

Know your numbers!

Andrea Weist learned her numbers and saved her life!

It was just another typical morning for Andrea Weist: wake up, work out, eat a healthy breakfast, go to work. On the schedule at work: Personal Wellness Profiles administered by Body Zone's Corporate Wellness Team. She and 16 colleagues at the Greater Reading Chamber of Commerce & Industry would spend the morning answering health questions, participating in blood tests and a blood pressure check. Not your typical morning at the Chamber!

When it was Andrea's turn for her private one-on-one health assessment, she received a shocking report. Her blood pressure reading was dangerously high. At the insistence of the Body Zone Wellness Team, she contacted an internist that day. What followed was a roller coaster journey involving repeated visits to the doctor, blood work, tweaking of blood pressure medication and worry. After a referral to a nephrologist, Andrea found the answer to her health mystery. The specialist found a benign tumor in her adrenal gland.

Her diagnosis was met with shock and puzzlement, "I lived a healthy lifestyle and I had no symptoms of high blood pressure or otherwise." Thankfully the tumor was successfully removed and her recovery expedited by her great attitude and strong body.

Andrea looks back at what happened and is amazed that a simple blood pressure check triggered a visit to the doctor (something she hadn't done in a while) and the early discovery of the tumor. She's grateful for the wake-up call and awareness of "knowing all of your number," not just blood pressure. Body Zone's Wellness Team is happy to report that Andrea's experiencing the healthy lifestyle she enjoyed before the discovery and is on track with yearly check-ups. She even checks her own blood pressure at home!

