

High Blood Pressure Workshop

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Wednesday, October 18th, 2017 at 11:00 AM

Among seniors, more than half have high blood pressure (hypertension). What is blood pressure? How high is high? And what should you do about it?



This year, millions of Americans will be diagnosed with hypertension. The older you are, the greater the likelihood that your numbers will climb into the danger zone, and the story those numbers tell about your health can be very different from the one they conveyed when you were a decade or two younger.

This workshop will cover a variety of topics related to high blood pressure, its symptoms and its management:

- What ranges would be considered as high blood pressure?
- What risk factors can contribute to high blood pressure?
- What are some symptoms of high blood pressure?
- What are the risks related to having high blood pressure?
- What are common treatments for HBP?
- Which resources are best to help manage and track HBP?



**Hurry and sign up
for this very
informative and
important
workshop today!**

