

Alton Chapter Reorganizes Board of Directors

The Alton 100BM, recently reorganized its Board of Directors. Dave Elson and Ben Beyers were selected as new board members for three-year terms. Board officers for 2009 are: Kenneth Spells, Chairman; Ben Beyers, Vice Chairman, and Leonard Hawthorne, Secretary.



Ken Spells

100 Members Attend Obama's Inauguration

At least four of the Alton 100 were present in Washington, D.C. for the inauguration of 44th President of the United States, Barack H. Obama. Known attendees included Hon. Judge Duane Bailey, N.A.A.C.P. President, James Gray, Former 100 president, Douglas Martin, and County Board Member, Michael Holliday, Sr. Feedback verifies that the event was a "once in a lifetime" experience, recognizing its historical significance. The inconveniences encountered paled in comparison to the emotional impact of being one among the millions of individuals making up the sea of humanity witnessing the spectacle firsthand.



Watching Inaugural at Urban League

Many who remained at home took advantage of opportunities, such as that offered by Madison County Urban League, to gather together and watch events unfold via wide-screen television.

Judge Bailey Speaks at MLK Jr. Luncheon!

Kudos to Associate Judge Duane L. Bailey who was the featured speaker at the 26th Annual Martin Luther King Jr. Birthday Celebration Luncheon at Southern Illinois University Edwardsville on February 3, 2009. The luncheon theme was "Equalizing Opportunity: A Clarion Call for the 21st Century." Judge Bailey, a member of the Alton 100, who as a judge hears cases concerning juvenile offenders and family law, always makes us proud as he shares his wisdom and knowledge gained to benefit the Madison County Community.

Black History Month Presentations

Gary Woods was instrumental in promoting the Alton African-American Oral History program for Black History Month, in conjunction with Lewis & Clark Community College, which aired on LCTV, nightly, during the month of February at 7:00 p.m.

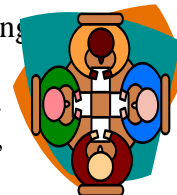
Alton Membership Is Growing!

President Bob Wills recently introduced our newest member, Elvis Cargill from Godfrey—a retired Navy veteran who works with the Army Corps of Engineers. Welcome aboard Elvis!

Meeting Notices

Regular Membership Meeting
Saturday, **March 07, 2009**,
10:00 a.m., Alton Acres Office.

Board Meeting, Wednesday,
March 18, 2009, at 6:00 p.m.,
Alton Acres Office.



Focus on Health & Wellness

(Reprinted information summarized from various sources)

High Blood Pressure: The Silent Killer



What is Blood Pressure?

Every time your heart beats, it pushes blood out to your entire body. The blood moves through blood vessels called arteries. The term **blood pressure** refers to how hard the blood is pressing against the walls of your arteries.

When your heart contracts, blood is forced out of the heart, and the pressure increases. When your heart relaxes, the pressure decreases.

A blood pressure monitor allows you to see the pressure at both points. The higher number is called the **systolic** pressure, and the lower number is the **diastolic** pressure. For example, a normal blood pressure is "115 over 70":

115 systolic pressure (heart contracting)/**70** diastolic pressure (heart relaxing)

What is "high" blood pressure?

High blood pressure, or "hypertension," often has no obvious cause, although many factors can contribute. When you have high blood pressure, your blood vessels are too narrow or they have too much blood circulating in them. High blood pressure puts a strain on blood vessels throughout your body and increases the workload on the heart. The result is that one or both of those numbers is higher than it should be.

What should my numbers be?

The information below shows how blood pressure is classified in adults at least 18 years

old. You want your blood pressure reading to be **lower** than "120 over 80."

Blood Pressure Guidelines for Adults

- Normal. Systolic below 120; diastolic below 80
- Prehypertension. Systolic 120-139; diastolic 80-89
- Mild Hypertension (Stage 1). Systolic 140-159; diastolic 90-99
- Moderate to Severe Hypertension (Stage 2). Systolic over 160 or diastolic over 100
- 139/89 should be the minimum goal for everyone. People with diabetes or chronic kidney disease should strive for 130/80 or less.

Blood Pressure Guidelines for Children

Guidelines released in 2004 are based on a child's body size. Childhood hypertension is now defined as average systolic and diastolic readings that are greater than the 95th percentile for gender, age, and height.



Risk Factors and Complications

- Nonsteroidal anti-inflammatory drugs (NSAIDs) may increase the risk for kidney failure, especially for patients with hypertension. The risk is greater when patients are also taking a diuretic or calcium channel blocker.
- Beta-blockers may increase the risk for type 2 diabetes, particularly when combined with a diuretic.

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies.

Lifestyle Changes

- Fiber supplementation can help reduce blood pressure levels.
- Increased folate intake (greater than 800 mcg/day) may also be beneficial, particularly for younger women.

High blood pressure, also called hypertension, is elevated pressure of the blood in the arteries. Hypertension results from two major factors, which can be present independently or together:

- The heart pumps blood with excessive force.
- The body's smaller blood vessels (known as the *arterioles*) narrow, so that blood flow exerts more pressure against the vessels' walls.

Symptoms

Hypertension has aptly been called the "silent killer" because it usually produces no symptoms. Untreated hypertension increases slowly over the years. It is important, therefore, for anyone with risk factors to have their blood pressure checked regularly and to make appropriate lifestyle changes. Such recommendations are urged for individuals who have overall high-normal blood pressure, mild or above systolic with normal diastolic pressure, or family histories of hypertension, or who are overweight or over age 40.

Symptoms of Malignant Hypertension

In rare cases (fewer than 1% of all hypertensive patients), the blood pressure rises quickly (with diastolic pressure usually rising to 130 mm Hg or higher), resulting in malignant or accelerated hypertension. This is a life-threatening condition and must be treated immediately. People with uncontrolled hypertension or a history of heart failure are at

increased risk for this crisis.

People should call a physician immediately if these symptoms occur:

- Drowsiness.
- Confusion.
- Headache.
- Nausea.

Loss of vision



Treatment

Perhaps the best initial approach for most patients with hypertension is to work with their physicians to set blood pressure goals based on their individual risk factors and to plan the optimal life-style and medication programs. Normal blood pressure is 120/80 or below. Most people with high blood pressure should strive for below 140/90 mm Hg. People with diabetes or chronic kidney disease should aim lower (130/80 mm Hg) to help reduce the chance for kidney complications.

Healthy life style changes are imperative for anyone, and are critical for people with even normal blood pressure and above. In appropriate patients, aggressive drug treatment of long-term high blood pressure can significantly reduce the incidence of mental decline and death from heart disease and other serious physical effects of hypertension. In people with diabetes, controlling both blood pressure and blood glucose levels prevents serious complications of that disease. Anti-hypertensive agents may even prevent mental decline, including in people genetically susceptible to Alzheimer's disease. Nevertheless, only slightly over half of patients with hypertension are treated at all and only a quarter has adequately controlled pressure.

God Bless America!



God bless and keep our
President and First Family!

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