

hypertension

Try The Ideas Listed Below To Help You Control Portions At Home

- **Take the amount of food that is equal to one serving, according to the Nutrition Facts, and eat it off a plate instead of eating straight out of a large box or bag.**
- **Avoid eating in front of the TV or while busy with other activities.** Pay attention to what you are eating and fully enjoy the smell and taste of your foods.
- **Eat slowly** so your brain can get the message that your stomach is full.
- **To control your intake of the higher-fat, higher-calorie parts of a meal,** take seconds of vegetables and salads instead of meats and desserts.
- **When cooking in large batches, freeze food that you will not serve right away.** This way, you will not be tempted to finish eating the whole batch before the food goes bad. And you will have ready-made food for another day. Freeze leftovers in amounts that you can use for a single serving or for a family meal another day.
- **Try to eat meals at regular intervals.** Skipping meals or leaving large gaps of time between meals may lead you to eat larger amounts of food the next time that you eat.
- **When buying snacks,** go for single-serving prepackaged items and foods that are lower-calorie options.
- **Make snacks count.** Eating many high-calorie snacks throughout the day may lead to weight gain. Replace snacks like chips and soda with snacks such as low-fat or fat-free yogurt, smoothies, fruit, or whole-grain crackers.
- **When you do have a treat** like chips or ice cream, measure out 1/2 cup of ice cream or 1 ounce of chips, as indicated by the Nutrition Facts, eat it slowly, and enjoy it!

Source: National Institute of Diabetes and Digestive and Kidney Diseases. Available @ www.niddk.nih.gov



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What Are The Signs and Symptoms of High Blood Pressure?

High blood pressure is called the silent killer because you can have it for years without knowing it. The only way to find out if you have high blood pressure is to have your blood pressure measured. Using a blood pressure cuff and stethoscope or electronic sensor, your doctor or nurse can take your blood pressure and tell you if it is high.

Even though high blood pressure usually has no signs or symptoms, it is dangerous if it continues over time. It is important to find out whether you have high blood pressure and, if you do, how to keep it under control.

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

How Can High Blood Pressure Be Prevented?

You can take steps to prevent high blood pressure. These steps include:

- Keeping a healthy weight
- Being physically active
- Following a healthy eating plan, such as DASH, that emphasizes fruits, vegetables, and low-fat dairy foods
- Choosing and preparing foods with less salt and sodium
- Quitting smoking
- Drinking alcohol in moderation if you drink

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

Older Adults and High Blood Pressure

A common form of high blood pressure in older adults is systolic hypertension.

This is high blood pressure, but only the top (systolic) number is high (140 or higher). It can be as harmful as high blood pressure in which both numbers are high.

It is the most common form of high blood pressure for older adults. About 2 out of 3 people over age 60 with high blood pressure have systolic hypertension.

You may have an elevated systolic pressure and feel fine. As with other types of high blood pressure, this often causes no symptoms. To find out if you have systolic hypertension—or any type of high blood pressure—get your blood pressure checked.

If not treated, an elevated systolic pressure can cause damage to your arteries and to body organs. Treatment is the same as high blood pressure in which both systolic and diastolic pressures are high—by making changes in your health habits and with blood pressure medicines.

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



Easy on the Alcohol

Drinking too much alcohol can raise blood pressure. It also can harm the liver, brain, and heart.

Alcoholic drinks also contain calories, which matters if you are trying to lose weight. If you drink alcoholic beverages, drink only a moderate amount—one drink a day for women, two drinks a day for men.

What counts as a drink? 12 ounces of beer (regular or light, 150 calories), 5 ounces of wine (100 calories), or 1 1/2 ounces of 80-proof whiskey (100 calories).

Source: Your Guide to Lowering Blood Pressure. Available @ www.nhlbi.nih.gov

Summer Vegetable Spaghetti

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold.

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| <p>2 C small yellow onions, cut in eighths</p> <p>2 C chopped, peeled, fresh, ripe tomatoes (about 1 lb)</p> <p>2 C thinly sliced yellow and green squash (about 1 lb)</p> <p>1 1/2 C cut fresh green beans (about 1/2 lb)</p> <p>2/3 C water</p> <p>2 Tbsp minced fresh parsley</p> <p>1 clove garlic, minced</p> <p>1/2 tsp chili powder</p> <p>1/4 tsp salt</p> <p>to taste black pepper</p> <p>1 can (6 oz) tomato paste</p> <p>1 lb uncooked spaghetti</p> <p>1/2 C grated parmesan cheese</p> | <p>2 - Cook spaghetti in unsalted water according to package directions.</p> <p>3 - Spoon sauce over drained hot spaghetti and sprinkle parmesan cheese over top.</p> <p>Yield: 9 servings—Serving Size: 1 cup spaghetti and 3/4 cup sauce with vegetables</p> <p>Each serving provides:</p> <p>Calories: 279 • Total fat: 3 g
Saturated fat: 1 g • Cholesterol: 4 mg
Sodium: 173 mg</p> <p>Source: www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm</p> |
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- 1 - Combine first 10 ingredients in large saucepan; cook for 10 minutes, and then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.



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.