

Blood Pressure

For millions of Americans, high blood pressure is as real as a summer thunderstorm on the verge of producing a tornado . . . demonstrating its presence with headaches, jumpy hearts, shortness of breath and the ever-present fear of a heart attack or stroke.

Taking the Blood Pressure

When your blood pressure is taken, the doctor uses a machine called a sphygmomanometer. It looks rather complicated, but really is quite simple. It consists of a rubber cuff, a rubber tube and a rubber bulb, and some types have an upright board holding up a long glass tube which looks like a thermometer and contains mercury connected to a small reservoir at the bottom. The tube is calibrated in millimeters.

You are asked to be seated with your forearm resting on a table at the level of the heart. The doctor wraps the rubber cuff snugly around your arm and inflates it by rapidly squeezing the rubber bulb attached to the cuff and the tube assembly. This caused the mercury to run up the tube – just like a thermometer.

The Normal Blood Pressure

At birth, the average blood pressure is 75/40 and increases as the individual matures into the 90/60 to 140/90 range. Normal blood pressure is usually considered to be 120/80; however, considerable variation from these figures may still be normal for a given individual. The first figure represents the systolic pressure; the second is the diastolic pressure, but any number of factors may temporarily fluctuate the blood pressure. Even how individuals feel about having their blood pressure taken affects the reading.

What Is High Blood Pressure?

High blood pressure is a consistent elevation of the pressure of blood against the walls of the arteries and other blood vessels – pressure beyond the ranges usually found upon routine examination and recording of the pressure.

Causes of High Blood Pressure

High blood pressure occurs anytime there is interference with the onward flow of blood. Whenever the arteries are constricted, lose their elasticity, become clogged or narrowed, there will be an increase in blood pressure. This increase is often the result of misaligned spinal vertebrae which produces an abnormal flow of nerve impulses . . . which in turn causes constriction of the blood vessels.

Symptoms

Some persons with very high blood pressure do not feel any discomfort at all – at least in the beginning stages of the condition. Others may develop annoying or slightly incapacitating symptoms.

The most common symptoms are:

Headache – a special type characteristic of high blood pressure. Usually comes on after the victim gets up in the morning. There is a pain in the back of the head and the neck is tense and stiff. Generally lasts an hour or so, then goes away.

Dizziness or Lightheadedness – next to headache, this is the most frequent complaint of high blood pressure victims. Such persons may believe they are going to faint, but never do.

Vertigo – a frightening experience. Victims feel as though everything is rotating around them . . . chairs, tables, any object that is normally fixed. In another type of vertigo, victims feel as though they are the object in motion.

Fatigue – a perpetual feeling of tiredness or easy exhaustion at the least activity. Often victims wake up in the morning already worn out. Such persons are tense, nervous and easily excitable.

Blushing – sometimes victims of high blood pressure suffer from involuntary blushing episodes when there is nothing to blush about. The blush is blotchy, extending over the face, neck and upper part of the chest and is often accompanied by rumbling of the bowels, sweating and palpitation of the heart.

Those are some usual symptoms of high blood pressure, but keep in mind that in most cases high blood pressure has been pounding away at its victim for years before any symptoms are discovered. It is most often discovered during a routine physical examination for life insurance, service in the military or employment. The largest group of hypertensives feel no symptoms at all until the doctor tells them they have high blood pressure. Then, anxiety assails them. This in itself creates a vicious circle by raising the blood pressure even higher.

Life's Companion

Your blood pressure is truly your companion for life . . . whether it be high, low or normal. Since the mechanism of blood pressure is controlled and regulated by the nervous system, the chiropractor, a specialist of the spine and nerves, is the doctor to seek for high blood pressure. Today through proper chiropractic care, there is no reason to “have to learn to live with” an abnormal blood pressure. Chiropractic care is natural, painless and effective.

Chiropractic First – Not Last

Because they saw their chiropractor first – and not last – millions of persons who had been living a half-life because of high blood pressure are today healthy and happy . . . eating and drinking what they like . . . doing the things they like to do. See your chiropractor today for a blood pressure examination. Don't wait until damage has been done – damage to your heart, blood vessels, brain, kidneys or the eyes that cannot be repaired.