

PRESSURE POINTS



February 2013

HIGH BLOOD PRESSURE NEWS YOU CAN USE

Answers from the Experts –

An Interview with Robert Phillips, MD, PhD, about High Blood Pressure

What are the changes in lifestyle that I could make and how might this affect my blood pressure?

Below are the expected reductions in systolic blood pressure that might occur if lifestyle changes are initiated.

Adherence to Lifestyle Modifications

Modification	Recommendation	Average SBP Reduction
Weight reduction	Maintain normal weight (BMI 18.5–24.9 kg/m ²)	5–20 mmHg
DASH diet	fruits & vegetables saturated and total fat	8–14 mmHg
Dietary sodium reduction	Dietary sodium (Goal: 100 mEq dietary sodium/day)	2–8 mmHg
Aerobic physical activity	Aerobic physical activity; 30-min/day/most days of the week ↓ Men: ≤2 drinks*/day	4–9 mmHg
Moderation of alcohol	Women, and lighter weight men: ≤1 drink/day	2–4 mmHg

*1 drink=½ oz ethanol (eg, 12 oz. beer, 5 oz. wine, 1½ oz. 80 proof whiskey).

Adapted from JNC 7 Physician Reference Card. Available at <http://www.nhlbi.nih.gov/guidelines/hypertension/physcard.pdf>.

How can I reduce the salt in my diet?

It is recommended that sodium intake should be limited to 1500mg. The most effective way to reduce salt in the diet is to limit consumption of the "salty six":

Food Type	Serving Size	Salt* content (mg)
Bread & Rolls	1 slice	230
Cold cuts, cured meats	3 ounces	1,050
Pizza	1 slice	760
Poultry (e.g) – chicken fingers	3 ounces	600
Soup	1 can	940
Cold Cut Sandwich & condiments	1	3,000

Have there been any recent advances in the treatment of high blood pressure?

There is potential for a major new advancement for patients whose blood pressure remains above 160/100 mm Hg despite

being on a diuretic and two other high blood pressure medications. In this group of patients there is growing evidence that interruption of the nerves that go to the kidney can significantly lower blood pressure. The renal nerves are interrupted by a catheter which is inserted into the artery into the kidney. The procedure is safe and relatively simple to accomplish. However, it is not known if the therapy is effective for more than six months. We are studying this at UMass Memorial and UMass Medical School in a trial called the Symplicity-3 HTN study. If a patient has blood pressure over 160/00 mm Hg despite being on three medications, they should call 508-856-1014 to see if they can qualify.

Is the Heart and Vascular Center of Excellence looking at any apps or other technologies to enhance communication with patients such as getting home BP readings into the electronic medical record?

At the current time we are working with some software companies to better manage blood pressure, weight and exercise in patients with decreased heart function and in those who are in need of cardiac rehabilitation. While it is still too early to roll this out as a routine service for our patients, we hope to do so in the near future.

When all is said and done, what are the top three strategies for reducing high blood pressure?

1. Take medications on a regular basis
2. Make efforts to reduce the sodium in your diet and eat a diet that is rich in fruits and vegetables
3. Lose weight

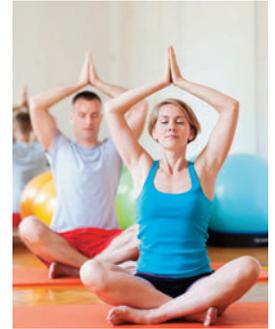
Dr. Phillips is the director of the UMass Memorial Health Care Heart and Vascular Center of Excellence and senior vice president at UMass Memorial Medical Center.

