

## Unmasking Hidden Hypertension

High blood pressure, once thought to be one entity, is now believed to have three variations. Masked hypertension, the newest type, was identified only in the last decade. We know less about it than about the other two, white-coat hypertension and sustained hypertension (high blood pressure that happens all the time). Studies have found that masked hypertension is present in about 10 percent of the population. It's more common in men and in people with type 2 diabetes.

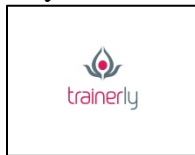
The havoc wreaked on our bodies by masked high blood pressure is somewhere between that of the white-coat and sustained versions. Those effects include a thickening of the heart muscle, increased plaque in the lining of the carotid arteries, reduced blood flow in selected arteries, and a loss of aortic elasticity. Beyond that lie the usual complications of untreated hypertension, such as stroke and kidney disease.

It is beginning to appear that taking a random blood pressure test in the office may be analogous to a snapshot—a recording of a measurement made at one instant that provides no reliable information about blood pressure over the course of time. Screening the entire population for masked hypertension with out-of-office tests like ambulatory and home monitoring is unlikely to be cost effective. But a meta-analysis from the Columbia University School of Public Health concluded that ambulatory or home monitoring may be cost effective for confirming a suspicion of masked hypertension. Measurements taken before and immediately after a 30-second breath-holding test showed rises in blood pressure in 22 of 28 subjects with masked hypertension, as verified with ambulatory monitoring. When the test showed no rise in blood pressure with breath holding, ambulatory monitoring agreed with that finding every time. The test would appear to be useful in ruling out masked hypertension but requires confirmation by larger studies before it can be used as a guide to treatment.

If you think you may be at risk for masked hypertension consider adding [Bio-CardioSirt BP](#) to your supplement schedule. Please contact us for more information and with any questions.

**Please review our business at:** [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a free class with me today.



Your suggestions appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

Do you know someone who might be interested in our products or services? [Click Here](#) to fill out our referral form and, as our way of saying thank you, you will receive \$15 off and of our products or services. We appreciate your support.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)

[Follow us on Google+](#)/[Pinterest](#)

**(Hold down the Ctrl key & click the underlined words or logos)**

**Make sure to forward to friends and followers.**

Connect with me at [Wizpert](#)