

Mayo Clinic Minute

A reading called the key to life

VIDEO	AUDIO
	<i>Sound of blood pressure cuff being pumped</i>
Dr Shapiro	“Basically blood pressure is the key to life.”
Graphic: High blood pressure Hypertension	And Mayo Clinic cardiologist Dr. Brian Shapiro says the key with blood pressure is keeping it from getting too high – avoiding a condition called hypertension.
Title: BRIAN SHAPIRO, M.D. CARDIOLOGY Mayo Clinic	“Some of the newer data that has emerged and will continue to emerge over the next couple of years is going to suggest that lower is better.”
Graphic: Systolic Diastolic	Blood pressure is recorded as two numbers. The upper number – the systolic blood pressure – measures force on artery walls when the heart beats. The bottom number – the diastolic blood pressure – measures force when the heart relaxes.
Graphic: 120 80	The American Heart Association says an optimal blood pressure is less than 120 over 80.
	If your blood pressure is high, Dr. Shapiro says diet and lifestyle changes may bring it down.
Dr. Shapiro	“... reducing salt, less going out to eat, less alcohol consumption, more physical activity, more exercise ...”
	If you’re still hypertensive after these changes, your doctor may recommend medication and remind you about what’s at stake.
	<i>Sound of air being released from a blood pressure cuff</i>
Dr. Shapiro	“If you want to live a long time, you’ve got to keep blood pressure low.”

Graphic:
newsnetwork.mayoclinic.org

For the Mayo Clinic News Network, I'm Jeff Olsen.