<p>Get a healthy start to the new year. Visit our cooking with heart page for easy heart healthy recipe ideas for the whole family.</p>	<p>Get the facts. Do you know your risk factors for high blood pressure? You can't do anything about some risk factors, but other risk factors can be changed. Learn about the risk factors for high blood pressure by taking this quiz.</p>	<p>Keep tabs on your health, one step at a time. Check out our list of recommended mobile apps to help keep your heart health on track.</p>	<p>Get your heart pumping. Aim for a total of 150 or more minutes of moderate-intensity activity each week. For best results, do at least 10 minutes each time. Check out these 8 ways to exercise your way to a healthier heart.</p>
<p>Hold the salt. Consuming too much sodium can elevate blood pressure, increasing your heart disease risk. Check out this list of low-sodium snack ideas.</p>	<p>Slow down. Learning what brings on stress in your life is the first step toward managing it. This assessment will help you slow your life "down." Take our Stress Assessment quiz.</p>	<p>Get a check-up. Doctors don't just treat conditions or diseases; they also offer screenings & preventive care. Knowing your risk can help you make lifestyle changes that need improvement. Find a primary care physician today!</p>	<p>Catch some Z's. If you average less than 8 hours of sleep a night, you could be putting your heart at risk. Know your sleep? Take our sleep quiz to find out.</p>
<p>Smack the sensible way. Smoking kills! Quit! 20-30% of Americans will make healthy choices. Read some ideas on how to quit.</p>	<p>Hear from our heart health experts. Our experts separate the fact from fiction when it comes to heart conditions and heart health. Visit our Heart Health Channel on YouTube.</p>	<p>Consult to quit. If you're a smoker, quitting smoking improves your health, no matter how long you've smoked or how old you are. Use this checklist to help you get started.</p>	<p>Determine your target heart rate. Your target heart rate is the range at which sustained physical activity—running, cycling, swimming, yoga, or any other aerobic, cardiovascular exercise—will safely and effectively. It is a percentage of what your maximum heart rate should be.</p>
<p>Pin your way to better heart health. Check out our Heart Health on a Pin Pinterest for heart healthy tips, recipes, exercise ideas, infographics and more!</p>	<p>Be heart smart when you dine out. On any menu, some choices will be better for you than others. Check out some of the heart smart menu choices listed here. Keep them in mind the next time you go out to eat.</p>	<p>Give your kitchen a heart healthy makeover. A wide variety of nutritional foods in your diet daily can help achieve better heart health. Aim for 4 1/2 cups of fruits and vegetables per day, at least four servings per week of fish, legumes and seeds, and less than 1,500 mg per day of sodium. Get tips for a heart healthy gut makeover!</p>	<p>Know your risk. Knowing what causes heart disease and how you can prevent it can help you live a longer, healthier life. Use this quiz to find out more about reducing your risk for heart disease.</p>
<p>Learn the meaning of moderation. Moderation means you're getting the most out of life. Learn, increase blood pressure and raise the bar for you.</p>	<p>Monitor your cholesterol levels. Cholesterol is essential to life. But too much cholesterol in the blood is linked to heart disease and stroke. Watch this cholesterol animation to learn how cholesterol works in the body and what steps you can take to make healthy lifestyle changes.</p>	<p>Love your heart. A whole variety of nutritional foods in your diet daily can help achieve better heart health. Aim for 4 1/2 cups of fruits and vegetables per day, at least four servings per week of fish, legumes and seeds, and less than 1,500 mg per day of sodium. Get tips for a heart healthy gut makeover!</p>	<p>Know your numbers. Do you know the heart health numbers that could benefit your life? Blood pressure, cholesterol, glucose and body mass. Here are just a few.</p>
<p>Fill up with fiber. Soluble fiber found in oats, peas, beans, lentils, dried beans and apples can help lower your cholesterol levels, which improves heart health. Are you getting enough fiber? Take our fiber quiz to find out!</p>	<p>More more. The more active you are, the more calories you burn. Running or jogging, for instance, burns more calories than walking. Carrying your clubs when golfing burns more calories than riding in a golf cart. How weight also affects the number of calories burned. Want to know how many calories you can burn during a specific activity? Use our calorie burn calculator to find out!</p>	<p>Go fish. Fish like salmon, tuna and halibut are rich in Omega 3 fatty acids, which promote heart health. Six to eight ounces of baked or broiled fish each week is good for your body. Check out this helpful "how to" for heart-healthy eating.</p>	<p>Subscribe to our Pressure Points. Sign up on the latest heart healthy happenings, news and tips from the UMass Memorial Health Care Heart & Vascular Center of Excellence. Subscribe today!</p>

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Yoga for the mind, body and spirit

Yoga is an ancient healing practice that has become a popular form of exercise not only to relax and calm the mind, but to stretch and strengthen the body. Yoga may help lower blood pressure, ease pain and improve balance. Be careful when starting yoga and take the time to search for an educated instructor. Yoga Alliance (www.yogaalliance.org) is an organization that registers yoga teachers that have met educational standards.



Always consult your doctor for specific recommendations – especially if you have any chronic health condition, osteoporosis, or if you've had surgery or take medications.

28 Days to a Healthier Heart

Heart disease may be a leading cause of death, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factors – such as family history, sex or age – there are some key heart disease prevention steps you can take. You can avoid heart problems in the future by adopting a healthy lifestyle today. Visit www.umassmemorial.org/number1 to view our interactive heart health calendar with 28 tips to get you started.

Recipes for Heart Health: Spa Refresher Smoothie

Courtesy of www.livebetteramerica.com

Makes 2 servings (about 1 cup each)

- 1 bag (12 oz) frozen broccoli cuts
- 1/2 cup English (seedless) cucumber slices
- 1 container (6 oz) Yoplait® Key lime pie yogurt
- 1/2 cup pineapple juice
- 1/2 cup crushed ice cubes



Cook broccoli as directed on bag. Rinse with cold water until cooled. Drain. In blender, place 1/4 cup of the cooked broccoli and remaining ingredients. (Cover and refrigerate remaining broccoli for another use.) Cover; blend on high speed about 30 seconds or until smooth. Pour into 2 glasses. Serve immediately.

For food safety reasons, frozen vegetables must be cooked.

Although English cucumbers may be a bit more expensive, they are virtually seedless and will save you from removing the seeds, which can tend to be bitter in regular cucumbers. If stored whole and unwashed in a plastic bag, cucumbers will keep up to 10 days in the refrigerator.

Nutritional information:

Per serving 100 calories, 0g fat, 0mg cholesterol, 3g protein, 20g carbohydrates, 1g fiber, 40 mg sodium.

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