

8/84

2) HYPERTENSION

NO KILL DATE  
:60 PSA

ONE IN FIVE AMERICANS SUFFERS FROM HIGH BLOOD PRESSURE, A SYMPTOMLESS DISEASE. AND A HIGH-SALT DIET IS A MAJOR CONTRIBUTOR TO THE PROBLEM. BUT DR. SANDRA DAUGHERTY, OF THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE SAYS ANOTHER FACTOR IS INVOLVED.

.20 "It's also related to one's genetics. We think that the combination of genetic..... if you have both of those, then you develop high blood pressure as you get older."

CUTTING DOWN THE AMOUNT OF SALT YOU EAT, REDUCING STRESS AND MAINTAINING A GOOD WEIGHT ARE WISE MOVES.

.15 "I think as a preventive kind of thing, that less salt in the diet ..... even if we never added salt from our salt shaker."

THIS IS HEALTHLINE, FROM THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE.