

Hypertension a leading cause of chronic kidney disease

LEXINGTON Almost half of adults in America — or about 108 million people — have hypertension. Hypertension, which is also known as high blood pressure, can constrict and narrow the blood vessels in important organs such as the heart and kidneys, causing long-lasting damage. It is one of the leading causes of chronic kidney disease.

Our kidneys are essential for removing waste and extra fluid from the body. When uncontrolled high blood pressure causes the blood vessels in the kidneys to constrict, this reduces blood flow and stops the kidneys from working properly. Extra fluid can raise blood pressure levels even more, creating a dangerous cycle that can lead to kidney failure.

Blood pressure

Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood through your body, this is measured in millimeters of mercury (mm Hg). A blood pressure reading includes two numbers. A normal reading is when your top number (systolic) is less than 120 mm Hg and your bottom number (diastolic) is less than 80 mm Hg.

Systolic blood pressure in the range of 120-129 are considered elevated. Hypertension is officially diagnosed when the average systolic is 130 or higher and/or the diastolic is 80 or higher. If your systolic reaches 180 or higher, or your diastolic is over 120, it may indicate a hypertensive crisis, and you should seek medical attention right away.

Take action to lower your blood pressure and protect your kidneys. Caring for your kidneys is crucial to prevent long-term damage to the rest of your body. Below are some recommendations from physicians that you can put into practice to help control blood pressure and reduce the need for medications or lower the number of drugs that are needed to control blood pressure.

Healthy habits

Regular physical activity can lower blood

pressure and reduce the risk of hypertension. Experts recommend at least 150 minutes of physical activity per week of moderate intensity, aerobic activity like biking, swimming or even walking. Any activity is better than no activity!

Losing weight can also lower your chances of developing health problems related to high blood pressure. If you are diagnosed with obesity or are overweight, reducing your body weight by 7 to 10% can make a positive impact on your health.

Smoking can damage blood vessels, raising the risk of developing high blood pressure and the probability of developing kidney disease. If you smoke, be conscious of the damage you are putting your body through and ask your health care provid-

er about programs and products to help you quit smoking.

Keeping healthy diet

Eating healthy can also help lower your blood pressure. High sodium (salt) intake can increase blood pressure as it causes the body to retain water which increases blood volume and pressure. If you have elevated blood pressure or hypertension, you should reduce sodium intake to 1500 mg per day.

Your health care professional might also recommend the Dietary Approaches to Stop Hypertension (DASH) eating plan. DASH emphasizes foods that are low in fat and cholesterol, include fat-free or low-fat milk and dairy products, limit red meat, sweets, added sugars, and sugar-sweetened beverages, and are rich in nutrients, fiber

and protein.

Ask your physician for recommendations on how to tailor a healthy diet that covers all your needs.

Manage stress

Learning how to manage stress can also have a significant impact on reducing the chances of high blood pressure and improving your emotional and physical health. Recommended activities include:

- Physical activity
- Listening to music
- Focusing on something calm or peaceful
- Meditating or mindfulness practices
- Finding hobbies that reduce stress level.

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NEWS IN BRIEF

Time Warp to move from downtown

ASHLAND

Time Warp announced Tuesday it will soon close its downtown location at 222 16th Street. The store first opened in 2019.

“The roundabouts, road construction and lack of parking have really put a strain on the downtown store,” Time

Warp Ashland posted on Facebook.

Time Warp will open a new location in the front of the Ashland Town Center next to Panera Bread “very soon,” Time Warp posted. “We will have great parking, and our own entrance, so we will be able to stay later on the weekends, and if you don’t want to go into the rest of the mall, you come right in our door, shop with us, then go home.”

Time Warp posted it is not sure when the move will take place, “but hopefully very soon.”

Time Warp still currently occupies a spot in the mall.

MORE NEWS IN BRIEF ON PAGE A4

churches will come together for Good Friday Service at noon Friday at Sybene Baptist Church, where the Rev. D.L. Webb is host pastor.

The Seven Last Sayings of Jesus will be presented in “The Final Words.”

The church is at 9231 County Road 1

For more information, call the Rev. LaShawn Kaigler at (757) 842-0917.

