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ThinkSmart:
The latest on
strong bones

ER's latest
top doc: John
Leguizamo

SPRING HOME & GARDEN ISSUE

You won't believe what's behind the fence when Americans turn their ordinary abodes into jaw-dropping dream homes.

Health Briefs

BLOOD PRESSURE: Your snoring may keep it high

If you've tried treating your high blood pressure with more than three medications but it's still 140/90 or more, you could have sleep apnea.

A University of Alabama at Birmingham study shows that 85% of people with resistant hypertension suffer from obstructive sleep apnea, and most of them don't even know it.

Researchers say that when apnea is treated, blood pressure improves. They encourage people with resistant high blood pressure to have their renin and aldosterone levels checked and to ask for a sleep study, which most insurance plans cover. **W**

— Susan T. Lennon