



JOB READY SERVICES

YOUR STAMP OF APPROVAL FOR WORKPLACE FITNESS

February 2014 Issue



Our Services:

- Functional Capacity Evaluations
- Work Conditioning
- Job Analyses
- Fit for Duty Testing
- Employment Testing

HOW HIGH IS TOO HIGH?

According to the Centers for Disease Control (CDC) 1 in 3 people in the US has High Blood Pressure (HBP), and about 20% of these people don't know they have it. HBP is often being called the "Silent Killer" because often there are no symptoms and no warning signs, which is why it is even more important that people should check their blood pressure often and not just when they go to the doctor, because HBP causes damage to the heart, blood vessels and kidneys and can lead to people having a stroke.

Let us look at some of the things that potentially can cause HBP:

- **AGE:** The risk of developing HBP increases as we get older.
- **DIET:** Too much sodium and saturated fat, as in fast food and processed food.
- **WEIGHT:** Being overweight from either poor diet and/or lack of exercise.
- **HABITS:** Smoking and too much alcohol consumption on a regular basis can cause HBP.
- **RACE/ETHNICITY:** A higher percentage of African Americans have HBP compared to Caucasians.
- **FAMILY HISTORY:** HBP can run in families, which could increase the risk of developing HBP.
- **DIABETES:** About 60% of people with diabetes also have HBP.

Standard guidelines for Blood Pressure:

- Normal: 120/80
- Pre-Hypertension: 120-139 / 80-89
- Stage 1 HBP: 140-159 / 90-99
- Stage 2 HBP: 160+ / 100+

So what can be done to control your blood pressure? If your blood pressure is in the pre-hypertension range, you may be able to control it by changing your diet, especially cutting back on your daily sodium intake, stop smoking if you are a smoker, and make sure you get 20-30 minutes of exercise daily. Your physician may start you on medication to better control your blood pressure, especially if you have Stage 1 or Stage 2 HBP. You should still try to change your diet and habits and get some exercise, but most

importantly: KEEP TAKING YOUR MEDICATION. Statistics show that a large number of prescriptions for BP medication never get filled or re-filled.

Here at Job Ready Services, checking a client's blood pressure is a part of every FCE and Post Offer Employment Test and is taken during a Fit for Duty test if the job requires it, and unfortunately we often have to tell the client that we cannot do the test because their blood pressure is over 160/100. We then have to send them to their doctor with a physician's consent that he/she is OK to finish the test. Most people are surprised that their blood pressure is that high because they don't have any symptoms, but the scary part is that most of these people either have NOT taken their prescribed blood pressure medication or they are not on any medication at all.



Additional information about High Blood Pressure and how to control and treat it can be found at:

Centers for Disease Control and Prevention: www.cdc.gov/bloodpressure

American Heart Association: www.heart.org

-Submitted by Jorn Larsen, PT, functional evaluator at Job Ready Services

MARCH LUNCH & LEARN

Thursday, March 13, 2014 12:00-1:00 at Job Ready office

Speaker: Dr. Jack Lam, Carolina Pain Consultants

Topic: Interventional Pain Management



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We have Spanish-speaking
staff for daily work
conditioning visits.

Dr. Lam will be discussing different types of interventional pain management procedures and programs; the history of the field and when is the appropriate time to refer patients for pain management, as well as what type of education and training do clinicians in this field have?

Cost: \$12.00

CEU's pending: CCM (1 hour)

To register, please call or email Michelle Morgan at michelle.morgan@jobreadyservices.net, or visit our website at www.jobreadyservices.net.

UPCOMING EVENTS

Job Ready will be at the International Association of Rehab Professionals (IARP) Spring Conference, March 20 & 21 at Embassy Suites in Greensboro, NC. Come by and visit our booth!