

hypertension

What Causes High Blood Pressure?

High blood pressure (HBP) is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems.

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Blood pressure tends to rise with age, unless you take steps to prevent or control it.

Certain medical problems, such as chronic kidney disease, thyroid disease, and sleep apnea, may cause blood pressure to rise. Certain medicines, such as asthma medicines (for example, corticosteroids) and cold-relief products, also may raise blood pressure.

In some women, blood pressure can go up if they use birth control pills, become pregnant, or take hormone replacement therapy.

Women taking birth control pills usually have a small rise in both systolic and diastolic blood pressures. If you already have high blood pressure (HBP) and want to use birth control pills, make sure your doctor knows about your HBP. Talk to him or her about how often you should have your blood pressure checked and how to

control it while taking the pill.

Taking hormones to reduce the symptoms of menopause can cause a small rise in systolic blood pressure. If you already have HBP and want to start using hormones, talk to your doctor about the risks and benefits. If you decide to take hormones, find out how to control your blood pressure and how often you should have it checked.

Children younger than 10 years who have HBP often have another condition that's causing it (such as kidney disease). Treating the underlying condition may resolve the HBP.

The older a child is when HBP is diagnosed, the more likely he or she is to have essential hypertension. This means that doctors don't know what's causing the HBP.

http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_Causes.html

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What Does a Diagnosis of High Blood Pressure Mean?

If you're diagnosed with HBP, you will need treatment. You also will need to have your blood pressure tested again to see how treatment affects it.

Once your blood pressure is under control, you will need to stay on treatment. "Under control" means that your blood pressure numbers are normal. You also will need regular blood pressure tests. Your doctor can tell you how often you should be tested.

The sooner you find out about HBP and treat it, the better your chances to avoid problems like heart attack, stroke, and kidney failure.

http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_Diagnosis.html



How Can High Blood Pressure Be Prevented?

If You Have Normal Blood Pressure

If you don't have high blood pressure (HBP), you can take steps to prevent it. Lifestyle measures can help you maintain normal blood pressure.

- Follow a healthy eating plan. This includes limiting the amount of sodium (salt) and alcohol that you consume.
- Lose weight if you're overweight or obese.
- Do enough physical activity.
- Quit smoking.
- Manage your stress and learn to cope with stress

Many people who take one or more of these steps are able to prevent or delay HBP. The more steps you take, the more likely you are to lower your blood pressure and avoid related health problems.

If You Have High Blood Pressure

If you have HBP, you can still take steps to prevent the long-term problems it can cause. Lifestyle measures and medicines can help you live a longer, more active life.

Follow the treatment plan your doctor prescribes to control your blood pressure. It can help you prevent or delay coronary heart disease, stroke, kidney disease, and other health problems.

Children and Teens

A healthy lifestyle also can help prevent HBP in children and teens. Key steps include having a child:

- Follow a healthy eating plan that focuses on plenty of fruits, vegetables, and, for children older than 4 years, low-fat dairy products. The plan also should be low in saturated and trans fats and salt.
- Be active for at least 1 to 2 hours per day. Limit screen time in front of the TV or the computer to 2 hours per day at most.
- Maintain a healthy weight. If your child is overweight, ask his or her doctor about how your child can safely lose weight.

Make these habits part of a family health plan to help your child adopt and maintain a healthy lifestyle.

Source:

http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_Prevention.html

Spicy Southern Barbecued Chicken

Removing the chicken fat and skin and adding no salt to the tasty sauce makes this chicken favorite heart-healthy.

- 3 lb** **chicken parts**
(breast, drumstick, and thigh),
skin and fat removed
- 1** **large onion, thinly sliced**
- 3 Tbsp** **vinegar**
- 3 Tbsp** **Worcestershire sauce**
- 2 Tbsp** **brown sugar**
- to taste** **black pepper**
- 1 Tbsp** **hot pepper flakes**
- 1 Tbsp** **chili powder**
- 1 C** **chicken stock or broth,**
skim fat from top

3. Pour over the chicken and bake at 350° F for 1 hour or until done.
4. Baste occasionally.

Yield: 8 servings

Serving Size: One chicken part with sauce

Each serving provides:

Calories: 176

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 66 mg

Sodium: 240 mg

Source:

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

1. Place chicken in a 13x9x2-inch pan. Arrange onions over the top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.



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.

Signature: _____

Name (Print) _____ FHCP Member #: _____



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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.