PUBLIC NOTICES

PUBLIC NOTICE

On March 1, 2025, Big Sandy Water District adjusted its rates by \$0.06 per 1,000 gallons to reflect the increase in its cost of purchased water due to the increase in the rates of the City of Ashland and Rattlesnake Ridge Water District for wholesale water service. On March 4, 2025, Big Sandy Water District applied to the Public Service Commission for approval of those adjusted rates. On April 2, 2025, the Public Service Commission approved the rates set forth below for service rendered on and after March 1, 2025.

	Present Rate	Proposed Rate	Change (\$)	Change (%)
5/8-Inch Meters				
First 1,000 Gallons	\$ 19.83 Minimum Bill	\$ 19.89 Minimum Bill	\$ 0.06000	0.03
Next 9,000 Gallons	0.01022 Per Gallon	0.01028 Per Gallon	\$ 0.00006	0.59
Next 10,000 Gallons	0.00696 Per Gallon	0.00702 Per Gallon	\$ 0.00006	0.86
Next 20,000 Gallons	0.00647 Per Gallon	0.00653 Per Gallon	\$ 0.00006	0.93
Over 40,000 Gallons	0.00619 Per Gallon	0.00625 Per Gallon	\$ 0.00006	0.97
1-Inch Meter				
First 10,000 Gallons	\$ 111.77 Minimum Bill	\$ 112.37 Minimum Bill	\$ 0.60000	0.54
Next 10,000 Gallons	0.00696 Per Gallon	0.00702 Per Gallon	\$ 0.00006	0.86
Next 20,000 Gallons	0.00647 Per Gallon	0.00653 Per Gallon	\$ 0.00006	0.93
Over 40,000 Gallons	0.00619 Per Gallon	0.00625 Per Gallon	\$ 0.00006	0.97
1 1/2-Inch Meter				
First 20,000 Gallons	\$ 181.32 Minimum Bill	\$ 182.52 Minimum Bill	\$ 1.20000	0.66
Next 20,000 Gallons	0.00647 Per Gallon	0.00653 Per Gallon	\$ 0.00006	0.93
Over 40,000 Gallons	0.00619 Per Gallon	0.00625 Per Gallon	\$ 0.00006	0.97
2-Inch Meter				
First 40,000 Gallons	\$ 310.63 Minimum Bill	\$ 313.03 Minimum Bill	\$ 2.40000	0.77
Over 40,000 Gallons	0.00619 Per Gallon	0.00625 Per Gallon	\$ 0.00006	0.97
3-Inch Meter				
First 100,000 Gallons	\$ 682.29 Minimum Bill	\$ 688.29 Minimum Bill	\$ 6.00000	0.88
Over 100,000 Gallons	0.00619 Per Gallon	0.00625 Per Gallon	\$ 0.00006	0.97
4-Inch Meter				
First 200,000 Gallons	\$1,301.70 Minimum Bill	\$1,313.70 Minimum Bill	\$12.00000	0.92
Over 200,000 Gallons	0.00619 Per Gallon	0.00625 Per Gallon	\$ 0.00006	0.97
Wholesale Rate				
	0.00619 Per Gallon	\$ 0.00625 Per Gallon	\$ 0.00006	0.97

The approved rates will have the following effect on a customer’s monthly bill:

Meter Size*	Average Monthly Usage	Current Monthly Bill	Adjusted Rates Monthly Bill	Increase (\$)	Change (%)
5/8-Inch Meter	3,700	\$ 46.43	\$ 47.65	\$ 1.22	2.62
1-Inch Meter	11,100	\$ 164.02	\$ 165.07	\$ 1.05	0.64
2-Inch Meter	4,100	\$ 310.63	\$ 313.03	\$ 2.40	0.77
3-Inch Meter	36,100	\$ 682.29	\$ 688.29	\$ 6.00	0.88
4-Inch Meter	307,000	\$1,964.03	\$1,982.45	\$18.42	0.94
* No customers currently take wholesale service.					

Big Sandy Water District has available for inspection at its office the application submitted to the Public Service Commission. The office is located at 18211 Kentucky Route 3, Catlettsburg, Kentucky 41129 and can be reached at (606) 928-2075. The Public Service Commission docketed Big Sandy Water District’s application as Case No. 2025-00056. Any person may examine the record of that proceeding at the Public Service Commission’s offices located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 a.m. to 4:30 p.m., or through the Public Service Commission’s Web site at <https://psc.ky.gov/Case/ViewCaseFilings/2025-00056>.

Big Sandy Water District
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