

R E S O L U T I O N

1 WHEREAS, The Texas House of Representatives is pleased to
2 join with the American Heart Association in recognizing October 18,
3 2003, as Hypertension Awareness Day in Travis and Williamson
4 counties; and

5 WHEREAS, Hypertension, or elevated blood pressure, directly
6 increases the risk of cardiovascular disease and stroke, especially
7 when combined with other risk factors; fortunately, this serious
8 disease can be prevented, particularly in its early stages, by
9 adopting new dietary and exercise habits, quitting smoking, and
10 implementing a new medication regimen; and

11 WHEREAS, It is estimated that 50 million Americans, or one
12 out of every four adults, suffers from high blood pressure, and the
13 disease is particularly prevalent among African Americans, the
14 middle-aged and elderly, heavy drinkers, and obese adults; to
15 compound this problem, one-third of adults with hypertension are
16 not aware of their condition, and the resulting lack of treatment
17 can lead to serious and sometimes fatal complications, including
18 stroke, cardiac arrest, blindness, and kidney disease; and

19 WHEREAS, Citizens throughout Central Texas are encouraged to
20 use this special day to learn more about this preventable disease
21 and its causes, symptoms, and available treatments; now, therefore,
22 be it

23 RESOLVED, That the House of Representatives of the 78th Texas
24 Legislature, 2nd Called Session, hereby recognize October 18, 2003,

H.R. No. 56

1 as Travis/Williamson County Hypertension Awareness Day.

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H.R. No. 56

Speaker of the House

I certify that H.R. No. 56 was adopted by the House on August 8, 2003, by a non-record vote.

Chief Clerk of the House