

A BLUNDER ALMOST EVERY DOCTOR MAKES

Is your doctor missing a potentially deadly condition? One that could lead to you having a higher risk of heart attack and stroke. Oh my!

He (or she) could be...if they are measuring your blood pressure in only one arm. So why is it so important to have your B/P taken in both arms?

Because if there's a significant difference—20 points or more between your right and left arm—you could have plaque blocking an artery. Plaque buildup is a sign of peripheral artery disease (PAD).

PAD can lead to narrowed arteries that limit blood flow, especially during exercise. Whew, I'm safe there! Plaque buildup in your arm makes you more likely to have it on other arteries too, such as your heart & brain.

In fact, if your blood pressure differs by 10 points or more between arms, you have a 38% greater risk of a heart attack. It's as bad as eating junk food more days of the week (yes, please) than not, or binge drinking. See, consistency is important.

So once a year, at least, make sure your doctor checks the pressure in BOTH your arms. If you take your own pressure at home, do both arms occasionally also. Tell your doctor if there's a difference of 10 points or more. The only kind of stroke you want is one with an oar in a boat!

