

PRESSURE POINTS



January 2012

HIGH BLOOD PRESSURE NEWS YOU CAN USE

Monitoring Blood Pressure



Since high blood pressure doesn't have many symptoms, the only way to know if your blood pressure is above normal is to measure it. Your doctor will measure your blood pressure during most office visits using a sphygmomanometer or blood pressure meter. There are many other places to get your blood pressure measured besides your doctor's office including pharmacies, health fairs, senior centers or even at home.

Home Measurement

If clinically indicated, your doctor may want you to measure your blood pressure at home.

This provides information about how your blood pressure changes during the day, and helps your doctor make changes to better control it. There are two types of home devices to measure blood pressure: aneroid and digital. Aneroid devices cost \$20 to \$30, are easy to move around, but are a bit more complicated to use. Digital devices cost \$30 to \$100 and automatically take your blood pressure. Contact your health insurance company before you buy one to see if some or all of the cost is covered.

Tips for Having Blood Pressure Taken

The National Heart, Lung and Blood Institute offers tips when measuring your blood pressure:

- Don't drink coffee, smoke or exercise 30 minutes before having pressure measured.
- Try to go to the bathroom before measuring because a full bladder can affect the reading.
- Sit with your back supported and feet flat on the ground for a few minutes before the reading.
- Have two blood pressure readings taken, at least two minutes apart, and average the two results.

The National Institutes of Health have more tips and information about monitoring your blood pressure at this website: www.nhlbi.nih.gov/hbp/index.html.

For more information about hypertension visit the Mayo Clinic: www.mayoclinic.com/health/high-blood-pressure/DS00100.

Questions for Your Health Care Team

- Should I be monitoring my blood pressure at home?
- If I have my blood pressure taken elsewhere and it's above normal, should I call my primary care doctor's office immediately or just let them know at my next visit?

Join the Fight!

Heart disease kills more women than all cancers combined. Friday, February 3 is National Wear Red Day for Women.

People are encouraged to wear red on this date and join the millions across America showing their support for women and the fight against heart disease. For details: visit goredforwomen.org/wearredday.



Recipes for Heart Health: *Hawaiian Stir-Fry*

Courtesy of the *Diabetic Cooking Magazine* - diabeticcooking.com

Makes six servings

Nothing warms up a cold winter night like this tropical innovation. The health benefits of quick stir-frying are enhanced by the vivid and refreshing zing of pineapple and curry.

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| 1 can (8 ounce) pineapple chunks in juice, undrained | 1 teaspoon curry powder |
| 2 teaspoons cornstarch | 8 ounces (about 3 cups) snow peas, ends trimmed |
| 1 tablespoon canola oil | ½ cup diagonally sliced green onions |
| 1 medium red bell pepper, cut into strips | 2 teaspoons reduced-sodium soy sauce |

Drain pineapple; reserve juice. Combine juice and cornstarch in small bowl; stir to blend. Set aside.

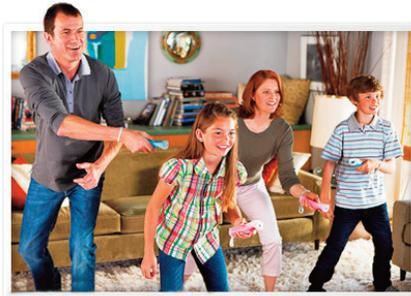
Heat large skillet or wok for one minute over medium-high heat. Add oil, bell pepper and curry powder; stir-fry one minute. Add pineapple chunks; stir-fry one minute. Add snow peas; stir-fry one minute. Add reserved pineapple juice mixture; bring sauce to a boil. Boil one minute or until sauce is thickened.

Stir in green onions and soy sauce. Serve with grilled chicken breasts or broiled fish, if desired.

Nutritional information: Per serving (½ cup) 77 calories, 3g fat, < 1g saturated fat, 0g trans fat, <1mg cholesterol, 2g protein, 13g carbohydrates, 1g fiber, **61mg sodium**



Grab the Remote and Get Moving



You can have fun and exercise too! Do your children or grandchildren own an Xbox Kinect or Wii? If so, hop off that couch and enter the world of gaming.

You can be a football star, tennis pro or practice your golf swing. Try Dance Central, UFC Personal Trainer or Wii Fit. There are even videos for Pilates, Zumba and bowling.

The more you use the fitness programs, the better your fitness rating will be. This new exercise trend takes some getting used to so try not to get frustrated. You may just find yourself turning on the Xbox when the kids are in school and gaming your way to better health.

Web Sources for Hypertension Information

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| ■ National Heart, Lung and Blood Institute
www.nhlbi.nih.gov/hbp/ | ■ American Heart Association
www.americanheart.org |
| ■ MedlinePlus, U.S. National Library of Medicine
www.nlm.nih.gov/medlineplus/highbloodpressure.html | ■ American Society of Hypertension
www.ash-us.org/patient_edu/bp_booklet.html |

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