

hypertension

Tips on How to Make Healthier Meals

Begin by choosing foods low in saturated fat, low in sodium and low in calories:

- Try fat free (skim) milk or lowfat (1%) milk
- Only buy cheeses marked “lowfat” or “fat free” on the package
- Choose to eat fruits and vegetables without butter or sauce
- Serve rice, beans, cereals, pasta, whole grains (e.g., couscous, barley, bulgar, etc.)
- Choose lean cuts of meat, fish, and skinless turkey and chicken
- When available, buy low- or reduced-sodium or no-salt-added versions of foods

Use these recipe substitutions:

- Try fat free (skim) milk or lowfat (1%) milk
- Only buy cheeses marked “lowfat” or “fat free” on the package
- Choose to eat fruits and vegetables without butter or sauce
- Serve rice, beans, cereals, pasta, whole grains (e.g., couscous, barley, bulgar, etc.)
- Choose lean cuts of meat, fish, and skinless turkey and chicken

- When available, buy low- or reduced-sodium or no-salt-added versions of foods
- Use two egg whites for each whole egg and margarine or oil instead of butter
- Use light mayonnaise instead of the regular variety
- Use nonfat yogurt instead of sour cream
- Use lowfat cheese instead of regular cheese
- Use 1 percent or skim milk instead of whole milk
- Use fresh poultry, fish and lean meat rather than canned or processed types



Try these meal tips:

- Make a meatloaf with lean ground turkey
- Make tacos with skinless chicken breast
- Cool soups and gravies and skim off fat before reheating them
- Try adding salsa on a baked potato instead of butter
- Make a spicy baked fish — season with green pepper, onion, garlic, oregano, lemon, or cilantro
- Eat fruit for dessert, instead of pie or cake

Source: National Institutes of Health (NIH). Available @ www.nih.gov

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Should I monitor my own blood pressure?

If your blood pressure is well controlled, you may need to check it at home only a few days each month. If you're just starting home monitoring, if you're making any changes in your medications or other treatments, or if you have another health problem, such as diabetes, you may need to check it more often.

Home blood pressure monitoring is not a substitute for visits to your doctor. Even if you get normal readings, don't stop or change your medications or alter your diet without talking to your doctor first.

Monitoring your blood pressure at home doesn't have to be complicated or inconvenient. You might even find that you enjoy tracking your readings and that home monitoring gives you more control over your condition. And in the long run, you may risk fewer complications related to high blood pressure and enjoy a healthier life.

Source: Medline Plus. Available @ www.nlm.nih.gov

What is a normal BP or "controlled"?

A blood pressure of 140/90 mmHg or higher is considered high. If you are between 120/80 mmHg and 139/89 mmHg, then you have *prehypertension*. A normal blood pressure is when the systolic or top number is *less than 120* and the diastolic or bottom number is *less than 80*.

Source: Medline Plus. Available @ www.nlm.nih.gov

Oral Contraceptives (Birth Control Pills)

Women taking birth control pills usually have a small increase in both systolic and diastolic blood pressure. If you have high blood pressure and are using birth control pills, get your blood pressure checked regularly. Talk to your doctor about a possible rise in blood pressure and what you can do about it.

If you have high blood pressure, are age 35 or older, and also smoke, you should not take birth control pills unless you quit smoking. Women age 35 and older who smoke and use birth control pills are more likely to develop heart disease or have a stroke. High blood pressure also raises your chances of stroke and heart disease.

If you are age 35 or older, are healthy, do not smoke, and your high blood pressure is controlled, it may be safe for you to use birth control pills. Ask your doctor if birth control pills are safe for you.

Source: National Institutes of Health (NIH). Available @ www.nih.gov

Be Active Every Day

- Walk a little further each day or walk to the bus stop.
- Dance, skip, jump, run . . . take every opportunity to move your body.
- Use the stairs instead of the elevator.

Source: National Institutes of Health (NIH). Available @ www.nih.gov

Spicy Baked Fish

- 1 pound cod (or other fish) fillet
- 1 Tbsp olive oil
- 1 tsp spicy seasoning, salt free

- 1 - Preheat oven to 350° F. Spray a casserole dish with cooking oil spray.
- 2 - Wash and dry fish. Place in dish. Mix oil and seasoning, and drizzle over fish.
- 3 - Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

Makes 4 servings—
Serving size: 1 piece (3 oz)

Calories: 133
Fat: 1 g
Saturated fat: 0 g
Cholesterol: 77 mg
Sodium: 119 mg

Source: www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm



Hypertension Management – Understanding High Blood Pressure

This newsletter, courtesy of FHCP, is part of an educational series of mailings for **Controlling High Blood Pressure**. Topics discussed concern diet, exercise and medications for high blood pressure.

This program is **free** to all our members. Enrollment forms to join the mailing list are available from your Primary Care Physician's office.

Attention Members:

To have your name removed from our mailing list for the **Controlling High Blood Pressure** newsletter: detach this portion, print your name & sign below.

Mail to: Florida Health Care Plans, 1340 Ridgewood Ave., Rm. 310, Holly Hill, FL 32117.

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Have you created an iHealth Personal Health Record?

The iHealth Record is a no-cost, secure and confidential interactive record that allows you to store, update and share health information with your physician. You can also use this service to communicate with your physician for appointment requests, prescription refills and for general questions, such as: when is my appointment or how much is my copay.

Your iHealth Personal Health record also enables you to access education programs developed by trusted health authorities. These programs are designed to assist you to better understand and manage your health; offering information about diseases and medications to treat certain conditions.

If you haven't already signed up for an iHealth Personal Health Record, go to www.fhcp.medem.com and select New User to register.