

# ASHBY ADVISOR

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**Blood pressure monitoring:** In the November 24, 2008 Archives of Internal Medicine – consistent home monitoring of blood pressure was a better predictor of future cardiovascular events than readings taken in a doctor’s office. High blood pressure readings at home, especially at night, were correlated with more heart disease events than high readings in the doctor’s office.

A quick lesson on CRP – (C-Reactive Protein) – what is it? A special protein formed in the body in response to inflammation. High levels can be seen in colds/flu/arthritis. But small amounts can be associated with heart disease. Atherosclerosis (hardening of the arteries) is an inflammatory process. CRP levels should be less than 1mg/L for men and less than 1.5mg/L for women. What will reduce CRP? Fish oil, vitamin C (1,000 mg), mixed tocopherol Vitamin E (natural) and curcumin (from the spice tumeric).

Exercise builds small vessels in the brain - It seems that aerobic exercise helps cognitive (brain) function by increasing the number of small blood vessels. The study involved people 59 – 75 years of age. The group that did aerobic activity three hours per week for the previous ten years had 43% more small vessels. This means better circulation to the brain.

So eat right, exercise.

Stay healthy.

Till next month.

\*Quote of the month: For every action in life, there is a reaction.