 100 or higher

(Emergency care needed) = S: Higher than 180 / D: Higher than 110

The **Systolic Number (top number)** measures the pressure in the arteries when the heart beats i.e. when the heart muscle contracts.

The **Diastolic Number (bottom number)** measures the pressure in the arteries between heartbeats i.e. when the heart muscle is resting between beats and refilling with blood.

PLEASE NOTE: I am not a doctor and I would strongly recommend that you ask your pharmacy/doctor to regularly check your blood pressure. I am simply trying to raise awareness of the SILENT dangers of high blood pressure. We are to be wise and good stewards of our God-designed bodies.

Check Your Blood Pressure

Wednesday, 27 August 2014 06:26

May God use my words to bring both physical and spiritual healing to you today.

x Libby

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