May was National High Blood Pressure Education and Stroke Awareness Month. CBHC had Power Saturday for our second year and we added 3 shops for a total of 10. We had a contest among the shops this year and Ms. Lillie’s was on fire with 94 patrons screened. Winning Coiffures was the runner up. Colfax was electrified once again. All the shops did a great job. Our 49 volunteers were fabulous. The community really benefited from this outreach and we are happy that we were able to encourage those with high blood pressure to see a doctor.
**CBHC Shop CREW:**

Our volunteers are wonderful!

Contact us if you would like to volunteer

Coloradobhc@yahoo.com

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**Electrified:** Power Saturday was great. Volunteers were fiery in their orange or blue tee-shirts. We had all generations represented. We educated the community about salt, healthier drinks, blood pressure and the impact it has on the community. We had a poem dedicated by a Kaiser Permanente California employee. We passed out bags with health information and some handy tools to for improving the participants’ health. The salt free seasoning packs were a hit again.

**Supporters:**

- KPCO
- AHA
- DALCO

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**Thanks**

A few pictures from the **DAY**, May 30th
Healthy Pregnancy, Can This Prevent Cardiovascular Disease?

Pregnancy is an opportune time for doctors to determine a woman’s risk of heart disease years down the road. The earlier pregnant women are diagnosed the more likely cardiovascular disease will be prevented. Studies have followed women with pregnancy-induced hypertension or preeclampsia and found that, years later, they had higher rates of heart attack and stroke. In fact pregnant women who developed preeclampsia have more than twice the risk of having a heart attack or stroke later in life.

The American Heart Association updated its guidelines in 2011 recommending that doctors screen female patients for history of pregnancy-related hypertension, preeclampsia (increased blood pressure, protein in the urine, swelling during pregnancy) and/or gestational diabetes. These conditions may be markers for an increased risk of heart disease in women.

Some doctors strongly encourage pre-eclampsia patients be screened frequently for cholesterol levels, blood sugar, and blood pressure, and to consider treatment with medication if the levels are high.

But guess what, pregnant women aren’t the only ones at increased risk. A growing body of evidence suggests that a developing fetus (in mom’s womb) exposed to this environment will be at risk for cardiovascular disease later in life.

Getting early and regular prenatal care is the best thing women can do to keep themselves and the developing baby healthy.

American Heart Association study shows home monitoring is beneficial for BP control

There are about 78 million people in the United States that have high blood pressure. It's called the silent killer because often there are no symptoms. During Power Saturday we screened quite a few people that “felt fine” and their blood pressure was very high.

African Americans are at higher risk of developing high blood pressure and developing it at a younger age. It is very important to screen and treat high blood pressure because it can lead to heart attack, stroke and kidney disease, to name a few.

The study looked at the use of the American Heart Association's Check, Change, Control Program in 18 urban, mostly Black communities with a high rate of high blood pressure. This was a large study that included 4,069 participants who used the program over four months in 2013 in churches, workplace wellness facilities, healthcare centers, and housing centers.

Researchers found that those who checked their blood pressure more frequently had the largest drop in blood pressure. The programs that included blood pressure monitoring kits, blood pressure checks during activities like walking clubs and cooking classes and volunteers who led activities had the best results. All participants were encouraged to upload their blood pressure readings to www.heart360.org for tracking.

A closer look at the numbers:

- Systolic (top) pressure dropped 7.5 mmHg when participants entered at least eight of their readings, the reduction was even greater: 13.9 mmHg in systolic and 5.0 mmHg in diastolic.
- The largest average reduction at one site was 29.8 mmHg (systolic) and 9.9 mmHg (diastolic).

Check your blood pressure
Normal Blood Pressure is less than 120/80.

If you have high blood pressure, you should know your goal. Ask your doctor if you don’t know your goal. Visit your doctor at least once a year to be checked and discuss your blood pressure.

Form a Lifetime of Wellness! Attend our event on August 29th.

The Black Health Expo
8th Annual Family Reunion
August 29, 2015
1-5 p.m.
Manual High School
We need you to be there!