



# Age Old Wisdom

## PROPER HYPERTENSION TREATMENT

The older you are, the greater the likelihood that you will be diagnosed with high blood pressure, which is generally defined as having systolic pressure (the upper number) of 140 or higher or diastolic pressure (the lower number) of 90 or more. However, there are some questions about just what constitutes a hypertension diagnosis in seniors. Because blood pressure fluctuates throughout the day, one reading performed in the doctor's office is not enough to diagnose hypertension. Most individuals' numbers are higher during the day and lower during sleep and can be elevated by stress and even a big meal. It is important to get multiple readings before blood pressure medication can be prescribed in the correct doses (if at all).

At Deutsches Altenheim, we take care to assure that our seniors are in the best condition that their health allows. We understand that seniors' health challenges can change – *even overnight*.

P.S. While “white coat hypertension” involves the tendency for a patient's blood pressure to shoot up when tested in the doctor's office, “masked hypertension” is characterized by a normal reading in the doctor's office and a higher reading at home.