

# ASK LARRY

## High Blood Pressure

**Q:** *I trust my doctor but sometimes I wonder about his treatment of my high blood pressure (bp). I've been taking Terazosin for over five years and my bp doesn't seem to be getting any lower. Most of the time, the range is from 80/125 but hits 140+ when I get a checkup. I'm 70, not overweight, watch my salt intake and try to exercise every day. Should I get another opinion?—B.J., San Jose, CA.*

**A:** I'm not a medical doctor but healthcare experts tell me that 50% of Americans over 50 have high blood pressure which

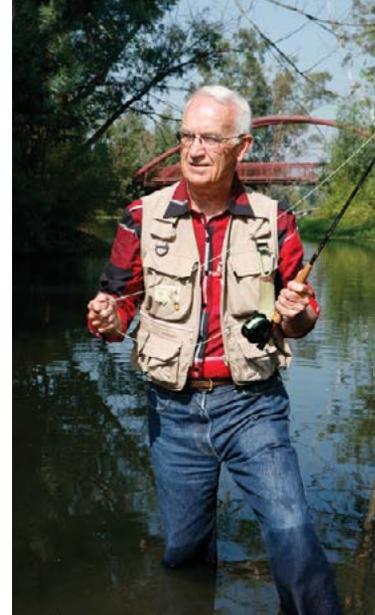
is defined as anything higher than 80/120. And the older you get, your blood pressure is likely to rise. It can lead to strokes or heart attacks so definitely worth being concerned about.

My suggestion? Talk candidly with your doctor about why your blood pressure is not getting any lower. He/she may recommend different meds but ask first about the side affects. Some of my male friends have complained that bp drugs affect their sexual drive and have trouble getting and maintaining an erection.

Personally, it doesn't hurt to get another opinion but discuss first with your doctor. And conduct research on the Internet. After all, you're responsible for your own health, not your doctor.

**Q:** *Congratulations on your 10th anniversary publishing ActiveOver50. Isn't it about time you retired?—S.P., San Francisco, CA.*

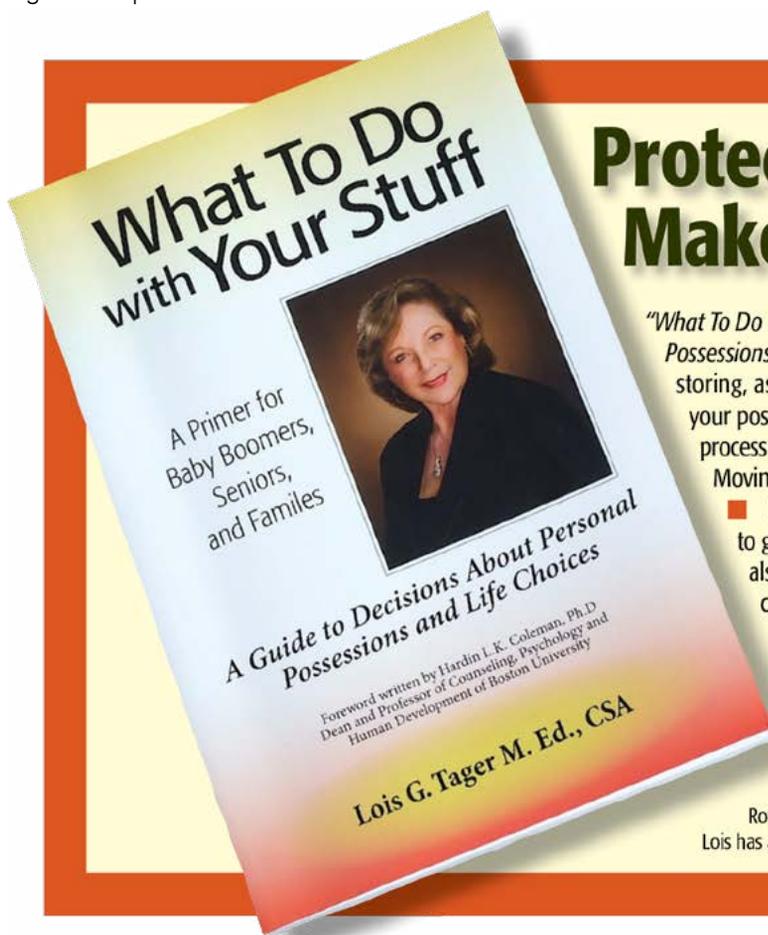
**A:** Not yet. Having too much fun and meeting so many ordinary people 50 plus doing extraordinary things. Besides, it keeps me young and active! This year, in partnership with



NBC Bay Area, we're producing a new TV series on COZI TV so that's exciting and challenging. Love what I do and hope to continue another 10 years.

**Got a question?**

Ask me anything—email: [ASKLARRY@activeover50.com](mailto:ASKLARRY@activeover50.com). Or call 408.921.5806.



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Lois has a decade of experience working with seniors and their families.

**Book Signing**  
 March 28, 2015  
 Portobello Grill  
 875 Middlefield Rd.  
 Redwood City, CA  
 1:30 pm to 4:30 pm