

By: Gattis

H.R. No. 56

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,

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1 as Travis/Williamson County Hypertension Awareness Day.