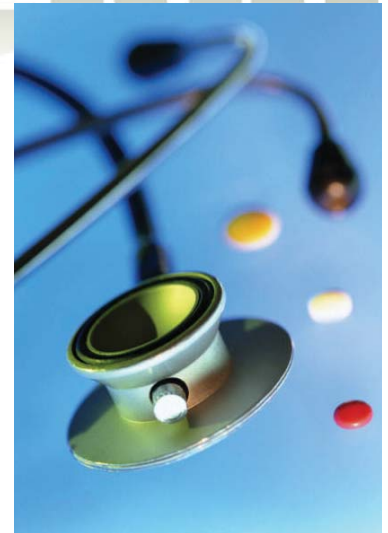


# hypertension

## High Blood Pressure Facts

High blood pressure is serious because it can lead to major health problems. If you have high blood pressure, remember:

1. High blood pressure may not make you feel sick, but it is serious. See a doctor to treat it.
2. You can lower your blood pressure by changing your day-to-day habits and by taking medicine, if needed.
3. If you take high blood pressure medicine, making some lifestyle changes may help lower the dose you need.
4. If you are already taking blood pressure medicine and your blood pressure is less than 120/80, that's good. It means medicine and lifestyles changes are working.
5. If another doctor asks if you have high blood pressure, the answer is, "Yes, but it is being treated."
6. Tell your doctor about all the drugs you take. Don't forget to mention over-the-counter drugs, vitamins, and dietary supplements. They may affect your blood pressure. They also can change how well your blood pressure medicine works.
7. Blood pressure pills should be taken at the same time each day. For example, take your medicine in the morning with breakfast or in the evening after brushing your teeth. If you miss a dose, do not double the dose the next day.
8. Know what your blood pressure should be. Don't take more of your blood pressure medicine than your doctor prescribes. Very low blood pressure is not good, either.
9. Do not stop taking your high blood pressure medicine unless your doctor tells you to stop. Do not skip a day or take half a pill. Remember to refill your medicine before you run out of pills.
10. Take your blood pressure at home.



**Source:**  
<http://www.nia.nih.gov/HealthInformation/Publications/hiblood.htm>

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## Living With High Blood Pressure?

If you have high blood pressure (HBP), you will need to treat and control it for life. This means making lifestyle changes, taking prescribed medicines, and getting ongoing medical care.

Treatment can help control blood pressure, but it will not cure HBP. If you stop treatment, your blood pressure and risk for related health problems will rise. For a healthy future, follow your treatment plan closely. Work with your health care team for lifelong blood pressure control.

### Medicines

You should take all blood pressure medicines that your doctor prescribes. Be sure you know the names and doses of your medicines and how to take them. If you have questions about your medicines, talk to your doctor or pharmacist.

Make sure you refill your medicines before they run out. Take your medicines exactly as your doctor directs—don't skip days or cut pills in half.

If you're having side effects from your medicines, talk to your doctor. He or she may need to adjust the doses or prescribe other medicines. You shouldn't decide on your own to stop taking your medicines.

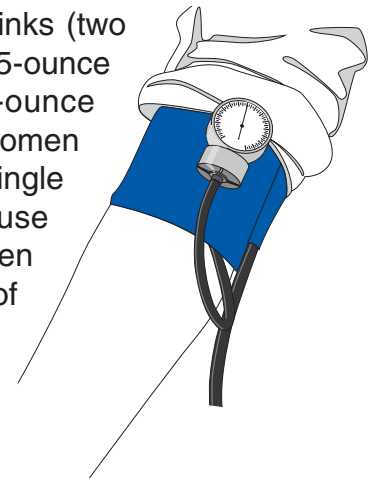
### Source:

[http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP\\_LivingWith.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_LivingWith.html)

## How Can I Control My Blood Pressure?

NHLBI has found that five lifestyle changes can help control blood pressure:

- Maintain your weight at a level close to normal. Choose fruits, vegetables, grains, and low-fat dairy foods.
- Limit your daily sodium (salt) intake to 2,000 milligrams or lower if you already have high blood pressure. Read nutrition labels on packaged foods to learn how much sodium is in one serving. Keep a sodium diary.
- Get plenty of exercise, which means at least 30 minutes of moderate activity, such as walking, most days of the week.
- Avoid consuming too much alcohol. Men should limit consumption to two drinks (two 12-ounce servings of beer *or* two 5-ounce servings of wine *or* two 1.5-ounce servings of "hard" liquor) a day. Women should have no more than a single serving on a given day because metabolic differences make women more susceptible to the effects of alcohol.
- Limit caffeine intake.



### Source:

[http://www.nhlbi.nih.gov/health/public/heart/hbp/hbp\\_low/hbp\\_low.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/hbp_low/hbp_low.pdf)

## How Can I Prevent High Blood Pressure From Damaging My Kidneys?

If you have kidney damage, you should keep your blood pressure below 130/80. The National Heart, Lung, and Blood Institute (NHLBI), one of the National Institutes of Health (NIH), recommends that people with kidney disease use whatever therapy is necessary, including lifestyle changes and medicines, to keep their blood pressure below 130/80.

Source: National Kidney and Urologic Diseases Information Clearinghouse

## Spinach Stuffed Sole

*A scant amount of oil and part-skim mozzarella cheese give this lower fat dish a Mediterranean flavor.*

- as needed** nonstick cooking spray
- 1 tsp** olive oil
- 1/2 lb** fresh mushrooms, sliced
- 1/2 lb** fresh spinach, chopped
- 1/4 tsp** oregano leaves, crushed
- 1** clove garlic, minced
- 1-1/2 lb** sole fillets or other white fish
- 2 Tbsp** sherry
- 4 oz (1 C)** part-skim mozzarella cheese, grated

1. Preheat oven to 400° F.
2. Spray a 10x6-inch baking dish with nonstick cooking spray.
3. Heat oil in skillet; saute mushrooms about 3 minutes or until tender.
4. Add spinach and continue cooking about 1 minute or until spinach is barely wilted. Remove from heat; drain liquid into prepared baking dish.

5. Add oregano and garlic to drained sauteed vegetables; stir to mix ingredients.
6. Divide vegetable mixture evenly among fillets, placing filling in center of each fillet.
7. Roll fillet around mixture and place seam-side down in prepared baking dish.
8. Sprinkle with sherry, then grated mozzarella cheese. Bake 15-20 minutes or until fish flakes easily. Lift out with a slotted spoon.

Yield: 4 servings—Serving Size: 1 fillet roll.

Each serving provides:

Calories: 262  
 Total fat: 8 g  
 Saturated fat: 4 g  
 Cholesterol: 95 mg  
 Sodium: 312 mg

**Source:**  
[www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm](http://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.

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### 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.

Signature: \_\_\_\_\_

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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](http://www.fhcp.medem.com) and select New User to register.