

ABCs of Hypertension



Church Health



KNOW YOUR NUMBERS

BLOOD PRESSURE

less than **140/90**

What is blood pressure?

Blood pressure measures the force of blood pushing against your artery walls. High blood pressure overworks the heart.

- Take all medications as prescribed and around the same time each day.
- Call the clinic if you have any medication issues, need refills or to discuss side effects.
- Do not stop taking any medications without talking to your provider first.
- TAKE YOUR BLOOD PRESSURE MEDICINE EVEN WHEN YOU ARE COMING TO THE CLINIC FOR FASTING BLOOD WORK.



WORK WITH YOUR MEDICAL TEAM

- Check your blood pressure at least 2x per week. Sit for a few minutes before testing.
- Record your numbers and keep a log. Bring this with you to each medical visit to help your provider better understand what your blood pressure is doing and how your medication is working.
- Return for regular checkups with your provider to check how well you are managing and make adjustments.
- Call the clinic if your blood pressure is consistently greater than **140/90**.



GET MOVING

- Aim for at least 30 minutes a day of physical activity.
- Exercise helps lower blood pressure over time.
- Reach and maintain a healthy weight. Weight loss of at least 5% will help reduce your blood pressure.

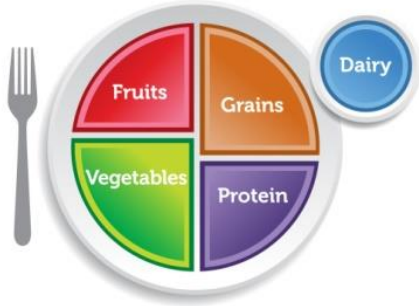


DO NOT SMOKE

- Quitting smoking can help improve blood pressure control.



FOLLOW THE DASH DIET



INCLUDES:

- Fresh, frozen, or canned (rinse) veggies
- Fresh and frozen fruits
- Low fat dairy
- Whole grains & starchy vegetables
- Lean proteins like nuts & seeds, beans, fish, lean meats and poultry
- Heart healthy fats like nuts, seeds, fish, avocados & healthy oils
- Limit alcohol

LIMITS:

- Red meats and fried foods
- Processed and packaged foods
- Refined carbohydrates like white flour, sugary products and sugary beverages
- Restaurant and fast foods



GET BACK TO COOKING

Preparing your own meals will help you reduce your sodium intake. Fresh, unprocessed foods are naturally low in sodium and healthy for a balanced diet. Try meal planning for the week, packing meals and snacks for work, and limiting eating out. Check websites and nutrition information when eating away from home.

SPICE IT UP

Choose seasonings that do not include sodium/salt like herbs, spices, lemon, lime, vinegar, pepper and salt-free seasoning blends. In addition to salt, review the label for blended seasonings and condiments that may contain sodium.



Nutrition Facts	
8 Serving per container	
Serving size	2/3 cup (55g)
Amount per Serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160 mg	7%
Total Carbohydrates 37g	13%
Dietary Fiber	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%

READ THE FOOD LABEL

1. Check the SERVING SIZE.
2. Find the SODIUM.
3. Less than **140mg** = **LOW** sodium.
Over **300mg** = **HIGH** sodium. Search for a healthier alternative.
4. You can also use % Daily Value.
5% = **LOW** sodium
20% = **HIGH** sodium
5. Your goal is less than 1,500 mg of sodium per day.

For more information, talk with your provider or visit Heart.org