

THE HYPERTENSION CENTER OF ST. LOUIS
AT ST. ANTHONY'S MEDICAL CENTER

- The only comprehensive, coordinated program in the St. Louis area caring for patients with hypertension
- Under the direction of one of only 785 physicians in the United States designated as a Specialist in Clinical Hypertension with expert knowledge and skill in the management of clinical hypertension and related diseases
- The latest diagnostic services
- Regular monitoring of the disease and a comprehensive medical management plan to control it
- Referrals to various specialists, such as nephrologists, cardiologists, endocrinologists and neurologists
- Education in lifestyle modifications, including training in nutrition, stress management and exercise
- Community lectures
- Clinical studies
- Programs to assist with the cost of medications

THE HYPERTENSION CENTER
CONSULTANTS PANEL

- Cardiology – Metro Heart Group
Ohm Bahl, MD, FACC
Gregory Botteron, MD
Duck Sung Chun, MD, FACC
Dennis Disch, MD, FACC
David Dobmeyer, MD, FACC
Mary Carolyn Gamache, MD, FACC
David Morton, MD, FACC
David Sewall, MD, FACC
- Endocrinology
K. George Thampy, MD, PhD
- Neurology
Richard Head, MD
- Nephrology
Karth Antony, MD
Meher Mallick, MD
John Mellas, MD
Gopal Pandurangan, MD
Humayun Quadir, MD

The
HYPERTENSION
CENTER
OF ST. LOUIS

at St. Anthony's Medical Center
12700 Southfork Road, Suite 280
St. Louis, MO 63128
314-525-4309

The
HYPERTENSION
CENTER
OF ST. LOUIS

*providing care
for people with*

HIGH BLOOD
PRESSURE



WHAT IS HYPERTENSION?

Hypertension – or high blood pressure – is a condition that occurs when the pressure inside your large arteries is too high. The only way to detect hypertension is to have your blood pressure measured. This chronic illness affects more than 50 million people in the United States alone. Hypertension is more common as people grow older, and it is both more common and more serious in African-Americans.

WHAT CAUSES HYPERTENSION?

Most cases of hypertension don't have an identifiable cause. However, it is known that if one of your parents had hypertension, your chances are greater of having the disease. Environment also plays a role. Obesity, a sedentary lifestyle and a poor diet are just a few factors that contribute to hypertension. Less common causes of hypertension can be due to disorders of the kidneys or endocrine glands.

HOW CAN HYPERTENSION AFFECT MY HEALTH?

Hypertension can lead to other serious health problems — or even death. People who have hypertension that is not treated are much more likely to die from or be disabled by cardiovascular complications such as strokes, heart attacks, heart failure, heart rhythm irregularities and kidney failure than people who have normal blood pressure.

HOW CAN THE HYPERTENSION CENTER OF ST. LOUIS HELP ME CONTROL MY HIGH BLOOD PRESSURE?

Controlling your hypertension requires managing many aspects of your medical care. St. Anthony's Medical Center recently opened The Hypertension Center of St. Louis, the only comprehensive center in the area designed to control the many health problems caused by hypertension.

Christopher McCarthy, MD

— one of only 785 doctors in the United States designated as a Specialist in Clinical Hypertension — oversees The Hypertension Center and meets individually with each patient. Based on the individual's needs, referrals are made to other medical specialists as well as services that can help people manage their care and maintain a healthy lifestyle. Members of The Hypertension Center work closely with the patients' primary care physicians to ensure a team approach to managing this illness. In addition, regular follow-up visits at The Hypertension Center may be part of the care plan. The Hypertension Center is designed to provide patients comprehensive, coordinated care that is convenient and effective at managing hypertension.



In addition to comprehensive medical care, The Hypertension Center guides patients to actively participate in their care and take the steps to manage their health. The Center focuses on:

- Establishing good communication between the patient and doctor
- Setting desired blood pressure levels and helping patients achieve the goal
- Educating people with high blood pressure on important lifestyle modifications and connecting them with resources to help them make these changes. Lifestyle modifications include:
 - Losing weight
 - Reducing excess salt from diet
 - Increasing intake of potassium and calcium
 - Avoiding excess alcohol
 - Exercising
 - Quitting cigarette smoking

HOW CAN I BECOME A PATIENT AT THE HYPERTENSION CENTER?

People suffering from hypertension can be referred to the Center by a doctor, or they can refer themselves. To schedule an appointment at The Hypertension Center of St. Louis, call 314-525-4309.

WHERE IS THE HYPERTENSION CENTER LOCATED?

The Hypertension Center is conveniently located on the second floor of St. Anthony's Medical Plaza, behind St. Anthony's Medical Center. The address is:

12700 Southfork Road, Suite 280
St. Louis, MO 63128