

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

‘White-coat hypertension’ is common

Q. Whenever I go to the doctor and she takes my blood pressure it is a little high. Then, at the end of the office visit, she takes my pressure again and it’s normal. Do you know what causes this?

A. What you describe is a common symptom of “white-coat hypertension.” This means that your blood pressure goes up whenever anyone in a white coat (or reasonable medical facsimile) comes near you. I suffer from this myself so I have a visceral understanding of the problem.

In a recent study employing 24-hour ambulatory monitoring, about a third of patients thought to have “resistant hypertension,” actually had white-coat hypertension. The study was published by the American Heart Association.

Resistant hypertension occurs when a patient’s blood pressure remains above treatment goals, despite using three different types of drugs at the same time.



Fred
CICETTI
HEALTH CARE WRITER

“Ambulatory monitoring showed that many of these patients’ blood pressures were in the normal range when they were at home or participating in their usual activities,” said Alejandro de la Sierra, M.D., lead author of the study. “While those who actually had white-coat hypertension are not risk free, their cardiovascular outcomes are much better.”

You can determine if your high blood pressure only occurs in the doctor’s office, or if it’s a persistent condition that needs treatment. All you need is a home blood-pressure monitor that you can buy in a pharmacy.

All monitors have the same basic parts — an inflatable cuff or strap, a gauge for readouts, and sometimes a stethoscope, depending on the type of monitor you choose.

Cuff. The cuff consists of an inner layer made of rubber that fills with air and squeezes your arm.

The cuff’s outer layer is generally made of nylon and has a fastener to hold the cuff in place.

Gauge. Blood pressure monitors are either digital or aneroid. The aneroid monitors have a gauge with a dial on it that points at a number related to your blood pressure. Some older gauges look similar to a thermometer.

There are two types of home blood pressure monitors: manual and digital devices. Manual blood pressure monitors use a stethoscope and an inflatable arm cuff connected by a rubber tube to a gauge that records the pressure.

Digital monitors have a cuff and a gauge that records the pressure. The cuff automatically inflates at the touch of

a button. These devices automatically calculate heart rate and check your blood pressure. Digital monitors can be fitted on the upper arm, wrist or finger. Arm devices are the most accurate.

Doctors say you have high blood pressure if you have a reading of 140/90 or higher. A blood pressure reading of 120/80 or lower is considered normal. “Prehypertension” is blood pressure between 120 and 139 for the top number, or between 80 and 89 for the bottom number.

The first number represents your “systolic” pressure when the heart beats. The second number represents the “diastolic” pressure when the heart rests. If only one number is elevated, you still have high blood pressure with all of its dangers.

If you would like to read more columns, you can order a copy of “How to be a Healthy Geezer” at www.healthygeezers.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

MEMORIAMS

In loving memory of our dear son, husband, father, brother, nephew and cousin, **Scott Skifstrom**, who passed away two years ago, Aug. 11, 2011.

*If we could bring you back again,
For one more hour or day;
We’d express our unspoken love,
We’d have countless things to say.
If we could bring you back again,
We’d say we treasured you;
And that your presence in our lives,
Meant more than we ever knew.
If we could bring you back again,
To tell you what we should;
You’d know how much we miss you now,
And if we could, we would.*

Sadly missed by the Skifstrom family

In memory of my love, dad and grandpa, **Leslie W. Thayer**, who passed away two years ago, Aug. 9, 2011.

*God saw you were getting tired,
And a cure was not to be;
So He put His arms around you,
And He whispered, “Come with Me.”
With tearful eyes we watched you suffer,
And saw you fade away;
Although we loved you dearly,
We could not make you stay.
A golden heart stopped beating,
Hard working hands put to rest;
God broke our hearts to prove,
He only takes the best.*

We think about you every day and we miss you being with us.

**We love you and miss you -
Sharon Forsythe
Scott Forsythe
Bonnie and Gordy Helderman
Destiny and Briana
Shayna and Sienna**

In memory of my love, dad and grandpa, **Leslie W. Thayer**, who passed away two years ago, Aug. 9, 2011.

