

Hypertension

Wellness Guide



1 in 3 adults has high blood pressure

Hypertension = High Blood Pressure



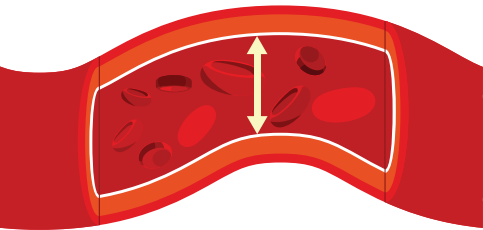
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What is hypertension?

Hypertension, or high blood pressure, occurs when the force inside the artery walls is too high.

Similar to the pressure of the walls inside a garden hose, blood pressure is the force of your blood pushing against your arteries. You may have been told you have high blood pressure if this pressure is too high.



Systolic

117

78

Diastolic

High Risk

140 or above

90 or above

At Risk

between 120-139

between 80-89

Normal

under 120

under 80

* **High Risk**
150 or above
90 or above

if greater than 60 years of age without chronic kidney disease or diabetes.

What causes high blood pressure?

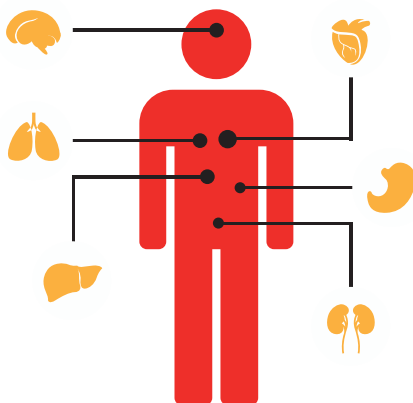
- Smoking
- Being overweight
- Diet high in salt and/or fat
- Excessive alcohol intake
- Uncontrolled stress
- Physical inactivity
- Genetics or family history
- Certain medical conditions like kidney or thyroid disease
- High cholesterol

How can high blood pressure affect me?

High blood pressure is also called the “Silent Killer” because it often has no symptoms, yet can cause serious diseases if it goes untreated. High blood pressure can damage your eyes, heart, brain, kidneys and blood vessels. High blood pressure can also put you at a higher risk for stroke.

Complications of High Blood Pressure

Vision Loss
Blood Vessel Damage
Stroke
Heart Attack
Kidney Failure



How is high blood pressure treated?

Your doctor will work with you to develop the right treatment for you. High blood pressure can be treated with diet, exercise, stress management, alcohol reduction and medicine. Your doctor will also talk to you about how often you should check your blood pressure.

Checking your blood pressure at home

Home blood pressure monitoring allows you to check your blood pressure control. Keeping a log of your results is very important. You should bring the record to all of your appointments to allow your doctor to monitor how your body is responding to your treatment plan.

Your blood pressure varies throughout the day, so it is important to check your levels at different times. Also, your blood pressure might be slightly higher during your routine doctor appointments. Ask your doctor what level should prompt an immediate call to the medical office, and contact your doctor if you have unusual or persistent increases in your blood pressure.

What should I look for in my diet?

Some foods are salty BEFORE adding salt!
Lower blood pressure by limiting the **Salty 7**.



How should I change my diet?

Consider following the DASH diet which is designed for people with high blood pressure. DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet focuses on reducing sodium (salt) in your diet while encouraging a variety of healthy foods that help lower blood pressure.

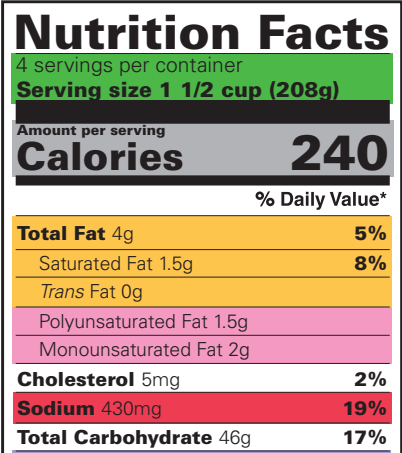
Overview of the DASH Diet

- Limit sodium to 2,300 mg per day or about 1 tsp salt. Unless you have uncontrolled high blood pressure, then aim for 1500 mg of sodium.
- Eat plenty of fresh fruits and vegetables.
- Focus on whole grains.
- Choose low-fat dairy.
- Limit alcohol use.
- Limit foods high in saturated fats and cholesterol.
- Maintain a healthy weight.

