



Health Bulletin

Health tips and news for the community



SPRING 2013

May is National High Blood Pressure Education Month

High blood pressure is called the "silent killer" because it often does not have any signs or symptoms.

According to the Centers for Disease Control and Prevention, 1 in 3 adults is living with this "silent killer."

What is high blood pressure?

Blood pressure is the force of the blood pushing against the walls of the arteries. High blood pressure, or hypertension, is anything higher than 140/90mmHg (normal blood pressure is 120/80mmHg). When high blood pressure is not treated, it can lead to other problems like heart attack, stroke, and kidney failure.

Inside this issue:

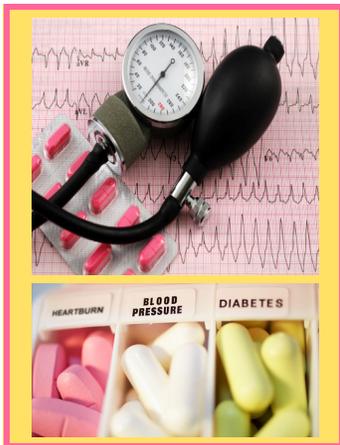
- High Blood Pressure Management during an Emergency
- PDPH Health Information Card
- Springtime Fun and Safety
- How to safely dispose of medicine
- Do YOU have ideas for the PDPH Health Bulletin?

What can I do during a disaster to protect my health?

It is important to take your medication at the same time each day. This might be hard to do in an emergency, so you should plan ahead.

How can a disaster affect my health if I have high blood pressure?

You might have to evacuate or shelter-in-place during an emergency. If you are not prepared, you may run out of medicine. If you stop taking your medicine, you can get headaches, an increase in blood pressure, stroke, heart attack, heart failure, or kidney failure.



Remember these tips:

- The goal of treatment is to reduce blood pressure so you have a lower risk of problems.
- Make an emergency kit and emergency plan.
- Include at least a 3-day supply of your medication in your emergency kit
- Carry a list of medications. Include the medicine name, dose and how often you take it.
- If you have a blood pressure monitor and cuff, include it in your kit to check your blood pressure daily.

You can find more public health tips at: <http://www.phila.gov/Health>

STAY IN TOUCH WITH THE HEALTH BULLETIN

Health Bulletin Archive: <http://www.phila.gov/Health/DiseaseControl/healthBulletin.html>

Contact: Marialisa Ramirez
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PDPH Health Information Card

*Do you have a special medical need?
Are you under the care of a doctor for any reason?*

You should have a Health Information Card to carry in an emergency.

The PDPH Health Information Card will help you keep track of:

- Important health information
- Medicines
- Emergency contact information
- Any special needs
- Any special supplies

Keep the Health Information Card in your wallet or pocket. If you don't speak English well, ask your doctor or nurse to help you fill out the Health Information card.



HOW TO GET A HEALTH INFORMATION CARD:

Call Marialisa Ramirez at 215-685-6496 or download at:
<http://www.phila.gov/health/pdfs/Web-Health%20InfoCard.pdf>

Springtime Fun and Safety

Spring is a great time to exercise and let your children and pets play outside. Help your kids stay healthy and safe during these months.

Some good advice for adults and kids:

- Always wear a helmet when you ride your bicycle to prevent head injury.
- Do not play with dogs you do not know (they can bite!).
- Tell someone right away if you are bitten by a dog.
- CALL the Health Department at (215) 685-6748 if you or someone else has been bitten by a dog or other animal. They can tell you what you should do.



Do you have expired, unwanted, or unused medications? How should you dispose of them?

Medicines treat many diseases, but when they are no longer needed it's important to dispose of them the right way to avoid harm to others and protect the environment.

Learn how to dispose of unused medications safely by visiting:

<http://www.fda.gov/forconsumers/consumerupdates/ucm101653.htm>



What do **YOU** want to read about
in the PDPH Health Bulletin?

What health topics interest **YOU**?

Email your ideas to
HealthBulletin@phila.gov