

GALINOS NEWSLETTER

The Galinos Medical Clinic Inc



KILLING ME SILENTLY

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Seafarers, I know you are aware of this. Deny all you want but this is true since ages ago. One of the most dangerous health conditions is also one of the sneakiest.

High blood pressure is often called the "silent killer" because most people who have it don't have any symptoms. And that silence can be deadly. High blood pressure can lead to a host of serious problems, including heart attack, heart failure and stroke. That's why it's important to know your risk factors for developing high blood pressure – and to take steps to lower your risks.

As told oftentimes, High blood pressure can cause significant damage to your heart, eyes, kidneys, brain, and blood vessels. Left untreated, this can lead to kidney failure or vision loss. Your ability to think, remember and learn can also be affected by high blood pressure. There's even a type of dementia – vascular dementia – caused by high blood pressure.

What can you do? Know your numbers – and act on them.