Food Group	Daily Servings	Serving Size
Grains	7-8	1 slice whole wheat bread 1 cup whole grain cereal ½ cup brown rice or pasta
Vegetables	4-5	1 cup fresh vegetables ½ cup cooked vegetables
Fruits	4-5	1 medium fruit ¼ cup dried fruit 6 oz 100 % fruit juices
Low-fat or fat-free dairy	2-3	8 oz 1% or skim milk 1 cup yogurt
Lean meats, poultry & fish	2 or fewer	3 oz cooked, remove as much fat as possible
Nuts, seeds & beans	4-5 per week	½ cup nuts ½ cup cooked beans
Sweets with added sugar	5 or fewer per week	8 oz lemonade 1 oz dark chocolate

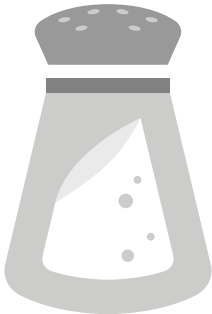
How do I monitor my sodium intake?

Use the food label example shown below to help you monitor your sodium intake.



Compare how much you are eating with the Serving Size.

Lower your sodium intake to less than 2,300 mg if you DO NOT have high blood pressure and less than 1,500 mg if you DO have high blood pressure.



Seasoning without Salt

- Chicken:** Oregano, paprika, rosemary, sage, tarragon, thyme
- Fish:** Dill, paprika, pepper, curry, dry mustard
- Beef or Pork:** Garlic, marjoram, nutmeg, onion, pepper, sage, thyme
- Greens:** Onion, pepper, garlic
- Carrots:** Cinnamon, cloves, dill, ginger, nutmeg, rosemary, sage
- Corn:** Cumin, curry powder, marjoram, oregano, tarragon, thyme
- Green beans:** Dill, curry powder, marjoram, oregano, tarragon, thyme
- Soups & stews:** Clove, cilantro, sage, oregano, onion powder, garlic
- Salads & dressings:** Celery seed, basil, cilantro, dill, parsley, rosemary

Canned vegetables have a lot of salt. Rinse or use fresh/frozen vegetables whenever possible.

Meal	Menu
Breakfast	1 cup cooked oatmeal ¾ cup blueberries 2 Tbsp almonds Try not to add any additional salt after cooking or remove it from the table.
Snack (Optional)	1 cup raw carrots 2 Tbsp hummus
Lunch	Grilled chicken wrap with 6 inch wheat tortilla, 3 oz chicken breast, lettuce, tomato, peppers, 1 tsp light mayonnaise and 1 tsp mustard 6 oz Greek yogurt
Snack (Optional)	1 small apple 1 Tbsp peanut butter
Dinner	4 oz baked fish ½ baked sweet potato ½ cup roasted broccoli Small side salad with 2 Tbsp oil and vinegar salad dressing

Should I exercise?

Yes! Research supports that the benefits of improved blood pressure occur immediately after performing physical activity. Several weeks or months of regular physical activity will sustain lower blood pressure.

How does exercise improve blood pressure?

- Exercise strengthens the heart which then decreases pressure against your arterial walls as the heart does not have to work as hard to pump blood throughout the body.

The following physical activity guidelines are recommended for lowering blood pressure:

Type	Time	Intensity Level	Examples
Aerobic Activity	More than 150 minutes (spread throughout the week)	Moderate-intensity	Walking briskly Bicycling Power yoga Water aerobics Tennis General yard work Line Dancing
Muscle Strengthening	2 or more days a week (involving all major muscle groups)	Moderate-intensity	Strength machines Free weights Bodyweight Resistance bands TRX

Incorporate stretching (flexibility exercises) on a routine basis in order to regain or maintain mobility and to safely perform exercises that require greater flexibility. Other components of physical activity include balance and speed which are typically worked through various aerobic, strength and flexibility exercises.

How do I start exercising?

Be sure to consult with your physician prior to starting a workout program. Always start slow and gradually build up your physical activity. Walking is highly recommended as it can be done anywhere and does not require any equipment or a gym membership.



What other changes can I make?

- Practice breathing exercises
- Avoid tobacco
- Manage your daily stress
- Limit alcohol use
- Avoid excessive caffeine
- Maintain a healthy weight
- Take medicine as prescribed
- Check your blood pressure regularly and keep a log book

Health benefits begin with as little as 90 minutes a week of exercise.

Health benefits increases as physical activity duration, frequency and intensity increases.

Light-intensity = effortless breathing and can easily hold a conversation

Moderate-intensity = heavier breathing but still able to talk

Vigorous-intensity = unable to hold a conversation

Sample goals

- Limit caffeine to 1 caffeinated drink per day
- Exercise at least 30 minutes, 5 days per week (Ex: cardio exercise/walking)
- Replace salt with fresh herbs and spices
- Add another serving of vegetables to dinner
- Limit alcohol use

What do I plan to do?



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