



LIVING LIFE TO THE FULLEST THROUGH SELF-LOVE (LLFS)

SERA, Inc.'s "LLFS" self-advocacy, preventative health and wellness program, is designed to create an understanding in Southeast Raleigh residents of the power they have to quickly extend their lifespan, create health and wellness in their own lives and live fully by practicing some very simple steps.

HIGH BLOOD PRESSURE THE SILENT KILLER - Hypertension, or high blood pressure, has no noticeable symptoms. That's why it is commonly referred to as a "silent killer". Untreated high blood pressure can lead to a greater risk for stroke, heart attack, or other heart damage. Normal blood pressure is less than 120 systolic over 80 diastolic — often written as 120/80 mm Hg (read 120 over 80 millimeters of mercury). If you have a doctor, he or she should measure your blood pressure during each visit. If your doctor finds that your blood pressure is consistently higher after several visits, you may be diagnosed with hypertension.

HIGH RISK FOR HIGH BLOOD PRESSURE AND HEART DISEASE - The odds are good that most people will have high blood pressure in their lifetime. In fact, more than 74 million American adults have high blood pressure. Approximately 90% of people with normal blood pressure at age 55 are at risk for developing high blood pressure as they get older. *African Americans and Hispanic populations are at greater risk for developing high blood pressure and deadly heart disease than other ethnicities.* Remember, that even though high blood pressure is quite common, it is still a dangerous condition that should be monitored closely by a doctor. While working closely with a doctor to follow a health and wellness plan is an excellent strategy, you don't have to wait for a physician to monitor your blood pressure, you can be taught to conduct a reading yourself. By doing so, you will understand how your body is reacting to stressors, such as food, external and internal stress and other factors and become better able to manage your health and quickly make the changes needed to regain healthy blood pressure levels. Remember that "prevention is worth a pound of cure."

THE STAGES OF HIGH BLOOD PRESSURE - Normal blood pressure is less than 120/80. When a person has a blood pressure reading between 120/80 and 139/89, this condition is called **pre-hypertension**. **Stage 1 hypertension** is defined as 140-159/90-99, and a blood pressure above those levels is considered **Stage 2 hypertension**.

OUR COMMITMENT TO SOUTHEAST RALEIGH - SERA, Inc. will work with community barber shops, salons and faith institutions to educate community members via facilitating experiential activities which include taking blood pressure readings, and counseling program participants (i.e. business owners, clergy, clientele and congregation members) as well as creating onsite opportunities for follow-up and ongoing preventative training in partnership with members of the medical community. We believe that self-love through preventative care can create a quality of life for SER residents that will enhance their ability to live longer, and assist in finding fulfillment in life in order to reach pinnacles of success they would otherwise not be able to do were they in a state of "dis-ease".

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