*God looked around His garden,
And He found an empty place;
He then looked down on the earth,
And saw your tired face.
He put His arms around you,
And lifted you to rest;
God’s garden must be beautiful,
He always takes the best.
He knew that you were suffering,
He knew you were in pain;
He also new in heaven,
You would never hurt again.
He saw the road was getting rough,
And the hills harder to climb;
So He closed your weary eyelids,
And whispered, “Peace be thine.”
It broke our hearts to lose you,
But you didn’t go alone;
For part of us went with you,
The day God called you home.
If tears could build a staircase,
And memories a lane;
We’d walk all the way to heaven,
And bring you home again.*

**We love you and miss you -
Sharon Forsythe
Scott Forsythe
Bonnie and Gordy Helderman
Destiny and Briana
Shayna and Sienna**

In memory of my husband, **Maurice Sparby**, who passed away Aug. 11, 2004.

*It isn’t what I write,
It isn’t what I say;
It’s how I feel deep inside,
As I think of you today.
It’s been nine years and I miss you and will love you
always, Maury.*

**Your wife,
Holly**

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY

Chicken ala King
Peas and carrots
Homemade biscuits
Apple juice
Cookies

TUESDAY

Ham

Whipped sweet potatoes
Green beans
Jell-O parfait squares

WEDNESDAY

Spaghetti and meatballs
Whole kernel corn
Peaches

THURSDAY

Crispy ranch chicken
Parsley buttered potatoes
Carrot coin salad
Fresh fruit

FRIDAY

Chef salad or alternative
Lettuce
Ham
Cheese
Green peppers
Onions
Homemade French dressing
Pudding with topping

BIRTHS

Jay and Kari Hamm, of International Falls, announce the birth of their daughter, Alyvia Deborah Ann Hamm, 9 pounds, 7 ounces, 21 ½ inches long, born Thursday, July 25, 2013, at Rainy Lake Medical Center.

Welcoming Alyvia home were siblings Austin, Andrew and Aaron Hamm.

Grandparents are Richard and Deborah Koivisto, John Stangle and Pat Hamm.

The following births have been reported from La Verendrye General Hospital, Fort Frances.

Born to:
Sean Smith and Danielle Leonard, Manitou

Rapids, Ontario, a son, Majic Rose Smith-Leonard, 7 pounds, 14 ounces, July 20, 2013.

Courtney Bennett and Jon Roulston, Emo, Ontario, a daughter, Elizabeth Hannah Roulston, 6 pounds, 13 ounces, July 22, 2013.

Allison McNally and Tristyn Rose, Fort Frances, a daughter, Phoenix Aeris Rose, 7 pounds, 11 ounces, July 23, 2013.

Crystal Boshkaykin and Robert Indian, Seine River, Ontario, a daughter, Shakira Indian, 9 pounds, 6 ounces, July 25, 2013.

Jenna Plante and Cory Redmon, Fort Frances, a daughter, Hope Christine Redmon, 7 pounds, 10 ounces, July 25, 2013.

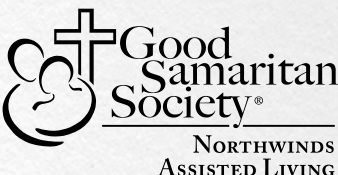


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All faiths or beliefs are welcome. 13-G0460



KOOCHICHING COUNTY Household & Business Hazardous Waste Collection Day



Wednesday, August 28 • Noon - 6 p.m.

At the Recycling/Transfer Facility

BUSINESSES MUST PRE-REGISTER call: 218 - 726 - 1602

Safely dispose of household hazardous waste at no charge.

ACCEPTABLE HOME WASTE

- Paint (*all types*)
- Home & Garden pesticides
- Button & Rechargeable Batteries
- Thinners, Solvents, Flammables
- Fluorescent Tubes
- Household Cleaners
- Adhesives, Hobby Supplies

NON ACCEPTABLE HOME WASTE

- Tires
- Alkaline Batteries
- Empty Containers
- Propane Tanks
- Bullets/Explosives
- TV’s/Computers/Electronics
- Appliances/Microwave

No products accepted before noon.



Sponsored by the Western Lake Superior Sanitary District and the Minnesota Pollution Control Agency in partnership with Koochiching County.

For more information call the Environmental Services Dept. 283-1157.