

Acknowledge National High Blood Pressure and Stroke Awareness Month This May

Before National High Blood Pressure and Stroke Awareness month which begins in May, it is important to emphasize the importance of maintaining proper blood pressure. Did you know that High Blood Pressure or Hypertension is the major cause for many health conditions including Stroke?



Experts say half of the strokes are caused by high blood pressure and more than 80% can be prevented by keeping a check on blood pressure levels. However, if left uncontrolled it can lead to disability, poor quality of life, chronic illnesses and even a heart attack.

It turns out, there couldn't be a better month to start eating healthy, be more physically active, checking your blood pressure and heart condition with the help of **PC-based resting ECG**.

How does high blood pressure cause a stroke?

Hypertension increases the pressure of blood flowing through the arteries, and puts them under constant stress. Just like an overinflated tire would burst, too much pressure inside arteries weakens them and damages their wall.

A stroke is caused by two major reasons - reduced blood flow to the brain and bleeding in and around the brain. When it occurs due to reduced blood flow to the brain, which is because of a clot that forms inside an artery, it's called an ischemic stroke where in brain cells start dying without oxygen. In most cases, hypertension is a common cause as it makes arteries get narrower, harder, and clog them with fatty plaque.

When a stroke is a result of bleeding in and around the brain, it's known as a hemorrhagic stroke. This usually happens when a weaker artery breaks open up and leads to internal bleeding. Since hypertension weakens arteries, it's believed to be the major culprit in hemorrhagic strokes.

Ways to prevent high blood pressure

Since controlling your blood pressure can help prevent stroke and heart conditions, here are a few ways you can keep your blood pressure in a healthy range:

- Eat less sugar, salt, saturated fats
- Maintain a healthy weight
- Exercise
- Avoid alcohol
- Quit smoking
- Practice deep breathing to lower stress

Tip: always keep a check on your heart health using a PC-based resting ECG and consult a doctor in case of abnormalities

Bottom Line



A small step in the direction of keeping your blood pressure in a healthy range can prevent stroke and even a heart attack can offer a healthy living alternative. Let's start eating healthy and living healthy.

Send an inquiry to a cardiology diagnostic device seller and inquire about ECG systems. To improve accuracy, get real-time patient diagnostic information, send your diagnosis to the proper healthcare provider enhance your efficiency where you work in a timely way use PC-based Resting ECG Systems today!



What are you waiting for? [Request a demo today!](#)

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About Nasiff

Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite® ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at www.nasiff.com.