

Don't Ignore High Blood Pressure (*Interview Transcripts*)

Dr. Manharkumar Patel, Family Medicine Physician, OSF HealthCare

“Whenever we see patients, some will have these risk factors. This is called primary blood pressure. There is also something called secondary blood pressure, which is when something else is causing the high blood pressure. It can be the kidney function if the kidney function is slow, it can be some kind of tumor, it can be something called pheochromocytoma – or it can be anything else in the body that can change the blood pressure.” (:25)

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“If somebody has exceptionally high blood pressure, they may have headaches that do not go away, they can have change in their vision, and they might just not be feeling well. They also may have excessive sweating. These can be common symptoms if the blood pressure is very high. If you do get headaches and change in vision – the (systolic) blood pressure is usually more than 180.” (:18)

Dr. Manharkumar Patel, Family Medicine Physician, OSF HealthCare

“If an individual finds that their blood pressure is high at any particular time, I would encourage them to start taking their blood pressure at home – maybe two to three times a week when they are relaxed. Record the blood pressures and bring them to your doctor’s office visit. This will give them a better assessment of the blood pressure rather than just saying that one time the blood pressure was high.” (:22)

Dr. Manharkumar Patel, Family Medicine Physician, OSF HealthCare

“I would encourage people to cook homemade food and try to watch their salt intake. It’s okay to use salt, but not too much – just for taste. If you are buying any frozen food, there is a lot of sodium added to that, so I would encourage them not to buy those and to look at food labels which will show you the amount of sodium the product contains. We don’t want too much sodium because you can retain water and it may cause your blood pressure to go up.” (:28)