

High blood pressure is dangerous but, with help, can be controlled

High blood pressure can cause stroke, heart attack, kidney damage and more. It can shorten your life. But high blood pressure can be treated and controlled with your help.

Everyone has blood pressure. Without it, the blood couldn't circulate in our bodies. Blood pressure in your arteries changes from day to day, even from moment to moment. It goes up when you get excited, and down when you rest or sleep. These changes in pressure are perfectly normal.

What is high blood pressure? In some people, certain arteries may clamp down. This makes it harder for blood to pass through, and pressure builds up as a result. If it goes to high and stays that way, it is called high blood pressure.

We still don't know what causes most high blood pressure, but research scientists are working hard on the problem. While they don't have the final answer, yet, they do have some important leads.

If your parents have had high blood pressure, there is a good chance you have it or will develop it. And if you have it, your children may develop it. Children should have regular blood pressure checkups just like adults.

Help your heart! Have your blood pressure checked at least once a year. It's the only way to find out if you have high blood pressure. There usually are no early signs to warn you. That's why high blood pressure is called the silent killer.

Call your doctor, clinic or nearest health center to make an appointment to have your blood pressure checked. A rubber cuff, something like a bandage is wrapped around your upper arm. The

cuff is filled with air until it squeezes the artery in your arm. Then the air is slowly let out of the cuff. At the same time, a doctor listens with a stethoscope as the blood rushes through your

artery. He also watches a measuring gauge which tells him your blood pressure.

If you have high blood pressure, it can be treated and controlled. But it takes two to do

it: you and your doctor. By cooperating with your doctor you can live a long and normal life.

Your doctor may prescribe pills. Keep taking your medicine as long as he says you should,

Your doctor may also put you on a low-fat, low-salt diet. If you are overweight, it's important to lose the extra pounds and keep them off. The extra weight puts a strain on your heart. Smoking

cigarettes does too, so don't smoke. Your local chapter of the American Heart Association has information on how to stop smoking and on high blood pressure.



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Falls

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motion. If the wallcovering has to be washed more than once, let it dry completely between washings.

When using a foam cleaner, spray a four-foot-square area, holding the can about six to eight inches from the surface. Wipe off soil and foam with a clean, damp sponge. Wipe the wall with a rinsing cloth or sponge and dry it with a clean bath towel.

Lift the nap of flocked paper that has just been washed with a soft brush.

"Nonwashable" wall coverings should generally not be used in well-trafficked rooms. When they do get dirty, treat them with a dough-type cleaner available in paint stores. Greasy stains can often be lifted from nonwashable wallcoverings with paste spot removers. After the paste dries to a powder, brush it off. If the stain is still evident, use a second application.

Some fabric wallcoverings are vinyl-coated and easy to wash. Others, like silk, burlap or grasscloth, are especially hard to clean when stained. Try lightly wiping these fabrics with a sponge dampened in soap and water. Make a patch test first to be sure the water will not stain.

Felt wallcoverings cannot be washed, as they have a tendency to change color and shrink. A granular rug cleaner may be an effective spot remover.

Vacuum fabric wallcoverings regularly to prevent dust accumulation.

"Scrubtable" wallcoverings are a refreshing change from delicate fabrics. Highly suitable for well-used rooms, scrubtable coverings are made of vinyl-impregnated paper or vinyl. These practical wallcoverings no longer look like oilcloth, but have soft matte finishes and tasteful designs. They can actually be scrubbed with a foam cleanser or all-purpose detergent. Steel wool or abrasive cleansers should be avoided, however, as these cleaning aids will scratch the vinyl finish.

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