Taking Measures to Combat High Blood Pressure

Registered nurse Dawn Peters-Bascombe examines how individuals can control hypertension in new book

TORONTO (PRWEB) July 20, 2016 -- According to the World Health Organization, complications associated with hypertension result in "9.4 million deaths worldwide every year." When left untreated, high blood pressure can increase individuals’ risk of heart attack, kidney failure and stroke.

Identifying the proper steps that can be taken to combat this condition is what Dawn Peters-Bascombe, a registered nurse, addresses in her book, “Self-Management of Hypertension.” In her book, she examined how residents in St. Vincent and the Grenadines managed their hypertension to showcase how other individuals with this disorder can properly treat their high blood pressure.

Peters-Bascombe, a native of the island, has a personal connection to this condition, as she lost her mother and several of her relatives to the complications associated with hypertension. Many of her family members have also been diagnosed with high blood pressure.

“After the death of my mother, I sought to become an advocate for promoting the optimal methods for managing hypertension to teach others how to control high blood pressure,” Peters-Bascombe said.

By sharing her research, she aims to draw attention to hypertension as well as focus on the best practices that promote self-management of high blood pressure.

“I truly believe that if individuals with hypertension change their lifestyle, they can significantly alter the potential outcomes that are associated with high blood pressure,” Peters-Bascombe said.

Self-Management of Hypertension
By Dawn Peters-Bascombe
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Available on Amazon and Barnes & Noble

About the author
Dawn Peters-Bascombe is a registered nurse and a nursing faculty advisor at Ryerson University and George Brown College. She received her Bachelor of Science in nursing from Ryerson University. Peters-Bascombe earned a Master of Science in nursing and a doctorate in health administration from D’Youville College. She resides in Milton, Ontario.

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