

Script- Soundbite – The Dangers of Hypertension

Lauren Hargrave, Physician Assistant, OSF HealthCare

“Hypertension is high blood pressure, or where our arteries are experiencing too much pressure with the blood flow to our organs, and this can lead to things like end organ damage, and some things that are really serious like stroke and heart attack.”

Lauren Hargrave, Physician Assistant, OSF HealthCare

“Hypertension is a very big issue. It affects a lot of people across all ages. And it really is something that is not always recognized because people can be asymptomatic or not have any symptoms until they come in and see us.”

Lauren Hargrave, Physician Assistant, OSF HealthCare

“A lot of times the first time people hear that they have high blood pressures is in an office visit after we take vitals. They don't always know that they have high blood pressure at home and we call it the silent killer because a lot of times it is something that's not presenting with symptoms. We're telling people that they have high blood pressure and explaining the importance of treatment. It is very treatable with medications with lifestyle changes, but if it's not recognized, that's when it can become dangerous.”

Dr. Tianyu Dong, Family Practice Physician, OSF HealthCare

“It can be potentially serious but it's treatable and manageable if you watch your salt intake and exercise and have a conversation with your doctor.”