# Twitter Thread by dr roth ■■



**dr roth ■■**
@mrc314

## #UnEssentialHypertension

## Having been placed on a SECOND blood pressure lowering drug a month ago, and reporting to the cardio some lightheadedness when I get up, and rather than discussing a dose or drug change being told to "stand up more slowly" has me working hard on 1/n

lowering BP and getting completely off the drugs.

First things first, I checked my median BP off drugs at two different weights, and sure enough, the more I weigh, the higher the home BP. At 186lbs, median BP is 144/88, max was 165/98. 2/n

Peaks (especially in the doctors office were labeled hypertensive crisis). At 162lbs, median BP is 124/79, max was 138/86. The question remains how high BP goes in the office (or at Red Cross) when I weigh less. 3/n

Weight goal is around 153, and I'm at 168± now, so primary objective is to reach goal weight and see if I can wean off the meds.

Second, sodium. I may be salt sensitive. I've added more sodium to my diet after reading a bunch on that and learning of some twitter peeps' 4/n

experiences. Ate light yesterday, took some extra salt, and gained nearly two pounds and my rings got tight. Next step is to reduce sodium load and see what happens.

Third, NO. I've been using a UVB light, and before the seasons turned getting decent sunlight. 5/n

Forth, caffeine. Stopped once before, but probably should again for completeness, along with the weight/salt changes.

Will look into some alternative meds (e.g., L-Citrulline) if the weight/salt/caffeine change doesn't cut it.

Last, stress. Not chronic, but the acute 6/n

response being in the doctor office (or evaluated for a blood donation). I'm retired, get great sleep, have a great diet, plenty of savings, a good life, great spouse, and three dogs.

Couldn't be happier now that the stress of working for an income is over. 7/n

The anxiety of the BP evaluation raising BP is ironic at this point, but I will also look into some relaxation strategies to deal with acute threat situations.

to be continued …

100mg Toprol at bedtime
50mg Losartin first thing in the morning

#UnEssentialHypertension 8/8

PS: The more I think about the cardio's response to my mention that I get lightheaded, the more angry I get. I was so surprised by this … I can't work with someone so set in dogma and so unconcerned with the potential to set me up for a fall. I'll be ready for this next visit.