

Our Health

When Two Are Better Than One: Helping African Americans With High Blood Pressure Manage Their Condition

(NAPSA)—High blood pressure is a major health problem in America, especially for African Americans. High blood pressure occurs more often, at a younger age, with greater severity and with more frequent complications in African Americans compared with Whites.

For reasons not well understood, African Americans are also less likely to reach their blood pressure goals with treatment than Whites. Blood pressure that is not controlled can lead to a heart attack, stroke or damage other organs such as the kidneys. The longer it is left uncontrolled, the more serious the complications can become.

“Uncontrolled high blood pressure is a real health crisis for African Americans as they are the group at highest risk for serious complications,” explained Dr. John M. Flack, Professor of Medicine and Physiology and Chair, Department of Medicine, Wayne State University School of Medicine, Detroit. “We need to find new ways to help the African-American community reach their blood pressure goals.”

Research shows that Exforge®



High blood pressure can be easily measured and successfully treated.

(amlodipine and valsartan) may be helpful. At the National Medical Association 2008 annual meeting, Dr. Flack and his international research team found that Blacks taking the prescription combination pill Exforge lowered their high blood pressure significantly more than those taking amlodipine alone.

Lifestyle changes such as diet and exercise are always recommended for people with high blood pressure. Most people, however, will require medication to help get their blood pressure within healthy ranges, and the vast majority needs more than one medication.

“High blood pressure can be easily measured and successfully treated,” added Dr. Flack. “Work with your doctor to check your blood pressure regularly and keep it at a healthy level.”

There are several types of blood pressure medications that work in different ways to help people reach their goal. Exforge is a single pill that combines two of the world’s leading high blood pressure medications. Exforge is not indicated to reduce the risk of heart attack, stroke, or damage to other organs such as the kidneys resulting from high blood pressure.

More information about Exforge can be found at www.EXFORGE.com.

Tips For Controlling High Blood Pressure

- Know your blood pressure goal and check your progress often.
- Take your medicine exactly as prescribed; plan ahead for refills to avoid missing doses.
- Follow your doctor’s advice about diet and exercise.
- Ask your doctor about using a combination of medications to reach your blood pressure goal.

EXFORGE is a prescription medication for the treatment of high blood pressure. It may be used when one medicine to lower your high blood pressure is not enough. It may also be used as the first medicine to lower high blood pressure if your doctor decides you are likely to need more than one medicine.

IMPORTANT INFORMATION YOU SHOULD KNOW ABOUT EXFORGE:

If you become pregnant, stop taking EXFORGE and call your doctor right away. EXFORGE can harm an unborn baby causing injury and even death. If you plan to become pregnant, talk to your doctor about other treatment options to lower your blood pressure before taking EXFORGE.

Don’t take EXFORGE if you are allergic to any of the ingredients in EXFORGE. Your doctor or pharmacist can give you a complete list of the ingredients in EXFORGE.

Serious side effects could occur such as:

- Low blood pressure (hypotension). Lie down if you feel faint or dizzy and call your doctor right away.
- Worsening chest pain (angina) or heart attack, particularly in patients who already have severe heart disease. Get emergency help if you get worse chest pain or chest pain that does not go away.
- Kidney problems, changes in blood test results for patients with congestive heart failure, or allergic reactions. Call your doctor if you get swelling in your feet, ankles, or hands or unexplained weight gain.

Side effects are usually mild and brief. The most common side effects that occur more frequently with EXFORGE than placebo (sugar pill) are swelling of the hands, ankles, or feet; nasal congestion or sore throat, head or chest cold; and dizziness.