

# PRESSURE POINTS



October 2012

HIGH BLOOD PRESSURE NEWS YOU CAN USE

## Lifestyle Changes Can Help Reduce High Blood Pressure



If I only want to change one or two things, what should I do?

It's tempting to believe that doing just one healthy thing will take care of any of the long-term problems that high blood pressure can cause. A better way to think about changing your lifestyle is to decide what you are willing to change today. When today's change becomes a habit, then move on to the next change you are ready to make. To protect yourself from high blood pressure complications, it is vital to make changes that address all of your risk factors over time.

**Did you know?** For people 40 to 70 years old each 20 point increase in the systolic blood pressure or each 10 point increase in the diastolic blood pressure **DOUBLES** your risk of cardiovascular disease.

### What effect will specific life changes have on my blood pressure?

Listed in the table below is the range of effects a life change can have on lowering your blood pressure. The reductions all occur in the first or higher blood pressure number (*systolic*). Life changes can also decrease the lower blood pressure number (*diastolic*) but how much it drops is specific to you.

| Life change                    | Suggested change to make  | Approximate systolic blood pressure change         |
|--------------------------------|---|--|
| Lose weight                    | Maintain normal body weight<br>(Body Mass Index (BMI) 18.5-24.9 kg/m <sup>2</sup> )   | 5 to 20 point drop for<br>22 pounds of weight lost |
| Eat better                     | Adopt the DASH eating plan. Eat a diet rich in fruits, vegetables and low fat dairy products. Reduce saturated and total fats.  | 8 to 14 point drop                                 |
| Decrease dietary salt (sodium) | Decrease dietary sodium to no more than 2.4 grams per day   | 2 to 8 point drop                                  |
| Increase physical activity     | Regular aerobic physical activity such as brisk walking (at least 30 minutes per day, most days of the week)  | 4 to 9 point drop                                  |
| Quit smoking                   | If you smoke or use tobacco product, STOP!  | 5 to 10 point drop                                 |
| Reduce alcohol intake          | Limit alcohol to no more than 2 drinks (24 ounces of beer, 10 ounces wine or 3 ounces 80 proof whiskey) per day in most men and no more than 1 drink per day in women and lighter weight people | 2 to 4 point drop                                  |

### Questions for Your Health Care Team

- What lifestyle changes would you recommend to lower my blood pressure?
- Which change would you recommend I begin first?



## Keeping Active in Cool Weather

As the sun sets earlier and temperatures begin to drop, the options for outdoor physical activity can seem limited. Taking on a few fall chores not only helps your garden and yard, it may keep your exercise routine from “freezing up.”

Here are three activities that burn calories:

**Rake leaves:** Raking leaves for one hour burns about 250 calories for a 130 pound person.

**Prepare your garden for winter:** One hour of gardening burns about 280 calories for a 160 pound person.

**Take a walk:** Walking for one hour burns about 300 calories for a 160 pound person. Kick your feet through the fallen leaves.

## Recipes for Heart Health: *Apple Crisp*

*Courtesy of the American Diabetes Association*

Serves 7

|                                   |   |
|-----------------------------------|---|
| Cooking spray                     | 1 teaspoon ground cinnamon                        |
| ¼ cup packed brown sugar          | ½ teaspoon ground nutmeg                          |
| ¼ cup all-purpose flour           | 1 teaspoon vanilla extract                        |
| ½ cup old-fashioned oats          | 5 cups peeled, sliced red apples (about 5 apples) |
| 2 tablespoons margarine, softened |   |



Preheat oven to 375° F. Coat a 13 x 9-inch pan with cooking spray. In a small bowl, combine brown sugar, flour, oats, margarine, cinnamon, nutmeg and vanilla. Blend with a fork until moistened (mixture should be crumbly). Layer apples in a pan and sprinkle brown sugar mixture evenly over top. Bake for 30 minutes.

### Nutritional information:

Per serving (½ cup) 145 calories, 4g fat, 1g saturated fat, 0mg cholesterol, 27 carbohydrates, 2g protein, 2g fiber, 41mg sodium.

## Symplicity HTN-3 Clinical Study (Docket# H-14505)

Researchers at UMass Memorial are conducting a research study on the effects of a new investigational procedure as a possible treatment for high blood pressure.

You may be eligible to participate if you:

- Are between 18 and 80 years of age
- Have high blood pressure
- Are taking three or more medications for your blood pressure

- A study procedure that includes an angiogram (X-rays of the blood vessels to your kidneys)
- Ultrasound of your kidneys
- Overnight hospital stay with the study procedure

Participation includes:

- Several clinic visits over a three-year period, including blood draws and urine samples
- 24-hour ambulatory blood pressure monitoring
- Home blood pressure monitoring

**For more information please contact: Cardiology Research at 508-856-1014.**

*Caution: Investigational device. Limited by Federal (United States) law to investigational use.*

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