



**CARRINGTON
COLLEGE®**

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**Carrington College Attempts to Break GUINNESS WORLDS RECORDS™
Blood Pressure Check Record;
Sacramento Campus Offers Complimentary Blood Pressure Tests May 21**

Sacramento, CA – May 21, 2015 – In observance of National High Blood Pressure Education Month in May, Carrington College’s 18 campuses nationwide are attempting to earn GUINNESS WORLD RECORDS™ title for the most blood pressure tests given in an eight-hour period. On Thursday, May 21, Carrington College Sacramento campus, which is located at 8909 Folsom Blvd., encourages members of the community to get their blood pressure taken by Medical Assisting program students. Testing will be available from 11 a.m. – 7 p.m., and no appointments are necessary for this complimentary test.

To break the GUINNESS WORLD RECORDS current record, Carrington students will have to take more than 26,450 blood pressures nationwide in an eight-hour period. The current record was set in India by V Senthilbalaji. Carrington has set a goal to provide 26,451 blood pressure tests within eight hours.

“The American Heart Association estimates that more than [78 million people](#) in the United States have high blood pressure, but because it is symptom-free, half don’t even know it,” said Dr. Danika Bowen, Carrington College provost/vice president of academic affairs and accreditation liaison officer. “Knowledge is power. The goal of Carrington’s GUINNESS WORLD RECORDS attempt is to increase our local communities’ knowledge about their blood pressure and educate them about health risks associated with both prehypertension and hypertension.”

Medical Assisting students will be on hand providing blood pressure checks to all members of the community. And Carrington College staff will be available to provide information on the risks of developing high blood pressure, its associated dangers and methods to combat high blood pressure.



About Carrington College

Carrington College offers a diverse range of programs that lead to a Certificate of Achievement or Associate degree. As the starting point for healthcare careers, the college offers programs that prepare students for careers in the medical, dental and veterinary fields. More than 90,000 certificates and degrees have been earned by career-ready professionals at Carrington College to date. Carrington College is accredited by the Accrediting Commission for Community and Junior Colleges, Western Association of Schools and Colleges (ACCJC/WASC), 10 Commercial Blvd., Suite 204, Novato, CA 94949, (415) 506-0234, an institutional accrediting body recognized by the Council for Higher Education Accreditation and the U.S. Department of Education. Additional information about accreditation, including the filing of complaints against member institutions, can be found at: www.accjc.org.

Additionally, many of the programs at the college are accredited by specialized accrediting bodies, which focus on specific occupational fields. Programmatic accreditation varies by campus; please check the website or catalog for accreditation information. The college provides employment-focused, outcome-based, postsecondary education and training.

Carrington College is a part of DeVry Education Group (NYSE: DV), a global provider of educational services. For more information about Carrington College, visit <http://carrington.edu/>.

About GUINNESS WORLD RECORDS

GUINNESS WORLD RECORDS (GWR) is the universally recognized global authority on record-breaking achievement. First published in 1955, over 132 million copies — and 3 million e-books — have been sold in 20 languages, in more than 100 countries. Since then, the internationally renowned brand is also available across a number of platforms; GUINNESS WORLD RECORDS global television shows are watched by over 750 million viewers annually, over half a million subscribe to the GWR YouTube channel, the global website receives 14 million viewers annually and has over 8 million fans on Facebook.

Additional Information

Blood pressure is the force of blood on the walls of the blood vessels as blood flows through them. [Uncontrolled and untreated high blood pressure](#) can lead to stroke, heart attack, heart failure, erectile dysfunction, aneurysm, kidney failure, atherosclerosis and even blindness.

Blood pressure is usually expressed as a fraction, where the first number — called systolic pressure — measures the force in the arteries when the heart pumps, and the second number — diastolic pressure — measures the heart at rest. [Blood pressure measuring 120/80 is considered in the normal range.](#) If a person's blood pressure is closer to 120-139 systolic and 80-89 diastolic, he or she is considered to have prehypertension. If a person's blood pressure is



140 systolic or above and 90 diastolic or above, he or she is considered to have high blood pressure, or hypertension.

While the exact cause of high blood pressure is unknown, the [AHA reports the following potential risk factors for developing the condition:](#)

- Obesity
- Inactivity
- Smoking
- Heavy alcohol use
- High-sodium diet
- Stress
- Heredity
- Race — African-Americans develop high blood pressure at a higher rate than any other race
- Age — Men are more likely to develop high blood pressure after age 35; women are more likely to develop high blood pressure after menopause

[Among the easiest ways to reduce slightly elevated blood pressure or prehypertension:](#)

- Lose weight
- Add foods with potassium, magnesium, calcium, lean proteins and fiber to your diet
- Limit foods with sodium, trans fats and saturated fats
- Limit alcohol consumption
- Quit smoking and avoid secondhand smoke

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