

# PRESSURE POINTS



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HIGH BLOOD PRESSURE NEWS YOU CAN USE

## How Can I Keep My Blood Pressure Normal? Sticking to Lifestyle Changes

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Managing any chronic illness can be challenging; and high blood pressure (hypertension) is no different. Unlike many other health problems, it's difficult for a person with hypertension to tell the difference between the days when their hypertension is under control and the days when it's not. There are no obvious signs that the body gives to tell you when your blood pressure is higher than normal. This is why it's important that a person with hypertension should develop healthy habits that become part of their daily routine. A person with hypertension needs to care for themselves every day, without relying on physical warnings that their blood pressure may be out of control. This can mean taking multiple medications as prescribed, only eating a low-salt diet and monitoring blood pressure through regular readings.

People with high blood pressure will benefit from having healthy routines that are a part of everyday life. For example, scheduling times to take your blood pressure and your medication can help you to stick to a plan no matter how you feel on a particular day.

It's also important to monitor the plan that you develop to make sure it's working for you. For example, keep track of when you fill a 30-day prescription and make note of when you expect to run out of your medication. Then notice if your medicine is completed after the amount of time it was supposed to last. If you find that your prescription lasts much longer than it should, you'll know you need to change your plan for taking your daily medications. Tracking the effectiveness of your own care plans will help you to make healthy habits a part of your life.

### Questions for Your Health Care Team

- What is the most important change I can make to improve my blood pressure control?
- What can I do to begin to make that change?



## Ask the Expert about Hypertension

Get answers to your important health-related questions with the help of UMass Memorial Medical Center experts. Our free Ask the Expert Q&A session connects you to Robert Phillips, MD, PhD, director of the Heart and Vascular Center of Excellence and an expert on high blood pressure. Submit your questions anonymously by visiting [www.umassmemorial.org/strength](http://www.umassmemorial.org/strength).

Answers will be posted on our website and Facebook page at 1 pm, June 29.

## High Blood Pressure and Exercise: Turn Off the TV and Head Outside



Try these games at your next cookout; they're enjoyed by all ages and provide hours of fun in your own backyard or local park:

- Frisbee
- Bocce ball
- Horseshoes
- Badminton
- Volleyball

To see how many calories you can burn during a particular activity, from badminton to household chores, check out this link: <http://www.nutristrategy.com/caloriesburned.htm>.

## Recipes for Heart Health: *Grilled Cajun Chicken*

Courtesy of Mrs. Dash ([mrsdash.com](http://mrsdash.com))

### Serves four

2 tablespoon Mrs. Dash® Extra Spicy Seasoning Blend

4 (1 lb) boneless, skinless chicken breast

Juice of one lemon

2 teaspoons brown sugar

Cooking spray



Neatly score each chicken breast on both sides with a sharp knife.

Mix together in large bowl, Mrs. Dash® Extra Spicy Seasoning Blend, brown sugar and lemon juice. Add the chicken breasts and coat thoroughly. Let rest 5-10 minutes.

Heat a grill or cast iron grill plate. Spray with cooking spray.

Grill chicken breasts on each side, six to eight minutes, or until juices run clear. Put on plate, cover, and let rest three to four minutes. Spoon remaining juices over the top of each chicken breast. Serve immediately.

### Nutritional information:

Per serving 154 calories, 3g fat, 0g trans fat, 298mg potassium, 3g carbohydrates, 27g protein, **64mg sodium**.

## Internet High Blood Pressure Information:

<http://myhealth.umassmemorial.org/Search/85,P00224>

[www.nlm.nih.gov/medlineplus/highbloodpressure.html](http://www.nlm.nih.gov/medlineplus/highbloodpressure.html)

[www.nhlbi.nih.gov/hbp](http://www.nhlbi.nih.gov/hbp)

[www.americanheart.org](http://www.americanheart.org)

### Center for the Advancement of Primary Care



[www.umassmemorial.org/capc](http://www.umassmemorial.org/capc)

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### Heart & Vascular CENTER OF EXCELLENCE



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