



CLINIC NEWSLETTER

SEPT 2025 | LET'S TALK: BLOOD PRESSURE

BLOOD PRESSURE BASICS

Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood around your body. It's measured in millimeters of mercury (mm Hg) and has two numbers: systolic – top number (pressure when the heart beats) and diastolic – bottom number (pressure when the heart rests between beats).

Hypertension, also known as **high blood pressure**, is a condition where the force of blood against your artery walls is consistently too high. This can put extra strain on your heart and blood vessels, increasing the risk of serious health problems like heart disease, stroke, and kidney disease.

Hypotension, also known as **low blood pressure**, is a condition where your arteries don't have enough pressure to move blood to your heart, brain, and other organs. It can cause fainting, dizziness, or blurred vision and be an indicator of dehydrations, infection, and even heart disease.

Normal blood pressure is generally below 120/80 mm Hg. Hypertension is diagnosed when blood pressure consistently measures 130/80 mm Hg or higher.



WHY DO WE LOOK AT BLOOD PRESSURE?

High blood pressure is often called the “silent killer” because most people don't feel sick when they have it. However, if left untreated, it can cause:

♥ Heart disease and heart attacks

♥ Kidney damage

♥ Vision loss

♥ Strokes

♥ Problems with memory or thinking

ONE MORE CHANCE!

Your PMR Clinic is giving you **ONE REMAINING** chance to win **prize \$\$\$** by scheduling your physical!

To enter the drawing, simply schedule and complete your annual physical at the clinic. You will automatically be entered into the drawing based on your appointment date- **it's that easy!**

**Initial appointment must be completed in person. Follow-up visit must be completed within 30 days of first appointment to receive prize. No same-day or walk-in appointments will be accepted for physicals. All appointments are scheduled on a first come, first serve basis.*

Prize	First Appointment for Physical Completed:	Drawing Date for Prize
\$100	Aug 1 – Nov 30	Jan 1



Congratulations to Liam, winner of 4 tickets to Holiday World!



How to Check Your Blood Pressure at Home

Prepare – Sit quietly 5 minutes, avoid caffeine/exercise 30 min before.

Sit Right – Back supported, feet flat, arm at heart level.

Place Cuff – On bare upper arm, 1 inch above elbow, snug but not tight.

Take Reading – Stay still and silent. Take 2 readings, 1–2 min apart.

Track It – Write down results at the same time each day.

✦ Tip: Don't panic over one high reading—look for consistent patterns.

PROTECT YOUR HEALTH

- ✓ Check your blood pressure regularly – at home or during doctor visits.
- ✓ Adopt heart-healthy habits – eat more fruits, veg, and whole grains; reduce salt; stay active.
- ✓ Limit alcohol and avoid smoking.
- ✓ Manage stress with relaxation techniques, exercise or meditation.
- ✓ Take medications as prescribed if your doctor recommends them.

What's the difference between same-day and walk-in appointments?

For a same-day appointment, you call ahead and schedule a visit for a specific time slot that same day. For a walk-in appointment, you go to the clinic without calling and are seen based on staff availability, often after hours of waiting. Your PMR Clinic offers same-day appointments to ensure everyone's needs are met in a timely manner.

Need an appointment? Have questions?

Call 812-505-9005

Email [pmrcountrymark@pmrhealthcare.com](mailto:pmmcountrymark@pmrhealthcare.com)

Go online to www.pmmcountrymark.com

Use Code: CMhealth1!

Visit 405 Southwind Plaza Dr, Mount Vernon, IN

CLINIC HOURS

MON 7:00 a.m. – 7:00 p.m.*

TUE 7:00 a.m. – 3:00 p.m.

WED 10:00 a.m. – 7:00 p.m.

THU 7:00 a.m. – 7:00 p.m.*

FRI 8:00 a.m. – 12:00 p.m.

*M, Th: Closed 12-1 for lunch