

# L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

April 2025

## Meet your Staff

Coaches: Laura Andrade, Kevin Liegey, Shirley Jung, Christina Ortiz, Sandi Martin, Lorraine Knight, Darlene Stoker & Alex Tomlinson

Steerers: Alex Tomlison, Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas,  
David Turple, Stephanie Turcotte, Laura Andrade & Jesse Oani

## Board of Directors

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Roma Mistry

Treasurer: Shirley Jung

Cabrillo Youth Center Liaison: Suko Gotoh

Program Director of Cabrillo Beach Youth Center: Pam Craft

## Thank you to our sponsors Catherine & Stephen Leys on behalf of the Woven Foundation Charitable Fund

### Mark your calendar

Walk before practice 7:30am  
Sunday Practices 8:30 - 10:30am  
Breakfast after practice  
at Think Café  
Wednesday Practices 6:30 - 7:30pm

### Celebrating April Birthdays

Bernie Baird Browning 4/11  
Dave Turple 4/18  
Diana Becerra 4/30

### “Medical Mistry’s” by Doc Sameer

#### HYPERTENSION

Elevated blood pressure/ hypertension is a long-term risk for stroke, heart attack, kidney failure and poor circulation. Blood pressure elevation is more common as we age; ideally it should be less than 120/80. What should you do if you notice that your blood pressure is high? How high is too high? When should you drop everything and run to the emergency department versus making an appointment with your family physician?

The current consensus is if the blood pressure is high but you feel fine, you can make an appointment to have your medication and/ or dose amended. If the body is accustomed to high blood pressure and then the blood pressure is acutely lowered through aggressive intravenous or oral medication, adverse outcomes like stroke, syncope, weakness can occur. The prudent approach to asymptomatic blood pressure elevation is to gradually lower it to the normal range with oral meds over days to weeks.

This is in contrast to high blood pressure with the following symptoms: headache, blurred vision, chest/ abdominal/ back pain, shortness of breath, stroke like symptoms of weakness or difficulty speaking. Hypertension combined with these aforementioned needs an ER visit and acute blood pressure reduction as well as a diagnostic evaluation for the symptom cause.

Common blood pressure medications have a few side effects to remember. ACE inhibitors like Lisinopril or Zestril can cause chronic cough or swelling of the tongue/ lips occasionally. Calcium channel blockers like Amlodipine or Norvasc are associated with swelling of the legs. Should you be on any of these and notice a side effect, contact your doc to switch meds.

What are nonpharmacological approaches to better blood pressure regulation? Adequate sleep, avoid alcohol and excess dietary sodium, physical fitness, meditation and a Mediterranean diet are all of benefits to good blood pressure management.

### Upcoming Events

Moonlight Paddle April 9, Wednesday 6:45pm  
Open House - TBD  
2025 Long Beach Spring Race - April 27, Sunday \$30  
San Diego Dragon Boat Festival - May 17, Saturday  
Castaic Lake Dragon Boat Festival - May 31, Saturday  
2025 Lotus Festival, Echo Park - July 12 & 13, Saturday & Sunday  
Long Beach International Dragon Boat Festival - July 26, Saturday  
San Diego International Dragon Boat Festival Sept 27 & 28, Saturday & Sunday  
Las Vegas Dragon Boat Festival - TBD  
Santa Fe Dam Dragon Boat Festival - TBD

Welcome Amanda Enriquez

Executive Director, Cabrillo Beach Youth Center

### Water Safety: Tips and Precautions

Water safety is not just about avoiding drowning, but also staying healthy and comfortable in different aquatic environments. To prevent water-related discomfort, it is important to stay hydrated, avoid extreme temperatures, and wear appropriate clothing and sunscreen for the weather and the activity.

### Coach Christina's LAHDBC March Workout Strength Challenge

1st Place: Roma Mistry (Left)

2nd Place: Lysa Quealy (Not Pictured)

Cheer Award: Stephanie Turcotte (Right)



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