

CASCADE CLINIC NEWSLETTER



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Learners for the month of May

Joining the Cascade team in May is med student, **Kimberley Higgins**. Kimberley was born and raised in Regina and did her medical school at the University of Saskatchewan, as well as most of her training at the Regina distributed site. She chose to do her residency in the Okanagan, to train in smaller communities where family doctors do so much for their patients. She has a special interest in care of the elderly and lives an active lifestyle, therefore Penticton and area seemed like a natural fit! Kimberley is looking forward to working in Princeton.

Dr. Joseph Westgeest, a UBC Family Practice resident in his final year of training will be returning to Princeton to continue his rural training. Dr. Westgeest will be seeing unattached patients in clinic as well as working in the ER.

Please warmly welcome Kimberley and Joseph to Princeton!

HYPERTENSION AND YOUR HEALTH!

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. Blood pressure may fluctuate during the day, but when it is consistently high, you may have high blood pressure or *Hypertension*.

Hypertension can cause damage to your blood vessel walls that worsens over time which increases your risk for heart disease, stroke and kidney problems. Hypertension is often referred to as a "silent killer," because it doesn't usually cause symptoms while it is causing damage.

Treatment of Hypertension depends on how high your blood pressure is, whether you have other health care problems and whether any organs have already been

damaged. Your healthcare provider will discuss treatment options such as medications or lifestyle changes to help control your high blood pressure.

Healthy lifestyle choices can help lower your blood pressure and improve your health. Small changes such as:

- Maintaining a healthy weight or losing any extra weight
- Eating heart-healthy foods
- Eating less salt and salty foods
- Exercising regularly
- Quitting smoking
- Limiting your alcohol intake

For more information on hypertension, visit [Hypertension Canada](#) or [Healthlinkbc](#) or speak to your healthcare provider.

Did You Know?

Our clinic's Medical Office Assistants (MOA's) can check any patient's blood pressure with our automatic blood pressure cuff on a drop-in basis without an appointment. The result will be sent to a doctor/NP for review to see if the patient needs to be recalled in for a visit to review the reading further.