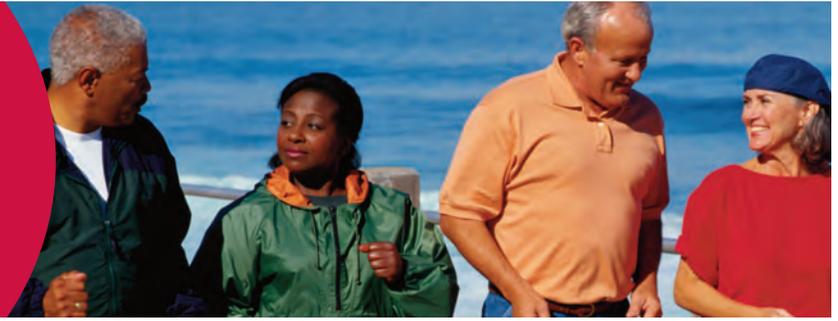


UNDER PRESSURE

April 2011

HIGH BLOOD PRESSURE NEWS YOU CAN USE



Improving Control of Your High Blood Pressure – Step Four



Over the past three months, you've learned that you can improve your blood pressure by:

- Increasing your physical activity
- Making healthy food choices
- Decreasing alcohol use
- Stopping tobacco use

The fourth and final step to improve control of your blood pressure (BP) is medication. BP medication works best when you're also physically active, eating a healthy diet, and aren't using tobacco or alcohol.

There are many types of drugs to control BP. These drugs work in different ways. You and your doctor will work together to choose the BP drug and dose that's right for you.

If you have side effects from your BP medication, call your doctor's office to discuss it. It may be possible to change the type of medication or lower the dose so the side effects go away. If cost is a concern, tell your doctor or pharmacist as there may be less costly BP drugs or generic drugs you can take.

Taking the BP drug as your doctor directs is very important. These medications can prevent heart attack, stroke, and other heart or kidney problems. Keep a current list of your BP and other medications in a handy place.

It's easy to forget to take medications, so make taking your BP medicine a part of your daily routine. Here are some ways to do so:

- Keep your blood pressure drugs next to your toothbrush and take them right after you brush your teeth.
- If you have a cell phone or personal computer, program a reminder to take your blood pressure drugs and order your refills. Order your refills about a week before the medicine runs out.
- Put your blood pressure medicine in a weekly pillbox, available at most drug stores.
- Ask a roommate, partner, spouse, family member or friend to remind you to take your blood pressure medicine every day.

The best way to prevent future health problems is to focus on taking the very best care of you every day.

Questions for Your Health Care Team

- How much physical activity do I need every day?
- Do I need to take my blood pressure medication at the same time every day?

Dining Center Meals

People 60 and over can enjoy good food and good company at dining centers in senior centers and other convenient places. All meals fit into a "no added salt" diet. Details: call Elder Services of Worcester Nutrition Program at 508-852-3205 for locations and to make a reservation.



Recipes for Heart Health: *Crunchy Baked Fish*

Courtesy of Mrs. Dash® (www.mrsdash.com)

3 tablespoons Mrs. Dash® Lemon Pepper Seasoning Blend Juice of half a lemon
4 tilapia or catfish fillets (4 ounces each) Cooking spray
1/2 cup corn flake crumbs



Preheat oven to 350 degrees. Spray cooking spray on a 9 x 9 x 2 inch pan.

Place fillets in pan. Evenly sprinkle tops of fish with 1 tablespoon of Mrs. Dash® Lemon Pepper Seasoning Blend. Squeeze lemon juice over fish.

Toss corn flake crumbs with remaining 2 tablespoons of the seasoning blend. Carefully top the fillets with the corn flake crumbs.

Bake for 20 minutes or until the fish is fork tender.

Servings: 4

Nutritional information: Calories Per Serving: 150; Total Fat: 2g; Trans Fat: 0g; Sodium: 128mg; Potassium: 420mg; Carbohydrates: 10g; Protein: 23g

Golf: A Game for a Lifetime

The grass is greening up and the season to hit the golf course is starting. Does golfing offer the physical activity you need to control your blood pressure and improve your heart health? It does! Health benefits include swinging clubs, walking the course and carrying your clubs.

Did you know that when you walk while golfing on an average course, you can add as much as four miles to your day's walking activity? So skip renting that golf cart.

Carry your clubs if you can. This helps burn more calories per golf round and you get even more physical benefits from playing the game.

Flexibility is important. Take the time to stretch for 10 to 15 minutes before you start, paying particular attention to your back, shoulders and arms.



Try a golf simulator, which allows you to practice and play golf indoors on some of the world's most famous courses. Search *golf simulator* on the web to find a center near you or equipment online. For information on local golf courses and driving ranges, as well as tips and how-to videos, visit <http://www.golflink.com>.

Web Sources for Hypertension Information

- 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

For information about our partner, the Heart and Vascular Center of Excellence, please visit www.umassmemorial.org/heart

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