Looking to barbershops, salons to lower high blood pressure

African-Americans suffer more than most

By Honey L. Davis

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Karen Booker plunked into a reclining shampoo chair after measuring her blood pressure with a handheld monitor.

She knows how important it is to leave the members behind the force that moves blood through vessels, especially for African-American adults, whom high blood pressure afflicts most.

“You need to get it checked. After all, we are more prone than the rest of the population to have this,” she said.

African-American women are in denial about taking their medications,” she said on a recent afternoon at the Head Quarters Design Studio on Kensington Avenue.

Said owner Tasha Burrell, standing next to a mirror: “Knowledge is power,” she said.

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