

# The Highs and Lows of Hypertension

## Satellite Conference and Live Webcast

Wednesday, June 9, 2010 • 2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

**H**ypertension – more Americans than ever before are controlling it, but at the same time, more Americans than ever before have it. Studies show that blood pressure and heart disease are directly connected, suggesting that those with hypertension are at greater risk for developing cardiovascular problems. High blood pressure is treatable with proper diet, exercise, and medication, the key is catching the symptoms in time. Recognize the symptoms, discover the treatments, and help your patients live heart healthy.

### PROGRAM OBJECTIVES

1. Increase knowledge of Alabama's health disparities related to cardiovascular and stroke health.
2. Identify one health promoting intervention to prevent cardiovascular death.
3. Identify groups of people who must consume less than 1500mg of sodium a day.
4. Develop an action plan around physical activity.
5. Identify two important facts to include in the clinical record.
6. Increase knowledge of all types of hypertension.
7. Identify the signs and symptoms of stroke.
8. Increase knowledge of telemedicine.

### FACULTY

**Melanie Rightmyer, RN, BSN**

Director

Cardiovascular Health Branch

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*The content of this program is based on the policies and procedures of the Alabama Department of Public Health, Alabama and federal statutes, rules, regulations, and guidelines. Viewers not employed by the ADPH should always check to clarify whether the content is accurate according to the statutes, regulations, and policies of their jurisdiction and agency.*

### CONFERENCE DETAILS

**Target Audience:** Home health nurses and home health social workers

**Continuing Education:** Social Workers 1.75 hours

**Registration:** [www.adph.org/alphtn](http://www.adph.org/alphtn)

**Technical Information:** To receive complete technical information you must register at [www.adph.org/alphtn](http://www.adph.org/alphtn).

**Satellite** - Live satellite conference on C band (analog).

**Webcast** - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at [www.adph.org/alphtn](http://www.adph.org/alphtn).

**Audio** - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

**On Demand** - Available 2-3 business days after the live broadcast from the On Demand page of our website.

**Conference Materials:** Posted on our website approximately one week before the program for registered participants.

**Conference Details Questions:** Call: 334-206-5618 | Email: [alphtn@adph.state.al.us](mailto:alphtn@adph.state.al.us)

*The Alabama Department of Public Health is an approved provider of continuing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (Expires on January 28, 2011.)*