

Li

LARRY: In Dr. Chuck Berry's series on Blood pressure explanation of high BP and treatment with medication.

↓ talked about
Chuck you mentioned some changes in lifestyle might be necessary for the person with BP, what are they?

Dr. Berry:

Larry they are many of the things difficult for people to change such as obesity (weight), smoking, exercise, stress, and diet. In making your behavior in any of these areas you must personally commit yourself to the change and then plan with your physician the reinforcement ~~of~~ best for you.

- obesity
- smoking
- exercise
- stress
- diet low salt.

see pg 10-11-12.

talked about how to dieting, smoking etc.

Next week - sum up the facts about Li BP. & living with it..

coffee -