

# Porcelain Press

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## What's up with Blood Pressure?

### *What is high blood Pressure?*

High blood pressure occurs when your heart is working harder than normal to force blood into arteries and through the circulatory system. In most adults, a blood pressure reading greater than 140 over 90 is considered high.

### *Why is high blood pressure harmful?*

When blood pressure is elevated for an extended period of time, the inner linings of the arteries become damaged. This leaves them susceptible to the buildup of deposits that can narrow or block the arteries and reduce blood flow to the body's organs. If untreated, high blood (37644) pressure can lead to heart failure, stroke, kidney damage, and other serious health problems.

### *How do I know if I have high blood pressure?*

There are no symptoms of high blood pressure, which is why it is often called the "silent killer."

### *Blood Pressure Monitors at PNNL*

The Voluntary Protection Program (VPP) recently purchased and placed two additional monitors for the ROB and at the 3760 building. These free testing locations are an addition to those machines already in place in the ETB lobby and in the 337 building.

For more information on high blood pressure, and how it can be treated, see:  
<http://www.americanheart.org/presenter.jhtml?identifier=2114>

## Stay Cool this Summer!

With the hot weather now upon us, everyone should be concerned about heat-related illnesses – and know how to prevent and diagnose these potentially serious problems. (3k334)

### *Heat Exhaustion*

If you don't drink enough fluids and if you stay in the heat too long, you can become dehydrated. You may feel lightheaded, nauseated, tired, anxious, and confused. If this happens, move to a cool location, find a way to cool your body temperature, and drink cool liquids. If you are confused, lethargic, or have a fever, you should be taken to the hospital.

### *Heatstroke*

It might be hard to tell you have heatstroke. You can have heatstroke even if you're not sweating. Your temperature will be very high and you'll be confused and lethargic. Heatstroke is a life-threatening emergency. You (or someone else) should call 911 right away.

### *What can I do to prevent heat-related illnesses?*

Drink 1½ - 2 cups of fluids before working out. Drink 2-4 cups of fluid during each hour of physical activity. Try to exercise in the early morning or evening. Wear light clothes when it is hot. To see if it is safe for vigorous outdoor exercise, check a Heat Index Chart. You can find one at this Web address: (3J578)

<http://weather.noaa.gov/weather/hwave.html#HeatIndexChart>.

### *VPP Picnic!*

Thursday August 7  
11:00 – 1 p.m.  
BSA Picnic Area

Free Lunch! – Rider's sausage dogs, Prizes, and informational booths from ISO 14001 & ISM!

**All staff are invited!**

The Porcelain Press is sponsored by the Voluntary Protection Program (VPP) Steering Committee.

Comments on this issue should be addressed to the editor, 376-4088.

If your payroll number is listed in this issue, you've just won a VPP Prize! Contact Rob Boy <[robert.boy@pnl.gov](mailto:robert.boy@pnl.gov)> to redeem your prize!