



Functional Nutrition Working Group Newsletter

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Interested in Learning More about the FNWG?
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Hypertension: A silent killer?

- Approximately 25% of the United States adult population has hypertension as defined by a blood pressure reading over 140/90mmHg
- 50% of adults over age 60 and 80% of adults over age 70 have hypertension
- Often times hypertension is combined with other chronic degenerative diseases such as diabetes, insulin resistance, hyperglycemia, tobacco use, decreased exercise, and renal insufficiency
- According to Williams (2010) uncontrolled hypertension typically leads to death due to atherosclerosis, myocardial infarction or congestive heart failure
- Obesity, smoking, high cholesterol levels, and diabetes are traditionally known risk factors (Calvert 2010)
- In 90% to 95% of hypertension cases, there is no clearly identifiable cause of the elevated blood pressure, many contribute as a secondary cause such as nutrient deficiency, oxidative stress, or disease process.

How Can We Help?

Blood Pressure Assessment

- Take the palpatory systolic pulse
- Inflate cuff 20-30mmHg above palpatory systolic pulse
- Deflate cuff about 2mmHg/sec
- Listen for korotkuff sounds
- Listen for sounds to muffle then disappear. If there is a difference of more than 10mmHg between beginning of the muffling and the disappearance of the sound, record both values
- Make sure their back is supported and that the arm being tested is at level of the heart!



What Else Can Be Done?

- Check for risk factors: Start by looking at inflammatory markers such as ESR, CRP, CBC with differential
- Check cholesterol levels by looking at lipid panel or maybe advanced lipid panel such as VAP testing or Lipoprotein A
- Suggest an exercise regime if they are not active, work with limitations but movement is the key
- Work to reduce stress levels through meditation or yoga
- A referral to a physician or specialist.

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