

Flu Vaccines will be available in NZ later this month.

Dates to be confirmed

Up and coming for April - MOVE-ITMONTH!

The torpedo 7 Otago Peninsula Challenge! Bike, run or walk the scenic peninsula starting at Allans beach and completing at Tairaroa Head. Each challenge has two different distances. Sign up and H+S will reimburse your fee!

<http://www.otagopeninsulachallenge.co.nz/>



April



Public Holidays This Month:

- ANZAC Day – Monday 25th April 2015

Daylight savings ends on Sunday 3rd April 2015

Understanding your blood pressure.

What is blood pressure?

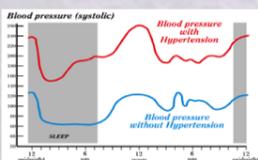
Each time the heart beats (about 60-70 times a minute at rest); it pumps out blood into the arteries. Your blood pressure is at its highest when the heart beats, pumping the blood. This is called SYSTOLIC pressure.

When the heart is at rest, between beats, your blood pressure falls. This is called DIASTOLIC pressure.

120/80

Your blood pressure is always given as these two numbers with one above or before the other. And equals the force of the blood pushing against the arteries

What is high blood pressure?



When blood pressure stays elevated over a long period of time it is called high blood pressure or "hypertension". High blood pressure is dangerous because it makes the heart work too hard and contributes to hardening of the arteries (atherosclerosis).

High blood pressure leaves you at risk of:

- Heart disease and stroke – The first and third leading causes of death for New Zealander's.
- Heart failure.
- Heart attack.
- Kidney disease.
- Blindness.

Fight Stroke Week 4-10 April 2016.



FACE – Is one side of their smile drooping?



Arms – Raise both arms. Is one side weak?



Speech – Are they unable to speak, their words all jumbled, or do they slur their words?



Time – Act fast and call **111**. Time lost could mean brain loss.

Risk factors of High blood pressure that are within our control:

- Excess weight.
- Increases volume of blood.
- Increases pressure/resistance that heart has to pump against - enlarged heart muscle.
- Inactivity.
- Heart is not used to "work" = heart beats harder/faster = more force on arteries = uses more oxygen per beat = higher heart rate at rest.
- Tobacco use.
- Can lead to damage of artery wall, increases heart rate, encourages narrowing of arteries.
- Stress.
- Causes unpredictable blood pressure and pulse increases along with potential inflammation in the vessel walls.
- Sodium intake - leads to more fluid/water in the vessels = increased blood pressure.
- Low potassium intake - potassium helps balance sodium in cells and control heart rhythm.
- Excessive alcohol - long term: damages liver and pressure within our circulation and heart.



First Aid Topic #4

Hyperventilation

Signs /Symptoms (progressive)

- Shortness of breath.
- Giddiness and fatigue.
- Marked Anxiety.
- Tingling / numbness around the mouth, face, hands, and feet which progressively gets worse.
- The hands curl up at the knuckles, wrists and elbows.
- Hot flushed skin.
- Unconsciousness.

Action

- Identify yourself, maintain and monitor ABC's.
- Remain calm and reassuring.
- Try to calm the patient and situation down.
- Remove the patient from the environment or the environment from the patient.
- Try and coach the patients breathing to slow down.
- **Do not hesitate to call an ambulance!**