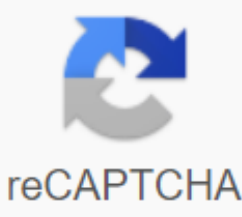




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A day for women also reduces heart risk, Carey said, as not getting enough potassium from foods like bananas - not from supplements. While people may be confused by the changes, heart experts say three years of research monitoring shows that many fewer people die if high blood pressure is treated earlier. We are satisfied with the advice. They are based on strong evidence, West. Carey said about 4.2 million people will be diagnosed with high blood pressure under the new guidelines, but not all of them are advised to take the drug —just 1.9 percent more, he said. We'll have a big jump in prevalence, but you'll notice only a slight increase in the number of people we believe will benefit from high blood pressure drugs, Carey said. High blood pressure damages blood vessels and can lead to organ damage such as kidney and heart failure, as well as heart disease and stroke. It is one of the leading killers worldwide, including throughout the United States. Drugs used to treat hypertension They include diuretics, beta-blockers and ACE inhibitors, which attack blood pressure from different directions. The group agreed that even elderly and frail patients benefited from having high blood pressure treated. Maintain

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