

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## High Blood Pressure Education

May is High Blood pressure education month and it important to talk about blood pressure and the effects high blood pressure can have on your life. Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Your blood pressure normally rises and falls throughout the day depending on stress and activity levels.

### What is high blood pressure (hypertension)?

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure (or hypertension).

The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack, and stroke.

### What causes high blood pressure?

High blood pressure usually develops over time. It can happen because of unhealthy lifestyle choices or some health condition, can also increase the risk for developing high blood pressure.

### What can I do to prevent or manage high blood pressure?

Many people with high blood pressure can lower their blood pressure into a healthy range by making lifestyle changes.

- ✓ Getting at least 30 minutes of exercise a day, 5 days a week
- ✓ Not smoking
- ✓ Eating a healthy diet, including limiting sodium and alcohol
- ✓ Keeping a healthy weight
- ✓ Managing stress

In addition to making positive lifestyle changes, some people with high blood pressure need to take medicine to manage their blood pressure.

May 2022

May 8<sup>th</sup> -  
Mother's Day

May 30<sup>th</sup> -  
Memorial Day

The best gift  
you can give  
yourself is  
going easy  
on yourself.

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## Don't Fry Day

Did you know that one in five children will grow up to develop skin cancer? The last Friday in May every year is known as Don't Fry Day headed by the National Council on Skin Cancer Prevention. As we approach sun season, it is important to use our heads and protect them, along with the rest of our skin. In the same way we teach kids to wear bike helmets, we can also teach them to wear wide-brimmed hats. One catch way to remember sun safety is: Slip, Slop, Slap and Wrap.

- Slip on a shirt;
- Slop on some sunscreen;
- Slap on a wide-brimmed hat; and
- Wrap on some sunglasses.

Listen for the UV Index, and have fun in the shade between the hours of 10 and 4. Find out more at: [www.skincancerprevention.org](http://www.skincancerprevention.org)



For more health  
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## Stroke Awareness Month

Do you know that strokes occur in toddlers, children, and teens? May is American Stroke Awareness month, and this time we are focusing on pediatric strokes. The two main types of strokes that affect pediatric patients are an ischemic stroke and a hemorrhagic stroke. Ischemic strokes result from events that limit or stop blood flow. Risk factors include hypertension, diabetes, obesity, sickle cell, cardiac disease, or even a neck injury or trauma etc. Hemorrhagic strokes are most often caused by rupturing, weakened or malformed arteries called arteriovenous malformations. The risk of hemorrhage is higher with certain illnesses such as hemophilia. When a blood vessel in the brain ruptures, blood can't reach its destination. As a result, the brain is deprived of oxygen, which may lead to permanent brain injury. Each child recovers differently from stroke. Prompt medical treatment and rehabilitation therapy can maximize recovery. In general, younger people recover more abilities than older people. The effects of stroke in a child are generally the same as in an adult.

For more information visit [stroke.org](http://stroke.org)



## The Hunt is On

May 24 is National Scavenger Hunt Day. A scavenger hunt is great way for people of all ages and abilities to play together. Scavenger hunts can be done inside or outside and can have a common theme or just be a random list. Did you know scavenger hunts can be educational? This can be used to teach younger children color or amounts of objects, while for others you can learn about different plant species or work on location coordinates on a map. The possibilities are endless!



## Protect Your Eyes

Every day, you can take simple steps to keep your eyes healthy. Use these tips to protect your eyes from things that can harm them:



**Wear sunglasses.** Protect your eyes from the sun by wearing sunglasses — even on cloudy days! Be sure to look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation.



**Wear protective eyewear.** Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, doing construction work, or doing home repairs. You can buy them from most eye care providers and some sporting goods stores.



**Give your eyes a rest.** Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.



**If you wear contacts, take steps to prevent eye infections.** Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly.