



WELLNEWS

MAY 2012

High Blood Pressure Treatment Facts



It is important to take steps to keep your blood pressure under control. The treatment goal is blood pressure below 140/90 and lower for people with other conditions, such as diabetes and kidney disease. Adopting healthy lifestyle habits is an effective first step in both preventing and controlling high blood pressure. If lifestyle changes alone are not effective in keeping your pressure controlled, it may be necessary to add blood pressure medications.

Questions to Ask Your Doctor If You Have High Blood Pressure

- What is my blood pressure reading in numbers? (Ask your healthcare provider to write it down for you.)
- What is my goal blood pressure?
- Is my blood pressure under adequate control?
- Is my systolic pressure too high (over 140)?

- What would be a healthy weight for me?
- Is there a diet to help me lose weight (if I need to) and lower my blood pressure?
- Is there a recommended healthy eating plan I should follow to help lower my blood pressure (if I don't need to lose weight)?
- Is it safe for me to start doing regular physical activity?
- What is the name of my blood pressure medication? Is that the brand name or the generic name?
- What are the possible side effects of my medication? (Be sure the doctor knows about any allergies you have and any other medications you are taking, including over-the-counter drugs, vitamins, and dietary supplements.)
- What time of day should I take my blood pressure medicine?
- Should I take it with food?
- Are there any foods, beverages or dietary supplements I should avoid when taking this medicine?
- What should I do if I forget to take my blood pressure medicine at the recommended time? Should I take it as soon as I remember or should I wait until the next dosage is due?

Source: www.nhlbi.nih.gov

What do your blood pressure numbers mean?



Blood pressure is the force of blood pushing against the vessel walls. The first and higher number is the "systolic" pressure, which shows the pressure in the arteries as the heart squeezes to pump blood. The "diastolic" pressure is the pressure in the arteries when the heart relaxes to fill with blood.

Normal

SBP mmHg: <120

DBP mmHg: <80

Lifestyle modification: Encouraged
Recommended Follow Up: Recheck in 2 years

Pre-hypertensive

SBP mmHg: 120-139

DBP mmHg: 80-89

Lifestyle modification: Yes
Recommended Follow Up: Recheck in 1 year

Stage 1 hypertension

SBP mmHg: 140-159

DBP mmHg: 90-99

Lifestyle modification: Yes
Recommended Follow Up: Follow up with physician within 1 week

Stage 2 hypertension

SBP mmHg: >160

DBP mmHg: >100

Lifestyle modification: Yes
Recommended Follow Up: Call your physician today for follow up within 1 week

Personalized Care

Is it a Flu/Cold or Allergies?

Cough. Sneeze. Wheeze. You know the symptoms, but do you really know the cause? The similarities between symptoms of the **flu/cold** and **nasal allergies** (also called allergic rhinitis, indoor or outdoor allergies, seasonal allergies or hay fever) can cause confusion. Worse, it can cause you to make the wrong diagnosis and treat with the wrong medications. And, if allergies are left untreated, it can cause more serious conditions like sinusitis or ear infections. Learn about the difference below, and talk to your doctor about a complete medical exam to find out for sure:

| | Allergies | Flu/Cold |
|-----------------|---|--|
| Symptoms | Allergies usually cause runny nose (clear discharge), stuffed nose, violent sneezing, wheezing, coughing, watery and itchy eyes. | Flu/cold usually includes runny nose (yellow discharge), aches and pains, sore and scratchy throat along with sneezing and coughing. |
| Fever | There is no fever with allergies. | If you have a fever it is almost certainly a flu/cold rather than allergies. |
| When | Anytime of the year: spring, summer, fall or winter. | Usually appear in winter , but are also possible in the fall, spring or summer. |
| Warning | Symptoms begin almost immediately after exposure to allergens. | Usually takes a few days for flu/cold symptoms to appear. |
| Duration | Symptoms last a long time , as long as you are exposed to the allergen. If the allergen is present all year long, symptoms can be chronic. | Flu/cold symptoms should clear up within a few days to a week. Rarely lasts more than 10 days. |

Flu/Colds

A flu/cold is commonly caused by a virus. You can get a flu/cold from another person that has that virus, even though you may be in good health. This happens when you breathe in germs or come in direct contact with the infected person. To prevent yourself from getting a flu/cold, get a flu shot every year, frequently wash your hands, use a disinfectant and be careful when sneezing and coughing around others. Let a flu/cold run its course. Get rest, drink lots of fluids and eat healthy foods. Over-the-counter medications, like a decongestant or nasal sprays, can help relieve your symptoms, but they do not cure your cold - only time can do that.

Allergies

Nasal allergies occur during exposure to an allergen, and your nasal cavity becomes irritated and inflamed. Unlike the flu/cold, allergies are not contagious. If you have a high temperature or an achy body, it is most likely a flu/cold rather than allergies. Common indoor and outdoor allergens include tree, grass and weed pollen, dust mites, animal dander, mold and cockroaches. There is no cure for allergies, but there are prescription and over-the-counter medications that treat allergy symptoms. For some people, allergy shots (immunotherapy), can help to reduce your sensitivity to allergens over time. Talk to your doctor about the best treatment plan for you. Source: www.aafa.org

Whole Grain Chocolate Chip Cookies



Ingredients:

- 2 cups packed brown sugar
- 1/2 cup butter or margarine, softened
- 1/2 cup canola or vegetable oil
- 1 teaspoon vanilla
- 1/2 cup fat-free egg product or 2 eggs
- 2 cups Gold Medal® whole wheat flour
- 1 1/2 cups quick-cooking or old-fashioned oats
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 cups Honey Nut Clusters® cereal
- 1/4 cup miniature semisweet chocolate chips

Directions:

Heat oven to 350°F. In large bowl, beat brown sugar, butter, oil, vanilla and egg product with electric mixer on low speed until blended. With spoon, stir in flour, oats, baking powder and baking soda until well mixed. Stir in cereal and chocolate chips. On ungreased cookie sheets, drop dough by rounded tablespoonfuls about 2 inches apart. Bake 13 to 15 minutes or until set. Cool 1 minute; remove from cookie sheets to cooling rack.

Nutrition Information:

1 Serving (1 Cookie):
 Calories 120(Calories from Fat 45), Total Fat 5g(Saturated Fat 1 1/2g, Trans Fat 0g), Cholesterol 5mg; Sodium 70mg; Total Carbohydrate 17g(Dietary Fiber 1g, Sugars 10g), Protein 1g

Source: www.eatbetteramerica.com

Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at: <http://search.active.com/?tab=events>

